

NDB No. 13326

Beef, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.81	0.523	4	A	1		39.99	199.94	292.26
Energy.....kcal	191		0	NC	4		130	651	951
Energy.....kj	801		0	NC	4		545	2723	3980
Protein (N x 6.25).....g	29.08	0.273	4	A	1		19.77	98.86	144.51
Total lipid (fat).....g	5.26	0.310	4	A	1		3.57	17.87	26.12
Ash.....g	1.74	0.054	4	A	1		1.18	5.90	8.63
Carbohydrate, by difference.....g	5.13		0	NC	4		3.49	17.43	25.48
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.236	4	A	1		4	21	31
Iron, Fe.....mg	6.54	0.289	4	A	1		4.45	22.24	32.52
Magnesium, Mg.....mg	21	1.220	4	A	1		14	71	104
Phosphorus, P.....mg	497	13.219	4	A	1		338	1689	2469
Potassium, K.....mg	352	8.196	4	A	1		239	1197	1749
Sodium, Na.....mg	79	1.522	4	A	1		54	268	392
Zinc, Zn.....mg	5.30	0.138	4	A	1		3.60	18.02	26.34
Copper, Cu.....mg	14.283	2.902	4	A	1		9.712	48.561	70.984
Manganese, Mn.....mg	0.356	0.040	4	A	1		0.242	1.209	1.767
Selenium, Se.....mcg	36.1	1.581	4	A	1		24.5	122.7	179.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		0	BFYN	4		1.3	6.5	9.4
Thiamin.....mg	0.194	0.010	4	A	1		0.132	0.660	0.965
Riboflavin.....mg	3.425	0.158	4	A	1		2.329	11.645	17.022
Niacin.....mg	17.525	0.594	4	A	1		11.917	59.585	87.099
Pantothenic acid.....mg	7.110	0.151	4	A	1		4.835	24.174	35.337
Vitamin B-6.....mg	1.017	0.032	4	A	1		0.691	3.456	5.052
Folate, total.....mcg	253	35.836	4	A	1		172	859	1256
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	253	35.836	4	A	1		172	859	1256
Folate, DFE.....mcg_DFE	253		0	NC	4		172	859	1256
Vitamin B-12.....mcg	70.58	9.397	4	A	1		47.99	239.96	350.76
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	31714		0	AS	1		21566	107828	157619
Vitamin A, RAE.....mcg_RAE	9442		0	AS	1		6421	32103	46927
Retinol.....mcg	9428	554.487	4	A	1		6411	32054	46855
Vitamin E (alpha-tocopherol).....mg	0.51		8	A	1		0.35	1.74	2.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.06		6	A	1		0.04	0.20	0.30
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3	0.905	4	A	1		2.3	11.3	16.5
Lipids:									
Fatty acids, total saturated.....g	1.696		0	NC	4		1.153	5.767	8.430
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.022	0.005	4	A	1		0.015	0.074	0.108
15:0.....g	0.008	0.003	4	A	1		0.005	0.026	0.037
16:0.....g	0.457	0.045	4	A	1		0.311	1.554	2.271
17:0.....g	0.041	0.001	4	A	1		0.028	0.139	0.204
18:0.....g	1.160	0.052	4	A	1		0.789	3.943	5.764
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g	0.009	0.003	4	A	1	0.006	0.031	0.046	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.647		0	NC	4	0.440	2.199	3.214	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.048	0.009	4	A	1	0.032	0.162	0.236	
17:1.....g	0.013	0.002	4	A	1	0.009	0.043	0.063	
18:1 undifferentiated.....g	0.585	0.039	4	A	1	0.398	1.988	2.906	
20:1.....g	0.002	0.002	4	A	1	0.001	0.006	0.009	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.042		0	NC	4	0.709	3.543	5.179	
18:2 undifferentiated.....g	0.380		0	AS	1	0.258	1.290	1.886	
18:2 n-6 c,c.....g	0.380	0.041	4	A	1	0.258	1.290	1.886	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	AS	1	0.016	0.082	0.119	
18:3 n-6 c,c,c.....g	0.015	0.001	4	A	1	0.010	0.049	0.072	
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.004	4	A	1	0.004	0.021	0.031	
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.229	0.023	4	A	1	0.156	0.778	1.137	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.210	0.011	4	A	1	0.143	0.714	1.044	
Cholesterol.....mg	396	9.340	4	A	1	269	1346	1967	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.368		0	A	1	0.250	1.250	1.827	
Threonine.....g	1.215		0	A	1	0.826	4.130	6.038	
Isoleucine.....g	1.352		0	A	1	0.919	4.596	6.719	
Leucine.....g	2.670		0	A	1	1.816	9.079	13.271	
Lysine.....g	2.247		0	A	1	1.528	7.638	11.165	
Methionine.....g	0.759		0	A	1	0.516	2.581	3.773	
Cystine.....g	0.526		0	A	1	0.357	1.787	2.612	
Phenylalanine.....g	1.515		0	A	1	1.030	5.152	7.532	
Tyrosine.....g	1.128		0	A	1	0.767	3.836	5.607	
Valine.....g	1.761		0	A	1	1.198	5.989	8.754	
Arginine.....g	1.735		0	A	1	1.180	5.899	8.622	
Histidine.....g	0.879		0	A	1	0.598	2.990	4.370	
Alanine.....g	1.627		0	A	1	1.107	5.533	8.087	
Aspartic acid.....g	2.694		0	A	1	1.832	9.159	13.389	
Glutamic acid.....g	3.652		0	A	1	2.483	12.415	18.148	
Glycine.....g	1.627		0	A	1	1.107	5.533	8.087	
Proline.....g	1.343		0	A	1	0.914	4.568	6.677	
Serine.....g	1.265		0	A	1	0.860	4.302	6.288	
Hydroxyproline.....g	0.046		1	A	1	0.031	0.156	0.229	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

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Beef, variety meats and by-products, liver, cooked, braised

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotenoids:									
Carotene, beta.....mcg	162	52.642	4	A	1		110.330	551.650	806.383
Carotene, alpha.....mcg	11	0.000	4	A	1		7.603	38.013	55.566
Cryptoxanthin, beta.....mcg	11	0.000	4	A	1		7.603	38.013	55.566
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 68g: 1 slice
- Measure 2 = 340g: 1 ckd pr g
- Measure 3 = 497g: 1 raw pr g

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13953

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

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

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Common Measures:

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

NDB No. 13953

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13954

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

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

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13954

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13955

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

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

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

Common Measures:

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

NDB No. 13955

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13956

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

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

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13956

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13957

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

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

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

Common Measures:

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

NDB No. 13957

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13958

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

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

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13958

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23646

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

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

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

Common Measures:

Measure 1 = 261g: 1 roast

NDB No. 23646

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23647

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.907		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.292		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	4.615		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.312		0	NC		4			
18:2 undifferentiated.....g	0.242		0	BFFN		4			
18:3 undifferentiated.....g	0.030		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.173		0	A		1			
Threonine.....g	1.052		0	A		1			
Isoleucine.....g	1.198		0	A		1			
Leucine.....g	2.095		0	A		1			
Lysine.....g	2.226		0	A		1			
Methionine.....g	0.686		0	A		1			
Cystine.....g	0.340		0	A		1			
Phenylalanine.....g	1.040		0	A		1			
Tyrosine.....g	0.839		0	A		1			
Valine.....g	1.307		0	A		1			
Arginine.....g	1.703		0	A		1			
Histidine.....g	0.840		0	A		1			
Alanine.....g	1.601		0	A		1			
Aspartic acid.....g	2.399		0	A		1			
Glutamic acid.....g	3.954		0	A		1			
Glycine.....g	1.604		0	A		1			
Proline.....g	1.255		0	A		1			
Serine.....g	1.037		0	A		1			
Hydroxyproline.....g	0.277		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 23647

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23648

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

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

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

Common Measures:

Measure 1 = 271g: 1 roast

NDB No. 23648

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23649

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

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

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

Common Measures:

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

NDB No. 23649

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23650

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

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

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

Common Measures:

Measure 1 = 252g: 1 roast

NDB No. 23650

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13369

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

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

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

Common Measures:

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

NDB No. 13369

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13165

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

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

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13165

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13950

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

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

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

Common Measures:

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

NDB No. 13950

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13806

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 13806

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13805

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

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

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Common Measures:

- Measure 1 = 452g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 113g: 4 oz

NDB No. 13805

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23660

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

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

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Common Measures:

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

NDB No. 23660

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23658

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

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

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Common Measures:

Measure 1 = 434g: 1 steak

NDB No. 23658

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13055

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.481		0	NC	4		26.184		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.726		0	BFFN	4		2.542		
17:1.....g									
18:1 undifferentiated.....g	6.727		0	BFFN	4		23.543		
20:1.....g	0.028		0	BFFN	4		0.098		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.642		0	NC	4		2.247		
18:2 undifferentiated.....g	0.432		0	BFFN	4		1.511		
18:3 undifferentiated.....g	0.189		0	BFFN	4		0.663		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.074		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	BFFN	4		249		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	PAK	1		0.666		
Threonine.....g	1.157		0	PAK	1		4.050		
Isoleucine.....g	1.318		0	PAK	1		4.613		
Leucine.....g	2.304		0	PAK	1		8.066		
Lysine.....g	2.448		0	PAK	1		8.569		
Methionine.....g	0.754		0	PAK	1		2.640		
Cystine.....g	0.374		0	PAK	1		1.308		
Phenylalanine.....g	1.144		0	PAK	1		4.005		
Tyrosine.....g	0.923		0	PAK	1		3.231		
Valine.....g	1.437		0	PAK	1		5.030		
Arginine.....g	1.873		0	PAK	1		6.556		
Histidine.....g	0.925		0	PAK	1		3.236		
Alanine.....g	1.761		0	PAK	1		6.164		
Aspartic acid.....g	2.639		0	PAK	1		9.236		
Glutamic acid.....g	4.349		0	PAK	1		15.221		
Glycine.....g	1.764		0	PAK	1		6.174		
Proline.....g	1.381		0	PAK	1		4.834		
Serine.....g	1.141		0	PAK	1		3.994		
Hydroxyproline.....g	0.304		0	BFFN	4		1.065		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 350g: 1 steak

NDB No. 13055

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23659

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

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

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

Common Measures:

Measure 1 = 470g: 1 steak

NDB No. 23659

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13370

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 13370

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13343

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

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

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13343

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13485

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

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

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13485

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23595

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23595

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23596

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23596

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23615

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23615

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23613

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23613

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23634

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23634

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23632

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23632

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13371

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13030

Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.210		0		1		49.889	12.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.550		0		1		5.084	1.318	
17:1.....g									
18:1 undifferentiated.....g	13.590		0		1		44.575	11.552	
20:1.....g	0.070		0		1		0.230	0.060	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		3.838	0.995	
18:2 undifferentiated.....g	0.770		0		1		2.526	0.655	
18:3 undifferentiated.....g	0.370		0		1		1.214	0.315	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.098	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		302	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.813	0.211	
Threonine.....g	0.967		0		1		3.172	0.822	
Isoleucine.....g	0.995		0		1		3.264	0.846	
Leucine.....g	1.749		0		1		5.737	1.487	
Lysine.....g	1.842		0		1		6.042	1.566	
Methionine.....g	0.567		0		1		1.860	0.482	
Cystine.....g	0.248		0		1		0.813	0.211	
Phenylalanine.....g	0.864		0		1		2.834	0.734	
Tyrosine.....g	0.744		0		1		2.440	0.632	
Valine.....g	1.077		0		1		3.533	0.915	
Arginine.....g	1.399		0		1		4.589	1.189	
Histidine.....g	0.758		0		1		2.486	0.644	
Alanine.....g	1.335		0		1		4.379	1.135	
Aspartic acid.....g	2.022		0		1		6.632	1.719	
Glutamic acid.....g	3.325		0		1		10.906	2.826	
Glycine.....g	1.208		0		1		3.962	1.027	
Proline.....g	0.977		0		1		3.205	0.830	
Serine.....g	0.846		0		1		2.775	0.719	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 328g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13029

Beef, brisket, point half, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.010		0		1		3.688	59.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.570		0		1		0.445	7.122	
17:1.....g									
18:1 undifferentiated.....g	11.400		0		1		3.232	51.710	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.284	4.536	
18:2 undifferentiated.....g	0.610		0		1		0.173	2.767	
18:3 undifferentiated.....g	0.370		0		1		0.105	1.678	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		22	345	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0		1		0.051	0.821	
Threonine.....g	0.704		0		1		0.200	3.193	
Isoleucine.....g	0.725		0		1		0.206	3.289	
Leucine.....g	1.274		0		1		0.361	5.779	
Lysine.....g	1.341		0		1		0.380	6.083	
Methionine.....g	0.413		0		1		0.117	1.873	
Cystine.....g	0.181		0		1		0.051	0.821	
Phenylalanine.....g	0.629		0		1		0.178	2.853	
Tyrosine.....g	0.542		0		1		0.154	2.459	
Valine.....g	0.784		0		1		0.222	3.556	
Arginine.....g	1.019		0		1		0.289	4.622	
Histidine.....g	0.552		0		1		0.156	2.504	
Alanine.....g	0.972		0		1		0.276	4.409	
Aspartic acid.....g	1.473		0		1		0.418	6.682	
Glutamic acid.....g	2.422		0		1		0.687	10.986	
Glycine.....g	0.879		0		1		0.249	3.987	
Proline.....g	0.712		0		1		0.202	3.230	
Serine.....g	0.616		0		1		0.175	2.794	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13808

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13807

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13372

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13032

Beef, brisket, point half, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.350		0		1		15.803	6.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		8		1		1.570	0.621	
17:1.....g									
18:1 undifferentiated.....g	6.600		8		1		14.190	5.610	
20:1.....g	0.020		8		1		0.043	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		0.882	0.349	
18:2 undifferentiated.....g	0.340		8		1		0.731	0.289	
18:3 undifferentiated.....g	0.030		8		1		0.065	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		8		1		0.086	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	91	1.930	8		1		196	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.675	0.267	
Threonine.....g	1.225		0		1		2.634	1.041	
Isoleucine.....g	1.261		0		1		2.711	1.072	
Leucine.....g	2.217		0		1		4.767	1.884	
Lysine.....g	2.334		0		1		5.018	1.984	
Methionine.....g	0.718		0		1		1.544	0.610	
Cystine.....g	0.314		0		1		0.675	0.267	
Phenylalanine.....g	1.095		0		1		2.354	0.931	
Tyrosine.....g	0.942		0		1		2.025	0.801	
Valine.....g	1.364		0		1		2.933	1.159	
Arginine.....g	1.773		0		1		3.812	1.507	
Histidine.....g	0.960		0		1		2.064	0.816	
Alanine.....g	1.692		0		1		3.638	1.438	
Aspartic acid.....g	2.563		0		1		5.510	2.179	
Glutamic acid.....g	4.214		0		1		9.060	3.582	
Glycine.....g	1.530		0		1		3.290	1.301	
Proline.....g	1.239		0		1		2.664	1.053	
Serine.....g	1.073		0		1		2.307	0.912	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 215g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13031

Beef, brisket, point half, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.180		0		1		1.185	18.960	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		7		1		0.122	1.950	
17:1.....g									
18:1 undifferentiated.....g	3.740		7		1		1.060	16.965	
20:1.....g	0.010		7		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.065	1.043	
18:2 undifferentiated.....g	0.180		7		1		0.051	0.816	
18:3 undifferentiated.....g	0.020		7		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		7		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64	2.537	8		1		18	290	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.224		0		1		0.064	1.016	
Threonine.....g	0.874		0		1		0.248	3.964	
Isoleucine.....g	0.900		0		1		0.255	4.082	
Leucine.....g	1.582		0		1		0.448	7.176	
Lysine.....g	1.665		0		1		0.472	7.552	
Methionine.....g	0.512		0		1		0.145	2.322	
Cystine.....g	0.224		0		1		0.064	1.016	
Phenylalanine.....g	0.781		0		1		0.221	3.543	
Tyrosine.....g	0.672		0		1		0.191	3.048	
Valine.....g	0.973		0		1		0.276	4.414	
Arginine.....g	1.265		0		1		0.359	5.738	
Histidine.....g	0.685		0		1		0.194	3.107	
Alanine.....g	1.207		0		1		0.342	5.475	
Aspartic acid.....g	1.828		0		1		0.518	8.292	
Glutamic acid.....g	3.007		0		1		0.852	13.640	
Glycine.....g	1.092		0		1		0.310	4.953	
Proline.....g	0.884		0		1		0.251	4.010	
Serine.....g	0.765		0		1		0.217	3.470	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13367

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

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

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Common Measures:

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

NDB No. 13367

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13022

Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.900		0		1		45.870	11.815	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.420		0		1		4.686	1.207	
17:1.....g									
18:1 undifferentiated.....g	12.420		0		1		40.986	10.557	
20:1.....g	0.060		0		1		0.198	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		3.729	0.961	
18:2 undifferentiated.....g	0.740		0		1		2.442	0.629	
18:3 undifferentiated.....g	0.360		0		1		1.188	0.306	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.099	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		310	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.154		0	A	1		0.510	0.131	
Threonine.....g	0.939		0	A	1		3.098	0.798	
Isoleucine.....g	1.069		0	A	1		3.528	0.909	
Leucine.....g	1.869		0	A	1		6.169	1.589	
Lysine.....g	1.986		0	A	1		6.554	1.688	
Methionine.....g	0.612		0	A	1		2.019	0.520	
Cystine.....g	0.303		0	A	1		1.001	0.258	
Phenylalanine.....g	0.928		0	A	1		3.063	0.789	
Tyrosine.....g	0.749		0	A	1		2.471	0.637	
Valine.....g	1.166		0	A	1		3.847	0.991	
Arginine.....g	1.520		0	A	1		5.015	1.292	
Histidine.....g	0.750		0	A	1		2.475	0.637	
Alanine.....g	1.429		0	A	1		4.715	1.214	
Aspartic acid.....g	2.141		0	A	1		7.064	1.819	
Glutamic acid.....g	3.528		0	A	1		11.642	2.999	
Glycine.....g	1.431		0	A	1		4.722	1.216	
Proline.....g	1.120		0	A	1		3.697	0.952	
Serine.....g	0.926		0	A	1		3.055	0.787	
Hydroxyproline.....g	0.247		0	BFPN	4		0.815	0.210	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13022

Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13021

Beef, brisket, whole, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.750		0		1		3.331	53.298	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.420		0		1		0.403	6.441	
17:1.....g									
18:1 undifferentiated.....g	10.300		0		1		2.920	46.721	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		0.264	4.218	
18:2 undifferentiated.....g	0.580		0		1		0.164	2.631	
18:3 undifferentiated.....g	0.330		0		1		0.094	1.497	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0		1		0.054	0.862	
Threonine.....g	0.740		0		1		0.210	3.357	
Isoleucine.....g	0.762		0		1		0.216	3.456	
Leucine.....g	1.339		0		1		0.380	6.074	
Lysine.....g	1.410		0		1		0.400	6.396	
Methionine.....g	0.434		0		1		0.123	1.969	
Cystine.....g	0.190		0		1		0.054	0.862	
Phenylalanine.....g	0.662		0		1		0.188	3.003	
Tyrosine.....g	0.569		0		1		0.161	2.581	
Valine.....g	0.824		0		1		0.234	3.738	
Arginine.....g	1.071		0		1		0.304	4.858	
Histidine.....g	0.580		0		1		0.164	2.631	
Alanine.....g	1.022		0		1		0.290	4.636	
Aspartic acid.....g	1.548		0		1		0.439	7.022	
Glutamic acid.....g	2.546		0		1		0.722	11.549	
Glycine.....g	0.924		0		1		0.262	4.191	
Proline.....g	0.748		0		1		0.212	3.393	
Serine.....g	0.648		0		1		0.184	2.939	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13804

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

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

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13803

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13023

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13368

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

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

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

Common Measures:

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

NDB No. 13368

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13024

Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.870		0		1		13.618	4.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		1.346	0.493	
17:1.....g									
18:1 undifferentiated.....g	5.280		0		1		12.250	4.488	
20:1.....g	0.010		0		1		0.023	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.905	0.332	
18:2 undifferentiated.....g	0.310		0		1		0.719	0.264	
18:3 undifferentiated.....g	0.030		0		1		0.070	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.116	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		216	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0	NR	4		0.454	0.166	
Threonine.....g	1.188		0	NR	4		2.757	1.010	
Isoleucine.....g	1.354		0	NR	4		3.140	1.150	
Leucine.....g	2.367		0	NR	4		5.490	2.012	
Lysine.....g	2.514		0	NR	4		5.833	2.137	
Methionine.....g	0.775		0	NR	4		1.797	0.659	
Cystine.....g	0.384		0	NR	4		0.891	0.326	
Phenylalanine.....g	1.175		0	NR	4		2.726	0.999	
Tyrosine.....g	0.948		0	NR	4		2.199	0.806	
Valine.....g	1.476		0	NR	4		3.424	1.255	
Arginine.....g	1.924		0	NR	4		4.463	1.635	
Histidine.....g	0.949		0	NR	4		2.203	0.807	
Alanine.....g	1.809		0	NR	4		4.196	1.537	
Aspartic acid.....g	2.710		0	NR	4		6.287	2.303	
Glutamic acid.....g	4.466		0	NR	4		10.362	3.796	
Glycine.....g	1.812		0	NR	4		4.203	1.540	
Proline.....g	1.418		0	NR	4		3.290	1.206	
Serine.....g	1.172		0	NR	4		2.719	0.996	
Hydroxyproline.....g	0.313		0	BFPN	4		0.725	0.266	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

NDB No. 13024

Beef, brisket, whole, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13001

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13002

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13373

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

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

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Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 13373

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13375

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

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

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

Common Measures:

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

NDB No. 13375

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13540

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.860		0		1		38.392	11.781	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.310		0		1		3.629	1.114	
17:1.....g									
18:1 undifferentiated.....g	11.900		0		1		32.963	10.115	
20:1.....g	0.060		0		1		0.166	0.051	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0		1		3.324	1.020	
18:2 undifferentiated.....g	0.790		0		1		2.188	0.672	
18:3 undifferentiated.....g	0.350		0		1		0.970	0.298	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.111	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		0		1		274	84	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.292		0		1		0.809	0.248	
Threonine.....g	1.140		0		1		3.158	0.969	
Isoleucine.....g	1.174		0		1		3.252	0.998	
Leucine.....g	2.063		0		1		5.715	1.754	
Lysine.....g	2.172		0		1		6.016	1.846	
Methionine.....g	0.668		0		1		1.850	0.568	
Cystine.....g	0.292		0		1		0.809	0.248	
Phenylalanine.....g	1.019		0		1		2.823	0.866	
Tyrosine.....g	0.877		0		1		2.429	0.745	
Valine.....g	1.270		0		1		3.518	1.080	
Arginine.....g	1.650		0		1		4.571	1.403	
Histidine.....g	0.894		0		1		2.476	0.760	
Alanine.....g	1.575		0		1		4.363	1.339	
Aspartic acid.....g	2.385		0		1		6.606	2.027	
Glutamic acid.....g	3.922		0		1		10.864	3.334	
Glycine.....g	1.424		0		1		3.944	1.210	
Proline.....g	1.153		0		1		3.194	0.980	
Serine.....g	0.998		0		1		2.764	0.848	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 277g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13539

Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.730		0		1		3.042	48.671	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.230		0		1		0.349	5.579	
17:1.....g									
18:1 undifferentiated.....g	8.980		0		1		2.546	40.733	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0		1		0.272	4.355	
18:2 undifferentiated.....g	0.610		0		1		0.173	2.767	
18:3 undifferentiated.....g	0.310		0		1		0.088	1.406	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	318	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.056	0.903	
Threonine.....g	0.775		0		1		0.220	3.515	
Isoleucine.....g	0.798		0		1		0.226	3.620	
Leucine.....g	1.402		0		1		0.397	6.359	
Lysine.....g	1.476		0		1		0.418	6.695	
Methionine.....g	0.454		0		1		0.129	2.059	
Cystine.....g	0.199		0		1		0.056	0.903	
Phenylalanine.....g	0.693		0		1		0.196	3.143	
Tyrosine.....g	0.596		0		1		0.169	2.703	
Valine.....g	0.863		0		1		0.245	3.915	
Arginine.....g	1.121		0		1		0.318	5.085	
Histidine.....g	0.608		0		1		0.172	2.758	
Alanine.....g	1.070		0		1		0.303	4.854	
Aspartic acid.....g	1.621		0		1		0.460	7.353	
Glutamic acid.....g	2.666		0		1		0.756	12.093	
Glycine.....g	0.968		0		1		0.274	4.391	
Proline.....g	0.784		0		1		0.222	3.556	
Serine.....g	0.679		0		1		0.192	3.080	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13810

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

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

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Common Measures:

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

NDB No. 13810

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13809

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13809

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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13812

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

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

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

Common Measures:

Measure 2 = 85g: 3 oz

NDB No. 13812

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13811

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

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

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

Common Measures:

- Measure 1 = 1801g: 1 roast
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13811

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13814

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

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

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

Common Measures:

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

NDB No. 13814

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13813

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

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

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Common Measures:

- Measure 1 = 1783g: 1 roast
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13813

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13377

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

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

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Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 13377

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13378

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

NDB No. 13378

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13548

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.820		0		1		11.116	4.947	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.936	0.417	
17:1.....g									
18:1 undifferentiated.....g	5.090		0		1		9.722	4.327	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		1.031	0.459	
18:2 undifferentiated.....g	0.410		0		1		0.783	0.349	
18:3 undifferentiated.....g	0.040		0		1		0.076	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.115	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	101		0		1		193	86	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.370		0		1		0.707	0.315	
Threonine.....g	1.442		0		1		2.754	1.226	
Isoleucine.....g	1.485		0		1		2.836	1.262	
Leucine.....g	2.610		0		1		4.985	2.219	
Lysine.....g	2.747		0		1		5.247	2.335	
Methionine.....g	0.845		0		1		1.614	0.718	
Cystine.....g	0.370		0		1		0.707	0.315	
Phenylalanine.....g	1.289		0		1		2.462	1.096	
Tyrosine.....g	1.109		0		1		2.118	0.943	
Valine.....g	1.606		0		1		3.067	1.365	
Arginine.....g	2.087		0		1		3.986	1.774	
Histidine.....g	1.131		0		1		2.160	0.961	
Alanine.....g	1.992		0		1		3.805	1.693	
Aspartic acid.....g	3.017		0		1		5.762	2.564	
Glutamic acid.....g	4.961		0		1		9.476	4.217	
Glycine.....g	1.802		0		1		3.442	1.532	
Proline.....g	1.458		0		1		2.785	1.239	
Serine.....g	1.263		0		1		2.412	1.074	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13547

Beef, chuck, arm pot roast, separable lean only, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.760		0		1		0.782	12.519	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.074	1.179	
17:1.....g									
18:1 undifferentiated.....g	2.370		0		1		0.672	10.750	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.105	1.678	
18:2 undifferentiated.....g	0.280		0		1		0.079	1.270	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		17	272	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.067	1.080	
Threonine.....g	0.928		0		1		0.263	4.209	
Isoleucine.....g	0.956		0		1		0.271	4.336	
Leucine.....g	1.680		0		1		0.476	7.620	
Lysine.....g	1.769		0		1		0.502	8.024	
Methionine.....g	0.544		0		1		0.154	2.468	
Cystine.....g	0.238		0		1		0.067	1.080	
Phenylalanine.....g	0.830		0		1		0.235	3.765	
Tyrosine.....g	0.714		0		1		0.202	3.239	
Valine.....g	1.034		0		1		0.293	4.690	
Arginine.....g	1.343		0		1		0.381	6.092	
Histidine.....g	0.728		0		1		0.206	3.302	
Alanine.....g	1.282		0		1		0.363	5.815	
Aspartic acid.....g	1.942		0		1		0.551	8.809	
Glutamic acid.....g	3.194		0		1		0.905	14.488	
Glycine.....g	1.160		0		1		0.329	5.262	
Proline.....g	0.939		0		1		0.266	4.259	
Serine.....g	0.813		0		1		0.230	3.688	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23602

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23602

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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23603

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23603

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23614

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23614

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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23612

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23612

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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23633

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

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

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23633

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

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23631

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23631

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13380

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13381

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13556

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.360		0		1		37.939	13.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.370		0		1		3.384	1.165	
17:1.....g									
18:1 undifferentiated.....g	13.310		0		1		32.876	11.314	
20:1.....g	0.060		0		1		0.148	0.051	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0		1		3.063	1.054	
18:2 undifferentiated.....g	0.850		0		1		2.100	0.723	
18:3 undifferentiated.....g	0.320		0		1		0.790	0.272	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.124	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		254	88	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.704	0.242	
Threonine.....g	1.113		0		1		2.749	0.946	
Isoleucine.....g	1.146		0		1		2.831	0.974	
Leucine.....g	2.014		0		1		4.975	1.712	
Lysine.....g	2.120		0		1		5.236	1.802	
Methionine.....g	0.652		0		1		1.610	0.554	
Cystine.....g	0.285		0		1		0.704	0.242	
Phenylalanine.....g	0.995		0		1		2.458	0.846	
Tyrosine.....g	0.856		0		1		2.114	0.728	
Valine.....g	1.239		0		1		3.060	1.053	
Arginine.....g	1.610		0		1		3.977	1.369	
Histidine.....g	0.872		0		1		2.154	0.741	
Alanine.....g	1.537		0		1		3.796	1.306	
Aspartic acid.....g	2.328		0		1		5.750	1.979	
Glutamic acid.....g	3.828		0		1		9.455	3.254	
Glycine.....g	1.390		0		1		3.433	1.182	
Proline.....g	1.125		0		1		2.779	0.956	
Serine.....g	0.974		0		1		2.406	0.828	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13555

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.140		0		1		3.725	59.603	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.390		0		1		0.394	6.305	
17:1.....g									
18:1 undifferentiated.....g	11.130		0		1		3.155	50.486	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0		1		0.298	4.763	
18:2 undifferentiated.....g	0.690		0		1		0.196	3.130	
18:3 undifferentiated.....g	0.300		0		1		0.085	1.361	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		21	336	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.052	0.830	
Threonine.....g	0.713		0		1		0.202	3.234	
Isoleucine.....g	0.734		0		1		0.208	3.329	
Leucine.....g	1.291		0		1		0.366	5.856	
Lysine.....g	1.359		0		1		0.385	6.164	
Methionine.....g	0.418		0		1		0.119	1.896	
Cystine.....g	0.183		0		1		0.052	0.830	
Phenylalanine.....g	0.638		0		1		0.181	2.894	
Tyrosine.....g	0.549		0		1		0.156	2.490	
Valine.....g	0.794		0		1		0.225	3.602	
Arginine.....g	1.032		0		1		0.293	4.681	
Histidine.....g	0.559		0		1		0.158	2.536	
Alanine.....g	0.985		0		1		0.279	4.468	
Aspartic acid.....g	1.492		0		1		0.423	6.768	
Glutamic acid.....g	2.454		0		1		0.696	11.131	
Glycine.....g	0.891		0		1		0.253	4.042	
Proline.....g	0.721		0		1		0.204	3.270	
Serine.....g	0.625		0		1		0.177	2.835	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13049

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.820		0		1		2.500	40.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.990		0		1		0.281	4.491	
17:1.....g									
18:1 undifferentiated.....g	7.800		0		1		2.211	35.381	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		0.207	3.311	
18:2 undifferentiated.....g	0.480		0		1		0.136	2.177	
18:3 undifferentiated.....g	0.230		0		1		0.065	1.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		20	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0		1		0.054	0.866	
Threonine.....g	0.744		0		1		0.211	3.375	
Isoleucine.....g	0.766		0		1		0.217	3.475	
Leucine.....g	1.347		0		1		0.382	6.110	
Lysine.....g	1.418		0		1		0.402	6.432	
Methionine.....g	0.436		0		1		0.124	1.978	
Cystine.....g	0.191		0		1		0.054	0.866	
Phenylalanine.....g	0.665		0		1		0.189	3.016	
Tyrosine.....g	0.573		0		1		0.162	2.599	
Valine.....g	0.829		0		1		0.235	3.760	
Arginine.....g	1.077		0		1		0.305	4.885	
Histidine.....g	0.584		0		1		0.166	2.649	
Alanine.....g	1.028		0		1		0.291	4.663	
Aspartic acid.....g	1.557		0		1		0.441	7.063	
Glutamic acid.....g	2.560		0		1		0.726	11.612	
Glycine.....g	0.930		0		1		0.264	4.218	
Proline.....g	0.753		0		1		0.213	3.416	
Serine.....g	0.652		0		1		0.185	2.957	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13052

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.030		0		1		29.834	10.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.130		0		1		2.802	0.961	
17:1.....g									
18:1 undifferentiated.....g	10.840		0		1		26.883	9.214	
20:1.....g	0.050		0		1		0.124	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		2.480	0.850	
18:2 undifferentiated.....g	0.680		0		1		1.686	0.578	
18:3 undifferentiated.....g	0.280		0		1		0.694	0.238	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.099	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		255	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0	NR	4		0.426	0.146	
Threonine.....g	1.045		0	NR	4		2.592	0.888	
Isoleucine.....g	1.190		0	NR	4		2.952	1.012	
Leucine.....g	2.081		0	NR	4		5.161	1.769	
Lysine.....g	2.211		0	NR	4		5.483	1.879	
Methionine.....g	0.681		0	NR	4		1.689	0.579	
Cystine.....g	0.338		0	NR	4		0.837	0.287	
Phenylalanine.....g	1.033		0	NR	4		2.563	0.878	
Tyrosine.....g	0.834		0	NR	4		2.067	0.709	
Valine.....g	1.298		0	NR	4		3.219	1.103	
Arginine.....g	1.692		0	NR	4		4.195	1.438	
Histidine.....g	0.835		0	NR	4		2.070	0.710	
Alanine.....g	1.590		0	NR	4		3.944	1.352	
Aspartic acid.....g	2.383		0	NR	4		5.909	2.025	
Glutamic acid.....g	3.927		0	NR	4		9.740	3.338	
Glycine.....g	1.593		0	NR	4		3.950	1.354	
Proline.....g	1.247		0	NR	4		3.093	1.060	
Serine.....g	1.030		0	NR	4		2.556	0.876	
Hydroxyproline.....g	0.275		0	BFPN	4		0.682	0.234	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13052

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13051

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.750		0		1		2.764	44.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.100		0		1		0.312	4.990	
17:1.....g									
18:1 undifferentiated.....g	8.630		0		1		2.447	39.146	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0		1		0.230	3.674	
18:2 undifferentiated.....g	0.530		0		1		0.150	2.404	
18:3 undifferentiated.....g	0.250		0		1		0.071	1.134	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		20	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0		1		0.053	0.853	
Threonine.....g	0.735		0		1		0.208	3.334	
Isoleucine.....g	0.756		0		1		0.214	3.429	
Leucine.....g	1.330		0		1		0.377	6.033	
Lysine.....g	1.400		0		1		0.397	6.350	
Methionine.....g	0.431		0		1		0.122	1.955	
Cystine.....g	0.188		0		1		0.053	0.853	
Phenylalanine.....g	0.657		0		1		0.186	2.980	
Tyrosine.....g	0.565		0		1		0.160	2.563	
Valine.....g	0.818		0		1		0.232	3.710	
Arginine.....g	1.063		0		1		0.301	4.822	
Histidine.....g	0.576		0		1		0.163	2.613	
Alanine.....g	1.015		0		1		0.288	4.604	
Aspartic acid.....g	1.537		0		1		0.436	6.972	
Glutamic acid.....g	2.527		0		1		0.716	11.462	
Glycine.....g	0.918		0		1		0.260	4.164	
Proline.....g	0.743		0		1		0.211	3.370	
Serine.....g	0.643		0		1		0.182	2.917	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13054

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.090		0		1		25.023	8.577	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950		0		1		2.356	0.808	
17:1.....g									
18:1 undifferentiated.....g	9.100		0		1		22.568	7.735	
20:1.....g	0.040		0		1		0.099	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		1		2.083	0.714	
18:2 undifferentiated.....g	0.570		0		1		1.414	0.485	
18:3 undifferentiated.....g	0.230		0		1		0.570	0.196	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.074	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0		1		258	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.302		0		1		0.749	0.257	
Threonine.....g	1.178		0		1		2.921	1.001	
Isoleucine.....g	1.213		0		1		3.008	1.031	
Leucine.....g	2.132		0		1		5.287	1.812	
Lysine.....g	2.245		0		1		5.568	1.908	
Methionine.....g	0.691		0		1		1.714	0.587	
Cystine.....g	0.302		0		1		0.749	0.257	
Phenylalanine.....g	1.053		0		1		2.611	0.895	
Tyrosine.....g	0.907		0		1		2.249	0.771	
Valine.....g	1.312		0		1		3.254	1.115	
Arginine.....g	1.705		0		1		4.228	1.449	
Histidine.....g	0.924		0		1		2.292	0.785	
Alanine.....g	1.627		0		1		4.035	1.383	
Aspartic acid.....g	2.465		0		1		6.113	2.095	
Glutamic acid.....g	4.053		0		1		10.051	3.445	
Glycine.....g	1.472		0		1		3.651	1.251	
Proline.....g	1.191		0		1		2.954	1.012	
Serine.....g	1.032		0		1		2.559	0.877	
Hydroxyproline.....g	0.283		0		1		0.703	0.241	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13054

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13053

Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.860		0		1		2.228	35.653	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		0.252	4.037	
17:1.....g									
18:1 undifferentiated.....g	6.950		0		1		1.970	31.525	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650		0		1		0.184	2.948	
18:2 undifferentiated.....g	0.430		0		1		0.122	1.950	
18:3 undifferentiated.....g	0.200		0		1		0.057	0.907	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0		1		0.055	0.875	
Threonine.....g	0.754		0		1		0.214	3.420	
Isoleucine.....g	0.776		0		1		0.220	3.520	
Leucine.....g	1.364		0		1		0.387	6.187	
Lysine.....g	1.436		0		1		0.407	6.514	
Methionine.....g	0.442		0		1		0.125	2.005	
Cystine.....g	0.193		0		1		0.055	0.875	
Phenylalanine.....g	0.674		0		1		0.191	3.057	
Tyrosine.....g	0.580		0		1		0.164	2.631	
Valine.....g	0.840		0		1		0.238	3.810	
Arginine.....g	1.091		0		1		0.309	4.949	
Histidine.....g	0.591		0		1		0.168	2.681	
Alanine.....g	1.041		0		1		0.295	4.722	
Aspartic acid.....g	1.577		0		1		0.447	7.153	
Glutamic acid.....g	2.594		0		1		0.735	11.766	
Glycine.....g	0.942		0		1		0.267	4.273	
Proline.....g	0.762		0		1		0.216	3.456	
Serine.....g	0.660		0		1		0.187	2.994	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13816

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

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

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

Common Measures:

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

NDB No. 13816

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13815

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13818

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13817

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13820

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13819

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13382

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

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

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

Common Measures:

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

NDB No. 13382

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13383

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13384

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

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

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13564

Beef, chuck, blade roast, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.180		0		1		16.432	7.803	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		0		1		1.271	0.604	
17:1.....g									
18:1 undifferentiated.....g	8.120		0		1		14.535	6.902	
20:1.....g	0.020		0		1		0.036	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0		1		1.235	0.587	
18:2 undifferentiated.....g	0.560		0		1		1.002	0.476	
18:3 undifferentiated.....g	0.050		0		1		0.090	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.107	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106		0		1		190	90	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.348		0		1		0.623	0.296	
Threonine.....g	1.357		0		1		2.429	1.153	
Isoleucine.....g	1.396		0		1		2.499	1.187	
Leucine.....g	2.455		0		1		4.394	2.087	
Lysine.....g	2.584		0		1		4.625	2.196	
Methionine.....g	0.795		0		1		1.423	0.676	
Cystine.....g	0.348		0		1		0.623	0.296	
Phenylalanine.....g	1.212		0		1		2.169	1.030	
Tyrosine.....g	1.043		0		1		1.867	0.887	
Valine.....g	1.511		0		1		2.705	1.284	
Arginine.....g	1.963		0		1		3.514	1.669	
Histidine.....g	1.063		0		1		1.903	0.904	
Alanine.....g	1.873		0		1		3.353	1.592	
Aspartic acid.....g	2.837		0		1		5.078	2.411	
Glutamic acid.....g	4.666		0		1		8.352	3.966	
Glycine.....g	1.694		0		1		3.032	1.440	
Proline.....g	1.371		0		1		2.454	1.165	
Serine.....g	1.188		0		1		2.127	1.010	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 179g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13563

Beef, chuck, blade roast, separable lean only, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.240		0		1		1.769	28.305	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.139	2.223	
17:1.....g									
18:1 undifferentiated.....g	5.460		0		1		1.548	24.767	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		0.142	2.268	
18:2 undifferentiated.....g	0.410		0		1		0.116	1.860	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		18	295	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.061	0.980	
Threonine.....g	0.841		0		1		0.238	3.815	
Isoleucine.....g	0.865		0		1		0.245	3.924	
Leucine.....g	1.522		0		1		0.431	6.904	
Lysine.....g	1.602		0		1		0.454	7.267	
Methionine.....g	0.493		0		1		0.140	2.236	
Cystine.....g	0.216		0		1		0.061	0.980	
Phenylalanine.....g	0.752		0		1		0.213	3.411	
Tyrosine.....g	0.647		0		1		0.183	2.935	
Valine.....g	0.936		0		1		0.265	4.246	
Arginine.....g	1.217		0		1		0.345	5.520	
Histidine.....g	0.659		0		1		0.187	2.989	
Alanine.....g	1.161		0		1		0.329	5.266	
Aspartic acid.....g	1.759		0		1		0.499	7.979	
Glutamic acid.....g	2.892		0		1		0.820	13.118	
Glycine.....g	1.050		0		1		0.298	4.763	
Proline.....g	0.850		0		1		0.241	3.856	
Serine.....g	0.736		0		1		0.209	3.338	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13058

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.650		0		1		10.905	4.803	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		8		1		0.869	0.383	
17:1.....g									
18:1 undifferentiated.....g	5.180		8		1		9.997	4.403	
20:1.....g	0.010		8		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.830	0.366	
18:2 undifferentiated.....g	0.350		8		1		0.676	0.298	
18:3 undifferentiated.....g	0.030		8		1		0.058	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		8		1		0.077	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106	1.958	8		1		205	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	NR	4		0.394	0.174	
Threonine.....g	1.241		0	NR	4		2.395	1.055	
Isoleucine.....g	1.413		0	NR	4		2.727	1.201	
Leucine.....g	2.471		0	NR	4		4.769	2.100	
Lysine.....g	2.625		0	NR	4		5.066	2.231	
Methionine.....g	0.809		0	NR	4		1.561	0.688	
Cystine.....g	0.401		0	NR	4		0.774	0.341	
Phenylalanine.....g	1.227		0	NR	4		2.368	1.043	
Tyrosine.....g	0.990		0	NR	4		1.910	0.841	
Valine.....g	1.541		0	NR	4		2.974	1.310	
Arginine.....g	2.008		0	NR	4		3.876	1.707	
Histidine.....g	0.991		0	NR	4		1.913	0.843	
Alanine.....g	1.888		0	NR	4		3.644	1.605	
Aspartic acid.....g	2.829		0	NR	4		5.460	2.405	
Glutamic acid.....g	4.663		0	NR	4		8.999	3.963	
Glycine.....g	1.891		0	NR	4		3.650	1.608	
Proline.....g	1.481		0	NR	4		2.858	1.259	
Serine.....g	1.224		0	NR	4		2.361	1.040	
Hydroxyproline.....g	0.326		0	BFPN	4		0.630	0.277	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13058

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13057

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.290		0		1		0.933	14.923	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		36		1		0.077	1.225	
17:1.....g									
18:1 undifferentiated.....g	3.010		36		1		0.853	13.653	
20:1.....g	0.010		36		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.079	1.270	
18:2 undifferentiated.....g	0.230		36		1		0.065	1.043	
18:3 undifferentiated.....g	0.020		36		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		36		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65	0.789	34		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.061	0.980	
Threonine.....g	0.841		0		1		0.238	3.815	
Isoleucine.....g	0.865		0		1		0.245	3.924	
Leucine.....g	1.522		0		1		0.431	6.904	
Lysine.....g	1.602		0		1		0.454	7.267	
Methionine.....g	0.493		0		1		0.140	2.236	
Cystine.....g	0.216		0		1		0.061	0.980	
Phenylalanine.....g	0.752		0		1		0.213	3.411	
Tyrosine.....g	0.647		0		1		0.183	2.935	
Valine.....g	0.936		0		1		0.265	4.246	
Arginine.....g	1.217		0		1		0.345	5.520	
Histidine.....g	0.659		0		1		0.187	2.989	
Alanine.....g	1.161		0		1		0.329	5.266	
Aspartic acid.....g	1.759		0		1		0.499	7.979	
Glutamic acid.....g	2.892		0		1		0.820	13.118	
Glycine.....g	1.050		0		1		0.298	4.763	
Proline.....g	0.850		0		1		0.241	3.856	
Serine.....g	0.736		0		1		0.209	3.338	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13060

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.210		0		1		11.613	5.279	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.935	0.425	
17:1.....g									
18:1 undifferentiated.....g	5.700		0		1		10.659	4.845	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		0.879	0.400	
18:2 undifferentiated.....g	0.390		0		1		0.729	0.332	
18:3 undifferentiated.....g	0.040		0		1		0.075	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.094	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106		0		1		198	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	NR	4		0.382	0.174	
Threonine.....g	1.241		0	NR	4		2.320	1.055	
Isoleucine.....g	1.413		0	NR	4		2.643	1.201	
Leucine.....g	2.471		0	NR	4		4.620	2.100	
Lysine.....g	2.625		0	NR	4		4.909	2.231	
Methionine.....g	0.809		0	NR	4		1.513	0.688	
Cystine.....g	0.401		0	NR	4		0.750	0.341	
Phenylalanine.....g	1.227		0	NR	4		2.294	1.043	
Tyrosine.....g	0.990		0	NR	4		1.851	0.841	
Valine.....g	1.541		0	NR	4		2.882	1.310	
Arginine.....g	2.008		0	NR	4		3.756	1.707	
Histidine.....g	0.991		0	NR	4		1.854	0.843	
Alanine.....g	1.888		0	NR	4		3.531	1.605	
Aspartic acid.....g	2.829		0	NR	4		5.291	2.405	
Glutamic acid.....g	4.663		0	NR	4		8.720	3.963	
Glycine.....g	1.891		0	NR	4		3.537	1.608	
Proline.....g	1.481		0	NR	4		2.769	1.259	
Serine.....g	1.224		0	NR	4		2.288	1.040	
Hydroxyproline.....g	0.326		0	BFPN	4		0.610	0.277	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 187g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13060

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13059

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.780		0		1		1.072	17.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		36		1		0.088	1.406	
17:1.....g									
18:1 undifferentiated.....g	3.460		36		1		0.981	15.695	
20:1.....g	0.010		36		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.091	1.452	
18:2 undifferentiated.....g	0.260		36		1		0.074	1.179	
18:3 undifferentiated.....g	0.020		36		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		36		1		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		1		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.061	0.980	
Threonine.....g	0.841		0		1		0.238	3.815	
Isoleucine.....g	0.865		0		1		0.245	3.924	
Leucine.....g	1.522		0		1		0.431	6.904	
Lysine.....g	1.602		0		1		0.454	7.267	
Methionine.....g	0.493		0		1		0.140	2.236	
Cystine.....g	0.216		0		1		0.061	0.980	
Phenylalanine.....g	0.752		0		1		0.213	3.411	
Tyrosine.....g	0.647		0		1		0.183	2.935	
Valine.....g	0.936		0		1		0.265	4.246	
Arginine.....g	1.217		0		1		0.345	5.520	
Histidine.....g	0.659		0		1		0.187	2.989	
Alanine.....g	1.161		0		1		0.329	5.266	
Aspartic acid.....g	1.759		0		1		0.499	7.979	
Glutamic acid.....g	2.892		0		1		0.820	13.118	
Glycine.....g	1.050		0		1		0.298	4.763	
Proline.....g	0.850		0		1		0.241	3.856	
Serine.....g	0.736		0		1		0.209	3.338	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13062

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.000		0		1		10.000	4.250	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.800	0.340	
17:1.....g									
18:1 undifferentiated.....g	4.590		0		1		9.180	3.902	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.760	0.323	
18:2 undifferentiated.....g	0.310		0		1		0.620	0.264	
18:3 undifferentiated.....g	0.030		0		1		0.060	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.080	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106		0		1		212	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	NR	4		0.408	0.174	
Threonine.....g	1.241		0	NR	4		2.482	1.055	
Isoleucine.....g	1.413		0	NR	4		2.826	1.201	
Leucine.....g	2.471		0	NR	4		4.942	2.100	
Lysine.....g	2.625		0	NR	4		5.250	2.231	
Methionine.....g	0.809		0	NR	4		1.618	0.688	
Cystine.....g	0.401		0	NR	4		0.802	0.341	
Phenylalanine.....g	1.227		0	NR	4		2.454	1.043	
Tyrosine.....g	0.990		0	NR	4		1.979	0.841	
Valine.....g	1.541		0	NR	4		3.082	1.310	
Arginine.....g	2.008		0	NR	4		4.017	1.707	
Histidine.....g	0.991		0	NR	4		1.983	0.843	
Alanine.....g	1.888		0	NR	4		3.777	1.605	
Aspartic acid.....g	2.829		0	NR	4		5.658	2.405	
Glutamic acid.....g	4.663		0	NR	4		9.326	3.963	
Glycine.....g	1.891		0	NR	4		3.783	1.608	
Proline.....g	1.481		0	NR	4		2.961	1.259	
Serine.....g	1.224		0	NR	4		2.447	1.040	
Hydroxyproline.....g	0.326		0	BFPN	4		0.653	0.277	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 200g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13062

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13061

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.800		0		1		0.794	12.701	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		36		1		0.065	1.043	
17:1.....g									
18:1 undifferentiated.....g	2.560		36		1		0.726	11.612	
20:1.....g	0.010		36		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.068	1.089	
18:2 undifferentiated.....g	0.190		36		1		0.054	0.862	
18:3 undifferentiated.....g	0.010		36		1		0.003	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		36		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		1		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	NR	4		0.036	0.574	
Threonine.....g	0.769		0	NR	4		0.218	3.488	
Isoleucine.....g	0.876		0	NR	4		0.248	3.973	
Leucine.....g	1.531		0	NR	4		0.434	6.946	
Lysine.....g	1.627		0	NR	4		0.461	7.379	
Methionine.....g	0.501		0	NR	4		0.142	2.274	
Cystine.....g	0.248		0	NR	4		0.070	1.127	
Phenylalanine.....g	0.760		0	NR	4		0.216	3.449	
Tyrosine.....g	0.613		0	NR	4		0.174	2.782	
Valine.....g	0.955		0	NR	4		0.271	4.332	
Arginine.....g	1.245		0	NR	4		0.353	5.646	
Histidine.....g	0.614		0	NR	4		0.174	2.787	
Alanine.....g	1.170		0	NR	4		0.332	5.308	
Aspartic acid.....g	1.753		0	NR	4		0.497	7.954	
Glutamic acid.....g	2.890		0	NR	4		0.819	13.109	
Glycine.....g	1.172		0	NR	4		0.332	5.317	
Proline.....g	0.918		0	NR	4		0.260	4.163	
Serine.....g	0.758		0	NR	4		0.215	3.440	
Hydroxyproline.....g	0.202		0	BFPN	4		0.057	0.917	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13061

Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, select, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23528

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.870		0	PIK	4		4.989	26.626	
14:1.....g	0.036		0	PAK	1		0.031	0.166	
15:1.....g									
16:1 undifferentiated.....g	0.458		0	PAK	1		0.389	2.075	
17:1.....g									
18:1 undifferentiated.....g	5.361		0	PAK	1		4.557	24.318	
20:1.....g	0.015		0	PAK	1		0.013	0.068	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.461		0	PIK	4		0.392	2.092	
18:2 undifferentiated.....g	0.324		0	PAK	1		0.276	1.471	
18:3 undifferentiated.....g	0.118		0	PAK	1		0.101	0.537	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	PAK	1		0.016	0.083	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	PAK	1		57	302	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0	PAK	1		0.226	1.206	
Threonine.....g	1.135		0	PAK	1		0.965	5.148	
Isoleucine.....g	1.265		0	PAK	1		1.075	5.736	
Leucine.....g	2.167		0	PAK	1		1.842	9.829	
Lysine.....g	2.300		0	PAK	1		1.955	10.431	
Methionine.....g	0.696		0	PAK	1		0.591	3.155	
Cystine.....g	0.265		0	PAK	1		0.225	1.201	
Phenylalanine.....g	1.063		0	PAK	1		0.904	4.822	
Tyrosine.....g	0.899		0	PAK	1		0.764	4.078	
Valine.....g	1.326		0	PAK	1		1.127	6.013	
Arginine.....g	1.654		0	PAK	1		1.406	7.504	
Histidine.....g	0.795		0	PAK	1		0.676	3.607	
Alanine.....g	1.487		0	PAK	1		1.264	6.747	
Aspartic acid.....g	2.446		0	PAK	1		2.079	11.093	
Glutamic acid.....g	3.936		0	PAK	1		3.345	17.852	
Glycine.....g	1.177		0	PAK	1		1.000	5.337	
Proline.....g	1.042		0	PAK	1		0.886	4.728	
Serine.....g	0.986		0	PAK	1		0.838	4.471	
Hydroxyproline.....g	0.109		0	PAK	1		0.093	0.496	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23528

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23531

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.173		0	PIK	4		3.547	18.927	
14:1.....g	0.048		0	PAK	1		0.041	0.216	
15:1.....g									
16:1 undifferentiated.....g	0.315		0	PAK	1		0.267	1.427	
17:1.....g									
18:1 undifferentiated.....g	3.802		0	PAK	1		3.232	17.248	
20:1.....g	0.008		0	PAK	1		0.007	0.035	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.446		0	PIK	4		0.379	2.021	
18:2 undifferentiated.....g	0.322		0	PAK	1		0.274	1.460	
18:3 undifferentiated.....g	0.076		0	PAK	1		0.065	0.345	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.048		0	PAK	1		0.041	0.216	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0	PAK	1		62	332	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0	PAK	1		0.251	1.337	
Threonine.....g	1.260		0	PAK	1		1.071	5.717	
Isoleucine.....g	1.406		0	PAK	1		1.195	6.379	
Leucine.....g	2.409		0	PAK	1		2.047	10.926	
Lysine.....g	2.557		0	PAK	1		2.173	11.597	
Methionine.....g	0.773		0	PAK	1		0.657	3.506	
Cystine.....g	0.293		0	PAK	1		0.249	1.331	
Phenylalanine.....g	1.182		0	PAK	1		1.004	5.359	
Tyrosine.....g	0.999		0	PAK	1		0.849	4.531	
Valine.....g	1.473		0	PAK	1		1.252	6.683	
Arginine.....g	1.837		0	PAK	1		1.562	8.333	
Histidine.....g	0.881		0	PAK	1		0.749	3.996	
Alanine.....g	1.650		0	PAK	1		1.402	7.484	
Aspartic acid.....g	2.717		0	PAK	1		2.310	12.325	
Glutamic acid.....g	4.371		0	PAK	1		3.715	19.826	
Glycine.....g	1.301		0	PAK	1		1.106	5.902	
Proline.....g	1.155		0	PAK	1		0.982	5.239	
Serine.....g	1.094		0	PAK	1		0.930	4.964	
Hydroxyproline.....g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23531

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23552

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.179		0	PIK	4		4.402	23.493	
14:1.....g	0.041		0	PAK	1		0.035	0.186	
15:1.....g									
16:1 undifferentiated.....g	0.399		0	PAK	1		0.339	1.812	
17:1.....g									
18:1 undifferentiated.....g	4.727		0	PAK	1		4.018	21.440	
20:1.....g	0.012		0	PAK	1		0.010	0.054	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.455		0	PIK	4		0.387	2.063	
18:2 undifferentiated.....g	0.323		0	PAK	1		0.275	1.467	
18:3 undifferentiated.....g	0.101		0	PAK	1		0.086	0.459	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAK	1		0.026	0.137	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	PAK	1		59	314	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.278		0	PAK	1		0.236	1.260	
Threonine.....g	1.186		0	PAK	1		1.008	5.380	
Isoleucine.....g	1.322		0	PAK	1		1.124	5.998	
Leucine.....g	2.265		0	PAK	1		1.926	10.276	
Lysine.....g	2.404		0	PAK	1		2.044	10.906	
Methionine.....g	0.727		0	PAK	1		0.618	3.298	
Cystine.....g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine.....g	1.111		0	PAK	1		0.945	5.041	
Tyrosine.....g	0.940		0	PAK	1		0.799	4.263	
Valine.....g	1.386		0	PAK	1		1.178	6.286	
Arginine.....g	1.729		0	PAK	1		1.469	7.841	
Histidine.....g	0.830		0	PAK	1		0.706	3.765	
Alanine.....g	1.553		0	PAK	1		1.320	7.047	
Aspartic acid.....g	2.556		0	PAK	1		2.173	11.594	
Glutamic acid.....g	4.113		0	PAK	1		3.496	18.655	
Glycine.....g	1.227		0	PAK	1		1.043	5.567	
Proline.....g	1.088		0	PAK	1		0.925	4.936	
Serine.....g	1.030		0	PAK	1		0.875	4.672	
Hydroxyproline.....g	0.115		0	PAK	1		0.098	0.523	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23552

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23529

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.280		0	PIK	4		6.188	33.021	
14:1.....g	0.052		0	PAK	1		0.045	0.238	
15:1.....g									
16:1 undifferentiated.....g	0.609		0	PAK	1		0.518	2.763	
17:1.....g									
18:1 undifferentiated.....g	6.597		0	PAK	1		5.607	29.922	
20:1.....g	0.022		0	PAK	1		0.018	0.098	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.592		0	PIK	4		0.503	2.684	
18:2 undifferentiated.....g	0.407		0	PAK	1		0.346	1.846	
18:3 undifferentiated.....g	0.159		0	PAK	1		0.135	0.719	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	PIK	4		67	359	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	PAK	1		0.222	1.184	
Threonine.....g	1.112		0	PAK	1		0.945	5.044	
Isoleucine.....g	1.237		0	PAK	1		1.052	5.612	
Leucine.....g	2.121		0	PAK	1		1.803	9.620	
Lysine.....g	2.250		0	PAK	1		1.913	10.208	
Methionine.....g	0.681		0	PAK	1		0.579	3.088	
Cystine.....g	0.260		0	PAK	1		0.221	1.178	
Phenylalanine.....g	1.041		0	PAK	1		0.885	4.720	
Tyrosine.....g	0.880		0	PAK	1		0.748	3.993	
Valine.....g	1.298		0	PAK	1		1.103	5.886	
Arginine.....g	1.620		0	PAK	1		1.377	7.350	
Histidine.....g	0.781		0	PAK	1		0.664	3.541	
Alanine.....g	1.458		0	PAK	1		1.240	6.616	
Aspartic acid.....g	2.395		0	PAK	1		2.035	10.862	
Glutamic acid.....g	3.855		0	PAK	1		3.277	17.486	
Glycine.....g	1.157		0	PAK	1		0.983	5.247	
Proline.....g	1.023		0	PAK	1		0.869	4.640	
Serine.....g	0.966		0	PAK	1		0.821	4.381	
Hydroxyproline.....g	0.105		0	PAK	1		0.089	0.477	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23529

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23527

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.769		0	PIK	4		17.096	1.068	
14:1.....g	0.028		0	PAK	1		0.128	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.325		0	PAK	1		1.474	0.092	
17:1.....g									
18:1 undifferentiated.....g	3.409		0	PAK	1		15.465	0.967	
20:1.....g	0.007		0	PAK	1		0.030	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.444		0	PIK	4		2.013	0.126	
18:2 undifferentiated.....g	0.305		0	PAK	1		1.383	0.086	
18:3 undifferentiated.....g	0.092		0	PAK	1		0.417	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.047		0	PAK	1		0.213	0.013	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PIK	4		279	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	PAK	1		0.922	0.058	
Threonine.....g	0.868		0	PAK	1		3.938	0.246	
Isoleucine.....g	0.968		0	PAK	1		4.391	0.274	
Leucine.....g	1.658		0	PAK	1		7.522	0.470	
Lysine.....g	1.760		0	PAK	1		7.984	0.499	
Methionine.....g	0.532		0	PAK	1		2.414	0.151	
Cystine.....g	0.202		0	PAK	1		0.917	0.057	
Phenylalanine.....g	0.814		0	PAK	1		3.690	0.231	
Tyrosine.....g	0.688		0	PAK	1		3.120	0.195	
Valine.....g	1.014		0	PAK	1		4.601	0.288	
Arginine.....g	1.265		0	PAK	1		5.739	0.359	
Histidine.....g	0.607		0	PAK	1		2.755	0.172	
Alanine.....g	1.137		0	PAK	1		5.157	0.322	
Aspartic acid.....g	1.871		0	PAK	1		8.487	0.530	
Glutamic acid.....g	3.010		0	PAK	1		13.655	0.853	
Glycine.....g	0.898		0	PAK	1		4.072	0.254	
Proline.....g	0.796		0	PAK	1		3.612	0.226	
Serine.....g	0.754		0	PAK	1		3.419	0.214	
Hydroxyproline.....g	0.085		0	PAK	1		0.384	0.024	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23527

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23532

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.596		0	PIK	4		5.607	29.921	
14:1.....g	0.034		0	PAK	1		0.029	0.154	
15:1.....g									
16:1 undifferentiated.....g	0.596		0	PAK	1		0.507	2.705	
17:1.....g									
18:1 undifferentiated.....g	5.941		0	PAK	1		5.049	26.946	
20:1.....g	0.025		0	PAK	1		0.022	0.115	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.644		0	PIK	4		0.547	2.920	
18:2 undifferentiated.....g	0.429		0	PAK	1		0.365	1.946	
18:3 undifferentiated.....g	0.172		0	PAK	1		0.146	0.781	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		0	PAK	1		0.036	0.193	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	PAK	1		58	310	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0	PAK	1		0.224	1.195	
Threonine.....g	1.121		0	PAK	1		0.953	5.086	
Isoleucine.....g	1.247		0	PAK	1		1.060	5.655	
Leucine.....g	2.138		0	PAK	1		1.817	9.696	
Lysine.....g	2.268		0	PAK	1		1.928	10.288	
Methionine.....g	0.686		0	PAK	1		0.583	3.113	
Cystine.....g	0.262		0	PAK	1		0.223	1.189	
Phenylalanine.....g	1.049		0	PAK	1		0.892	4.758	
Tyrosine.....g	0.887		0	PAK	1		0.754	4.026	
Valine.....g	1.308		0	PAK	1		1.112	5.932	
Arginine.....g	1.634		0	PAK	1		1.389	7.411	
Histidine.....g	0.788		0	PAK	1		0.670	3.575	
Alanine.....g	1.471		0	PAK	1		1.251	6.674	
Aspartic acid.....g	2.414		0	PAK	1		2.052	10.949	
Glutamic acid.....g	3.887		0	PAK	1		3.304	17.630	
Glycine.....g	1.169		0	PAK	1		0.993	5.301	
Proline.....g	1.032		0	PAK	1		0.877	4.683	
Serine.....g	0.974		0	PAK	1		0.828	4.417	
Hydroxyproline.....g	0.105		0	PAK	1		0.089	0.477	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23532

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23530

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.621		0	PIK	4		16.424	1.027	
14:1.....g	0.028		0	PAK	1		0.128	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.322		0	PAK	1		1.460	0.091	
17:1.....g									
18:1 undifferentiated.....g	3.264		0	PAK	1		14.806	0.925	
20:1.....g	0.007		0	PAK	1		0.031	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	PIK	4		1.775	0.111	
18:2 undifferentiated.....g	0.279		0	PAK	1		1.265	0.079	
18:3 undifferentiated.....g	0.075		0	PAK	1		0.340	0.021	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	PAK	1		0.170	0.011	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PIK	4		275	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	PAK	1		0.938	0.059	
Threonine.....g	0.883		0	PAK	1		4.006	0.250	
Isoleucine.....g	0.985		0	PAK	1		4.467	0.279	
Leucine.....g	1.687		0	PAK	1		7.653	0.478	
Lysine.....g	1.791		0	PAK	1		8.123	0.508	
Methionine.....g	0.541		0	PAK	1		2.456	0.154	
Cystine.....g	0.206		0	PAK	1		0.933	0.058	
Phenylalanine.....g	0.828		0	PAK	1		3.754	0.235	
Tyrosine.....g	0.700		0	PAK	1		3.175	0.198	
Valine.....g	1.032		0	PAK	1		4.682	0.293	
Arginine.....g	1.287		0	PAK	1		5.839	0.365	
Histidine.....g	0.618		0	PAK	1		2.803	0.175	
Alanine.....g	1.157		0	PAK	1		5.247	0.328	
Aspartic acid.....g	1.904		0	PAK	1		8.635	0.540	
Glutamic acid.....g	3.063		0	PAK	1		13.893	0.868	
Glycine.....g	0.913		0	PAK	1		4.143	0.259	
Proline.....g	0.810		0	PAK	1		3.675	0.230	
Serine.....g	0.767		0	PAK	1		3.479	0.217	
Hydroxyproline.....g	0.086		0	PAK	1		0.391	0.024	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23530

Beef, chuck, clod roast, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23553

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.002		0	PIK	4		5.951	31.760	
14:1.....g	0.045		0	PAK	1		0.038	0.204	
15:1.....g									
16:1 undifferentiated.....g	0.604		0	PAK	1		0.513	2.740	
17:1.....g									
18:1 undifferentiated.....g	6.330		0	PAK	1		5.380	28.711	
20:1.....g	0.023		0	PAK	1		0.020	0.105	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.613		0	PIK	4		0.521	2.780	
18:2 undifferentiated.....g	0.416		0	PAK	1		0.354	1.887	
18:3 undifferentiated.....g	0.164		0	PAK	1		0.140	0.745	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	PAK	1		0.028	0.149	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	PIK	4		63	339	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0	PAK	1		0.223	1.188	
Threonine.....g	1.116		0	PAK	1		0.948	5.061	
Isoleucine.....g	1.241		0	PAK	1		1.055	5.629	
Leucine.....g	2.128		0	PAK	1		1.809	9.651	
Lysine.....g	2.258		0	PAK	1		1.919	10.241	
Methionine.....g	0.683		0	PAK	1		0.581	3.098	
Cystine.....g	0.261		0	PAK	1		0.222	1.183	
Phenylalanine.....g	1.044		0	PAK	1		0.887	4.735	
Tyrosine.....g	0.883		0	PAK	1		0.751	4.007	
Valine.....g	1.302		0	PAK	1		1.107	5.905	
Arginine.....g	1.626		0	PAK	1		1.382	7.375	
Histidine.....g	0.784		0	PAK	1		0.666	3.555	
Alanine.....g	1.464		0	PAK	1		1.244	6.639	
Aspartic acid.....g	2.402		0	PAK	1		2.042	10.897	
Glutamic acid.....g	3.868		0	PAK	1		3.288	17.545	
Glycine.....g	1.162		0	PAK	1		0.987	5.269	
Proline.....g	1.027		0	PAK	1		0.873	4.657	
Serine.....g	0.969		0	PAK	1		0.824	4.396	
Hydroxyproline.....g	0.105		0	PAK	1		0.089	0.477	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23553

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23551

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.709		0	PIK	4		16.823	1.051	
14:1.....g	0.028		0	PAK	1		0.128	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.324		0	PAK	1		1.468	0.092	
17:1.....g									
18:1 undifferentiated.....g	3.350		0	PAK	1		15.196	0.950	
20:1.....g	0.007		0	PAK	1		0.030	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.423		0	PIK	4		1.916	0.120	
18:2 undifferentiated.....g	0.294		0	PAK	1		1.335	0.083	
18:3 undifferentiated.....g	0.085		0	PAK	1		0.385	0.024	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		0	PAK	1		0.196	0.012	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PIK	4		277	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0	PAK	1		0.928	0.058	
Threonine.....g	0.874		0	PAK	1		3.966	0.248	
Isoleucine.....g	0.975		0	PAK	1		4.422	0.276	
Leucine.....g	1.670		0	PAK	1		7.575	0.473	
Lysine.....g	1.773		0	PAK	1		8.040	0.503	
Methionine.....g	0.536		0	PAK	1		2.431	0.152	
Cystine.....g	0.204		0	PAK	1		0.924	0.058	
Phenylalanine.....g	0.819		0	PAK	1		3.716	0.232	
Tyrosine.....g	0.693		0	PAK	1		3.142	0.196	
Valine.....g	1.022		0	PAK	1		4.634	0.290	
Arginine.....g	1.274		0	PAK	1		5.780	0.361	
Histidine.....g	0.612		0	PAK	1		2.774	0.173	
Alanine.....g	1.145		0	PAK	1		5.193	0.325	
Aspartic acid.....g	1.884		0	PAK	1		8.547	0.534	
Glutamic acid.....g	3.032		0	PAK	1		13.751	0.859	
Glycine.....g	0.904		0	PAK	1		4.101	0.256	
Proline.....g	0.802		0	PAK	1		3.637	0.227	
Serine.....g	0.759		0	PAK	1		3.444	0.215	
Hydroxyproline.....g	0.085		0	PAK	1		0.387	0.024	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23551

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13937

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.510		0	NC	4		2.984		
14:1.....g	0.040	0.015	4	A	1		0.034		
15:1.....g									
16:1 undifferentiated.....g	0.200	0.020	4	A	1		0.170		
17:1.....g									
18:1 undifferentiated.....g	3.270	0.435	4	A	1		2.780		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0	NC	4		0.213		
18:2 undifferentiated.....g	0.200	0.010	4	A	1		0.170		
18:3 undifferentiated.....g	0.030	0.005	4	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020	0.005	4	A	1		0.017		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64	3.880	4	A	1		54		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0	A	1		0.238		
Threonine.....g	1.199		0	A	1		1.019		
Isoleucine.....g	1.340		0	A	1		1.139		
Leucine.....g	2.294		0	A	1		1.950		
Lysine.....g	2.435		0	A	1		2.070		
Methionine.....g	0.736		0	A	1		0.626		
Cystine.....g	0.279		0	A	1		0.237		
Phenylalanine.....g	1.125		0	A	1		0.956		
Tyrosine.....g	0.951		0	A	1		0.808		
Valine.....g	1.403		0	A	1		1.193		
Arginine.....g	1.748		0	A	1		1.486		
Histidine.....g	0.837		0	A	1		0.711		
Alanine.....g	1.569		0	A	1		1.333		
Aspartic acid.....g	2.587		0	A	1		2.199		
Glutamic acid.....g	4.160		0	A	1		3.536		
Glycine.....g	1.234		0	A	1		1.049		
Proline.....g	1.097		0	A	1		0.933		
Serine.....g	1.041		0	A	1		0.885		
Hydroxyproline.....g	0.120		0	A	1		0.102		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 13937

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13940

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.920		0	NC	4		2.482		
14:1.....g	0.050	0.006	3	A	1		0.043		
15:1.....g									
16:1 undifferentiated.....g	0.180	0.029	3	A	1		0.153		
17:1.....g									
18:1 undifferentiated.....g	2.690	0.358	3	A	1		2.287		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0	NC	4		0.289		
18:2 undifferentiated.....g	0.260	0.029	3	A	1		0.221		
18:3 undifferentiated.....g	0.030	0.006	3	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.006	3	A	1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72	7.396	3	A	1		61		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0	A	1		0.258		
Threonine.....g	1.298		0	A	1		1.104		
Isoleucine.....g	1.451		0	A	1		1.233		
Leucine.....g	2.483		0	A	1		2.111		
Lysine.....g	2.636		0	A	1		2.241		
Methionine.....g	0.797		0	A	1		0.677		
Cystine.....g	0.302		0	A	1		0.256		
Phenylalanine.....g	1.218		0	A	1		1.035		
Tyrosine.....g	1.030		0	A	1		0.875		
Valine.....g	1.519		0	A	1		1.291		
Arginine.....g	1.893		0	A	1		1.609		
Histidine.....g	0.906		0	A	1		0.770		
Alanine.....g	1.698		0	A	1		1.443		
Aspartic acid.....g	2.800		0	A	1		2.380		
Glutamic acid.....g	4.503		0	A	1		3.827		
Glycine.....g	1.335		0	A	1		1.135		
Proline.....g	1.188		0	A	1		1.010		
Serine.....g	1.127		0	A	1		0.958		
Hydroxyproline.....g	0.130		0	A	1		0.110		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 13940

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23514

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

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

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23514

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13938

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	3.900		0	NC	4		3.315		
14:1.....g	0.060	0.010	4	A	1		0.051		
15:1.....g									
16:1 undifferentiated.....g	0.240	0.030	4	A	1		0.204		
17:1.....g									
18:1 undifferentiated.....g	3.600	0.270	4	A	1		3.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0	NC	4		0.247		
18:2 undifferentiated.....g	0.230	0.035	4	A	1		0.196		
18:3 undifferentiated.....g	0.030	0.005	4	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.010	4	A	1		0.026		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0	BFSN	4		65		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	A	1		0.239		
Threonine.....g	1.206		0	A	1		1.025		
Isoleucine.....g	1.348		0	A	1		1.146		
Leucine.....g	2.307		0	A	1		1.961		
Lysine.....g	2.450		0	A	1		2.082		
Methionine.....g	0.740		0	A	1		0.629		
Cystine.....g	0.280		0	A	1		0.238		
Phenylalanine.....g	1.132		0	A	1		0.962		
Tyrosine.....g	0.957		0	A	1		0.813		
Valine.....g	1.411		0	A	1		1.200		
Arginine.....g	1.759		0	A	1		1.495		
Histidine.....g	0.841		0	A	1		0.715		
Alanine.....g	1.578		0	A	1		1.341		
Aspartic acid.....g	2.602		0	A	1		2.212		
Glutamic acid.....g	4.184		0	A	1		3.556		
Glycine.....g	1.241		0	A	1		1.055		
Proline.....g	1.104		0	A	1		0.938		
Serine.....g	1.047		0	A	1		0.890		
Hydroxyproline.....g	0.121		0	A	1		0.103		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

NDB No. 13938

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13936

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.050		0	NC	4		9.299	0.581	
14:1.....g	0.030	0.005	4	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.100	0.035	4	A	1		0.454	0.028	
17:1.....g									
18:1 undifferentiated.....g	1.920	0.270	4	A	1		8.709	0.544	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0	NC	4		1.406	0.088	
18:2 undifferentiated.....g	0.230	0.005	4	A	1		1.043	0.065	
18:3 undifferentiated.....g	0.030	0.005	4	A	1		0.136	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.005	4	A	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	BFSN	4		269	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0	A	1		0.954	0.060	
Threonine.....g	0.900		0	A	1		4.084	0.255	
Isoleucine.....g	1.006		0	A	1		4.563	0.285	
Leucine.....g	1.722		0	A	1		7.812	0.488	
Lysine.....g	1.828		0	A	1		8.293	0.518	
Methionine.....g	0.553		0	A	1		2.507	0.157	
Cystine.....g	0.209		0	A	1		0.949	0.059	
Phenylalanine.....g	0.845		0	A	1		3.831	0.239	
Tyrosine.....g	0.714		0	A	1		3.239	0.202	
Valine.....g	1.053		0	A	1		4.778	0.299	
Arginine.....g	1.313		0	A	1		5.954	0.372	
Histidine.....g	0.628		0	A	1		2.849	0.178	
Alanine.....g	1.177		0	A	1		5.341	0.334	
Aspartic acid.....g	1.942		0	A	1		8.809	0.551	
Glutamic acid.....g	3.123		0	A	1		14.164	0.885	
Glycine.....g	0.926		0	A	1		4.201	0.263	
Proline.....g	0.824		0	A	1		3.736	0.234	
Serine.....g	0.782		0	A	1		3.546	0.222	
Hydroxyproline.....g	0.090		0	A	1		0.408	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13936

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13941

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Fatty acids, total monounsaturated.....g	2.410		0	NC	4		2.049		
14:1.....g	0.040	0.006	3	A	1		0.034		
15:1.....g									
16:1 undifferentiated.....g	0.150	0.012	3	A	1		0.128		
17:1.....g									
18:1 undifferentiated.....g	2.220	0.075	3	A	1		1.887		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0	NC	4		0.247		
18:2 undifferentiated.....g	0.220	0.035	3	A	1		0.187		
18:3 undifferentiated.....g	0.020	0.000	3	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.012	3	A	1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64	8.585	3	A	1		54		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		0	A	1		0.245		
Threonine.....g	1.236		0	A	1		1.051		
Isoleucine.....g	1.381		0	A	1		1.174		
Leucine.....g	2.365		0	A	1		2.010		
Lysine.....g	2.511		0	A	1		2.134		
Methionine.....g	0.759		0	A	1		0.645		
Cystine.....g	0.287		0	A	1		0.244		
Phenylalanine.....g	1.160		0	A	1		0.986		
Tyrosine.....g	0.980		0	A	1		0.833		
Valine.....g	1.446		0	A	1		1.230		
Arginine.....g	1.802		0	A	1		1.532		
Histidine.....g	0.862		0	A	1		0.733		
Alanine.....g	1.617		0	A	1		1.374		
Aspartic acid.....g	2.667		0	A	1		2.267		
Glutamic acid.....g	4.288		0	A	1		3.645		
Glycine.....g	1.272		0	A	1		1.081		
Proline.....g	1.131		0	A	1		0.961		
Serine.....g	1.073		0	A	1		0.912		
Hydroxyproline.....g	0.124		0	A	1		0.105		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

NDB No. 13941

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13939

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.840		0	NC	4		8.346	0.522	
14:1.....g	0.030	0.006	3	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.090	0.006	3	A	1		0.408	0.026	
17:1.....g									
18:1 undifferentiated.....g	1.720	0.156	3	A	1		7.802	0.488	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0	NC	4		1.134	0.071	
18:2 undifferentiated.....g	0.200	0.023	3	A	1		0.907	0.057	
18:3 undifferentiated.....g	0.010	0.006	3	A	1		0.045	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.012	3	A	1		0.181	0.011	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFSN	4		263	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.214		0	A	1		0.972	0.061	
Threonine.....g	0.917		0	A	1		4.161	0.260	
Isoleucine.....g	1.025		0	A	1		4.650	0.291	
Leucine.....g	1.755		0	A	1		7.960	0.498	
Lysine.....g	1.863		0	A	1		8.450	0.528	
Methionine.....g	0.563		0	A	1		2.554	0.160	
Cystine.....g	0.213		0	A	1		0.967	0.060	
Phenylalanine.....g	0.861		0	A	1		3.904	0.244	
Tyrosine.....g	0.728		0	A	1		3.300	0.206	
Valine.....g	1.073		0	A	1		4.869	0.304	
Arginine.....g	1.337		0	A	1		6.067	0.379	
Histidine.....g	0.640		0	A	1		2.903	0.181	
Alanine.....g	1.200		0	A	1		5.442	0.340	
Aspartic acid.....g	1.979		0	A	1		8.976	0.561	
Glutamic acid.....g	3.182		0	A	1		14.433	0.902	
Glycine.....g	0.944		0	A	1		4.281	0.268	
Proline.....g	0.839		0	A	1		3.807	0.238	
Serine.....g	0.796		0	A	1		3.613	0.226	
Hydroxyproline.....g	0.092		0	A	1		0.416	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13939

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23515

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.294		0	PIK	4		2.800	14.940	
14:1.....g	0.052		0	PAK	1		0.044	0.235	
15:1.....g									
16:1 undifferentiated.....g	0.203		0	PAK	1		0.173	0.922	
17:1.....g									
18:1 undifferentiated.....g	3.038		0	PAK	1		2.583	13.782	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0	PIK	4		0.247	1.315	
18:2 undifferentiated.....g	0.226		0	PAK	1		0.192	1.025	
18:3 undifferentiated.....g	0.026		0	PAK	1		0.022	0.118	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	PAK	1		0.032	0.173	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	PIK	4		61	324	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.285		0	PAK	1		0.242	1.291	
Threonine.....g	1.219		0	PAK	1		1.036	5.527	
Isoleucine.....g	1.361		0	PAK	1		1.157	6.176	
Leucine.....g	2.331		0	PAK	1		1.981	10.573	
Lysine.....g	2.474		0	PAK	1		2.103	11.224	
Methionine.....g	0.748		0	PAK	1		0.636	3.392	
Cystine.....g	0.283		0	PAK	1		0.241	1.284	
Phenylalanine.....g	1.143		0	PAK	1		0.972	5.185	
Tyrosine.....g	0.966		0	PAK	1		0.821	4.383	
Valine.....g	1.426		0	PAK	1		1.212	6.467	
Arginine.....g	1.776		0	PAK	1		1.510	8.058	
Histidine.....g	0.850		0	PAK	1		0.722	3.855	
Alanine.....g	1.594		0	PAK	1		1.355	7.228	
Aspartic acid.....g	2.628		0	PAK	1		2.234	11.922	
Glutamic acid.....g	4.226		0	PAK	1		3.592	19.170	
Glycine.....g	1.253		0	PAK	1		1.065	5.685	
Proline.....g	1.115		0	PAK	1		0.948	5.056	
Serine.....g	1.058		0	PAK	1		0.899	4.799	
Hydroxyproline.....g	0.122		0	PAK	1		0.104	0.553	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23515

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23513

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.965		0	PIK	4		8.911	0.557	
14:1.....g	0.030		0	PAK	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.096		0	PAK	1		0.435	0.027	
17:1.....g									
18:1 undifferentiated.....g	1.839		0	PAK	1		8.340	0.521	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.286		0	PIK	4		1.295	0.081	
18:2 undifferentiated.....g	0.218		0	PAK	1		0.988	0.062	
18:3 undifferentiated.....g	0.022		0	PAK	1		0.099	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	PAK	1		0.208	0.013	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PIK	4		266	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0	PAK	1		0.961	0.060	
Threonine.....g	0.907		0	PAK	1		4.115	0.257	
Isoleucine.....g	1.014		0	PAK	1		4.598	0.287	
Leucine.....g	1.735		0	PAK	1		7.872	0.492	
Lysine.....g	1.842		0	PAK	1		8.357	0.522	
Methionine.....g	0.557		0	PAK	1		2.526	0.158	
Cystine.....g	0.211		0	PAK	1		0.956	0.060	
Phenylalanine.....g	0.851		0	PAK	1		3.861	0.241	
Tyrosine.....g	0.719		0	PAK	1		3.264	0.204	
Valine.....g	1.062		0	PAK	1		4.815	0.301	
Arginine.....g	1.323		0	PAK	1		6.000	0.375	
Histidine.....g	0.633		0	PAK	1		2.871	0.179	
Alanine.....g	1.187		0	PAK	1		5.382	0.336	
Aspartic acid.....g	1.957		0	PAK	1		8.877	0.555	
Glutamic acid.....g	3.147		0	PAK	1		14.274	0.892	
Glycine.....g	0.933		0	PAK	1		4.233	0.265	
Proline.....g	0.830		0	PAK	1		3.765	0.235	
Serine.....g	0.788		0	PAK	1		3.573	0.223	
Hydroxyproline.....g	0.091		0	PAK	1		0.411	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23513

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23555

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.011		0	PIK	4		6.810	36.340	
14:1.....g	0.042		0	PAK	1		0.035	0.188	
15:1.....g									
16:1 undifferentiated.....g	0.708		0	PAK	1		0.602	3.213	
17:1.....g									
18:1 undifferentiated.....g	7.233		0	PAK	1		6.148	32.808	
20:1.....g	0.029		0	PAK	1		0.024	0.130	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.705		0	PIK	4		0.600	3.200	
18:2 undifferentiated.....g	0.485		0	PAK	1		0.412	2.199	
18:3 undifferentiated.....g	0.197		0	PAK	1		0.168	0.895	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	PAK	1		0.020	0.106	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0	PIK	4		80	427	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.284		0	PAK	1		0.241	1.288	
Threonine.....g	1.208		0	PAK	1		1.027	5.479	
Isoleucine.....g	1.343		0	PAK	1		1.141	6.091	
Leucine.....g	2.303		0	PAK	1		1.957	10.444	
Lysine.....g	2.443		0	PAK	1		2.077	11.082	
Methionine.....g	0.739		0	PAK	1		0.628	3.353	
Cystine.....g	0.283		0	PAK	1		0.240	1.281	
Phenylalanine.....g	1.130		0	PAK	1		0.960	5.125	
Tyrosine.....g	0.956		0	PAK	1		0.813	4.337	
Valine.....g	1.409		0	PAK	1		1.198	6.391	
Arginine.....g	1.760		0	PAK	1		1.496	7.984	
Histidine.....g	0.849		0	PAK	1		0.722	3.853	
Alanine.....g	1.585		0	PAK	1		1.348	7.192	
Aspartic acid.....g	2.600		0	PAK	1		2.210	11.795	
Glutamic acid.....g	4.187		0	PAK	1		3.559	18.994	
Glycine.....g	1.260		0	PAK	1		1.071	5.715	
Proline.....g	1.113		0	PAK	1		0.946	5.047	
Serine.....g	1.049		0	PAK	1		0.892	4.759	
Hydroxyproline.....g	0.113		0	PAK	1		0.096	0.512	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23555

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23533

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.636		0	PIK	4		4.791	25.564	
14:1.....g	0.046		0	PAK	1		0.039	0.209	
15:1.....g									
16:1 undifferentiated.....g	0.436		0	PAK	1		0.371	1.979	
17:1.....g									
18:1 undifferentiated.....g	5.140		0	PAK	1		4.369	23.317	
20:1.....g	0.013		0	PAK	1		0.011	0.060	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.464		0	PIK	4		0.394	2.104	
18:2 undifferentiated.....g	0.337		0	PAK	1		0.287	1.530	
18:3 undifferentiated.....g	0.108		0	PAK	1		0.092	0.490	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	PAK	1		0.016	0.084	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0	PIK	4		76	405	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0	PAK	1		0.258	1.375	
Threonine.....g	1.295		0	PAK	1		1.101	5.874	
Isoleucine.....g	1.444		0	PAK	1		1.227	6.549	
Leucine.....g	2.473		0	PAK	1		2.102	11.219	
Lysine.....g	2.625		0	PAK	1		2.231	11.907	
Methionine.....g	0.794		0	PAK	1		0.675	3.601	
Cystine.....g	0.302		0	PAK	1		0.256	1.369	
Phenylalanine.....g	1.213		0	PAK	1		1.031	5.504	
Tyrosine.....g	1.026		0	PAK	1		0.872	4.654	
Valine.....g	1.513		0	PAK	1		1.286	6.863	
Arginine.....g	1.887		0	PAK	1		1.604	8.561	
Histidine.....g	0.906		0	PAK	1		0.770	4.111	
Alanine.....g	1.696		0	PAK	1		1.442	7.694	
Aspartic acid.....g	2.791		0	PAK	1		2.372	12.659	
Glutamic acid.....g	4.490		0	PAK	1		3.817	20.368	
Glycine.....g	1.340		0	PAK	1		1.139	6.078	
Proline.....g	1.188		0	PAK	1		1.010	5.389	
Serine.....g	1.124		0	PAK	1		0.956	5.101	
Hydroxyproline.....g	0.126		0	PAK	1		0.107	0.571	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23533

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23536

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.936		0	PIK	4		3.345	17.853	
14:1.....g	0.049		0	PAK	1		0.041	0.221	
15:1.....g									
16:1 undifferentiated.....g	0.260		0	PAK	1		0.221	1.179	
17:1.....g									
18:1 undifferentiated.....g	3.623		0	PAK	1		3.079	16.432	
20:1.....g	0.005		0	PAK	1		0.004	0.021	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0	PIK	4		0.326	1.738	
18:2 undifferentiated.....g	0.287		0	PAK	1		0.244	1.302	
18:3 undifferentiated.....g	0.067		0	PAK	1		0.057	0.304	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	PAK	1		0.025	0.132	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		0	PIK	4		84	449	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0	PAK	1		0.274	1.461	
Threonine.....g	1.378		0	PAK	1		1.172	6.252	
Isoleucine.....g	1.539		0	PAK	1		1.308	6.980	
Leucine.....g	2.635		0	PAK	1		2.240	11.953	
Lysine.....g	2.797		0	PAK	1		2.378	12.688	
Methionine.....g	0.846		0	PAK	1		0.719	3.836	
Cystine.....g	0.321		0	PAK	1		0.272	1.454	
Phenylalanine.....g	1.293		0	PAK	1		1.099	5.863	
Tyrosine.....g	1.093		0	PAK	1		0.929	4.956	
Valine.....g	1.612		0	PAK	1		1.370	7.311	
Arginine.....g	2.009		0	PAK	1		1.708	9.114	
Histidine.....g	0.962		0	PAK	1		0.818	4.366	
Alanine.....g	1.803		0	PAK	1		1.533	8.180	
Aspartic acid.....g	2.972		0	PAK	1		2.526	13.481	
Glutamic acid.....g	4.780		0	PAK	1		4.063	21.682	
Glycine.....g	1.421		0	PAK	1		1.207	6.444	
Proline.....g	1.262		0	PAK	1		1.073	5.725	
Serine.....g	1.197		0	PAK	1		1.017	5.428	
Hydroxyproline.....g	0.137		0	PAK	1		0.116	0.619	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23536

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23554

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.944		0	PIK	4		4.202	22.426	
14:1.....g	0.047		0	PAK	1		0.040	0.214	
15:1.....g									
16:1 undifferentiated.....g	0.364		0	PAK	1		0.310	1.653	
17:1.....g									
18:1 undifferentiated.....g	4.523		0	PAK	1		3.844	20.515	
20:1.....g	0.010		0	PAK	1		0.008	0.044	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.431		0	PIK	4		0.366	1.955	
18:2 undifferentiated.....g	0.317		0	PAK	1		0.269	1.437	
18:3 undifferentiated.....g	0.091		0	PAK	1		0.078	0.414	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	PAK	1		0.019	0.104	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	PIK	4		79	423	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0	PAK	1		0.264	1.410	
Threonine.....g	1.329		0	PAK	1		1.130	6.028	
Isoleucine.....g	1.482		0	PAK	1		1.260	6.724	
Leucine.....g	2.539		0	PAK	1		2.158	11.518	
Lysine.....g	2.695		0	PAK	1		2.291	12.225	
Methionine.....g	0.815		0	PAK	1		0.693	3.696	
Cystine.....g	0.309		0	PAK	1		0.263	1.403	
Phenylalanine.....g	1.246		0	PAK	1		1.059	5.650	
Tyrosine.....g	1.053		0	PAK	1		0.895	4.777	
Valine.....g	1.553		0	PAK	1		1.320	7.046	
Arginine.....g	1.937		0	PAK	1		1.646	8.786	
Histidine.....g	0.929		0	PAK	1		0.790	4.215	
Alanine.....g	1.740		0	PAK	1		1.479	7.892	
Aspartic acid.....g	2.865		0	PAK	1		2.435	12.994	
Glutamic acid.....g	4.608		0	PAK	1		3.917	20.903	
Glycine.....g	1.373		0	PAK	1		1.167	6.227	
Proline.....g	1.218		0	PAK	1		1.035	5.526	
Serine.....g	1.154		0	PAK	1		0.981	5.234	
Hydroxyproline.....g	0.130		0	PAK	1		0.111	0.591	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23554

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23534

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.943		0	PIK	4		6.752	36.030	
14:1.....g	0.042		0	PAK	1		0.036	0.190	
15:1.....g									
16:1 undifferentiated.....g	0.688		0	PAK	1		0.584	3.119	
17:1.....g									
18:1 undifferentiated.....g	7.186		0	PAK	1		6.108	32.595	
20:1.....g	0.028		0	PAK	1		0.024	0.126	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.668		0	PIK	4		0.568	3.030	
18:2 undifferentiated.....g	0.457		0	PAK	1		0.388	2.071	
18:3 undifferentiated.....g	0.195		0	PAK	1		0.165	0.883	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	PAK	1		0.014	0.076	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	98		0	PIK	4		83	443	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0	PAK	1		0.244	1.302	
Threonine.....g	1.222		0	PAK	1		1.038	5.541	
Isoleucine.....g	1.358		0	PAK	1		1.155	6.161	
Leucine.....g	2.329		0	PAK	1		1.980	10.564	
Lysine.....g	2.471		0	PAK	1		2.100	11.209	
Methionine.....g	0.748		0	PAK	1		0.636	3.392	
Cystine.....g	0.286		0	PAK	1		0.243	1.296	
Phenylalanine.....g	1.143		0	PAK	1		0.971	5.184	
Tyrosine.....g	0.967		0	PAK	1		0.822	4.386	
Valine.....g	1.425		0	PAK	1		1.211	6.464	
Arginine.....g	1.780		0	PAK	1		1.513	8.075	
Histidine.....g	0.859		0	PAK	1		0.730	3.895	
Alanine.....g	1.603		0	PAK	1		1.363	7.272	
Aspartic acid.....g	2.630		0	PAK	1		2.236	11.930	
Glutamic acid.....g	4.235		0	PAK	1		3.600	19.210	
Glycine.....g	1.273		0	PAK	1		1.082	5.776	
Proline.....g	1.125		0	PAK	1		0.956	5.102	
Serine.....g	1.061		0	PAK	1		0.902	4.813	
Hydroxyproline.....g	0.115		0	PAK	1		0.097	0.520	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23534

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23535

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.028		0	PIK	4		13.737	0.859	
14:1.....g	0.029		0	PAK	1		0.131	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.243		0	PAK	1		1.101	0.069	
17:1.....g									
18:1 undifferentiated.....g	2.753		0	PAK	1		12.487	0.780	
20:1.....g	0.004		0	PAK	1		0.018	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	PIK	4		1.722	0.108	
18:2 undifferentiated.....g	0.274		0	PAK	1		1.244	0.078	
18:3 undifferentiated.....g	0.057		0	PAK	1		0.258	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.048		0	PAK	1		0.219	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PIK	4		278	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	PAK	1		1.001	0.063	
Threonine.....g	0.944		0	PAK	1		4.281	0.268	
Isoleucine.....g	1.053		0	PAK	1		4.778	0.299	
Leucine.....g	1.804		0	PAK	1		8.182	0.511	
Lysine.....g	1.915		0	PAK	1		8.685	0.543	
Methionine.....g	0.579		0	PAK	1		2.626	0.164	
Cystine.....g	0.220		0	PAK	1		0.996	0.062	
Phenylalanine.....g	0.885		0	PAK	1		4.013	0.251	
Tyrosine.....g	0.748		0	PAK	1		3.393	0.212	
Valine.....g	1.103		0	PAK	1		5.005	0.313	
Arginine.....g	1.376		0	PAK	1		6.240	0.390	
Histidine.....g	0.659		0	PAK	1		2.991	0.187	
Alanine.....g	1.235		0	PAK	1		5.602	0.350	
Aspartic acid.....g	2.035		0	PAK	1		9.229	0.577	
Glutamic acid.....g	3.273		0	PAK	1		14.845	0.928	
Glycine.....g	0.973		0	PAK	1		4.416	0.276	
Proline.....g	0.865		0	PAK	1		3.922	0.245	
Serine.....g	0.819		0	PAK	1		3.717	0.232	
Hydroxyproline.....g	0.093		0	PAK	1		0.422	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23535

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23537

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.111		0	PIK	4		6.894	36.791	
14:1.....g	0.041		0	PAK	1		0.035	0.187	
15:1.....g									
16:1 undifferentiated.....g	0.738		0	PAK	1		0.628	3.349	
17:1.....g									
18:1 undifferentiated.....g	7.301		0	PAK	1		6.206	33.119	
20:1.....g	0.030		0	PAK	1		0.026	0.137	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0	PIK	4		0.646	3.447	
18:2 undifferentiated.....g	0.526		0	PAK	1		0.447	2.386	
18:3 undifferentiated.....g	0.201		0	PAK	1		0.171	0.912	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	PAK	1		0.028	0.149	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0	PIK	4		76	403	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0	PAK	1		0.237	1.267	
Threonine.....g	1.188		0	PAK	1		1.010	5.389	
Isoleucine.....g	1.320		0	PAK	1		1.122	5.988	
Leucine.....g	2.264		0	PAK	1		1.924	10.270	
Lysine.....g	2.402		0	PAK	1		2.042	10.896	
Methionine.....g	0.727		0	PAK	1		0.618	3.297	
Cystine.....g	0.278		0	PAK	1		0.236	1.261	
Phenylalanine.....g	1.111		0	PAK	1		0.944	5.039	
Tyrosine.....g	0.940		0	PAK	1		0.799	4.265	
Valine.....g	1.385		0	PAK	1		1.178	6.284	
Arginine.....g	1.731		0	PAK	1		1.471	7.852	
Histidine.....g	0.836		0	PAK	1		0.710	3.791	
Alanine.....g	1.560		0	PAK	1		1.326	7.075	
Aspartic acid.....g	2.557		0	PAK	1		2.174	11.599	
Glutamic acid.....g	4.118		0	PAK	1		3.500	18.680	
Glycine.....g	1.240		0	PAK	1		1.054	5.626	
Proline.....g	1.095		0	PAK	1		0.931	4.966	
Serine.....g	1.032		0	PAK	1		0.877	4.681	
Hydroxyproline.....g	0.111		0	PAK	1		0.094	0.501	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23537

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23538

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.259		0	PIK	4		14.781	0.924	
14:1.....g	0.028		0	PAK	1		0.127	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.316		0	PAK	1		1.432	0.090	
17:1.....g									
18:1 undifferentiated.....g	2.908		0	PAK	1		13.189	0.824	
20:1.....g	0.007		0	PAK	1		0.032	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.418		0	PIK	4		1.895	0.118	
18:2 undifferentiated.....g	0.293		0	PAK	1		1.327	0.083	
18:3 undifferentiated.....g	0.078		0	PAK	1		0.355	0.022	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.047		0	PAK	1		0.212	0.013	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PIK	4		274	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0	PAK	1		1.012	0.063	
Threonine.....g	0.953		0	PAK	1		4.322	0.270	
Isoleucine.....g	1.062		0	PAK	1		4.819	0.301	
Leucine.....g	1.820		0	PAK	1		8.256	0.516	
Lysine.....g	1.932		0	PAK	1		8.762	0.548	
Methionine.....g	0.584		0	PAK	1		2.649	0.166	
Cystine.....g	0.222		0	PAK	1		1.007	0.063	
Phenylalanine.....g	0.893		0	PAK	1		4.050	0.253	
Tyrosine.....g	0.755		0	PAK	1		3.425	0.214	
Valine.....g	1.113		0	PAK	1		5.050	0.316	
Arginine.....g	1.389		0	PAK	1		6.299	0.394	
Histidine.....g	0.667		0	PAK	1		3.023	0.189	
Alanine.....g	1.248		0	PAK	1		5.659	0.354	
Aspartic acid.....g	2.053		0	PAK	1		9.314	0.582	
Glutamic acid.....g	3.304		0	PAK	1		14.986	0.937	
Glycine.....g	0.985		0	PAK	1		4.468	0.279	
Proline.....g	0.874		0	PAK	1		3.964	0.248	
Serine.....g	0.827		0	PAK	1		3.753	0.235	
Hydroxyproline.....g	0.093		0	PAK	1		0.422	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23538

Beef, chuck, clod steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23556

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.122		0	PIK	4		14.162	0.885	
14:1.....g	0.029		0	PAK	1		0.130	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.272		0	PAK	1		1.236	0.077	
17:1.....g									
18:1 undifferentiated.....g	2.816		0	PAK	1		12.773	0.798	
20:1.....g	0.005		0	PAK	1		0.024	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395		0	PIK	4		1.792	0.112	
18:2 undifferentiated.....g	0.282		0	PAK	1		1.278	0.080	
18:3 undifferentiated.....g	0.066		0	PAK	1		0.298	0.019	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.048		0	PAK	1		0.216	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PIK	4		277	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0	PAK	1		1.005	0.063	
Threonine.....g	0.947		0	PAK	1		4.297	0.269	
Isoleucine.....g	1.057		0	PAK	1		4.795	0.300	
Leucine.....g	1.810		0	PAK	1		8.212	0.513	
Lysine.....g	1.922		0	PAK	1		8.716	0.545	
Methionine.....g	0.581		0	PAK	1		2.635	0.165	
Cystine.....g	0.221		0	PAK	1		1.000	0.063	
Phenylalanine.....g	0.888		0	PAK	1		4.028	0.252	
Tyrosine.....g	0.751		0	PAK	1		3.406	0.213	
Valine.....g	1.107		0	PAK	1		5.023	0.314	
Arginine.....g	1.381		0	PAK	1		6.264	0.391	
Histidine.....g	0.662		0	PAK	1		3.004	0.188	
Alanine.....g	1.240		0	PAK	1		5.625	0.352	
Aspartic acid.....g	2.042		0	PAK	1		9.264	0.579	
Glutamic acid.....g	3.285		0	PAK	1		14.902	0.931	
Glycine.....g	0.978		0	PAK	1		4.437	0.277	
Proline.....g	0.868		0	PAK	1		3.939	0.246	
Serine.....g	0.823		0	PAK	1		3.731	0.233	
Hydroxyproline.....g	0.093		0	PAK	1		0.422	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23556

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13943

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

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

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 13943

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13946

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

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

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 13946

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23516

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

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

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23516

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13944

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.560		0	NC	4		3.026	16.148	
14:1.....g	0.050	0.005	4	A	1		0.043	0.227	
15:1.....g									
16:1 undifferentiated.....g	0.210	0.020	4	A	1		0.179	0.953	
17:1.....g									
18:1 undifferentiated.....g	3.300	0.445	4	A	1		2.805	14.969	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0	NC	4		0.238	1.270	
18:2 undifferentiated.....g	0.230	0.020	4	A	1		0.196	1.043	
18:3 undifferentiated.....g	0.030	0.005	4	A	1		0.026	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020	0.005	4	A	1		0.017	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	98		0	BFSN	4		83	446	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.320		0	A	1		0.272	1.450	
Threonine.....g	1.369		0	A	1		1.164	6.210	
Isoleucine.....g	1.530		0	A	1		1.300	6.938	
Leucine.....g	2.619		0	A	1		2.226	11.878	
Lysine.....g	2.780		0	A	1		2.363	12.610	
Methionine.....g	0.840		0	A	1		0.714	3.811	
Cystine.....g	0.318		0	A	1		0.270	1.443	
Phenylalanine.....g	1.284		0	A	1		1.092	5.826	
Tyrosine.....g	1.086		0	A	1		0.923	4.924	
Valine.....g	1.602		0	A	1		1.361	7.265	
Arginine.....g	1.996		0	A	1		1.696	9.053	
Histidine.....g	0.955		0	A	1		0.812	4.331	
Alanine.....g	1.790		0	A	1		1.522	8.121	
Aspartic acid.....g	2.953		0	A	1		2.510	13.394	
Glutamic acid.....g	4.748		0	A	1		4.036	21.537	
Glycine.....g	1.408		0	A	1		1.197	6.387	
Proline.....g	1.252		0	A	1		1.065	5.681	
Serine.....g	1.189		0	A	1		1.010	5.391	
Hydroxyproline.....g	0.137		0	A	1		0.116	0.621	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 13944

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13942

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.010		0	NC	4		9.117	0.570	
14:1.....g	0.030	0.005	4	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.110	0.020	4	A	1		0.499	0.031	
17:1.....g									
18:1 undifferentiated.....g	1.870	0.245	4	A	1		8.482	0.530	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	NC	4		1.361	0.085	
18:2 undifferentiated.....g	0.230	0.015	4	A	1		1.043	0.065	
18:3 undifferentiated.....g	0.020	0.005	4	A	1		0.091	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.005	4	A	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	BFSN	4		272	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0	A	1		1.022	0.064	
Threonine.....g	0.965		0	A	1		4.377	0.274	
Isoleucine.....g	1.078		0	A	1		4.891	0.306	
Leucine.....g	1.846		0	A	1		8.373	0.523	
Lysine.....g	1.960		0	A	1		8.889	0.556	
Methionine.....g	0.592		0	A	1		2.687	0.168	
Cystine.....g	0.224		0	A	1		1.017	0.064	
Phenylalanine.....g	0.905		0	A	1		4.107	0.257	
Tyrosine.....g	0.765		0	A	1		3.471	0.217	
Valine.....g	1.129		0	A	1		5.121	0.320	
Arginine.....g	1.407		0	A	1		6.381	0.399	
Histidine.....g	0.673		0	A	1		3.053	0.191	
Alanine.....g	1.262		0	A	1		5.725	0.358	
Aspartic acid.....g	2.082		0	A	1		9.442	0.590	
Glutamic acid.....g	3.347		0	A	1		15.182	0.949	
Glycine.....g	0.993		0	A	1		4.503	0.281	
Proline.....g	0.883		0	A	1		4.005	0.250	
Serine.....g	0.838		0	A	1		3.800	0.238	
Hydroxyproline.....g	0.096		0	A	1		0.438	0.027	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13942

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13947

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.290		0	NC	4		2.797	14.923	
14:1.....g	0.050	0.006	3	A	1		0.043	0.227	
15:1.....g									
16:1 undifferentiated.....g	0.220	0.040	3	A	1		0.187	0.998	
17:1.....g									
18:1 undifferentiated.....g	3.020	0.421	3	A	1		2.567	13.699	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0	NC	4		0.298	1.588	
18:2 undifferentiated.....g	0.290	0.023	3	A	1		0.247	1.315	
18:3 undifferentiated.....g	0.020	0.006	3	A	1		0.017	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.006	3	A	1		0.034	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	BFSN	4		74	397	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0	A	1		0.267	1.424	
Threonine.....g	1.344		0	A	1		1.142	6.096	
Isoleucine.....g	1.502		0	A	1		1.276	6.812	
Leucine.....g	2.571		0	A	1		2.185	11.662	
Lysine.....g	2.729		0	A	1		2.320	12.380	
Methionine.....g	0.825		0	A	1		0.701	3.742	
Cystine.....g	0.312		0	A	1		0.265	1.416	
Phenylalanine.....g	1.261		0	A	1		1.072	5.720	
Tyrosine.....g	1.066		0	A	1		0.906	4.834	
Valine.....g	1.572		0	A	1		1.337	7.133	
Arginine.....g	1.959		0	A	1		1.665	8.888	
Histidine.....g	0.937		0	A	1		0.797	4.252	
Alanine.....g	1.758		0	A	1		1.494	7.973	
Aspartic acid.....g	2.899		0	A	1		2.464	13.150	
Glutamic acid.....g	4.662		0	A	1		3.962	21.145	
Glycine.....g	1.382		0	A	1		1.175	6.271	
Proline.....g	1.230		0	A	1		1.045	5.577	
Serine.....g	1.167		0	A	1		0.992	5.293	
Hydroxyproline.....g	0.134		0	A	1		0.114	0.610	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 13947

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13945

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.350		0	NC	4		6.124	0.383	
14:1.....g	0.030	0.006	3	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.070	0.012	3	A	1		0.318	0.020	
17:1.....g									
18:1 undifferentiated.....g	1.250	0.144	3	A	1		5.670	0.354	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270		0	NC	4		1.225	0.077	
18:2 undifferentiated.....g	0.210	0.012	3	A	1		0.953	0.060	
18:3 undifferentiated.....g	0.010	0.006	3	A	1		0.045	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.006	3	A	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFSN	4		262	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0	A	1		1.053	0.066	
Threonine.....g	0.994		0	A	1		4.507	0.282	
Isoleucine.....g	1.110		0	A	1		5.036	0.315	
Leucine.....g	1.901		0	A	1		8.622	0.539	
Lysine.....g	2.018		0	A	1		9.153	0.572	
Methionine.....g	0.610		0	A	1		2.766	0.173	
Cystine.....g	0.231		0	A	1		1.047	0.065	
Phenylalanine.....g	0.932		0	A	1		4.229	0.264	
Tyrosine.....g	0.788		0	A	1		3.574	0.223	
Valine.....g	1.163		0	A	1		5.274	0.330	
Arginine.....g	1.449		0	A	1		6.571	0.411	
Histidine.....g	0.693		0	A	1		3.144	0.196	
Alanine.....g	1.300		0	A	1		5.895	0.368	
Aspartic acid.....g	2.143		0	A	1		9.722	0.608	
Glutamic acid.....g	3.446		0	A	1		15.633	0.977	
Glycine.....g	1.022		0	A	1		4.636	0.290	
Proline.....g	0.909		0	A	1		4.123	0.258	
Serine.....g	0.863		0	A	1		3.913	0.245	
Hydroxyproline.....g	0.099		0	A	1		0.451	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13945

Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23517

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.450		0	PIK	4		2.933	15.650	
14:1.....g	0.050		0	PAK	1		0.043	0.227	
15:1.....g									
16:1 undifferentiated.....g	0.214		0	PAK	1		0.182	0.971	
17:1.....g									
18:1 undifferentiated.....g	3.186		0	PAK	1		2.708	14.452	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.308		0	PIK	4		0.262	1.399	
18:2 undifferentiated.....g	0.254		0	PAK	1		0.216	1.154	
18:3 undifferentiated.....g	0.026		0	PAK	1		0.022	0.118	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	PAK	1		0.024	0.128	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0	PIK	4		80	426	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0	PAK	1		0.270	1.439	
Threonine.....g	1.359		0	PAK	1		1.155	6.164	
Isoleucine.....g	1.518		0	PAK	1		1.290	6.887	
Leucine.....g	2.599		0	PAK	1		2.209	11.790	
Lysine.....g	2.759		0	PAK	1		2.345	12.516	
Methionine.....g	0.834		0	PAK	1		0.709	3.783	
Cystine.....g	0.316		0	PAK	1		0.268	1.432	
Phenylalanine.....g	1.275		0	PAK	1		1.084	5.783	
Tyrosine.....g	1.078		0	PAK	1		0.916	4.888	
Valine.....g	1.590		0	PAK	1		1.351	7.211	
Arginine.....g	1.981		0	PAK	1		1.684	8.985	
Histidine.....g	0.948		0	PAK	1		0.806	4.299	
Alanine.....g	1.777		0	PAK	1		1.511	8.061	
Aspartic acid.....g	2.931		0	PAK	1		2.491	13.294	
Glutamic acid.....g	4.713		0	PAK	1		4.006	21.377	
Glycine.....g	1.398		0	PAK	1		1.188	6.340	
Proline.....g	1.243		0	PAK	1		1.057	5.639	
Serine.....g	1.180		0	PAK	1		1.003	5.351	
Hydroxyproline.....g	0.136		0	PAK	1		0.115	0.616	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23517

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23518

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.741		0	PIK	4		7.899	0.494	
14:1.....g	0.030		0	PAK	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.094		0	PAK	1		0.425	0.027	
17:1.....g									
18:1 undifferentiated.....g	1.618		0	PAK	1		7.338	0.459	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.288		0	PIK	4		1.305	0.082	
18:2 undifferentiated.....g	0.222		0	PAK	1		1.006	0.063	
18:3 undifferentiated.....g	0.016		0	PAK	1		0.072	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAK	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PIK	4		268	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	PAK	1		1.035	0.065	
Threonine.....g	0.977		0	PAK	1		4.430	0.277	
Isoleucine.....g	1.091		0	PAK	1		4.950	0.309	
Leucine.....g	1.868		0	PAK	1		8.474	0.530	
Lysine.....g	1.983		0	PAK	1		8.996	0.562	
Methionine.....g	0.599		0	PAK	1		2.719	0.170	
Cystine.....g	0.227		0	PAK	1		1.029	0.064	
Phenylalanine.....g	0.916		0	PAK	1		4.156	0.260	
Tyrosine.....g	0.775		0	PAK	1		3.513	0.220	
Valine.....g	1.143		0	PAK	1		5.183	0.324	
Arginine.....g	1.424		0	PAK	1		6.459	0.404	
Histidine.....g	0.681		0	PAK	1		3.090	0.193	
Alanine.....g	1.277		0	PAK	1		5.794	0.362	
Aspartic acid.....g	2.107		0	PAK	1		9.556	0.597	
Glutamic acid.....g	3.388		0	PAK	1		15.366	0.960	
Glycine.....g	1.005		0	PAK	1		4.557	0.285	
Proline.....g	0.893		0	PAK	1		4.053	0.253	
Serine.....g	0.848		0	PAK	1		3.846	0.240	
Hydroxyproline.....g	0.098		0	PAK	1		0.443	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23518

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23520

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.005		0	PIK	4		9.094	0.568	
14:1.....g	0.030		0	PAK	1		0.136	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.095		0	PAK	1		0.429	0.027	
17:1.....g									
18:1 undifferentiated.....g	1.880		0	PAK	1		8.528	0.533	
20:1.....g	0.000		0	PAK	1		0.001	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.333		0	PIK	4		1.509	0.094	
18:2 undifferentiated.....g	0.251		0	PAK	1		1.141	0.071	
18:3 undifferentiated.....g	0.031		0	PAK	1		0.142	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAK	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0	PAK	1		243	15	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	PAK	1		0.925	0.058	
Threonine.....g	0.873		0	PAK	1		3.959	0.247	
Isoleucine.....g	0.975		0	PAK	1		4.424	0.276	
Leucine.....g	1.670		0	PAK	1		7.574	0.473	
Lysine.....g	1.772		0	PAK	1		8.040	0.502	
Methionine.....g	0.536		0	PAK	1		2.430	0.152	
Cystine.....g	0.203		0	PAK	1		0.920	0.057	
Phenylalanine.....g	0.819		0	PAK	1		3.715	0.232	
Tyrosine.....g	0.692		0	PAK	1		3.140	0.196	
Valine.....g	1.021		0	PAK	1		4.632	0.290	
Arginine.....g	1.273		0	PAK	1		5.772	0.361	
Histidine.....g	0.609		0	PAK	1		2.762	0.173	
Alanine.....g	1.142		0	PAK	1		5.178	0.324	
Aspartic acid.....g	1.883		0	PAK	1		8.540	0.534	
Glutamic acid.....g	3.028		0	PAK	1		13.733	0.858	
Glycine.....g	0.898		0	PAK	1		4.073	0.255	
Proline.....g	0.799		0	PAK	1		3.622	0.226	
Serine.....g	0.758		0	PAK	1		3.438	0.215	
Hydroxyproline.....g	0.087		0	PAK	1		0.396	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23520

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23519

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.721		0	PIK	4		2.313	12.343	
14:1.....g	0.040		0	PAK	1		0.034	0.181	
15:1.....g									
16:1 undifferentiated.....g	0.141		0	PAK	1		0.120	0.640	
17:1.....g									
18:1 undifferentiated.....g	2.540		0	PAK	1		2.159	11.521	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.401		0	PIK	4		0.341	1.819	
18:2 undifferentiated.....g	0.301		0	PAK	1		0.255	1.363	
18:3 undifferentiated.....g	0.040		0	PAK	1		0.034	0.183	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0	PAK	1		0.051	0.272	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAK	1		56	297	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.278		0	PAK	1		0.236	1.260	
Threonine.....g	1.189		0	PAK	1		1.011	5.395	
Isoleucine.....g	1.329		0	PAK	1		1.130	6.028	
Leucine.....g	2.275		0	PAK	1		1.934	10.319	
Lysine.....g	2.415		0	PAK	1		2.053	10.955	
Methionine.....g	0.730		0	PAK	1		0.620	3.311	
Cystine.....g	0.276		0	PAK	1		0.235	1.253	
Phenylalanine.....g	1.116		0	PAK	1		0.948	5.061	
Tyrosine.....g	0.943		0	PAK	1		0.802	4.278	
Valine.....g	1.392		0	PAK	1		1.183	6.312	
Arginine.....g	1.734		0	PAK	1		1.474	7.865	
Histidine.....g	0.830		0	PAK	1		0.705	3.763	
Alanine.....g	1.555		0	PAK	1		1.322	7.056	
Aspartic acid.....g	2.565		0	PAK	1		2.181	11.636	
Glutamic acid.....g	4.125		0	PAK	1		3.506	18.711	
Glycine.....g	1.223		0	PAK	1		1.040	5.550	
Proline.....g	1.088		0	PAK	1		0.925	4.935	
Serine.....g	1.033		0	PAK	1		0.878	4.684	
Hydroxyproline.....g	0.119		0	PAK	1		0.101	0.539	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23519

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23521

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.555		0	PIK	4		2.172	11.590	
14:1.....g	0.040		0	PAK	1		0.034	0.181	
15:1.....g									
16:1 undifferentiated.....g	0.140		0	PAK	1		0.119	0.636	
17:1.....g									
18:1 undifferentiated.....g	2.374		0	PAK	1		2.018	10.771	
20:1.....g	0.001		0	PAK	1		0.000	0.003	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.368		0	PIK	4		0.313	1.668	
18:2 undifferentiated.....g	0.285		0	PAK	1		0.242	1.291	
18:3 undifferentiated.....g	0.033		0	PAK	1		0.028	0.152	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAK	1		0.042	0.226	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		51	270	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0	PAK	1		0.239	1.277	
Threonine.....g	1.205		0	PAK	1		1.024	5.467	
Isoleucine.....g	1.346		0	PAK	1		1.144	6.107	
Leucine.....g	2.305		0	PAK	1		1.959	10.456	
Lysine.....g	2.447		0	PAK	1		2.080	11.100	
Methionine.....g	0.740		0	PAK	1		0.629	3.355	
Cystine.....g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine.....g	1.131		0	PAK	1		0.961	5.128	
Tyrosine.....g	0.956		0	PAK	1		0.812	4.335	
Valine.....g	1.410		0	PAK	1		1.198	6.395	
Arginine.....g	1.757		0	PAK	1		1.493	7.969	
Histidine.....g	0.841		0	PAK	1		0.715	3.814	
Alanine.....g	1.576		0	PAK	1		1.340	7.150	
Aspartic acid.....g	2.599		0	PAK	1		2.209	11.791	
Glutamic acid.....g	4.180		0	PAK	1		3.553	18.960	
Glycine.....g	1.240		0	PAK	1		1.054	5.625	
Proline.....g	1.103		0	PAK	1		0.937	5.002	
Serine.....g	1.046		0	PAK	1		0.889	4.746	
Hydroxyproline.....g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23521

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23547

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.654		0	PIK	4		2.256	12.037	
14:1.....g	0.040		0	PAK	1		0.034	0.181	
15:1.....g									
16:1 undifferentiated.....g	0.141		0	PAK	1		0.120	0.639	
17:1.....g									
18:1 undifferentiated.....g	2.473		0	PAK	1		2.102	11.215	
20:1.....g	0.000		0	PAK	1		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0	PIK	4		0.329	1.757	
18:2 undifferentiated.....g	0.294		0	PAK	1		0.250	1.334	
18:3 undifferentiated.....g	0.038		0	PAK	1		0.032	0.170	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.056		0	PAK	1		0.047	0.253	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0	PAK	1		54	286	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0	PAK	1		0.237	1.267	
Threonine.....g	1.196		0	PAK	1		1.016	5.424	
Isoleucine.....g	1.336		0	PAK	1		1.136	6.060	
Leucine.....g	2.287		0	PAK	1		1.944	10.375	
Lysine.....g	2.428		0	PAK	1		2.064	11.014	
Methionine.....g	0.734		0	PAK	1		0.624	3.329	
Cystine.....g	0.278		0	PAK	1		0.236	1.260	
Phenylalanine.....g	1.122		0	PAK	1		0.954	5.089	
Tyrosine.....g	0.948		0	PAK	1		0.806	4.301	
Valine.....g	1.399		0	PAK	1		1.189	6.346	
Arginine.....g	1.743		0	PAK	1		1.482	7.907	
Histidine.....g	0.834		0	PAK	1		0.709	3.784	
Alanine.....g	1.564		0	PAK	1		1.329	7.094	
Aspartic acid.....g	2.579		0	PAK	1		2.192	11.699	
Glutamic acid.....g	4.147		0	PAK	1		3.525	18.812	
Glycine.....g	1.230		0	PAK	1		1.046	5.580	
Proline.....g	1.094		0	PAK	1		0.930	4.962	
Serine.....g	1.038		0	PAK	1		0.882	4.709	
Hydroxyproline.....g	0.119		0	PAK	1		0.102	0.542	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23547

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23522

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.147		0	PIK	4				
14:1.....g	0.010		0	PAK	1				
15:1.....g									
16:1 undifferentiated.....g	0.047		0	PAK	1				
17:1.....g									
18:1 undifferentiated.....g	1.089		0	PAK	1				
20:1.....g	0.000		0	PAK	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.284		0	PIK	4				
18:2 undifferentiated.....g	0.222		0	PAK	1				
18:3 undifferentiated.....g	0.022		0	PAK	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAK	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PAK	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	PAK	1				
Threonine.....g	0.885		0	PAK	1				
Isoleucine.....g	0.989		0	PAK	1				
Leucine.....g	1.694		0	PAK	1				
Lysine.....g	1.798		0	PAK	1				
Methionine.....g	0.543		0	PAK	1				
Cystine.....g	0.206		0	PAK	1				
Phenylalanine.....g	0.831		0	PAK	1				
Tyrosine.....g	0.702		0	PAK	1				
Valine.....g	1.036		0	PAK	1				
Arginine.....g	1.291		0	PAK	1				
Histidine.....g	0.618		0	PAK	1				
Alanine.....g	1.158		0	PAK	1				
Aspartic acid.....g	1.910		0	PAK	1				
Glutamic acid.....g	3.071		0	PAK	1				
Glycine.....g	0.911		0	PAK	1				
Proline.....g	0.810		0	PAK	1				
Serine.....g	0.769		0	PAK	1				
Hydroxyproline.....g	0.088		0	PAK	1				
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4				
Caffeine.....mg	0		0	PIK	4				
Theobromine.....mg	0		0	PIK	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 23522

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23548

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.656		0	PIK	4		7.510	0.469	
14:1.....g	0.022		0	PAK	1		0.099	0.006	
15:1.....g									
16:1 undifferentiated.....g	0.075		0	PAK	1		0.342	0.021	
17:1.....g									
18:1 undifferentiated.....g	1.558		0	PAK	1		7.068	0.442	
20:1.....g	0.000		0	PAK	1		0.001	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.313		0	PIK	4		1.420	0.089	
18:2 undifferentiated.....g	0.240		0	PAK	1		1.087	0.068	
18:3 undifferentiated.....g	0.027		0	PAK	1		0.125	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	PAK	1		0.208	0.013	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	PAK	1		249	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0	PAK	1		0.930	0.058	
Threonine.....g	0.878		0	PAK	1		3.983	0.249	
Isoleucine.....g	0.981		0	PAK	1		4.450	0.278	
Leucine.....g	1.679		0	PAK	1		7.618	0.476	
Lysine.....g	1.783		0	PAK	1		8.087	0.505	
Methionine.....g	0.539		0	PAK	1		2.444	0.153	
Cystine.....g	0.204		0	PAK	1		0.925	0.058	
Phenylalanine.....g	0.824		0	PAK	1		3.736	0.234	
Tyrosine.....g	0.696		0	PAK	1		3.158	0.197	
Valine.....g	1.027		0	PAK	1		4.660	0.291	
Arginine.....g	1.280		0	PAK	1		5.806	0.363	
Histidine.....g	0.612		0	PAK	1		2.778	0.174	
Alanine.....g	1.148		0	PAK	1		5.209	0.326	
Aspartic acid.....g	1.894		0	PAK	1		8.590	0.537	
Glutamic acid.....g	3.045		0	PAK	1		13.813	0.863	
Glycine.....g	0.903		0	PAK	1		4.097	0.256	
Proline.....g	0.803		0	PAK	1		3.644	0.228	
Serine.....g	0.762		0	PAK	1		3.458	0.216	
Hydroxyproline.....g	0.088		0	PAK	1		0.398	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23548

Beef, chuck, mock tender steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13961

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.710		0	NC	4		2.304		
14:1.....g	0.040	0.005	4	A	1		0.034		
15:1.....g									
16:1 undifferentiated.....g	0.140	0.020	4	A	1		0.119		
17:1.....g									
18:1 undifferentiated.....g	2.530	0.305	4	A	1		2.151		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0	NC	4		0.340		
18:2 undifferentiated.....g	0.300	0.020	4	A	1		0.255		
18:3 undifferentiated.....g	0.040	0.010	4	A	1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.005	4	A	1		0.051		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65	8.190	4	A	1		56		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.278		0	A	1		0.236		
Threonine.....g	1.190		0	A	1		1.011		
Isoleucine.....g	1.329		0	A	1		1.130		
Leucine.....g	2.276		0	A	1		1.934		
Lysine.....g	2.416		0	A	1		2.053		
Methionine.....g	0.730		0	A	1		0.621		
Cystine.....g	0.276		0	A	1		0.235		
Phenylalanine.....g	1.116		0	A	1		0.949		
Tyrosine.....g	0.943		0	A	1		0.802		
Valine.....g	1.392		0	A	1		1.183		
Arginine.....g	1.734		0	A	1		1.474		
Histidine.....g	0.830		0	A	1		0.705		
Alanine.....g	1.556		0	A	1		1.322		
Aspartic acid.....g	2.566		0	A	1		2.181		
Glutamic acid.....g	4.126		0	A	1		3.507		
Glycine.....g	1.224		0	A	1		1.040		
Proline.....g	1.088		0	A	1		0.925		
Serine.....g	1.033		0	A	1		0.878		
Hydroxyproline.....g	0.119		0	A	1		0.101		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 13961

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13963

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Fatty acids, total monounsaturated.....g	2.460		0	NC	4		2.091		
14:1.....g	0.040	0.006	3	A	1		0.034		
15:1.....g									
16:1 undifferentiated.....g	0.130	0.023	3	A	1		0.111		
17:1.....g									
18:1 undifferentiated.....g	2.290	0.427	3	A	1		1.947		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4		0.306		
18:2 undifferentiated.....g	0.280	0.035	3	A	1		0.238		
18:3 undifferentiated.....g	0.030	0.006	3	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.006	3	A	1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59	2.402	3	A	1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	A	1		0.240		
Threonine.....g	1.208		0	A	1		1.027		
Isoleucine.....g	1.349		0	A	1		1.147		
Leucine.....g	2.310		0	A	1		1.964		
Lysine.....g	2.452		0	A	1		2.084		
Methionine.....g	0.741		0	A	1		0.630		
Cystine.....g	0.281		0	A	1		0.239		
Phenylalanine.....g	1.133		0	A	1		0.963		
Tyrosine.....g	0.958		0	A	1		0.814		
Valine.....g	1.413		0	A	1		1.201		
Arginine.....g	1.761		0	A	1		1.496		
Histidine.....g	0.842		0	A	1		0.716		
Alanine.....g	1.579		0	A	1		1.342		
Aspartic acid.....g	2.605		0	A	1		2.214		
Glutamic acid.....g	4.189		0	A	1		3.560		
Glycine.....g	1.242		0	A	1		1.056		
Proline.....g	1.105		0	A	1		0.939		
Serine.....g	1.048		0	A	1		0.891		
Hydroxyproline.....g	0.121		0	A	1		0.103		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

NDB No. 13963

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23509

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

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

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23509

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13960

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.970		0	NC	4		8.936	0.558	
14:1.....g	0.030	0.005	4	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.090	0.035	4	A	1		0.408	0.026	
17:1.....g									
18:1 undifferentiated.....g	1.850	0.400	4	A	1		8.392	0.524	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0	NC	4		1.497	0.094	
18:2 undifferentiated.....g	0.250	0.015	4	A	1		1.134	0.071	
18:3 undifferentiated.....g	0.030	0.010	4	A	1		0.136	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.010	4	A	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFSN	4		262	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	A	1		0.925	0.058	
Threonine.....g	0.874		0	A	1		3.962	0.248	
Isoleucine.....g	0.976		0	A	1		4.427	0.277	
Leucine.....g	1.671		0	A	1		7.579	0.474	
Lysine.....g	1.774		0	A	1		8.046	0.503	
Methionine.....g	0.536		0	A	1		2.432	0.152	
Cystine.....g	0.203		0	A	1		0.921	0.058	
Phenylalanine.....g	0.820		0	A	1		3.717	0.232	
Tyrosine.....g	0.693		0	A	1		3.142	0.196	
Valine.....g	1.022		0	A	1		4.636	0.290	
Arginine.....g	1.273		0	A	1		5.776	0.361	
Histidine.....g	0.609		0	A	1		2.764	0.173	
Alanine.....g	1.142		0	A	1		5.182	0.324	
Aspartic acid.....g	1.884		0	A	1		8.546	0.534	
Glutamic acid.....g	3.030		0	A	1		13.743	0.859	
Glycine.....g	0.899		0	A	1		4.076	0.255	
Proline.....g	0.799		0	A	1		3.625	0.227	
Serine.....g	0.758		0	A	1		3.440	0.215	
Hydroxyproline.....g	0.087		0	A	1		0.396	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13960

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13962

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.090		0	NC	4		4.944	0.309	
14:1.....g	0.010	0.006	3	A	1		0.045	0.003	
15:1.....g									
16:1 undifferentiated.....g	0.040	0.017	3	A	1		0.181	0.011	
17:1.....g									
18:1 undifferentiated.....g	1.040	0.081	3	A	1		4.717	0.295	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0	NC	4		1.270	0.079	
18:2 undifferentiated.....g	0.220	0.017	3	A	1		0.998	0.062	
18:3 undifferentiated.....g	0.020	0.012	3	A	1		0.091	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.012	3	A	1		0.181	0.011	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57	5.479	3	A	1	258	16		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	A	1		0.939	0.059	
Threonine.....g	0.886		0	A	1		4.021	0.251	
Isoleucine.....g	0.990		0	A	1		4.493	0.281	
Leucine.....g	1.696		0	A	1		7.691	0.481	
Lysine.....g	1.800		0	A	1		8.165	0.510	
Methionine.....g	0.544		0	A	1		2.468	0.154	
Cystine.....g	0.206		0	A	1		0.934	0.058	
Phenylalanine.....g	0.832		0	A	1		3.772	0.236	
Tyrosine.....g	0.703		0	A	1		3.189	0.199	
Valine.....g	1.037		0	A	1		4.704	0.294	
Arginine.....g	1.292		0	A	1		5.862	0.366	
Histidine.....g	0.618		0	A	1		2.805	0.175	
Alanine.....g	1.159		0	A	1		5.259	0.329	
Aspartic acid.....g	1.912		0	A	1		8.673	0.542	
Glutamic acid.....g	3.075		0	A	1		13.946	0.872	
Glycine.....g	0.912		0	A	1		4.136	0.259	
Proline.....g	0.811		0	A	1		3.678	0.230	
Serine.....g	0.770		0	A	1		3.491	0.218	
Hydroxyproline.....g	0.089		0	A	1		0.402	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13962

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23510

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.612		0	PIK	4		7.311	0.457	
14:1.....g	0.022		0	PAK	1		0.099	0.006	
15:1.....g									
16:1 undifferentiated.....g	0.070		0	PAK	1		0.316	0.020	
17:1.....g									
18:1 undifferentiated.....g	1.520		0	PAK	1		6.896	0.431	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0	PIK	4		1.405	0.088	
18:2 undifferentiated.....g	0.238		0	PAK	1		1.079	0.067	
18:3 undifferentiated.....g	0.026		0	PAK	1		0.118	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	PAK	1		0.208	0.013	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PIK	4		260	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0	PAK	1		0.931	0.058	
Threonine.....g	0.879		0	PAK	1		3.986	0.249	
Isoleucine.....g	0.982		0	PAK	1		4.454	0.278	
Leucine.....g	1.681		0	PAK	1		7.625	0.477	
Lysine.....g	1.784		0	PAK	1		8.094	0.506	
Methionine.....g	0.539		0	PAK	1		2.447	0.153	
Cystine.....g	0.204		0	PAK	1		0.926	0.058	
Phenylalanine.....g	0.824		0	PAK	1		3.740	0.234	
Tyrosine.....g	0.697		0	PAK	1		3.161	0.198	
Valine.....g	1.028		0	PAK	1		4.664	0.291	
Arginine.....g	1.281		0	PAK	1		5.811	0.363	
Histidine.....g	0.613		0	PAK	1		2.780	0.174	
Alanine.....g	1.149		0	PAK	1		5.213	0.326	
Aspartic acid.....g	1.895		0	PAK	1		8.598	0.537	
Glutamic acid.....g	3.048		0	PAK	1		13.825	0.864	
Glycine.....g	0.904		0	PAK	1		4.100	0.256	
Proline.....g	0.804		0	PAK	1		3.647	0.228	
Serine.....g	0.763		0	PAK	1		3.461	0.216	
Hydroxyproline.....g	0.088		0	PAK	1		0.399	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23510

Beef, chuck, mock tender steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23054

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

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.65		13	A	1		21.01	55.81	
Energy.....kcal	177		0	NC	4		57	150	
Energy.....kj	740		0	NC	4		237	629	
Protein (N x 6.25).....g	26.22		13	A	1		8.39	22.28	
Total lipid (fat).....g	7.20		13	A	1		2.30	6.12	
Ash.....g	1.02		13	A	1		0.33	0.87	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		2	4	
Iron, Fe.....mg	2.59		3	A	1		0.83	2.20	
Magnesium, Mg.....mg	25		3	A	1		8	21	
Phosphorus, P.....mg	225		3	A	1		72	192	
Potassium, K.....mg	356		3	A	1		114	303	
Sodium, Na.....mg	59		3	A	1		19	51	
Zinc, Zn.....mg	5.24		3	A	1		1.68	4.45	
Copper, Cu.....mg	0.171		2	A	1		0.055	0.146	
Manganese, Mn.....mg	0.014		3	A	1		0.005	0.012	
Selenium, Se.....mcg	38.7		3	A	1		12.4	32.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.078		3	A	1		0.025	0.066	
Riboflavin.....mg	0.267		3	A	1		0.085	0.227	
Niacin.....mg	5.187		3	A	1		1.660	4.409	
Pantothenic acid.....mg	0.856		3	A	1		0.274	0.728	
Vitamin B-6.....mg	0.596		3	A	1		0.191	0.507	
Folate, total.....mcg	8		1	A	1		3	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		3	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		3	7	
Vitamin B-12.....mcg	5.16		3	A	1		1.65	4.38	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.833		0	NC	4		0.907	2.408	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.199		3	A	1		0.064	0.169	
15:0.....g	0.031		3	A	1		0.010	0.027	
16:0.....g	1.646		3	A	1		0.527	1.399	
17:0.....g	0.078		3	A	1		0.025	0.066	
18:0.....g	0.858		3	A	1		0.275	0.729	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23054

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.022		3	A	1		0.007	0.018	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.933		0	NC	4		0.939	2.493	
14:1.....g	0.044		3	A	1		0.014	0.037	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.207		3	A	1		0.066	0.176	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.676		0	AS	1		0.856	2.274	
18:1 c.....g	2.456		3	A	1		0.786	2.088	
18:1 t.....g	0.220		3	A	1		0.070	0.187	
20:1.....g	0.008		3	A	1		0.002	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	NC	4		0.131	0.348	
18:2 undifferentiated.....g	0.338		0	AS	1		0.108	0.287	
18:2 n-6 c,c.....g	0.284		3	A	1		0.091	0.242	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.053		3	A	1		0.017	0.045	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.004	0.011	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060		3	A	1		0.019	0.051	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.273		0	NC	4		0.087	0.232	
Fatty acids, total trans-monoenoic.....g	0.220		0	NC	4		0.070	0.187	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.017	0.045	
Cholesterol.....mg	78		10	A	1		25	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0	A	1		0.055	0.146	
Threonine.....g	1.047		0	A	1		0.335	0.890	
Isoleucine.....g	1.193		0	A	1		0.382	1.014	
Leucine.....g	2.086		0	A	1		0.667	1.773	
Lysine.....g	2.216		0	A	1		0.709	1.883	
Methionine.....g	0.683		0	A	1		0.218	0.580	
Cystine.....g	0.338		0	A	1		0.108	0.288	
Phenylalanine.....g	1.036		0	A	1		0.331	0.880	
Tyrosine.....g	0.835		0	A	1		0.267	0.710	
Valine.....g	1.301		0	A	1		0.416	1.106	
Arginine.....g	1.695		0	A	1		0.542	1.441	
Histidine.....g	0.837		0	A	1		0.268	0.711	
Alanine.....g	1.594		0	A	1		0.510	1.355	
Aspartic acid.....g	2.388		0	A	1		0.764	2.030	
Glutamic acid.....g	3.936		0	A	1		1.259	3.345	
Glycine.....g	1.596		0	A	1		0.511	1.357	
Proline.....g	1.250		0	A	1		0.400	1.062	
Serine.....g	1.033		0	A	1		0.330	0.878	
Hydroxyproline.....g	0.275		0	A	1		0.088	0.234	

Others:

NDB No. 23054

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 32g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23053

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

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.80		11	A	1		29.85		
Energy.....kcal	144		0	NC	4		59		
Energy.....kj	602		0	NC	4		247		
Protein (N x 6.25).....g	20.54		11	A	1		8.42		
Total lipid (fat).....g	6.22		11	A	1		2.55		
Ash.....g	0.92		11	A	1		0.38		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2		
Iron, Fe.....mg	1.95		1	A	1		0.80		
Magnesium, Mg.....mg	23		1	A	1		9		
Phosphorus, P.....mg	196		1	A	1		80		
Potassium, K.....mg	327		1	A	1		134		
Sodium, Na.....mg	58		1	A	1		24		
Zinc, Zn.....mg	3.72		1	A	1		1.53		
Copper, Cu.....mg	0.131		1	A	1		0.054		
Manganese, Mn.....mg	0.016		1	A	1		0.007		
Selenium, Se.....mcg	33.3		1	A	1		13.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.087		1	A	1		0.036		
Riboflavin.....mg	0.269		1	A	1		0.110		
Niacin.....mg	4.510		1	A	1		1.849		
Pantothenic acid.....mg	0.799		1	A	1		0.328		
Vitamin B-6.....mg	0.503		1	A	1		0.206		
Folate, total.....mcg	7		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	3.97		1	A	1		1.63		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.02		1	A	1		0.01		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	2.088		0	NC	4		0.856		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.147		1	A	1		0.060		
15:0.....g	0.022		1	A	1		0.009		
16:0.....g	1.211		1	A	1		0.496		
17:0.....g	0.055		1	A	1		0.023		
18:0.....g	0.636		1	A	1		0.261		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23053

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.018		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.136		0	NC	4		0.876		
14:1.....g	0.031		1	A	1		0.013		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.151		1	A	1		0.062		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.954		0	AS	1		0.801		
18:1 c.....g	1.779		1	A	1		0.729		
18:1 t.....g	0.175		1	A	1		0.072		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0	NC	4		0.139		
18:2 undifferentiated.....g	0.276		0	AS	1		0.113		
18:2 n-6 c,c.....g	0.236		1	A	1		0.097		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		1	A	1		0.016		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010		0	AS	1		0.004		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		1	A	1		0.022		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.215		0	NC	4		0.088		
Fatty acids, total trans-monoenoic.....g	0.175		0	NC	4		0.072		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.016		
Cholesterol.....mg	57		10	A	1		23		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	A	1		0.055		
Threonine.....g	0.820		0	A	1		0.336		
Isoleucine.....g	0.934		0	A	1		0.383		
Leucine.....g	1.634		0	A	1		0.670		
Lysine.....g	1.736		0	A	1		0.712		
Methionine.....g	0.535		0	A	1		0.219		
Cystine.....g	0.265		0	A	1		0.109		
Phenylalanine.....g	0.811		0	A	1		0.333		
Tyrosine.....g	0.654		0	A	1		0.268		
Valine.....g	1.019		0	A	1		0.418		
Arginine.....g	1.328		0	A	1		0.544		
Histidine.....g	0.655		0	A	1		0.269		
Alanine.....g	1.249		0	A	1		0.512		
Aspartic acid.....g	1.871		0	A	1		0.767		
Glutamic acid.....g	3.083		0	A	1		1.264		
Glycine.....g	1.251		0	A	1		0.513		
Proline.....g	0.979		0	A	1		0.401		
Serine.....g	0.809		0	A	1		0.332		
Hydroxyproline.....g	0.216		0	A	1		0.088		

Others:

NDB No. 23053

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 41g: 1 medallion

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23035

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

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.57		8	A	1		19.67	55.73	
Energy.....kcal	181		0	NC	4		54	154	
Energy.....kj	756		0	NC	4		227	642	
Protein (N x 6.25).....g	26.07		8	A	1		7.82	22.16	
Total lipid (fat).....g	7.68		8	A	1		2.31	6.53	
Ash.....g	1.03		8	A	1		0.31	0.88	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		2	5	
Iron, Fe.....mg	2.58		2	A	1		0.77	2.19	
Magnesium, Mg.....mg	25		2	A	1		8	22	
Phosphorus, P.....mg	227		2	A	1		68	193	
Potassium, K.....mg	361		2	A	1		108	306	
Sodium, Na.....mg	60		2	A	1		18	51	
Zinc, Zn.....mg	5.26		2	A	1		1.58	4.47	
Copper, Cu.....mg	0.090		1	A	1		0.027	0.077	
Manganese, Mn.....mg	0.011		2	A	1		0.003	0.009	
Selenium, Se.....mcg	38.9		2	A	1		11.7	33.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.081		2	A	1		0.024	0.069	
Riboflavin.....mg	0.223		2	A	1		0.067	0.190	
Niacin.....mg	5.035		2	A	1		1.511	4.280	
Pantothenic acid.....mg	0.858		2	A	1		0.257	0.729	
Vitamin B-6.....mg	0.586		2	A	1		0.176	0.498	
Folate, total.....mcg	8		1	A	1		2	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		2	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	7	
Vitamin B-12.....mcg	4.73		2	A	1		1.42	4.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.737		0	NC	4		0.821	2.326	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.188		2	A	1		0.057	0.160	
15:0.....g	0.029		2	A	1		0.009	0.025	
16:0.....g	1.619		2	A	1		0.486	1.376	
17:0.....g	0.073		2	A	1		0.022	0.062	
18:0.....g	0.806		2	A	1		0.242	0.685	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23035

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.020		2	A	1		0.006	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.872		0	NC	4		0.862	2.441	
14:1.....g	0.042		2	A	1		0.013	0.036	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.205		2	A	1		0.062	0.175	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.618		0	AS	1		0.786	2.226	
18:1 c.....g	2.416		2	A	1		0.725	2.054	
18:1 t.....g	0.202		2	A	1		0.061	0.172	
20:1.....g	0.007		2	A	1		0.002	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0	NC	4		0.114	0.324	
18:2 undifferentiated.....g	0.312		0	AS	1		0.094	0.265	
18:2 n-6 c,c.....g	0.263		2	A	1		0.079	0.223	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.049		2	A	1		0.015	0.042	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.003	0.009	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.057		2	A	1		0.017	0.049	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.251		0	NC	4		0.075	0.214	
Fatty acids, total trans-monoenoic.....g	0.202		0	NC	4		0.061	0.172	
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.015	0.042	
Cholesterol.....mg	76		6	A	1		23	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0	A	1		0.051	0.146	
Threonine.....g	1.042		0	A	1		0.312	0.885	
Isoleucine.....g	1.186		0	A	1		0.356	1.008	
Leucine.....g	2.074		0	A	1		0.622	1.763	
Lysine.....g	2.204		0	A	1		0.661	1.873	
Methionine.....g	0.679		0	A	1		0.204	0.577	
Cystine.....g	0.336		0	A	1		0.101	0.286	
Phenylalanine.....g	1.030		0	A	1		0.309	0.875	
Tyrosine.....g	0.831		0	A	1		0.249	0.706	
Valine.....g	1.294		0	A	1		0.388	1.100	
Arginine.....g	1.686		0	A	1		0.506	1.433	
Histidine.....g	0.832		0	A	1		0.250	0.707	
Alanine.....g	1.585		0	A	1		0.476	1.347	
Aspartic acid.....g	2.375		0	A	1		0.713	2.019	
Glutamic acid.....g	3.914		0	A	1		1.174	3.327	
Glycine.....g	1.588		0	A	1		0.476	1.350	
Proline.....g	1.243		0	A	1		0.373	1.057	
Serine.....g	1.027		0	A	1		0.308	0.873	
Hydroxyproline.....g	0.274		0	A	1		0.082	0.233	

Others:

NDB No. 23035

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 30g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.87		8	A	1		29.15		
Energy.....kcal	145		0	NC	4		58		
Energy.....kj	606		0	NC	4		243		
Protein (N x 6.25).....g	20.51		8	A	1		8.20		
Total lipid (fat).....g	6.36		8	A	1		2.54		
Ash.....g	0.91		8	A	1		0.36		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		2		
Iron, Fe.....mg	2.01		2	A	1		0.81		
Magnesium, Mg.....mg	23		2	A	1		9		
Phosphorus, P.....mg	200		2	A	1		80		
Potassium, K.....mg	339		2	A	1		136		
Sodium, Na.....mg	59		2	A	1		24		
Zinc, Zn.....mg	3.98		2	A	1		1.59		
Copper, Cu.....mg	0.131		1	A	1		0.052		
Manganese, Mn.....mg	0.014		2	A	1		0.005		
Selenium, Se.....mcg	30.8		2	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.085		2	A	1		0.034		
Riboflavin.....mg	0.235		2	A	1		0.094		
Niacin.....mg	4.580		2	A	1		1.832		
Pantothenic acid.....mg	0.779		2	A	1		0.312		
Vitamin B-6.....mg	0.516		2	A	1		0.206		
Folate, total.....mcg	7		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	3.98		2	A	1		1.59		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.02		1	A	1		0.01		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	2.328		0	NC	4		0.931		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.164		2	A	1		0.066		
15:0.....g	0.025		2	A	1		0.010		
16:0.....g	1.374		2	A	1		0.550		
17:0.....g	0.063		2	A	1		0.025		
18:0.....g	0.683		2	A	1		0.273		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:0.....g	0.017		2	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.430		0	NC	4		0.972		
14:1.....g	0.037		2	A	1		0.015		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.173		2	A	1		0.069		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.215		0	AS	1		0.886		
18:1 c.....g	2.039		2	A	1		0.816		
18:1 t.....g	0.175		2	A	1		0.070		
20:1.....g	0.005		2	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.326		0	NC	4		0.130		
18:2 undifferentiated.....g	0.266		0	AS	1		0.107		
18:2 n-6 c,c.....g	0.223		2	A	1		0.089		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.043		2	A	1		0.017		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010		0	AS	1		0.004		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.020		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.219		0	NC	4		0.088		
Fatty acids, total trans-monoenoic.....g	0.175		0	NC	4		0.070		
Fatty acids, total trans-polyenoic.....g	0.043		0	NC	4		0.017		
Cholesterol.....mg	56		6	A	1		22		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	A	1		0.054		
Threonine.....g	0.819		0	A	1		0.328		
Isoleucine.....g	0.933		0	A	1		0.373		
Leucine.....g	1.632		0	A	1		0.653		
Lysine.....g	1.733		0	A	1		0.693		
Methionine.....g	0.534		0	A	1		0.214		
Cystine.....g	0.265		0	A	1		0.106		
Phenylalanine.....g	0.810		0	A	1		0.324		
Tyrosine.....g	0.654		0	A	1		0.261		
Valine.....g	1.018		0	A	1		0.407		
Arginine.....g	1.326		0	A	1		0.530		
Histidine.....g	0.655		0	A	1		0.262		
Alanine.....g	1.247		0	A	1		0.499		
Aspartic acid.....g	1.868		0	A	1		0.747		
Glutamic acid.....g	3.079		0	A	1		1.232		
Glycine.....g	1.249		0	A	1		0.500		
Proline.....g	0.978		0	A	1		0.391		
Serine.....g	0.808		0	A	1		0.323		
Hydroxyproline.....g	0.085		1	A	1		0.034		

Others:

NDB No. 23034

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 40g: 1 medallion

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23065

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.79		5	A	1		22.37	55.92	
Energy.....kcal	172		0	NC	4		59	146	
Energy.....kj	721		0	NC	4		245	612	
Protein (N x 6.25).....g	26.45		5	A	1		8.99	22.48	
Total lipid (fat).....g	6.43		5	A	1		2.19	5.46	
Ash.....g	1.00		5	A	1		0.34	0.85	
Carbohydrate, by difference.....g	0.33		0	NC	4		0.11	0.28	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2	4	
Iron, Fe.....mg	2.60		1	A	1		0.88	2.21	
Magnesium, Mg.....mg	24		1	A	1		8	21	
Phosphorus, P.....mg	223		1	A	1		76	190	
Potassium, K.....mg	348		1	A	1		118	296	
Sodium, Na.....mg	58		1	A	1		20	49	
Zinc, Zn.....mg	5.19		1	A	1		1.76	4.41	
Copper, Cu.....mg	0.253		1	A	1		0.086	0.215	
Manganese, Mn.....mg	0.021		1	A	1		0.007	0.018	
Selenium, Se.....mcg	38.3		1	A	1		13.0	32.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.072		1	A	1		0.024	0.061	
Riboflavin.....mg	0.354		1	A	1		0.120	0.301	
Niacin.....mg	5.490		1	A	1		1.867	4.666	
Pantothenic acid.....mg	0.852		1	A	1		0.290	0.724	
Vitamin B-6.....mg	0.615		1	A	1		0.209	0.523	
Folate, total.....mcg	8		0	BFPN	4		3	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		3	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		3	7	
Vitamin B-12.....mcg	6.01		1	A	1		2.04	5.11	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFSN	4		0.06	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.01	0.03	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFPN	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	1.700		0	NC	4		0.578	1.445	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.123		1	A	1		0.042	0.105	
15:0.....g	0.020		1	A	1		0.007	0.017	
16:0.....g	0.954		1	A	1		0.324	0.811	
17:0.....g	0.048		1	A	1		0.016	0.041	
18:0.....g	0.541		1	A	1		0.184	0.460	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23065

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.013		1	A	1		0.005	0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.284		0	NC	4		1.116	2.791	
14:1.....g	0.026		1	A	1		0.009	0.022	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117		1	A	1		0.040	0.100	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.567		0	AS	1		0.533	1.332	
18:1 c.....g	1.424		1	A	1		0.484	1.210	
18:1 t.....g	0.143		1	A	1		0.049	0.122	
20:1.....g	0.006		1	A	1		0.002	0.005	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0	NC	4		0.167	0.416	
18:2 undifferentiated.....g	0.218		0	AS	1		0.074	0.185	
18:2 n-6 c,c.....g	0.184		1	A	1		0.062	0.156	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.034		1	A	1		0.012	0.029	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.003	0.008	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.036		1	A	1		0.012	0.031	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.177		0	NC	4		0.060	0.151	
Fatty acids, total trans-monoenoic.....g	0.143		0	NC	4		0.049	0.122	
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.012	0.029	
Cholesterol.....mg	80		4	A	1		27	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	A	1		0.059	0.148	
Threonine.....g	1.056		0	A	1		0.359	0.898	
Isoleucine.....g	1.203		0	A	1		0.409	1.023	
Leucine.....g	2.104		0	A	1		0.715	1.788	
Lysine.....g	2.235		0	A	1		0.760	1.900	
Methionine.....g	0.689		0	A	1		0.234	0.585	
Cystine.....g	0.341		0	A	1		0.116	0.290	
Phenylalanine.....g	1.045		0	A	1		0.355	0.888	
Tyrosine.....g	0.843		0	A	1		0.287	0.716	
Valine.....g	1.312		0	A	1		0.446	1.115	
Arginine.....g	1.710		0	A	1		0.581	1.454	
Histidine.....g	0.844		0	A	1		0.287	0.717	
Alanine.....g	1.608		0	A	1		0.547	1.367	
Aspartic acid.....g	2.409		0	A	1		0.819	2.048	
Glutamic acid.....g	3.970		0	A	1		1.350	3.375	
Glycine.....g	1.610		0	A	1		0.548	1.369	
Proline.....g	1.261		0	A	1		0.429	1.072	
Serine.....g	1.042		0	A	1		0.354	0.885	
Hydroxyproline.....g	0.278		0	A	1		0.094	0.236	

Others:

NDB No. 23065

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 34g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.79		5	A	1		32.03		
Energy.....kcal	142		0	NC	4		62		
Energy.....kj	593		0	NC	4		261		
Protein (N x 6.25).....g	20.93		5	A	1		9.21		
Total lipid (fat).....g	5.79		5	A	1		2.55		
Ash.....g	0.90		5	A	1		0.40		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2		
Iron, Fe.....mg	2.39		1	A	1		1.05		
Magnesium, Mg.....mg	25		1	A	1		11		
Phosphorus, P.....mg	219		1	A	1		96		
Potassium, K.....mg	366		1	A	1		161		
Sodium, Na.....mg	60		1	A	1		26		
Zinc, Zn.....mg	4.38		1	A	1		1.93		
Copper, Cu.....mg	0.130		1	A	1		0.057		
Manganese, Mn.....mg	0.018		1	A	1		0.008		
Selenium, Se.....mcg	31.8		1	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.089		1	A	1		0.039		
Riboflavin.....mg	0.269		1	A	1		0.118		
Niacin.....mg	5.570		1	A	1		2.451		
Pantothenic acid.....mg	0.921		1	A	1		0.405		
Vitamin B-6.....mg	0.519		1	A	1		0.228		
Folate, total.....mcg	7		0	BFPN	4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	5.09		1	A	1		2.24		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.01		
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	1.988		0	NC	4		0.875		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.144		1	A	1		0.063		
15:0.....g	0.023		1	A	1		0.010		
16:0.....g	1.106		1	A	1		0.487		
17:0.....g	0.056		1	A	1		0.025		
18:0.....g	0.642		1	A	1		0.282		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.979		0	NC	4		0.871		
14:1.....g	0.031		1	A	1		0.014		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.134		1	A	1		0.059		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.814		0	AS	1		0.798		
18:1 c.....g	1.642		1	A	1		0.722		
18:1 t.....g	0.172		1	A	1		0.076		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0	NC	4		0.148		
18:2 undifferentiated.....g	0.278		0	AS	1		0.122		
18:2 n-6 c,c.....g	0.236		1	A	1		0.104		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.042		1	A	1		0.018		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.005		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048		1	A	1		0.021		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.214		0	NC	4		0.094		
Fatty acids, total trans-monoenoic.....g	0.172		0	NC	4		0.076		
Fatty acids, total trans-polyenoic.....g	0.042		0	NC	4		0.018		
Cholesterol.....mg	58		4	A	1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.061		
Threonine.....g	0.836		0	A	1		0.368		
Isoleucine.....g	0.952		0	A	1		0.419		
Leucine.....g	1.665		0	A	1		0.733		
Lysine.....g	1.769		0	A	1		0.778		
Methionine.....g	0.545		0	A	1		0.240		
Cystine.....g	0.270		0	A	1		0.119		
Phenylalanine.....g	0.827		0	A	1		0.364		
Tyrosine.....g	0.667		0	A	1		0.293		
Valine.....g	1.038		0	A	1		0.457		
Arginine.....g	1.353		0	A	1		0.596		
Histidine.....g	0.668		0	A	1		0.294		
Alanine.....g	1.273		0	A	1		0.560		
Aspartic acid.....g	1.907		0	A	1		0.839		
Glutamic acid.....g	3.142		0	A	1		1.383		
Glycine.....g	1.275		0	A	1		0.561		
Proline.....g	0.998		0	A	1		0.439		
Serine.....g	0.825		0	A	1		0.363		
Hydroxyproline.....g	0.075		1	A	1		0.033		

Others:

NDB No. 23036

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 44g: 1 medallion

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23019

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

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.65		13	A	1		21.01	55.81	
Energy.....kcal	177		0	NC	4		57	150	
Energy.....kj	740		0	NC	4		237	629	
Protein (N x 6.25).....g	26.22		13	A	1		8.39	22.28	
Total lipid (fat).....g	7.20		13	A	1		2.30	6.12	
Ash.....g	1.02		13	A	1		0.33	0.87	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		2	4	
Iron, Fe.....mg	2.59		3	A	1		0.83	2.20	
Magnesium, Mg.....mg	25		3	A	1		8	21	
Phosphorus, P.....mg	225		3	A	1		72	192	
Potassium, K.....mg	356		3	A	1		114	303	
Sodium, Na.....mg	59		3	A	1		19	51	
Zinc, Zn.....mg	5.24		3	A	1		1.68	4.45	
Copper, Cu.....mg	0.171		2	A	1		0.055	0.146	
Manganese, Mn.....mg	0.014		3	A	1		0.005	0.012	
Selenium, Se.....mcg	38.7		3	A	1		12.4	32.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.078		3	A	1		0.025	0.066	
Riboflavin.....mg	0.267		3	A	1		0.085	0.227	
Niacin.....mg	5.187		3	A	1		1.660	4.409	
Pantothenic acid.....mg	0.856		3	A	1		0.274	0.728	
Vitamin B-6.....mg	0.596		3	A	1		0.191	0.507	
Folate, total.....mcg	8		1	A	1		3	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		3	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		3	7	
Vitamin B-12.....mcg	5.16		3	A	1		1.65	4.38	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.833		0	NC	4		0.907	2.408	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.199		3	A	1		0.064	0.169	
15:0.....g	0.031		3	A	1		0.010	0.027	
16:0.....g	1.646		3	A	1		0.527	1.399	
17:0.....g	0.078		3	A	1		0.025	0.066	
18:0.....g	0.858		3	A	1		0.275	0.729	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23019

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.022		3	A	1		0.007	0.018	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.933		0	NC	4		0.939	2.493	
14:1.....g	0.044		3	A	1		0.014	0.037	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.207		3	A	1		0.066	0.176	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.676		0	AS	1		0.856	2.274	
18:1 c.....g	2.456		3	A	1		0.786	2.088	
18:1 t.....g	0.220		3	A	1		0.070	0.187	
20:1.....g	0.008		3	A	1		0.002	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	NC	4		0.131	0.348	
18:2 undifferentiated.....g	0.338		0	AS	1		0.108	0.287	
18:2 n-6 c,c.....g	0.284		3	A	1		0.091	0.242	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.053		3	A	1		0.017	0.045	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.004	0.011	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060		3	A	1		0.019	0.051	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.273		0	NC	4		0.087	0.232	
Fatty acids, total trans-monoenoic.....g	0.220		0	NC	4		0.070	0.187	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.017	0.045	
Cholesterol.....mg	78		10	A	1		25	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0	A	1		0.055	0.146	
Threonine.....g	1.047		0	A	1		0.335	0.890	
Isoleucine.....g	1.193		0	A	1		0.382	1.014	
Leucine.....g	2.086		0	A	1		0.667	1.773	
Lysine.....g	2.216		0	A	1		0.709	1.883	
Methionine.....g	0.683		0	A	1		0.218	0.580	
Cystine.....g	0.338		0	A	1		0.108	0.288	
Phenylalanine.....g	1.036		0	A	1		0.331	0.880	
Tyrosine.....g	0.835		0	A	1		0.267	0.710	
Valine.....g	1.301		0	A	1		0.416	1.106	
Arginine.....g	1.695		0	A	1		0.542	1.441	
Histidine.....g	0.837		0	A	1		0.268	0.711	
Alanine.....g	1.594		0	A	1		0.510	1.355	
Aspartic acid.....g	2.388		0	A	1		0.764	2.030	
Glutamic acid.....g	3.936		0	A	1		1.259	3.345	
Glycine.....g	1.596		0	A	1		0.511	1.357	
Proline.....g	1.250		0	A	1		0.400	1.062	
Serine.....g	1.033		0	A	1		0.330	0.878	
Hydroxyproline.....g	0.275		0	A	1		0.088	0.234	

Others:

NDB No. 23019

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 32g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23018

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.80		11	A	1		29.85		
Energy.....kcal	144		0	NC	4		59		
Energy.....kj	602		0	NC	4		247		
Protein (N x 6.25).....g	20.54		11	A	1		8.42		
Total lipid (fat).....g	6.22		11	A	1		2.55		
Ash.....g	0.92		11	A	1		0.38		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2		
Iron, Fe.....mg	1.95		1	A	1		0.80		
Magnesium, Mg.....mg	23		1	A	1		9		
Phosphorus, P.....mg	196		1	A	1		80		
Potassium, K.....mg	327		1	A	1		134		
Sodium, Na.....mg	58		1	A	1		24		
Zinc, Zn.....mg	3.72		1	A	1		1.53		
Copper, Cu.....mg	0.131		1	A	1		0.054		
Manganese, Mn.....mg	0.016		1	A	1		0.007		
Selenium, Se.....mcg	33.3		1	A	1		13.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.087		1	A	1		0.036		
Riboflavin.....mg	0.269		1	A	1		0.110		
Niacin.....mg	4.510		1	A	1		1.849		
Pantothenic acid.....mg	0.799		1	A	1		0.328		
Vitamin B-6.....mg	0.503		1	A	1		0.206		
Folate, total.....mcg	7		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	3.97		1	A	1		1.63		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.02		1	A	1		0.01		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	2.088		0	NC	4		0.856		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.147		1	A	1		0.060		
15:0.....g	0.022		1	A	1		0.009		
16:0.....g	1.211		1	A	1		0.496		
17:0.....g	0.055		1	A	1		0.023		
18:0.....g	0.636		1	A	1		0.261		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23018

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.018		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.136		0	NC	4		0.876		
14:1.....g	0.031		1	A	1		0.013		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.151		1	A	1		0.062		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.954		0	AS	1		0.801		
18:1 c.....g	1.779		1	A	1		0.729		
18:1 t.....g	0.175		1	A	1		0.072		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0	NC	4		0.139		
18:2 undifferentiated.....g	0.276		0	AS	1		0.113		
18:2 n-6 c,c.....g	0.236		1	A	1		0.097		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		1	A	1		0.016		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010		0	AS	1		0.004		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		1	A	1		0.022		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.215		0	NC	4		0.088		
Fatty acids, total trans-monoenoic.....g	0.175		0	NC	4		0.072		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.016		
Cholesterol.....mg	57		10	A	1		23		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	A	1		0.055		
Threonine.....g	0.820		0	A	1		0.336		
Isoleucine.....g	0.934		0	A	1		0.383		
Leucine.....g	1.634		0	A	1		0.670		
Lysine.....g	1.736		0	A	1		0.712		
Methionine.....g	0.535		0	A	1		0.219		
Cystine.....g	0.265		0	A	1		0.109		
Phenylalanine.....g	0.811		0	A	1		0.333		
Tyrosine.....g	0.654		0	A	1		0.268		
Valine.....g	1.019		0	A	1		0.418		
Arginine.....g	1.328		0	A	1		0.544		
Histidine.....g	0.655		0	A	1		0.269		
Alanine.....g	1.249		0	A	1		0.512		
Aspartic acid.....g	1.871		0	A	1		0.767		
Glutamic acid.....g	3.083		0	A	1		1.264		
Glycine.....g	1.251		0	A	1		0.513		
Proline.....g	0.979		0	A	1		0.401		
Serine.....g	0.809		0	A	1		0.332		
Hydroxyproline.....g	0.216		0	A	1		0.088		

Others:

NDB No. 23018

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 41g: 1 medallion

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13567

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.57		8	A	1		19.67	55.73	
Energy.....kcal	181		0	NC	4		54	154	
Energy.....kj	756		0	NC	4		227	642	
Protein (N x 6.25).....g	26.07		8	A	1		7.82	22.16	
Total lipid (fat).....g	7.68		8	A	1		2.31	6.53	
Ash.....g	1.03		8	A	1		0.31	0.88	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		2	5	
Iron, Fe.....mg	2.58		2	A	1		0.77	2.19	
Magnesium, Mg.....mg	25		2	A	1		8	22	
Phosphorus, P.....mg	227		2	A	1		68	193	
Potassium, K.....mg	361		2	A	1		108	306	
Sodium, Na.....mg	60		2	A	1		18	51	
Zinc, Zn.....mg	5.26		2	A	1		1.58	4.47	
Copper, Cu.....mg	0.090		1	A	1		0.027	0.077	
Manganese, Mn.....mg	0.011		2	A	1		0.003	0.009	
Selenium, Se.....mcg	38.9		2	A	1		11.7	33.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.081		2	A	1		0.024	0.069	
Riboflavin.....mg	0.223		2	A	1		0.067	0.190	
Niacin.....mg	5.035		2	A	1		1.511	4.280	
Pantothenic acid.....mg	0.858		2	A	1		0.257	0.729	
Vitamin B-6.....mg	0.586		2	A	1		0.176	0.498	
Folate, total.....mcg	8		1	A	1		2	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		2	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	7	
Vitamin B-12.....mcg	4.73		2	A	1		1.42	4.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.05	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.01	0.03	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.737		0	NC	4		0.821	2.326	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.188		2	A	1		0.057	0.160	
15:0.....g	0.029		2	A	1		0.009	0.025	
16:0.....g	1.619		2	A	1		0.486	1.376	
17:0.....g	0.073		2	A	1		0.022	0.062	
18:0.....g	0.806		2	A	1		0.242	0.685	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 13567

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.020		2	A	1		0.006	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.872		0	NC	4		0.862	2.441	
14:1.....g	0.042		2	A	1		0.013	0.036	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.205		2	A	1		0.062	0.175	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.618		0	AS	1		0.786	2.226	
18:1 c.....g	2.416		2	A	1		0.725	2.054	
18:1 t.....g	0.202		2	A	1		0.061	0.172	
20:1.....g	0.007		2	A	1		0.002	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0	NC	4		0.114	0.324	
18:2 undifferentiated.....g	0.312		0	AS	1		0.094	0.265	
18:2 n-6 c,c.....g	0.263		2	A	1		0.079	0.223	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.049		2	A	1		0.015	0.042	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.003	0.009	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.057		2	A	1		0.017	0.049	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.251		0	NC	4		0.075	0.214	
Fatty acids, total trans-monoenoic.....g	0.202		0	NC	4		0.061	0.172	
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.015	0.042	
Cholesterol.....mg	76		6	A	1		23	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0	A	1		0.051	0.146	
Threonine.....g	1.042		0	A	1		0.312	0.885	
Isoleucine.....g	1.186		0	A	1		0.356	1.008	
Leucine.....g	2.074		0	A	1		0.622	1.763	
Lysine.....g	2.204		0	A	1		0.661	1.873	
Methionine.....g	0.679		0	A	1		0.204	0.577	
Cystine.....g	0.336		0	A	1		0.101	0.286	
Phenylalanine.....g	1.030		0	A	1		0.309	0.875	
Tyrosine.....g	0.831		0	A	1		0.249	0.706	
Valine.....g	1.294		0	A	1		0.388	1.100	
Arginine.....g	1.686		0	A	1		0.506	1.433	
Histidine.....g	0.832		0	A	1		0.250	0.707	
Alanine.....g	1.585		0	A	1		0.476	1.347	
Aspartic acid.....g	2.375		0	A	1		0.713	2.019	
Glutamic acid.....g	3.914		0	A	1		1.174	3.327	
Glycine.....g	1.588		0	A	1		0.476	1.350	
Proline.....g	1.243		0	A	1		0.373	1.057	
Serine.....g	1.027		0	A	1		0.308	0.873	
Hydroxyproline.....g	0.274		0	A	1		0.082	0.233	

Others:

NDB No. 13567

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 30g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13566

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.87		8	A	1		29.15		
Energy.....kcal	145		0	NC	4		58		
Energy.....kj	606		0	NC	4		243		
Protein (N x 6.25).....g	20.51		8	A	1		8.20		
Total lipid (fat).....g	6.36		8	A	1		2.54		
Ash.....g	0.91		8	A	1		0.36		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		2		
Iron, Fe.....mg	2.01		2	A	1		0.81		
Magnesium, Mg.....mg	23		2	A	1		9		
Phosphorus, P.....mg	200		2	A	1		80		
Potassium, K.....mg	339		2	A	1		136		
Sodium, Na.....mg	59		2	A	1		24		
Zinc, Zn.....mg	3.98		2	A	1		1.59		
Copper, Cu.....mg	0.131		1	A	1		0.052		
Manganese, Mn.....mg	0.014		2	A	1		0.005		
Selenium, Se.....mcg	30.8		2	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.085		2	A	1		0.034		
Riboflavin.....mg	0.235		2	A	1		0.094		
Niacin.....mg	4.580		2	A	1		1.832		
Pantothenic acid.....mg	0.779		2	A	1		0.312		
Vitamin B-6.....mg	0.516		2	A	1		0.206		
Folate, total.....mcg	7		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	3.98		2	A	1		1.59		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.02		1	A	1		0.01		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	2.328		0	NC	4		0.931		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.164		2	A	1		0.066		
15:0.....g	0.025		2	A	1		0.010		
16:0.....g	1.374		2	A	1		0.550		
17:0.....g	0.063		2	A	1		0.025		
18:0.....g	0.683		2	A	1		0.273		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 13566

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		2	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.430		0	NC	4		0.972		
14:1.....g	0.037		2	A	1		0.015		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.173		2	A	1		0.069		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.215		0	AS	1		0.886		
18:1 c.....g	2.039		2	A	1		0.816		
18:1 t.....g	0.175		2	A	1		0.070		
20:1.....g	0.005		2	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.326		0	NC	4		0.130		
18:2 undifferentiated.....g	0.266		0	AS	1		0.107		
18:2 n-6 c,c.....g	0.223		2	A	1		0.089		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.043		2	A	1		0.017		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010		0	AS	1		0.004		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.020		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.219		0	NC	4		0.088		
Fatty acids, total trans-monoenoic.....g	0.175		0	NC	4		0.070		
Fatty acids, total trans-polyenoic.....g	0.043		0	NC	4		0.017		
Cholesterol.....mg	56		6	A	1		22		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	A	1		0.054		
Threonine.....g	0.819		0	A	1		0.328		
Isoleucine.....g	0.933		0	A	1		0.373		
Leucine.....g	1.632		0	A	1		0.653		
Lysine.....g	1.733		0	A	1		0.693		
Methionine.....g	0.534		0	A	1		0.214		
Cystine.....g	0.265		0	A	1		0.106		
Phenylalanine.....g	0.810		0	A	1		0.324		
Tyrosine.....g	0.654		0	A	1		0.261		
Valine.....g	1.018		0	A	1		0.407		
Arginine.....g	1.326		0	A	1		0.530		
Histidine.....g	0.655		0	A	1		0.262		
Alanine.....g	1.247		0	A	1		0.499		
Aspartic acid.....g	1.868		0	A	1		0.747		
Glutamic acid.....g	3.079		0	A	1		1.232		
Glycine.....g	1.249		0	A	1		0.500		
Proline.....g	0.978		0	A	1		0.391		
Serine.....g	0.808		0	A	1		0.323		
Hydroxyproline.....g	0.085		1	A	1		0.034		

Others:

NDB No. 13566

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 40g: 1 medallion

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13569

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.79		5	A	1		22.37	55.92	
Energy.....kcal	171		0	NC	4		58	145	
Energy.....kj	715		0	NC	4		243	608	
Protein (N x 6.25).....g	26.45		5	A	1		8.99	22.48	
Total lipid (fat).....g	6.43		5	A	1		2.19	5.46	
Ash.....g	1.00		5	A	1		0.34	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2	4	
Iron, Fe.....mg	2.60		1	A	1		0.88	2.21	
Magnesium, Mg.....mg	24		1	A	1		8	21	
Phosphorus, P.....mg	223		1	A	1		76	190	
Potassium, K.....mg	348		1	A	1		118	296	
Sodium, Na.....mg	58		1	A	1		20	49	
Zinc, Zn.....mg	5.19		1	A	1		1.76	4.41	
Copper, Cu.....mg	0.253		1	A	1		0.086	0.215	
Manganese, Mn.....mg	0.021		1	A	1		0.007	0.018	
Selenium, Se.....mcg	38.3		1	A	1		13.0	32.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.072		1	A	1		0.024	0.061	
Riboflavin.....mg	0.354		1	A	1		0.120	0.301	
Niacin.....mg	5.490		1	A	1		1.867	4.666	
Pantothenic acid.....mg	0.852		1	A	1		0.290	0.724	
Vitamin B-6.....mg	0.615		1	A	1		0.209	0.523	
Folate, total.....mcg	8		0	BFPN	4		3	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		3	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		3	7	
Vitamin B-12.....mcg	6.01		1	A	1		2.04	5.11	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFNN	4		0.06	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFNN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	BFNN	4		0.01	0.03	
Tocopherol, delta.....mg	0.00		0	BFNN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated.....g	1.700		0	NC	4		0.578	1.445	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.123		1	A	1		0.042	0.105	
15:0.....g	0.020		1	A	1		0.007	0.017	
16:0.....g	0.954		1	A	1		0.324	0.811	
17:0.....g	0.048		1	A	1		0.016	0.041	
18:0.....g	0.541		1	A	1		0.184	0.460	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 13569

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.013		1	A	1		0.005	0.011	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.284		0	NC	4		1.116	2.791	
14:1.....g	0.026		1	A	1		0.009	0.022	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117		1	A	1		0.040	0.100	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.567		0	AS	1		0.533	1.332	
18:1 c.....g	1.424		1	A	1		0.484	1.210	
18:1 t.....g	0.143		1	A	1		0.049	0.122	
20:1.....g	0.006		1	A	1		0.002	0.005	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0	NC	4		0.167	0.416	
18:2 undifferentiated.....g	0.218		0	AS	1		0.074	0.185	
18:2 n-6 c,c.....g	0.184		1	A	1		0.062	0.156	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.034		1	A	1		0.012	0.029	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.003	0.008	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.036		1	A	1		0.012	0.031	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.177		0	NC	4		0.060	0.151	
Fatty acids, total trans-monoenoic.....g	0.143		0	NC	4		0.049	0.122	
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.012	0.029	
Cholesterol.....mg	80		4	A	1		27	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	A	1		0.059	0.148	
Threonine.....g	1.056		0	A	1		0.359	0.898	
Isoleucine.....g	1.203		0	A	1		0.409	1.023	
Leucine.....g	2.104		0	A	1		0.715	1.788	
Lysine.....g	2.235		0	A	1		0.760	1.900	
Methionine.....g	0.689		0	A	1		0.234	0.585	
Cystine.....g	0.341		0	A	1		0.116	0.290	
Phenylalanine.....g	1.045		0	A	1		0.355	0.888	
Tyrosine.....g	0.843		0	A	1		0.287	0.716	
Valine.....g	1.312		0	A	1		0.446	1.115	
Arginine.....g	1.710		0	A	1		0.581	1.454	
Histidine.....g	0.844		0	A	1		0.287	0.717	
Alanine.....g	1.608		0	A	1		0.547	1.367	
Aspartic acid.....g	2.409		0	A	1		0.819	2.048	
Glutamic acid.....g	3.970		0	A	1		1.350	3.375	
Glycine.....g	1.610		0	A	1		0.548	1.369	
Proline.....g	1.261		0	A	1		0.429	1.072	
Serine.....g	1.042		0	A	1		0.354	0.885	
Hydroxyproline.....g	0.278		0	A	1		0.094	0.236	

Others:

NDB No. 13569

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 34g: 1 medallion

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13568

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw

Tender Medallions, Teres Major

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.79		5	A	1		32.03		
Energy.....kcal	142		0	NC	4		62		
Energy.....kj	593		0	NC	4		261		
Protein (N x 6.25).....g	20.93		5	A	1		9.21		
Total lipid (fat).....g	5.79		5	A	1		2.55		
Ash.....g	0.90		5	A	1		0.40		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		2		
Iron, Fe.....mg	2.39		1	A	1		1.05		
Magnesium, Mg.....mg	25		1	A	1		11		
Phosphorus, P.....mg	219		1	A	1		96		
Potassium, K.....mg	366		1	A	1		161		
Sodium, Na.....mg	60		1	A	1		26		
Zinc, Zn.....mg	4.38		1	A	1		1.93		
Copper, Cu.....mg	0.130		1	A	1		0.057		
Manganese, Mn.....mg	0.018		1	A	1		0.008		
Selenium, Se.....mcg	31.8		1	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.089		1	A	1		0.039		
Riboflavin.....mg	0.269		1	A	1		0.118		
Niacin.....mg	5.570		1	A	1		2.451		
Pantothenic acid.....mg	0.921		1	A	1		0.405		
Vitamin B-6.....mg	0.519		1	A	1		0.228		
Folate, total.....mcg	7		0	BFPN	4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		3		
Folate, DFE.....mcg_DFE	7		0	NC	4		3		
Vitamin B-12.....mcg	5.09		1	A	1		2.24		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFSN	4		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.01		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.01		
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	1.988		0	NC	4		0.875		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.144		1	A	1		0.063		
15:0.....g	0.023		1	A	1		0.010		
16:0.....g	1.106		1	A	1		0.487		
17:0.....g	0.056		1	A	1		0.025		
18:0.....g	0.642		1	A	1		0.282		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 13568

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		1	A	1		0.007		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.979		0	NC	4		0.871		
14:1.....g	0.031		1	A	1		0.014		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.134		1	A	1		0.059		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.814		0	AS	1		0.798		
18:1 c.....g	1.642		1	A	1		0.722		
18:1 t.....g	0.172		1	A	1		0.076		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0	NC	4		0.148		
18:2 undifferentiated.....g	0.278		0	AS	1		0.122		
18:2 n-6 c,c.....g	0.236		1	A	1		0.104		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.042		1	A	1		0.018		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.005		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048		1	A	1		0.021		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.214		0	NC	4		0.094		
Fatty acids, total trans-monoenoic.....g	0.172		0	NC	4		0.076		
Fatty acids, total trans-polyenoic.....g	0.042		0	NC	4		0.018		
Cholesterol.....mg	58		4	A	1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.061		
Threonine.....g	0.836		0	A	1		0.368		
Isoleucine.....g	0.952		0	A	1		0.419		
Leucine.....g	1.665		0	A	1		0.733		
Lysine.....g	1.769		0	A	1		0.778		
Methionine.....g	0.545		0	A	1		0.240		
Cystine.....g	0.270		0	A	1		0.119		
Phenylalanine.....g	0.827		0	A	1		0.364		
Tyrosine.....g	0.667		0	A	1		0.293		
Valine.....g	1.038		0	A	1		0.457		
Arginine.....g	1.353		0	A	1		0.596		
Histidine.....g	0.668		0	A	1		0.294		
Alanine.....g	1.273		0	A	1		0.560		
Aspartic acid.....g	1.907		0	A	1		0.839		
Glutamic acid.....g	3.142		0	A	1		1.383		
Glycine.....g	1.275		0	A	1		0.561		
Proline.....g	0.998		0	A	1		0.439		
Serine.....g	0.825		0	A	1		0.363		
Hydroxyproline.....g	0.075		1	A	1		0.033		

Others:

NDB No. 13568

Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 44g: 1 medallion

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.88		13	A	1		119.37	55.15	
Energy.....kcal	182		0	NC	4		335	155	
Energy.....kj	761		0	NC	4		1400	647	
Protein (N x 6.25).....g	26.30		13	A	1		48.39	22.35	
Total lipid (fat).....g	7.66		13	A	1		14.09	6.51	
Ash.....g	1.04		13	A	1		1.92	0.89	
Carbohydrate, by difference.....g	0.12		0	NC	4		0.23	0.10	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		9	4	
Iron, Fe.....mg	2.79		3	A	1		5.13	2.37	
Magnesium, Mg.....mg	26		3	A	1		47	22	
Phosphorus, P.....mg	232		3	A	1		426	197	
Potassium, K.....mg	361		3	A	1		665	307	
Sodium, Na.....mg	60		3	A	1		111	51	
Zinc, Zn.....mg	7.09		3	A	1		13.05	6.03	
Copper, Cu.....mg	0.089		3	A	1		0.164	0.076	
Manganese, Mn.....mg	0.015		3	A	1		0.028	0.013	
Selenium, Se.....mcg	41.5		3	A	1		76.3	35.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.075		3	A	1		0.137	0.063	
Riboflavin.....mg	0.294		3	A	1		0.540	0.250	
Niacin.....mg	5.273		3	A	1		9.703	4.482	
Pantothenic acid.....mg	0.839		3	A	1		1.544	0.713	
Vitamin B-6.....mg	0.576		3	A	1		1.060	0.490	
Folate, total.....mcg	11		1	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		1	A	1		20	9	
Folate, DFE.....mcg_DFE	11		0	NC	4		20	9	
Vitamin B-12.....mcg	4.95		3	A	1		9.10	4.20	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.33	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	2.765		0	NC	4		5.088	2.351	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.201		3	A	1		0.369	0.171	
15:0.....g	0.029		3	A	1		0.053	0.025	
16:0.....g	1.658		3	A	1		3.051	1.410	
17:0.....g	0.070		3	A	1		0.129	0.059	
18:0.....g	0.808		3	A	1		1.486	0.686	

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.000		3	A	1	0.000	0.000		
22:0.....g	0.000		3	A	1	0.000	0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.044		0	NC	4	5.601	2.587		
14:1.....g	0.053		3	A	1	0.098	0.045		
15:1.....g	0.000		3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.226		3	A	1	0.416	0.192		
17:1.....g	0.000		3	A	1	0.000	0.000		
18:1 undifferentiated.....g	2.758		0	AS	1	5.074	2.344		
18:1 c.....g	2.539		3	A	1	4.672	2.158		
18:1 t.....g	0.219		3	A	1	0.402	0.186		
20:1.....g	0.007		3	A	1	0.013	0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395		0	NC	4	0.728	0.336		
18:2 undifferentiated.....g	0.331		0	AS	1	0.609	0.281		
18:2 n-6 c,c.....g	0.275		3	A	1	0.506	0.234		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.056		3	A	1	0.103	0.048		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1	0.023	0.011		
18:3 n-6 c,c,c.....g	0.000		3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000		3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000		3	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.052		3	A	1	0.096	0.044		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.275		0	NC	4	0.505	0.233		
Fatty acids, total trans-monoenoic.....g	0.219		0	NC	4	0.402	0.186		
Fatty acids, total trans-polyenoic.....g	0.056		0	NC	4	0.103	0.048		
Cholesterol.....mg	76		10	A	1	139	64		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.173		0	A	1	0.318	0.147		
Threonine.....g	1.051		0	A	1	1.933	0.893		
Isoleucine.....g	1.196		0	A	1	2.201	1.017		
Leucine.....g	2.092		0	A	1	3.849	1.778		
Lysine.....g	2.222		0	A	1	4.089	1.889		
Methionine.....g	0.685		0	A	1	1.260	0.582		
Cystine.....g	0.339		0	A	1	0.624	0.288		
Phenylalanine.....g	1.039		0	A	1	1.911	0.883		
Tyrosine.....g	0.838		0	A	1	1.542	0.712		
Valine.....g	1.305		0	A	1	2.401	1.109		
Arginine.....g	1.700		0	A	1	3.129	1.445		
Histidine.....g	0.839		0	A	1	1.544	0.713		
Alanine.....g	1.599		0	A	1	2.942	1.359		
Aspartic acid.....g	2.395		0	A	1	4.407	2.036		
Glutamic acid.....g	3.948		0	A	1	7.264	3.356		
Glycine.....g	1.601		0	A	1	2.946	1.361		
Proline.....g	1.254		0	A	1	2.307	1.066		
Serine.....g	1.036		0	A	1	1.906	0.881		

NDB No. 23058

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.276		0	A	1		0.508	0.235	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 184g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.02		8	A	1		122.24	55.27	
Energy.....kcal	184		0	NC	4		347	157	
Energy.....kj	772		0	NC	4		1451	656	
Protein (N x 6.25).....g	26.07		8	A	1		49.01	22.16	
Total lipid (fat).....g	8.11		8	A	1		15.24	6.89	
Ash.....g	1.03		8	A	1		1.94	0.88	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		9	4	
Iron, Fe.....mg	2.57		2	A	1		4.83	2.18	
Magnesium, Mg.....mg	24		2	A	1		46	21	
Phosphorus, P.....mg	223		2	A	1		419	190	
Potassium, K.....mg	342		2	A	1		642	290	
Sodium, Na.....mg	59		2	A	1		112	50	
Zinc, Zn.....mg	6.85		2	A	1		12.88	5.82	
Copper, Cu.....mg	0.097		2	A	1		0.183	0.083	
Manganese, Mn.....mg	0.013		2	A	1		0.024	0.011	
Selenium, Se.....mcg	40.1		2	A	1		75.3	34.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.068		2	A	1		0.129	0.058	
Riboflavin.....mg	0.268		2	A	1		0.505	0.228	
Niacin.....mg	5.165		2	A	1		9.710	4.390	
Pantothenic acid.....mg	0.784		2	A	1		1.474	0.666	
Vitamin B-6.....mg	0.567		2	A	1		1.067	0.482	
Folate, total.....mcg	11		1	A	1		21	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		1	A	1		21	9	
Folate, DFE.....mcg_DFE	11		0	NC	4		21	9	
Vitamin B-12.....mcg	4.56		2	A	1		8.58	3.88	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.34	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	3.031		0	NC	4		5.698	2.576	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.223		2	A	1		0.418	0.189	
15:0.....g	0.031		2	A	1		0.058	0.026	
16:0.....g	1.855		2	A	1		3.488	1.577	
17:0.....g	0.074		2	A	1		0.139	0.063	
18:0.....g	0.848		2	A	1		1.594	0.721	

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.380		0	NC	4		6.354	2.873	
14:1.....g	0.061		2	A	1		0.115	0.052	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.260		2	A	1		0.490	0.221	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.047		0	AS	1		5.729	2.590	
18:1 c.....g	2.815		2	A	1		5.292	2.393	
18:1 t.....g	0.232		2	A	1		0.437	0.198	
20:1.....g	0.011		2	A	1		0.021	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.405		0	NC	4		0.762	0.345	
18:2 undifferentiated.....g	0.340		0	AS	1		0.639	0.289	
18:2 n-6 c,c.....g	0.281		2	A	1		0.529	0.239	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.058		2	A	1		0.110	0.050	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.024	0.011	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.053		2	A	1		0.100	0.045	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.291		0	NC	4		0.547	0.247	
Fatty acids, total trans-monoenoic.....g	0.232		0	NC	4		0.437	0.198	
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.110	0.050	
Cholesterol.....mg	74		6	A	1		140	63	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0	A	1		0.322	0.146	
Threonine.....g	1.041		0	A	1		1.958	0.885	
Isoleucine.....g	1.186		0	A	1		2.230	1.008	
Leucine.....g	2.074		0	A	1		3.898	1.763	
Lysine.....g	2.203		0	A	1		4.142	1.873	
Methionine.....g	0.679		0	A	1		1.276	0.577	
Cystine.....g	0.336		0	A	1		0.632	0.286	
Phenylalanine.....g	1.030		0	A	1		1.936	0.875	
Tyrosine.....g	0.831		0	A	1		1.562	0.706	
Valine.....g	1.293		0	A	1		2.431	1.099	
Arginine.....g	1.686		0	A	1		3.169	1.433	
Histidine.....g	0.832		0	A	1		1.564	0.707	
Alanine.....g	1.585		0	A	1		2.979	1.347	
Aspartic acid.....g	2.374		0	A	1		4.464	2.018	
Glutamic acid.....g	3.913		0	A	1		7.357	3.326	
Glycine.....g	1.587		0	A	1		2.984	1.349	
Proline.....g	1.243		0	A	1		2.336	1.056	
Serine.....g	1.027		0	A	1		1.930	0.873	

NDB No. 23038

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Hydroxyproline.....g	0.274		0	A	1		0.515	0.233	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 188g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.49		8	A	1		178.33		
Energy.....kcal	143		0	NC	4		351		
Energy.....kj	597		0	NC	4		1468		
Protein (N x 6.25).....g	20.39		8	A	1		50.16		
Total lipid (fat).....g	6.12		8	A	1		15.04		
Ash.....g	0.91		8	A	1		2.24		
Carbohydrate, by difference.....g	0.09		0	NC	4		0.23		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		2	A	1		11		
Iron, Fe.....mg	2.14		2	A	1		5.26		
Magnesium, Mg.....mg	24		2	A	1		58		
Phosphorus, P.....mg	212		2	A	1		520		
Potassium, K.....mg	347		2	A	1		854		
Sodium, Na.....mg	61		2	A	1		150		
Zinc, Zn.....mg	5.24		2	A	1		12.90		
Copper, Cu.....mg	0.088		2	A	1		0.216		
Manganese, Mn.....mg	0.011		2	A	1		0.027		
Selenium, Se.....mcg	29.7		2	A	1		72.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.072		2	A	1		0.178		
Riboflavin.....mg	0.230		2	A	1		0.566		
Niacin.....mg	5.130		2	A	1		12.620		
Pantothenic acid.....mg	0.731		2	A	1		1.799		
Vitamin B-6.....mg	0.673		2	A	1		1.657		
Folate, total.....mcg	7		1	A	1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	3.56		2	A	1		8.76		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.02		1	A	1		0.05		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	2.083		0	NC	4		5.123		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.151		2	A	1		0.371		
15:0.....g	0.021		2	A	1		0.053		
16:0.....g	1.272		2	A	1		3.129		
17:0.....g	0.050		2	A	1		0.123		
18:0.....g	0.579		2	A	1		1.425		
20:0.....g	0.000		2	A	1		0.000		

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.009		2	A	1		0.022		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.439		0	NC	4		8.460		
14:1.....g	0.042		2	A	1		0.103		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.181		2	A	1		0.445		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.108		0	AS	1		5.185		
18:1 c.....g	1.949		2	A	1		4.794		
18:1 t.....g	0.159		2	A	1		0.391		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.554		0	NC	4		1.364		
18:2 undifferentiated.....g	0.253		0	AS	1		0.623		
18:2 n-6 c,c.....g	0.213		2	A	1		0.524		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		2	A	1		0.100		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048		2	A	1		0.117		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.199		0	NC	4		0.491		
Fatty acids, total trans-monoenoic.....g	0.159		0	NC	4		0.391		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.100		
Cholesterol.....mg	57		6	A	1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0	A	1		0.330		
Threonine.....g	0.815		0	A	1		2.004		
Isoleucine.....g	0.928		0	A	1		2.282		
Leucine.....g	1.622		0	A	1		3.990		
Lysine.....g	1.723		0	A	1		4.239		
Methionine.....g	0.531		0	A	1		1.306		
Cystine.....g	0.263		0	A	1		0.647		
Phenylalanine.....g	0.805		0	A	1		1.981		
Tyrosine.....g	0.650		0	A	1		1.598		
Valine.....g	1.012		0	A	1		2.488		
Arginine.....g	1.318		0	A	1		3.243		
Histidine.....g	0.651		0	A	1		1.601		
Alanine.....g	1.240		0	A	1		3.049		
Aspartic acid.....g	1.857		0	A	1		4.569		
Glutamic acid.....g	3.061		0	A	1		7.530		
Glycine.....g	1.242		0	A	1		3.054		
Proline.....g	0.972		0	A	1		2.391		
Serine.....g	0.803		0	A	1		1.976		
Hydroxyproline.....g	0.068		1	A	1		0.167		

Others:

NDB No. 23037

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 246g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.65		5	A	1		115.72	54.95	
Energy.....kcal	176		0	NC	4		316	150	
Energy.....kj	738		0	NC	4		1322	628	
Protein (N x 6.25).....g	26.66		5	A	1		47.73	22.67	
Total lipid (fat).....g	6.94		5	A	1		12.43	5.90	
Ash.....g	1.07		5	A	1		1.91	0.91	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9	4	
Iron, Fe.....mg	3.23		1	A	1		5.78	2.75	
Magnesium, Mg.....mg	28		1	A	1		50	24	
Phosphorus, P.....mg	249		1	A	1		446	212	
Potassium, K.....mg	401		1	A	1		718	341	
Sodium, Na.....mg	62		1	A	1		111	53	
Zinc, Zn.....mg	7.58		1	A	1		13.57	6.44	
Copper, Cu.....mg	0.073		1	A	1		0.130	0.062	
Manganese, Mn.....mg	0.019		1	A	1		0.034	0.016	
Selenium, Se.....mcg	44.3		1	A	1		79.3	37.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.087		1	A	1		0.156	0.074	
Riboflavin.....mg	0.344		1	A	1		0.616	0.292	
Niacin.....mg	5.490		1	A	1		9.827	4.666	
Pantothenic acid.....mg	0.949		1	A	1		1.699	0.807	
Vitamin B-6.....mg	0.593		1	A	1		1.061	0.504	
Folate, total.....mcg	11		0	BFPN	4		20	10	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0	BFPN	4		20	10	
Folate, DFE.....mcg_DFE	11		0	NC	4		20	10	
Vitamin B-12.....mcg	5.71		1	A	1		10.22	4.85	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.33	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	2.235		0	NC	4		4.000	1.900	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.157		1	A	1		0.281	0.133	
15:0.....g	0.025		1	A	1		0.045	0.021	
16:0.....g	1.264		1	A	1		2.263	1.074	
17:0.....g	0.062		1	A	1		0.111	0.053	
18:0.....g	0.727		1	A	1		1.301	0.618	

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grillec

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.373		0	NC	4		4.247	2.017	
14:1.....g	0.037		1	A	1		0.066	0.031	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.158		1	A	1		0.283	0.134	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.178		0	AS	1		3.898	1.851	
18:1 c.....g	1.987		1	A	1		3.557	1.689	
18:1 t.....g	0.191		1	A	1		0.342	0.162	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.376		0	NC	4		0.673	0.319	
18:2 undifferentiated.....g	0.313		0	AS	1		0.560	0.266	
18:2 n-6 c,c.....g	0.262		1	A	1		0.469	0.223	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.051		1	A	1		0.091	0.043	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.023	0.011	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		1	A	1		0.090	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.242		0	NC	4		0.433	0.206	
Fatty acids, total trans-monoenoic.....g	0.191		0	NC	4		0.342	0.162	
Fatty acids, total trans-polyenoic.....g	0.051		0	NC	4		0.091	0.043	
Cholesterol.....mg	77		4	A	1		139	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0	A	1		0.307	0.146	
Threonine.....g	1.041		0	A	1		1.864	0.885	
Isoleucine.....g	1.186		0	A	1		2.123	1.008	
Leucine.....g	2.074		0	A	1		3.712	1.763	
Lysine.....g	2.203		0	A	1		3.943	1.873	
Methionine.....g	0.679		0	A	1		1.215	0.577	
Cystine.....g	0.336		0	A	1		0.602	0.286	
Phenylalanine.....g	1.030		0	A	1		1.843	0.875	
Tyrosine.....g	0.831		0	A	1		1.487	0.706	
Valine.....g	1.293		0	A	1		2.315	1.099	
Arginine.....g	1.686		0	A	1		3.017	1.433	
Histidine.....g	0.832		0	A	1		1.489	0.707	
Alanine.....g	1.585		0	A	1		2.837	1.347	
Aspartic acid.....g	2.374		0	A	1		4.250	2.018	
Glutamic acid.....g	3.913		0	A	1		7.005	3.326	
Glycine.....g	1.587		0	A	1		2.841	1.349	
Proline.....g	1.243		0	A	1		2.224	1.056	
Serine.....g	1.027		0	A	1		1.838	0.873	

NDB No. 23040

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.280		0	A	1		0.501	0.238	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 179g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.54		5	A	1		169.01		
Energy.....kcal	140		0	NC	4		326		
Energy.....kj	585		0	NC	4		1364		
Protein (N x 6.25).....g	21.13		5	A	1		49.23		
Total lipid (fat).....g	5.51		5	A	1		12.83		
Ash.....g	0.88		5	A	1		2.05		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1	A	1		10		
Iron, Fe.....mg	2.64		1	A	1		6.15		
Magnesium, Mg.....mg	25		1	A	1		59		
Phosphorus, P.....mg	221		1	A	1		515		
Potassium, K.....mg	370		1	A	1		862		
Sodium, Na.....mg	58		1	A	1		134		
Zinc, Zn.....mg	5.99		1	A	1		13.96		
Copper, Cu.....mg	0.107		1	A	1		0.249		
Manganese, Mn.....mg	0.020		1	A	1		0.046		
Selenium, Se.....mcg	32.0		1	A	1		74.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.093		1	A	1		0.217		
Riboflavin.....mg	0.253		1	A	1		0.589		
Niacin.....mg	5.320		1	A	1		12.396		
Pantothenic acid.....mg	0.861		1	A	1		2.006		
Vitamin B-6.....mg	0.622		1	A	1		1.449		
Folate, total.....mcg	7		0	BFPN	4		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	4.68		1	A	1		10.90		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.05		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.791		0	NC	4		4.173		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.126		1	A	1		0.294		
15:0.....g	0.020		1	A	1		0.046		
16:0.....g	1.025		1	A	1		2.388		
17:0.....g	0.048		1	A	1		0.112		
18:0.....g	0.572		1	A	1		1.333		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.933		0	NC	4		4.503		
14:1.....g	0.032		1	A	1		0.075		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.132		1	A	1		0.307		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.762		0	AS	1		4.105		
18:1 c.....g	1.612		1	A	1		3.756		
18:1 t.....g	0.150		1	A	1		0.350		
20:1.....g	0.007		1	A	1		0.016		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.341		0	NC	4		0.794		
18:2 undifferentiated.....g	0.277		0	AS	1		0.645		
18:2 n-6 c,c.....g	0.239		1	A	1		0.557		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.038		1	A	1		0.088		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.025		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.053		1	A	1		0.123		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.188		0	NC	4		0.438		
Fatty acids, total trans-monoenoic.....g	0.150		0	NC	4		0.350		
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.088		
Cholesterol.....mg	58		4	A	1		135		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	A	1		0.324		
Threonine.....g	0.844		0	A	1		1.967		
Isoleucine.....g	0.961		0	A	1		2.240		
Leucine.....g	1.681		0	A	1		3.916		
Lysine.....g	1.786		0	A	1		4.161		
Methionine.....g	0.550		0	A	1		1.282		
Cystine.....g	0.273		0	A	1		0.635		
Phenylalanine.....g	0.835		0	A	1		1.945		
Tyrosine.....g	0.673		0	A	1		1.569		
Valine.....g	1.048		0	A	1		2.442		
Arginine.....g	1.366		0	A	1		3.183		
Histidine.....g	0.674		0	A	1		1.571		
Alanine.....g	1.285		0	A	1		2.993		
Aspartic acid.....g	1.925		0	A	1		4.484		
Glutamic acid.....g	3.172		0	A	1		7.391		
Glycine.....g	1.287		0	A	1		2.998		
Proline.....g	1.007		0	A	1		2.347		
Serine.....g	0.832		0	A	1		1.939		
Hydroxyproline.....g	0.119		1	A	1		0.277		

Others:

NDB No. 23039

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 233g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23023

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.88		13	A	1		119.37	55.15	
Energy.....kcal	182		0	NC	4		335	155	
Energy.....kj	761		0	NC	4		1400	647	
Protein (N x 6.25).....g	26.30		13	A	1		48.39	22.35	
Total lipid (fat).....g	7.66		13	A	1		14.09	6.51	
Ash.....g	1.04		13	A	1		1.92	0.89	
Carbohydrate, by difference.....g	0.12		0	NC	4		0.23	0.10	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		9	4	
Iron, Fe.....mg	2.79		3	A	1		5.13	2.37	
Magnesium, Mg.....mg	26		3	A	1		47	22	
Phosphorus, P.....mg	232		3	A	1		426	197	
Potassium, K.....mg	361		3	A	1		665	307	
Sodium, Na.....mg	60		3	A	1		111	51	
Zinc, Zn.....mg	7.09		3	A	1		13.05	6.03	
Copper, Cu.....mg	0.089		3	A	1		0.164	0.076	
Manganese, Mn.....mg	0.015		3	A	1		0.028	0.013	
Selenium, Se.....mcg	41.5		3	A	1		76.3	35.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.075		3	A	1		0.137	0.063	
Riboflavin.....mg	0.294		3	A	1		0.540	0.250	
Niacin.....mg	5.273		3	A	1		9.703	4.482	
Pantothenic acid.....mg	0.839		3	A	1		1.544	0.713	
Vitamin B-6.....mg	0.576		3	A	1		1.060	0.490	
Folate, total.....mcg	11		1	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		1	A	1		20	9	
Folate, DFE.....mcg_DFE	11		0	NC	4		20	9	
Vitamin B-12.....mcg	4.95		3	A	1		9.10	4.20	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.33	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	2.765		0	NC	4		5.088	2.351	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.201		3	A	1		0.369	0.171	
15:0.....g	0.029		3	A	1		0.053	0.025	
16:0.....g	1.658		3	A	1		3.051	1.410	
17:0.....g	0.070		3	A	1		0.129	0.059	
18:0.....g	0.808		3	A	1		1.486	0.686	

NDB No. 23023

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
20:0.....g	0.000		3	A	1	0.000	0.000		
22:0.....g	0.000		3	A	1	0.000	0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.044		0	NC	4	5.601	2.587		
14:1.....g	0.053		3	A	1	0.098	0.045		
15:1.....g	0.000		3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.226		3	A	1	0.416	0.192		
17:1.....g	0.000		3	A	1	0.000	0.000		
18:1 undifferentiated.....g	2.758		0	AS	1	5.074	2.344		
18:1 c.....g	2.539		3	A	1	4.672	2.158		
18:1 t.....g	0.219		3	A	1	0.402	0.186		
20:1.....g	0.007		3	A	1	0.013	0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395		0	NC	4	0.728	0.336		
18:2 undifferentiated.....g	0.331		0	AS	1	0.609	0.281		
18:2 n-6 c,c.....g	0.275		3	A	1	0.506	0.234		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.056		3	A	1	0.103	0.048		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1	0.023	0.011		
18:3 n-6 c,c,c.....g	0.000		3	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g	0.000		3	A	1	0.000	0.000		
20:3 undifferentiated.....g	0.000		3	A	1	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.052		3	A	1	0.096	0.044		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.275		0	NC	4	0.505	0.233		
Fatty acids, total trans-monoenoic.....g	0.219		0	NC	4	0.402	0.186		
Fatty acids, total trans-polyenoic.....g	0.056		0	NC	4	0.103	0.048		
Cholesterol.....mg	76		10	A	1	139	64		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.173		0	A	1	0.318	0.147		
Threonine.....g	1.051		0	A	1	1.933	0.893		
Isoleucine.....g	1.196		0	A	1	2.201	1.017		
Leucine.....g	2.092		0	A	1	3.849	1.778		
Lysine.....g	2.222		0	A	1	4.089	1.889		
Methionine.....g	0.685		0	A	1	1.260	0.582		
Cystine.....g	0.339		0	A	1	0.624	0.288		
Phenylalanine.....g	1.039		0	A	1	1.911	0.883		
Tyrosine.....g	0.838		0	A	1	1.542	0.712		
Valine.....g	1.305		0	A	1	2.401	1.109		
Arginine.....g	1.700		0	A	1	3.129	1.445		
Histidine.....g	0.839		0	A	1	1.544	0.713		
Alanine.....g	1.599		0	A	1	2.942	1.359		
Aspartic acid.....g	2.395		0	A	1	4.407	2.036		
Glutamic acid.....g	3.948		0	A	1	7.264	3.356		
Glycine.....g	1.601		0	A	1	2.946	1.361		
Proline.....g	1.254		0	A	1	2.307	1.066		
Serine.....g	1.036		0	A	1	1.906	0.881		

NDB No. 23023

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Hydroxyproline.....g	0.276		0	A	1		0.508	0.235	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 184g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13989

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.02		8	A	1		122.24	55.27	
Energy.....kcal	184		0	NC	4		347	157	
Energy.....kj	772		0	NC	4		1451	656	
Protein (N x 6.25).....g	26.07		8	A	1		49.01	22.16	
Total lipid (fat).....g	8.11		8	A	1		15.24	6.89	
Ash.....g	1.03		8	A	1		1.94	0.88	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		9	4	
Iron, Fe.....mg	2.57		2	A	1		4.83	2.18	
Magnesium, Mg.....mg	24		2	A	1		46	21	
Phosphorus, P.....mg	223		2	A	1		419	190	
Potassium, K.....mg	342		2	A	1		642	290	
Sodium, Na.....mg	59		2	A	1		112	50	
Zinc, Zn.....mg	6.85		2	A	1		12.88	5.82	
Copper, Cu.....mg	0.097		2	A	1		0.183	0.083	
Manganese, Mn.....mg	0.013		2	A	1		0.024	0.011	
Selenium, Se.....mcg	40.1		2	A	1		75.3	34.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.068		2	A	1		0.129	0.058	
Riboflavin.....mg	0.268		2	A	1		0.505	0.228	
Niacin.....mg	5.165		2	A	1		9.710	4.390	
Pantothenic acid.....mg	0.784		2	A	1		1.474	0.666	
Vitamin B-6.....mg	0.567		2	A	1		1.067	0.482	
Folate, total.....mcg	11		1	A	1		21	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		1	A	1		21	9	
Folate, DFE.....mcg_DFE	11		0	NC	4		21	9	
Vitamin B-12.....mcg	4.56		2	A	1		8.58	3.88	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.34	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		1	A	1		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	3.031		0	NC	4		5.698	2.576	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.223		2	A	1		0.418	0.189	
15:0.....g	0.031		2	A	1		0.058	0.026	
16:0.....g	1.855		2	A	1		3.488	1.577	
17:0.....g	0.074		2	A	1		0.139	0.063	
18:0.....g	0.848		2	A	1		1.594	0.721	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.380		0	NC	4		6.354	2.873	
14:1.....g	0.061		2	A	1		0.115	0.052	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.260		2	A	1		0.490	0.221	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.047		0	AS	1		5.729	2.590	
18:1 c.....g	2.815		2	A	1		5.292	2.393	
18:1 t.....g	0.232		2	A	1		0.437	0.198	
20:1.....g	0.011		2	A	1		0.021	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.405		0	NC	4		0.762	0.345	
18:2 undifferentiated.....g	0.340		0	AS	1		0.639	0.289	
18:2 n-6 c,c.....g	0.281		2	A	1		0.529	0.239	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.058		2	A	1		0.110	0.050	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.024	0.011	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.053		2	A	1		0.100	0.045	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.291		0	NC	4		0.547	0.247	
Fatty acids, total trans-monoenoic.....g	0.232		0	NC	4		0.437	0.198	
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.110	0.050	
Cholesterol.....mg	74		6	A	1		140	63	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0	A	1		0.322	0.146	
Threonine.....g	1.041		0	A	1		1.958	0.885	
Isoleucine.....g	1.186		0	A	1		2.230	1.008	
Leucine.....g	2.074		0	A	1		3.898	1.763	
Lysine.....g	2.203		0	A	1		4.142	1.873	
Methionine.....g	0.679		0	A	1		1.276	0.577	
Cystine.....g	0.336		0	A	1		0.632	0.286	
Phenylalanine.....g	1.030		0	A	1		1.936	0.875	
Tyrosine.....g	0.831		0	A	1		1.562	0.706	
Valine.....g	1.293		0	A	1		2.431	1.099	
Arginine.....g	1.686		0	A	1		3.169	1.433	
Histidine.....g	0.832		0	A	1		1.564	0.707	
Alanine.....g	1.585		0	A	1		2.979	1.347	
Aspartic acid.....g	2.374		0	A	1		4.464	2.018	
Glutamic acid.....g	3.913		0	A	1		7.357	3.326	
Glycine.....g	1.587		0	A	1		2.984	1.349	
Proline.....g	1.243		0	A	1		2.336	1.056	
Serine.....g	1.027		0	A	1		1.930	0.873	

NDB No. 13989

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.274		0	A	1		0.515	0.233	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 188g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13988

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.49		8	A	1		178.33		
Energy.....kcal	142		0	NC	4		350		
Energy.....kj	595		0	NC	4		1464		
Protein (N x 6.25).....g	20.39		8	A	1		50.16		
Total lipid (fat).....g	6.12		8	A	1		15.04		
Ash.....g	0.91		8	A	1		2.24		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		2	A	1		11		
Iron, Fe.....mg	2.14		2	A	1		5.26		
Magnesium, Mg.....mg	24		2	A	1		58		
Phosphorus, P.....mg	212		2	A	1		520		
Potassium, K.....mg	347		2	A	1		854		
Sodium, Na.....mg	61		2	A	1		150		
Zinc, Zn.....mg	5.24		2	A	1		12.90		
Copper, Cu.....mg	0.088		2	A	1		0.216		
Manganese, Mn.....mg	0.011		2	A	1		0.027		
Selenium, Se.....mcg	29.7		2	A	1		72.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.072		2	A	1		0.178		
Riboflavin.....mg	0.230		2	A	1		0.566		
Niacin.....mg	5.130		2	A	1		12.620		
Pantothenic acid.....mg	0.731		2	A	1		1.799		
Vitamin B-6.....mg	0.673		2	A	1		1.657		
Folate, total.....mcg	7		1	A	1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	3.56		2	A	1		8.76		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.02		1	A	1		0.05		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	2.083		0	NC	4		5.123		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.151		2	A	1		0.371		
15:0.....g	0.021		2	A	1		0.053		
16:0.....g	1.272		2	A	1		3.129		
17:0.....g	0.050		2	A	1		0.123		
18:0.....g	0.579		2	A	1		1.425		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 13988

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.009		2	A	1		0.022		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.439		0	NC	4		8.460		
14:1.....g	0.042		2	A	1		0.103		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.181		2	A	1		0.445		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.108		0	AS	1		5.185		
18:1 c.....g	1.949		2	A	1		4.794		
18:1 t.....g	0.159		2	A	1		0.391		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.554		0	NC	4		1.364		
18:2 undifferentiated.....g	0.253		0	AS	1		0.623		
18:2 n-6 c,c.....g	0.213		2	A	1		0.524		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		2	A	1		0.100		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048		2	A	1		0.117		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.199		0	NC	4		0.491		
Fatty acids, total trans-monoenoic.....g	0.159		0	NC	4		0.391		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.100		
Cholesterol.....mg	57		6	A	1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0	A	1		0.330		
Threonine.....g	0.815		0	A	1		2.004		
Isoleucine.....g	0.928		0	A	1		2.282		
Leucine.....g	1.622		0	A	1		3.990		
Lysine.....g	1.723		0	A	1		4.239		
Methionine.....g	0.531		0	A	1		1.306		
Cystine.....g	0.263		0	A	1		0.647		
Phenylalanine.....g	0.805		0	A	1		1.981		
Tyrosine.....g	0.650		0	A	1		1.598		
Valine.....g	1.012		0	A	1		2.488		
Arginine.....g	1.318		0	A	1		3.243		
Histidine.....g	0.651		0	A	1		1.601		
Alanine.....g	1.240		0	A	1		3.049		
Aspartic acid.....g	1.857		0	A	1		4.569		
Glutamic acid.....g	3.061		0	A	1		7.530		
Glycine.....g	1.242		0	A	1		3.054		
Proline.....g	0.972		0	A	1		2.391		
Serine.....g	0.803		0	A	1		1.976		
Hydroxyproline.....g	0.068		1	A	1		0.167		

Others:

NDB No. 13988

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, choice, steak

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 246g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13991

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.65		5	A	1		115.72	54.95	
Energy.....kcal	176		0	NC	4		316	150	
Energy.....kj	738		0	NC	4		1322	628	
Protein (N x 6.25).....g	26.66		5	A	1		47.73	22.67	
Total lipid (fat).....g	6.94		5	A	1		12.43	5.90	
Ash.....g	1.07		5	A	1		1.91	0.91	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9	4	
Iron, Fe.....mg	3.23		1	A	1		5.78	2.75	
Magnesium, Mg.....mg	28		1	A	1		50	24	
Phosphorus, P.....mg	249		1	A	1		446	212	
Potassium, K.....mg	401		1	A	1		718	341	
Sodium, Na.....mg	62		1	A	1		111	53	
Zinc, Zn.....mg	7.58		1	A	1		13.57	6.44	
Copper, Cu.....mg	0.073		1	A	1		0.130	0.062	
Manganese, Mn.....mg	0.019		1	A	1		0.034	0.016	
Selenium, Se.....mcg	44.3		1	A	1		79.3	37.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.087		1	A	1		0.156	0.074	
Riboflavin.....mg	0.344		1	A	1		0.616	0.292	
Niacin.....mg	5.490		1	A	1		9.827	4.666	
Pantothenic acid.....mg	0.949		1	A	1		1.699	0.807	
Vitamin B-6.....mg	0.593		1	A	1		1.061	0.504	
Folate, total.....mcg	11		0	BFPN	4		20	10	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0	BFPN	4		20	10	
Folate, DFE.....mcg_DFE	11		0	NC	4		20	10	
Vitamin B-12.....mcg	5.71		1	A	1		10.22	4.85	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.33	0.15	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	2.235		0	NC	4		4.000	1.900	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.157		1	A	1		0.281	0.133	
15:0.....g	0.025		1	A	1		0.045	0.021	
16:0.....g	1.264		1	A	1		2.263	1.074	
17:0.....g	0.062		1	A	1		0.111	0.053	
18:0.....g	0.727		1	A	1		1.301	0.618	

NDB No. 13991

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.373		0	NC	4		4.247	2.017	
14:1.....g	0.037		1	A	1		0.066	0.031	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.158		1	A	1		0.283	0.134	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.178		0	AS	1		3.898	1.851	
18:1 c.....g	1.987		1	A	1		3.557	1.689	
18:1 t.....g	0.191		1	A	1		0.342	0.162	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.376		0	NC	4		0.673	0.319	
18:2 undifferentiated.....g	0.313		0	AS	1		0.560	0.266	
18:2 n-6 c,c.....g	0.262		1	A	1		0.469	0.223	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.051		1	A	1		0.091	0.043	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.013		0	AS	1		0.023	0.011	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		1	A	1		0.090	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.242		0	NC	4		0.433	0.206	
Fatty acids, total trans-monoenoic.....g	0.191		0	NC	4		0.342	0.162	
Fatty acids, total trans-polyenoic.....g	0.051		0	NC	4		0.091	0.043	
Cholesterol.....mg	77		4	A	1		139	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.175		0	A	1		0.314	0.149	
Threonine.....g	1.065		0	A	1		1.907	0.905	
Isoleucine.....g	1.213		0	A	1		2.172	1.031	
Leucine.....g	2.121		0	A	1		3.797	1.803	
Lysine.....g	2.253		0	A	1		4.034	1.915	
Methionine.....g	0.694		0	A	1		1.243	0.590	
Cystine.....g	0.344		0	A	1		0.616	0.292	
Phenylalanine.....g	1.053		0	A	1		1.885	0.895	
Tyrosine.....g	0.850		0	A	1		1.521	0.722	
Valine.....g	1.323		0	A	1		2.368	1.124	
Arginine.....g	1.724		0	A	1		3.086	1.466	
Histidine.....g	0.851		0	A	1		1.523	0.723	
Alanine.....g	1.621		0	A	1		2.902	1.378	
Aspartic acid.....g	2.429		0	A	1		4.348	2.065	
Glutamic acid.....g	4.003		0	A	1		7.165	3.403	
Glycine.....g	1.624		0	A	1		2.906	1.380	
Proline.....g	1.271		0	A	1		2.275	1.081	
Serine.....g	1.050		0	A	1		1.880	0.893	

NDB No. 13991

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Hydroxyproline.....g	0.280		0	A	1		0.501	0.238	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 179g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13990

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.54		5	A	1		169.01		
Energy.....kcal	140		0	NC	4		326		
Energy.....kj	585		0	NC	4		1364		
Protein (N x 6.25).....g	21.13		5	A	1		49.23		
Total lipid (fat).....g	5.51		5	A	1		12.83		
Ash.....g	0.88		5	A	1		2.05		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1	A	1		10		
Iron, Fe.....mg	2.64		1	A	1		6.15		
Magnesium, Mg.....mg	25		1	A	1		59		
Phosphorus, P.....mg	221		1	A	1		515		
Potassium, K.....mg	370		1	A	1		862		
Sodium, Na.....mg	58		1	A	1		134		
Zinc, Zn.....mg	5.99		1	A	1		13.96		
Copper, Cu.....mg	0.107		1	A	1		0.249		
Manganese, Mn.....mg	0.020		1	A	1		0.046		
Selenium, Se.....mcg	32.0		1	A	1		74.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.093		1	A	1		0.217		
Riboflavin.....mg	0.253		1	A	1		0.589		
Niacin.....mg	5.320		1	A	1		12.396		
Pantothenic acid.....mg	0.861		1	A	1		2.006		
Vitamin B-6.....mg	0.622		1	A	1		1.449		
Folate, total.....mcg	7		0	BFPN	4		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	4.68		1	A	1		10.90		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.18		0	BFSN	4		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.05		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.791		0	NC	4		4.173		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.126		1	A	1		0.294		
15:0.....g	0.020		1	A	1		0.046		
16:0.....g	1.025		1	A	1		2.388		
17:0.....g	0.048		1	A	1		0.112		
18:0.....g	0.572		1	A	1		1.333		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 13990

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.933		0	NC	4		4.503		
14:1.....g	0.032		1	A	1		0.075		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.132		1	A	1		0.307		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.762		0	AS	1		4.105		
18:1 c.....g	1.612		1	A	1		3.756		
18:1 t.....g	0.150		1	A	1		0.350		
20:1.....g	0.007		1	A	1		0.016		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.341		0	NC	4		0.794		
18:2 undifferentiated.....g	0.277		0	AS	1		0.645		
18:2 n-6 c,c.....g	0.239		1	A	1		0.557		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.038		1	A	1		0.088		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.025		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.053		1	A	1		0.123		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.188		0	NC	4		0.438		
Fatty acids, total trans-monoenoic.....g	0.150		0	NC	4		0.350		
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.088		
Cholesterol.....mg	58		4	A	1		135		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	A	1		0.324		
Threonine.....g	0.844		0	A	1		1.967		
Isoleucine.....g	0.961		0	A	1		2.240		
Leucine.....g	1.681		0	A	1		3.916		
Lysine.....g	1.786		0	A	1		4.161		
Methionine.....g	0.550		0	A	1		1.282		
Cystine.....g	0.273		0	A	1		0.635		
Phenylalanine.....g	0.835		0	A	1		1.945		
Tyrosine.....g	0.673		0	A	1		1.569		
Valine.....g	1.048		0	A	1		2.442		
Arginine.....g	1.366		0	A	1		3.183		
Histidine.....g	0.674		0	A	1		1.571		
Alanine.....g	1.285		0	A	1		2.993		
Aspartic acid.....g	1.925		0	A	1		4.484		
Glutamic acid.....g	3.172		0	A	1		7.391		
Glycine.....g	1.287		0	A	1		2.998		
Proline.....g	1.007		0	A	1		2.347		
Serine.....g	0.832		0	A	1		1.939		
Hydroxyproline.....g	0.119		1	A	1		0.277		

Others:

NDB No. 13990

Beef, chuck, shoulder clod, shoulder top and center steaks, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 233g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23057

Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Center Cut Steak, Ranch Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.51		13	A	1		174.75		
Energy.....kcal	141		0	NC	4		341		
Energy.....kj	592		0	NC	4		1427		
Protein (N x 6.25).....g	20.67		13	A	1		49.83		
Total lipid (fat).....g	5.88		13	A	1		14.18		
Ash.....g	0.90		13	A	1		2.16		
Carbohydrate, by difference.....g	0.04		0	NC	4		0.09		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		3	A	1		11		
Iron, Fe.....mg	2.31		3	A	1		5.56		
Magnesium, Mg.....mg	24		3	A	1		58		
Phosphorus, P.....mg	215		3	A	1		517		
Potassium, K.....mg	355		3	A	1		855		
Sodium, Na.....mg	60		3	A	1		144		
Zinc, Zn.....mg	5.49		3	A	1		13.24		
Copper, Cu.....mg	0.094		3	A	1		0.227		
Manganese, Mn.....mg	0.014		3	A	1		0.034		
Selenium, Se.....mcg	30.4		3	A	1		73.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.079		3	A	1		0.191		
Riboflavin.....mg	0.238		3	A	1		0.573		
Niacin.....mg	5.193		3	A	1		12.516		
Pantothenic acid.....mg	0.775		3	A	1		1.867		
Vitamin B-6.....mg	0.656		3	A	1		1.582		
Folate, total.....mcg	7		1	A	1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	3.93		3	A	1		9.48		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.02		1	A	1		0.05		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.985		0	NC	4		4.785		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.143		3	A	1		0.344		
15:0.....g	0.021		3	A	1		0.050		
16:0.....g	1.190		3	A	1		2.867		
17:0.....g	0.049		3	A	1		0.119		
18:0.....g	0.577		3	A	1		1.390		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23057

Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.006		3	A	1		0.014		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.937		0	NC	4		7.078		
14:1.....g	0.039		3	A	1		0.093		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.165		3	A	1		0.397		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	1.993		0	AS	1		4.802		
18:1 c.....g	1.837		3	A	1		4.426		
18:1 t.....g	0.156		3	A	1		0.376		
20:1.....g	0.002		3	A	1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.397		0	NC	4		0.956		
18:2 undifferentiated.....g	0.261		0	AS	1		0.629		
18:2 n-6 c,c.....g	0.222		3	A	1		0.534		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		3	A	1		0.095		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.004		0	AS	1		0.009		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049		3	A	1		0.119		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.196		0	NC	4		0.471		
Fatty acids, total trans-monoenoic.....g	0.156		0	NC	4		0.376		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.095		
Cholesterol.....mg	57		10	A	1		138		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		0.327		
Threonine.....g	0.826		0	A	1		1.990		
Isoleucine.....g	0.941		0	A	1		2.267		
Leucine.....g	1.645		0	A	1		3.964		
Lysine.....g	1.747		0	A	1		4.211		
Methionine.....g	0.538		0	A	1		1.298		
Cystine.....g	0.267		0	A	1		0.643		
Phenylalanine.....g	0.817		0	A	1		1.968		
Tyrosine.....g	0.659		0	A	1		1.588		
Valine.....g	1.026		0	A	1		2.472		
Arginine.....g	1.337		0	A	1		3.222		
Histidine.....g	0.660		0	A	1		1.590		
Alanine.....g	1.257		0	A	1		3.029		
Aspartic acid.....g	1.883		0	A	1		4.539		
Glutamic acid.....g	3.104		0	A	1		7.480		
Glycine.....g	1.259		0	A	1		3.034		
Proline.....g	0.986		0	A	1		2.375		
Serine.....g	0.814		0	A	1		1.963		
Hydroxyproline.....g	0.094		2	A	1		0.225		

Others:

NDB No. 23057

Beef, chuck, shoulder clod, top and center steaks, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 241g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23022

Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw

Ranch Cut Steak, Center Cut Steak, Triceps Brachii

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.51		13	A	1		174.75		
Energy.....kcal	141		0	NC	4		341		
Energy.....kj	592		0	NC	4		1427		
Protein (N x 6.25).....g	20.67		13	A	1		49.83		
Total lipid (fat).....g	5.88		13	A	1		14.18		
Ash.....g	0.90		13	A	1		2.16		
Carbohydrate, by difference.....g	0.04		0	NC	4		0.09		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		3	A	1		11		
Iron, Fe.....mg	2.31		3	A	1		5.56		
Magnesium, Mg.....mg	24		3	A	1		58		
Phosphorus, P.....mg	215		3	A	1		517		
Potassium, K.....mg	355		3	A	1		855		
Sodium, Na.....mg	60		3	A	1		144		
Zinc, Zn.....mg	5.49		3	A	1		13.24		
Copper, Cu.....mg	0.094		3	A	1		0.227		
Manganese, Mn.....mg	0.014		3	A	1		0.034		
Selenium, Se.....mcg	30.4		3	A	1		73.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.079		3	A	1		0.191		
Riboflavin.....mg	0.238		3	A	1		0.573		
Niacin.....mg	5.193		3	A	1		12.516		
Pantothenic acid.....mg	0.775		3	A	1		1.867		
Vitamin B-6.....mg	0.656		3	A	1		1.582		
Folate, total.....mcg	7		1	A	1		17		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		17		
Folate, DFE.....mcg_DFE	7		0	NC	4		17		
Vitamin B-12.....mcg	3.93		3	A	1		9.48		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.02		1	A	1		0.05		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.985		0	NC	4		4.785		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.143		3	A	1		0.344		
15:0.....g	0.021		3	A	1		0.050		
16:0.....g	1.190		3	A	1		2.867		
17:0.....g	0.049		3	A	1		0.119		
18:0.....g	0.577		3	A	1		1.390		
20:0.....g	0.000		3	A	1		0.000		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.006		3	A	1		0.014		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.937		0	NC	4		7.078		
14:1.....g	0.039		3	A	1		0.093		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.165		3	A	1		0.397		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	1.993		0	AS	1		4.802		
18:1 c.....g	1.837		3	A	1		4.426		
18:1 t.....g	0.156		3	A	1		0.376		
20:1.....g	0.002		3	A	1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.397		0	NC	4		0.956		
18:2 undifferentiated.....g	0.261		0	AS	1		0.629		
18:2 n-6 c,c.....g	0.222		3	A	1		0.534		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.040		3	A	1		0.095		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.004		0	AS	1		0.009		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049		3	A	1		0.119		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.196		0	NC	4		0.471		
Fatty acids, total trans-monoenoic.....g	0.156		0	NC	4		0.376		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.095		
Cholesterol.....mg	57		10	A	1		138		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		0.327		
Threonine.....g	0.826		0	A	1		1.990		
Isoleucine.....g	0.941		0	A	1		2.267		
Leucine.....g	1.645		0	A	1		3.964		
Lysine.....g	1.747		0	A	1		4.211		
Methionine.....g	0.538		0	A	1		1.298		
Cystine.....g	0.267		0	A	1		0.643		
Phenylalanine.....g	0.817		0	A	1		1.968		
Tyrosine.....g	0.659		0	A	1		1.588		
Valine.....g	1.026		0	A	1		2.472		
Arginine.....g	1.337		0	A	1		3.222		
Histidine.....g	0.660		0	A	1		1.590		
Alanine.....g	1.257		0	A	1		3.029		
Aspartic acid.....g	1.883		0	A	1		4.539		
Glutamic acid.....g	3.104		0	A	1		7.480		
Glycine.....g	1.259		0	A	1		3.034		
Proline.....g	0.986		0	A	1		2.375		
Serine.....g	0.814		0	A	1		1.963		
Hydroxyproline.....g	0.094		2	A	1		0.225		

Others:

NDB No. 23022

Beef, chuck, shoulder clod, top and center steaks, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 241g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.04		13	A	1		117.87	52.73	
Energy.....kcal	222		0	NC	4		421	189	
Energy.....kj	928		0	NC	4		1763	789	
Protein (N x 6.25).....g	24.93		13	A	1		47.36	21.19	
Total lipid (fat).....g	12.79		13	A	1		24.31	10.87	
Ash.....g	0.94		13	A	1		1.78	0.79	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		3	A	1		11	5	
Iron, Fe.....mg	2.88		3	A	1		5.48	2.45	
Magnesium, Mg.....mg	23		3	A	1		44	19	
Phosphorus, P.....mg	203		3	A	1		385	172	
Potassium, K.....mg	322		3	A	1		612	274	
Sodium, Na.....mg	77		3	A	1		146	66	
Zinc, Zn.....mg	9.05		3	A	1		17.19	7.69	
Copper, Cu.....mg	0.134		3	A	1		0.254	0.114	
Manganese, Mn.....mg	0.018		3	A	1		0.034	0.015	
Selenium, Se.....mcg	37.8		3	A	1		71.8	32.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.073		3	A	1		0.139	0.062	
Riboflavin.....mg	0.292		3	A	1		0.554	0.248	
Niacin.....mg	3.833		3	A	1		7.283	3.258	
Pantothenic acid.....mg	0.944		3	A	1		1.794	0.802	
Vitamin B-6.....mg	0.387		3	A	1		0.736	0.329	
Folate, total.....mcg	6		1	A	1		11	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1	A	1		11	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		11	5	
Vitamin B-12.....mcg	5.89		3	A	1		11.19	5.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		1	A	1		1.7	0.7	
Lipids:									
Fatty acids, total saturated.....g	5.095		0	NC	4		9.681	4.331	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.010		3	A	1		0.019	0.009	
13:0.....g									
14:0.....g	0.377		3	A	1		0.717	0.321	
15:0.....g	0.054		3	A	1		0.102	0.046	
16:0.....g	2.924		3	A	1		5.556	2.485	
17:0.....g	0.136		3	A	1		0.259	0.116	
18:0.....g	1.594		3	A	1		3.028	1.355	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.330		0	NC	4		10.127	4.530	
14:1.....g	0.086		3	A	1		0.164	0.073	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.361		3	A	1		0.686	0.307	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.866		0	AS	1		9.245	4.136	
18:1 c.....g	4.457		3	A	1		8.468	3.788	
18:1 t.....g	0.409		3	A	1		0.777	0.348	
20:1.....g	0.017		3	A	1		0.032	0.014	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.563		0	NC	4		1.069	0.478	
18:2 undifferentiated.....g	0.491		0	AS	1		0.933	0.418	
18:2 n-6 c,c.....g	0.388		3	A	1		0.738	0.330	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.103		3	A	1		0.196	0.087	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.020		0	AS	1		0.039	0.017	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		3	A	1		0.097	0.044	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.512		0	NC	4		0.973	0.435	
Fatty acids, total trans-monoenoic.....g	0.409		0	NC	4		0.777	0.348	
Fatty acids, total trans-polyenoic.....g	0.103		0	NC	4		0.196	0.087	
Cholesterol.....mg	83		10	A	1		157	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.173		0	A	1		0.328	0.147	
Threonine.....g	1.051		0	A	1		1.996	0.893	
Isoleucine.....g	1.196		0	A	1		2.273	1.017	
Leucine.....g	2.092		0	A	1		3.975	1.778	
Lysine.....g	2.222		0	A	1		4.223	1.889	
Methionine.....g	0.685		0	A	1		1.301	0.582	
Cystine.....g	0.339		0	A	1		0.645	0.288	
Phenylalanine.....g	1.039		0	A	1		1.974	0.883	
Tyrosine.....g	0.838		0	A	1		1.592	0.712	
Valine.....g	1.305		0	A	1		2.479	1.109	
Arginine.....g	1.700		0	A	1		3.231	1.445	
Histidine.....g	0.839		0	A	1		1.595	0.713	
Alanine.....g	1.599		0	A	1		3.038	1.359	
Aspartic acid.....g	2.395		0	A	1		4.551	2.036	
Glutamic acid.....g	3.948		0	A	1		7.501	3.356	
Glycine.....g	1.601		0	A	1		3.042	1.361	
Proline.....g	1.254		0	A	1		2.382	1.066	
Serine.....g	1.036		0	A	1		1.968	0.881	
Hydroxyproline.....g	0.276		0	BFPN	4		0.525	0.235	

Others:

NDB No. 23060

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 190g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.46		13	A	1		176.15		
Energy.....kcal	176		0	NC	4		440		
Energy.....kj	736		0	NC	4		1841		
Protein (N x 6.25).....g	18.99		13	A	1		47.48		
Total lipid (fat).....g	10.52		13	A	1		26.29		
Ash.....g	0.90		13	A	1		2.26		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		3	A	1		14		
Iron, Fe.....mg	2.36		3	A	1		5.90		
Magnesium, Mg.....mg	21		3	A	1		53		
Phosphorus, P.....mg	184		3	A	1		461		
Potassium, K.....mg	309		3	A	1		773		
Sodium, Na.....mg	74		3	A	1		186		
Zinc, Zn.....mg	6.88		3	A	1		17.20		
Copper, Cu.....mg	0.119		3	A	1		0.298		
Manganese, Mn.....mg	0.016		3	A	1		0.039		
Selenium, Se.....mcg	29.8		3	A	1		74.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.099		3	A	1		0.248		
Riboflavin.....mg	0.227		3	A	1		0.567		
Niacin.....mg	3.420		3	A	1		8.550		
Pantothenic acid.....mg	0.952		3	A	1		2.380		
Vitamin B-6.....mg	0.370		3	A	1		0.924		
Folate, total.....mcg	3		1	A	1		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1	A	1		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	5.05		3	A	1		12.62		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.03		1	A	1		0.07		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.5		
Lipids:									
Fatty acids, total saturated.....g	3.945		0	NC	4		9.864		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.291		3	A	1		0.727		
15:0.....g	0.040		3	A	1		0.099		
16:0.....g	2.276		3	A	1		5.689		
17:0.....g	0.107		3	A	1		0.268		
18:0.....g	1.233		3	A	1		3.081		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		3	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.144		0	NC	4		10.360		
14:1.....g	0.063		3	A	1		0.158		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.278		3	A	1		0.694		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	3.790		0	AS	1		9.475		
18:1 c.....g	3.495		3	A	1		8.737		
18:1 t.....g	0.295		3	A	1		0.738		
20:1.....g	0.013		3	A	1		0.033		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.475		0	NC	4		1.186		
18:2 undifferentiated.....g	0.403		0	AS	1		1.007		
18:2 n-6 c,c.....g	0.327		3	A	1		0.817		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.076		3	A	1		0.190		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.017		0	AS	1		0.042		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		3	A	1		0.137		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.371		0	NC	4		0.928		
Fatty acids, total trans-monoenoic.....g	0.295		0	NC	4		0.738		
Fatty acids, total trans-polyenoic.....g	0.076		0	NC	4		0.190		
Cholesterol.....mg	66		10	A	1		164		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.312		
Threonine.....g	0.759		0	A	1		1.897		
Isoleucine.....g	0.864		0	A	1		2.160		
Leucine.....g	1.511		0	A	1		3.777		
Lysine.....g	1.605		0	A	1		4.012		
Methionine.....g	0.495		0	A	1		1.236		
Cystine.....g	0.245		0	A	1		0.613		
Phenylalanine.....g	0.750		0	A	1		1.875		
Tyrosine.....g	0.605		0	A	1		1.513		
Valine.....g	0.942		0	A	1		2.355		
Arginine.....g	1.228		0	A	1		3.070		
Histidine.....g	0.606		0	A	1		1.515		
Alanine.....g	1.155		0	A	1		2.886		
Aspartic acid.....g	1.730		0	A	1		4.325		
Glutamic acid.....g	2.851		0	A	1		7.128		
Glycine.....g	1.156		0	A	1		2.891		
Proline.....g	0.905		0	A	1		2.263		
Serine.....g	0.748		0	A	1		1.870		
Hydroxyproline.....g	0.118		2	A	1		0.294		

Others:

NDB No. 23059

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 250g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.93		8	A	1		119.52	52.64	
Energy.....kcal	228		0	NC	4		440	194	
Energy.....kj	954		0	NC	4		1841	811	
Protein (N x 6.25).....g	24.70		8	A	1		47.66	20.99	
Total lipid (fat).....g	13.59		8	A	1		26.22	11.55	
Ash.....g	0.94		8	A	1		1.81	0.80	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		2	A	1		12	5	
Iron, Fe.....mg	2.78		2	A	1		5.36	2.36	
Magnesium, Mg.....mg	23		2	A	1		44	19	
Phosphorus, P.....mg	199		2	A	1		383	169	
Potassium, K.....mg	317		2	A	1		611	269	
Sodium, Na.....mg	78		2	A	1		150	66	
Zinc, Zn.....mg	8.77		2	A	1		16.93	7.45	
Copper, Cu.....mg	0.139		2	A	1		0.269	0.119	
Manganese, Mn.....mg	0.018		2	A	1		0.036	0.016	
Selenium, Se.....mcg	37.0		2	A	1		71.5	31.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.070		2	A	1		0.135	0.059	
Riboflavin.....mg	0.247		2	A	1		0.476	0.210	
Niacin.....mg	3.720		2	A	1		7.180	3.162	
Pantothenic acid.....mg	0.881		2	A	1		1.700	0.749	
Vitamin B-6.....mg	0.376		2	A	1		0.726	0.320	
Folate, total.....mcg	6		1	A	1		12	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1	A	1		12	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		12	5	
Vitamin B-12.....mcg	5.75		2	A	1		11.09	4.88	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		1	A	1		1.7	0.7	
Lipids:									
Fatty acids, total saturated.....g	5.432		0	NC	4		10.483	4.617	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.010		2	A	1		0.020	0.009	
13:0.....g									
14:0.....g	0.400		2	A	1		0.771	0.340	
15:0.....g	0.054		2	A	1		0.104	0.046	
16:0.....g	3.161		2	A	1		6.100	2.686	
17:0.....g	0.139		2	A	1		0.269	0.119	
18:0.....g	1.668		2	A	1		3.219	1.418	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.711		0	NC	4		11.022	4.854	
14:1.....g	0.092		2	A	1		0.177	0.078	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.392		2	A	1		0.757	0.333	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.209		0	AS	1		10.053	4.428	
18:1 c.....g	4.789		2	A	1		9.244	4.071	
18:1 t.....g	0.420		2	A	1		0.810	0.357	
20:1.....g	0.018		2	A	1		0.035	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.558		0	NC	4		1.078	0.475	
18:2 undifferentiated.....g	0.490		0	AS	1		0.946	0.416	
18:2 n-6 c,c.....g	0.385		2	A	1		0.743	0.327	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.105		2	A	1		0.203	0.089	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS	1		0.037	0.016	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.096	0.042	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.524		0	NC	4		1.012	0.446	
Fatty acids, total trans-monoenoic.....g	0.420		0	NC	4		0.810	0.357	
Fatty acids, total trans-polyenoic.....g	0.105		0	NC	4		0.203	0.089	
Cholesterol.....mg	83		6	A	1		159	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	A	1		0.313	0.138	
Threonine.....g	0.987		0	A	1		1.904	0.839	
Isoleucine.....g	1.124		0	A	1		2.169	0.955	
Leucine.....g	1.965		0	A	1		3.792	1.670	
Lysine.....g	2.087		0	A	1		4.028	1.774	
Methionine.....g	0.643		0	A	1		1.241	0.547	
Cystine.....g	0.319		0	A	1		0.615	0.271	
Phenylalanine.....g	0.975		0	A	1		1.883	0.829	
Tyrosine.....g	0.787		0	A	1		1.519	0.669	
Valine.....g	1.225		0	A	1		2.365	1.041	
Arginine.....g	1.597		0	A	1		3.082	1.357	
Histidine.....g	0.788		0	A	1		1.521	0.670	
Alanine.....g	1.501		0	A	1		2.898	1.276	
Aspartic acid.....g	2.250		0	A	1		4.342	1.912	
Glutamic acid.....g	3.708		0	A	1		7.156	3.151	
Glycine.....g	1.504		0	A	1		2.902	1.278	
Proline.....g	1.177		0	A	1		2.272	1.001	
Serine.....g	0.973		0	A	1		1.878	0.827	
Hydroxyproline.....g	0.259		0	A	1		0.501	0.221	

Others:

NDB No. 23042

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 193g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.00		8	A	1		177.81		
Energy.....kcal	182		0	NC	4		463		
Energy.....kj	762		0	NC	4		1937		
Protein (N x 6.25).....g	18.75		8	A	1		47.62		
Total lipid (fat).....g	11.33		8	A	1		28.77		
Ash.....g	0.88		8	A	1		2.24		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		13		
Iron, Fe.....mg	2.23		2	A	1		5.66		
Magnesium, Mg.....mg	20		2	A	1		52		
Phosphorus, P.....mg	178		2	A	1		451		
Potassium, K.....mg	302		2	A	1		766		
Sodium, Na.....mg	74		2	A	1		189		
Zinc, Zn.....mg	6.58		2	A	1		16.73		
Copper, Cu.....mg	0.121		2	A	1		0.307		
Manganese, Mn.....mg	0.015		2	A	1		0.038		
Selenium, Se.....mcg	28.9		2	A	1		73.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.079		2	A	1		0.201		
Riboflavin.....mg	0.211		2	A	1		0.536		
Niacin.....mg	3.380		2	A	1		8.585		
Pantothenic acid.....mg	0.933		2	A	1		2.370		
Vitamin B-6.....mg	0.375		2	A	1		0.954		
Folate, total.....mcg	3		1	A	1		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1	A	1		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	4.96		2	A	1		12.60		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.03		1	A	1		0.08		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated.....g	4.186		0	NC	4		10.633		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.307		2	A	1		0.781		
15:0.....g	0.041		2	A	1		0.103		
16:0.....g	2.448		2	A	1		6.218		
17:0.....g	0.109		2	A	1		0.277		
18:0.....g	1.281		2	A	1		3.255		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.408		0	NC	4		11.197		
14:1.....g	0.068		2	A	1		0.171		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.299		2	A	1		0.761		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	4.027		0	AS	1		10.228		
18:1 c.....g	3.716		2	A	1		9.439		
18:1 t.....g	0.311		2	A	1		0.790		
20:1.....g	0.015		2	A	1		0.037		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.463		0	NC	4		1.176		
18:2 undifferentiated.....g	0.397		0	AS	1		1.008		
18:2 n-6 c,c.....g	0.318		2	A	1		0.809		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.078		2	A	1		0.199		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS	1		0.039		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.128		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.389		0	NC	4		0.989		
Fatty acids, total trans-monoenoic.....g	0.311		0	NC	4		0.790		
Fatty acids, total trans-polyenoic.....g	0.078		0	NC	4		0.199		
Cholesterol.....mg	65		6	A	1		166		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	A	1		0.313		
Threonine.....g	0.749		0	A	1		1.902		
Isoleucine.....g	0.853		0	A	1		2.166		
Leucine.....g	1.491		0	A	1		3.788		
Lysine.....g	1.584		0	A	1		4.024		
Methionine.....g	0.488		0	A	1		1.240		
Cystine.....g	0.242		0	A	1		0.615		
Phenylalanine.....g	0.740		0	A	1		1.881		
Tyrosine.....g	0.597		0	A	1		1.517		
Valine.....g	0.930		0	A	1		2.362		
Arginine.....g	1.212		0	A	1		3.079		
Histidine.....g	0.598		0	A	1		1.520		
Alanine.....g	1.140		0	A	1		2.895		
Aspartic acid.....g	1.708		0	A	1		4.337		
Glutamic acid.....g	2.814		0	A	1		7.149		
Glycine.....g	1.142		0	A	1		2.899		
Proline.....g	0.894		0	A	1		2.270		
Serine.....g	0.738		0	A	1		1.876		
Hydroxyproline.....g	0.135		1	A	1		0.343		

Others:

NDB No. 23041

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 254g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.22		5	A	1		115.72	52.88	
Energy.....kcal	212		0	NC	4		394	180	
Energy.....kj	887		0	NC	4		1650	754	
Protein (N x 6.25).....g	25.29		5	A	1		47.05	21.50	
Total lipid (fat).....g	11.52		5	A	1		21.43	9.79	
Ash.....g	0.93		5	A	1		1.73	0.79	
Carbohydrate, by difference.....g	0.04		0	NC	4		0.07	0.03	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		10	5	
Iron, Fe.....mg	3.10		1	A	1		5.77	2.63	
Magnesium, Mg.....mg	24		1	A	1		44	20	
Phosphorus, P.....mg	211		1	A	1		392	179	
Potassium, K.....mg	333		1	A	1		619	283	
Sodium, Na.....mg	76		1	A	1		140	64	
Zinc, Zn.....mg	9.61		1	A	1		17.87	8.17	
Copper, Cu.....mg	0.122		1	A	1		0.227	0.104	
Manganese, Mn.....mg	0.017		1	A	1		0.032	0.014	
Selenium, Se.....mcg	39.3		1	A	1		73.1	33.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.079		1	A	1		0.147	0.067	
Riboflavin.....mg	0.382		1	A	1		0.710	0.325	
Niacin.....mg	4.060		1	A	1		7.551	3.451	
Pantothenic acid.....mg	1.070		1	A	1		1.990	0.910	
Vitamin B-6.....mg	0.410		1	A	1		0.762	0.348	
Folate, total.....mcg	6		0	BFPN	4		11	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0	BFPN	4		11	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		11	5	
Vitamin B-12.....mcg	6.18		1	A	1		11.49	5.25	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.26	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03	0.01	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	BFSN	4		1.6	0.7	
Lipids:									
Fatty acids, total saturated.....g	4.423		0	NC	4		8.226	3.759	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.010		1	A	1		0.018	0.008	
13:0.....g									
14:0.....g	0.333		1	A	1		0.619	0.283	
15:0.....g	0.053		1	A	1		0.098	0.045	
16:0.....g	2.451		1	A	1		4.559	2.083	
17:0.....g	0.130		1	A	1		0.242	0.110	
18:0.....g	1.446		1	A	1		2.689	1.229	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.568		0	NC	4		8.496	3.883	
14:1.....g	0.075		1	A	1		0.140	0.064	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.299		1	A	1		0.556	0.254	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.179		0	AS	1		7.773	3.552	
18:1 c.....g	3.791		1	A	1		7.051	3.222	
18:1 t.....g	0.388		1	A	1		0.722	0.330	
20:1.....g	0.015		1	A	1		0.028	0.013	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.572		0	NC	4		1.064	0.486	
18:2 undifferentiated.....g	0.494		0	AS	1		0.919	0.420	
18:2 n-6 c,c.....g	0.395		1	A	1		0.735	0.336	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.099		1	A	1		0.184	0.084	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	AS	1		0.043	0.020	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		1	A	1		0.102	0.047	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.487		0	NC	4		0.906	0.414	
Fatty acids, total trans-monoenoic.....g	0.388		0	NC	4		0.722	0.330	
Fatty acids, total trans-polyenoic.....g	0.099		0	NC	4		0.184	0.084	
Cholesterol.....mg	83		4	A	1		154	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.166		0	A	1		0.309	0.141	
Threonine.....g	1.010		0	A	1		1.879	0.859	
Isoleucine.....g	1.151		0	A	1		2.140	0.978	
Leucine.....g	2.012		0	A	1		3.742	1.710	
Lysine.....g	2.138		0	A	1		3.976	1.817	
Methionine.....g	0.659		0	A	1		1.225	0.560	
Cystine.....g	0.326		0	A	1		0.607	0.277	
Phenylalanine.....g	0.999		0	A	1		1.858	0.849	
Tyrosine.....g	0.806		0	A	1		1.499	0.685	
Valine.....g	1.255		0	A	1		2.334	1.067	
Arginine.....g	1.636		0	A	1		3.042	1.390	
Histidine.....g	0.807		0	A	1		1.501	0.686	
Alanine.....g	1.538		0	A	1		2.860	1.307	
Aspartic acid.....g	2.304		0	A	1		4.285	1.958	
Glutamic acid.....g	3.797		0	A	1		7.063	3.228	
Glycine.....g	1.540		0	A	1		2.865	1.309	
Proline.....g	1.206		0	A	1		2.243	1.025	
Serine.....g	0.996		0	A	1		1.853	0.847	
Hydroxyproline.....g	0.266		0	A	1		0.494	0.226	

Others:

NDB No. 23044

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 186g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.19		5	A	1		172.99		
Energy.....kcal	166		0	NC	4		403		
Energy.....kj	694		0	NC	4		1687		
Protein (N x 6.25).....g	19.38		5	A	1		47.10		
Total lipid (fat).....g	9.22		5	A	1		22.40		
Ash.....g	0.94		5	A	1		2.28		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		15		
Iron, Fe.....mg	2.62		1	A	1		6.37		
Magnesium, Mg.....mg	23		1	A	1		55		
Phosphorus, P.....mg	198		1	A	1		481		
Potassium, K.....mg	324		1	A	1		787		
Sodium, Na.....mg	75		1	A	1		181		
Zinc, Zn.....mg	7.47		1	A	1		18.15		
Copper, Cu.....mg	0.116		1	A	1		0.282		
Manganese, Mn.....mg	0.017		1	A	1		0.041		
Selenium, Se.....mcg	31.5		1	A	1		76.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.140		1	A	1		0.340		
Riboflavin.....mg	0.258		1	A	1		0.627		
Niacin.....mg	3.500		1	A	1		8.505		
Pantothenic acid.....mg	0.990		1	A	1		2.406		
Vitamin B-6.....mg	0.358		1	A	1		0.870		
Folate, total.....mcg	3		0	BFPN	4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		0	BFPN	4		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	5.23		1	A	1		12.71		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFSN	4		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.07		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		0	BFSN	4		1.4		
Lipids:									
Fatty acids, total saturated.....g	3.464		0	NC	4		8.417		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.257		1	A	1		0.624		
15:0.....g	0.038		1	A	1		0.092		
16:0.....g	1.931		1	A	1		4.692		
17:0.....g	0.103		1	A	1		0.250		
18:0.....g	1.135		1	A	1		2.758		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.616		0	NC	4		8.786		
14:1.....g	0.055		1	A	1		0.133		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.234		1	A	1		0.568		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.316		0	AS	1		8.058		
18:1 c.....g	3.052		1	A	1		7.416		
18:1 t.....g	0.264		1	A	1		0.641		
20:1.....g	0.011		1	A	1		0.026		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0	NC	4		1.210		
18:2 undifferentiated.....g	0.415		0	AS	1		1.008		
18:2 n-6 c,c.....g	0.344		1	A	1		0.836		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.071		1	A	1		0.173		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS	1		0.046		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.064		1	A	1		0.156		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.335		0	NC	4		0.814		
Fatty acids, total trans-monoenoic.....g	0.264		0	NC	4		0.641		
Fatty acids, total trans-polyenoic.....g	0.071		0	NC	4		0.173		
Cholesterol.....mg	66		4	A	1		161		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	A	1		0.310		
Threonine.....g	0.774		0	A	1		1.881		
Isoleucine.....g	0.882		0	A	1		2.143		
Leucine.....g	1.542		0	A	1		3.747		
Lysine.....g	1.638		0	A	1		3.980		
Methionine.....g	0.505		0	A	1		1.226		
Cystine.....g	0.250		0	A	1		0.608		
Phenylalanine.....g	0.766		0	A	1		1.860		
Tyrosine.....g	0.618		0	A	1		1.501		
Valine.....g	0.962		0	A	1		2.337		
Arginine.....g	1.253		0	A	1		3.046		
Histidine.....g	0.619		0	A	1		1.503		
Alanine.....g	1.178		0	A	1		2.863		
Aspartic acid.....g	1.765		0	A	1		4.290		
Glutamic acid.....g	2.910		0	A	1		7.071		
Glycine.....g	1.180		0	A	1		2.868		
Proline.....g	0.924		0	A	1		2.245		
Serine.....g	0.763		0	A	1		1.855		
Hydroxyproline.....g	0.100		1	A	1		0.243		

Others:

NDB No. 23043

Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 243g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23025

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.04		13	A	1		117.87	52.73	
Energy.....kcal	222		0	NC	4		421	189	
Energy.....kj	928		0	NC	4		1763	789	
Protein (N x 6.25).....g	24.93		13	A	1		47.36	21.19	
Total lipid (fat).....g	12.79		13	A	1		24.31	10.87	
Ash.....g	0.94		13	A	1		1.78	0.79	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		3	A	1		11	5	
Iron, Fe.....mg	2.88		3	A	1		5.48	2.45	
Magnesium, Mg.....mg	23		3	A	1		44	19	
Phosphorus, P.....mg	203		3	A	1		385	172	
Potassium, K.....mg	322		3	A	1		612	274	
Sodium, Na.....mg	77		3	A	1		146	66	
Zinc, Zn.....mg	9.05		3	A	1		17.19	7.69	
Copper, Cu.....mg	0.134		3	A	1		0.254	0.114	
Manganese, Mn.....mg	0.018		3	A	1		0.034	0.015	
Selenium, Se.....mcg	37.8		3	A	1		71.8	32.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.073		3	A	1		0.139	0.062	
Riboflavin.....mg	0.292		3	A	1		0.554	0.248	
Niacin.....mg	3.833		3	A	1		7.283	3.258	
Pantothenic acid.....mg	0.944		3	A	1		1.794	0.802	
Vitamin B-6.....mg	0.387		3	A	1		0.736	0.329	
Folate, total.....mcg	6		1	A	1		11	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1	A	1		11	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		11	5	
Vitamin B-12.....mcg	5.89		3	A	1		11.19	5.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		1	A	1		1.7	0.7	
Lipids:									
Fatty acids, total saturated.....g	5.095		0	NC	4		9.681	4.331	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.010		3	A	1		0.019	0.009	
13:0.....g									
14:0.....g	0.377		3	A	1		0.717	0.321	
15:0.....g	0.054		3	A	1		0.102	0.046	
16:0.....g	2.924		3	A	1		5.556	2.485	
17:0.....g	0.136		3	A	1		0.259	0.116	
18:0.....g	1.594		3	A	1		3.028	1.355	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23025

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.000		3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.330		0	NC	4		10.127	4.530	
14:1.....g	0.086		3	A	1		0.164	0.073	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.361		3	A	1		0.686	0.307	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.866		0	AS	1		9.245	4.136	
18:1 c.....g	4.457		3	A	1		8.468	3.788	
18:1 t.....g	0.409		3	A	1		0.777	0.348	
20:1.....g	0.017		3	A	1		0.032	0.014	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.563		0	NC	4		1.069	0.478	
18:2 undifferentiated.....g	0.491		0	AS	1		0.933	0.418	
18:2 n-6 c,c.....g	0.388		3	A	1		0.738	0.330	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.103		3	A	1		0.196	0.087	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.020		0	AS	1		0.039	0.017	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		3	A	1		0.097	0.044	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.512		0	NC	4		0.973	0.435	
Fatty acids, total trans-monoenoic.....g	0.409		0	NC	4		0.777	0.348	
Fatty acids, total trans-polyenoic.....g	0.103		0	NC	4		0.196	0.087	
Cholesterol.....mg	83		10	A	1		157	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.173		0	A	1		0.328	0.147	
Threonine.....g	1.051		0	A	1		1.996	0.893	
Isoleucine.....g	1.196		0	A	1		2.273	1.017	
Leucine.....g	2.092		0	A	1		3.975	1.778	
Lysine.....g	2.222		0	A	1		4.223	1.889	
Methionine.....g	0.685		0	A	1		1.301	0.582	
Cystine.....g	0.339		0	A	1		0.645	0.288	
Phenylalanine.....g	1.039		0	A	1		1.974	0.883	
Tyrosine.....g	0.838		0	A	1		1.592	0.712	
Valine.....g	1.305		0	A	1		2.479	1.109	
Arginine.....g	1.700		0	A	1		3.231	1.445	
Histidine.....g	0.839		0	A	1		1.595	0.713	
Alanine.....g	1.599		0	A	1		3.038	1.359	
Aspartic acid.....g	2.395		0	A	1		4.551	2.036	
Glutamic acid.....g	3.948		0	A	1		7.501	3.356	
Glycine.....g	1.601		0	A	1		3.042	1.361	
Proline.....g	1.254		0	A	1		2.382	1.066	
Serine.....g	1.036		0	A	1		1.968	0.881	
Hydroxyproline.....g	0.276		0	BFPN	4		0.525	0.235	

Others:

NDB No. 23025

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 190g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23024

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.46		13	A	1		176.15		
Energy.....kcal	176		0	NC	4		440		
Energy.....kj	736		0	NC	4		1841		
Protein (N x 6.25).....g	18.99		13	A	1		47.48		
Total lipid (fat).....g	10.52		13	A	1		26.29		
Ash.....g	0.90		13	A	1		2.26		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		3	A	1		14		
Iron, Fe.....mg	2.36		3	A	1		5.90		
Magnesium, Mg.....mg	21		3	A	1		53		
Phosphorus, P.....mg	184		3	A	1		461		
Potassium, K.....mg	309		3	A	1		773		
Sodium, Na.....mg	74		3	A	1		186		
Zinc, Zn.....mg	6.88		3	A	1		17.20		
Copper, Cu.....mg	0.119		3	A	1		0.298		
Manganese, Mn.....mg	0.016		3	A	1		0.039		
Selenium, Se.....mcg	29.8		3	A	1		74.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.099		3	A	1		0.248		
Riboflavin.....mg	0.227		3	A	1		0.567		
Niacin.....mg	3.420		3	A	1		8.550		
Pantothenic acid.....mg	0.952		3	A	1		2.380		
Vitamin B-6.....mg	0.370		3	A	1		0.924		
Folate, total.....mcg	3		1	A	1		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1	A	1		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	5.05		3	A	1		12.62		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.03		1	A	1		0.07		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.5		
Lipids:									
Fatty acids, total saturated.....g	3.945		0	NC	4		9.864		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.291		3	A	1		0.727		
15:0.....g	0.040		3	A	1		0.099		
16:0.....g	2.276		3	A	1		5.689		
17:0.....g	0.107		3	A	1		0.268		
18:0.....g	1.233		3	A	1		3.081		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23024

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		3	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.144		0	NC	4		10.360		
14:1.....g	0.063		3	A	1		0.158		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.278		3	A	1		0.694		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	3.790		0	AS	1		9.475		
18:1 c.....g	3.495		3	A	1		8.737		
18:1 t.....g	0.295		3	A	1		0.738		
20:1.....g	0.013		3	A	1		0.033		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.475		0	NC	4		1.186		
18:2 undifferentiated.....g	0.403		0	AS	1		1.007		
18:2 n-6 c,c.....g	0.327		3	A	1		0.817		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.076		3	A	1		0.190		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.017		0	AS	1		0.042		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		3	A	1		0.137		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.371		0	NC	4		0.928		
Fatty acids, total trans-monoenoic.....g	0.295		0	NC	4		0.738		
Fatty acids, total trans-polyenoic.....g	0.076		0	NC	4		0.190		
Cholesterol.....mg	66		10	A	1		164		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.312		
Threonine.....g	0.759		0	A	1		1.897		
Isoleucine.....g	0.864		0	A	1		2.160		
Leucine.....g	1.511		0	A	1		3.777		
Lysine.....g	1.605		0	A	1		4.012		
Methionine.....g	0.495		0	A	1		1.236		
Cystine.....g	0.245		0	A	1		0.613		
Phenylalanine.....g	0.750		0	A	1		1.875		
Tyrosine.....g	0.605		0	A	1		1.513		
Valine.....g	0.942		0	A	1		2.355		
Arginine.....g	1.228		0	A	1		3.070		
Histidine.....g	0.606		0	A	1		1.515		
Alanine.....g	1.155		0	A	1		2.886		
Aspartic acid.....g	1.730		0	A	1		4.325		
Glutamic acid.....g	2.851		0	A	1		7.128		
Glycine.....g	1.156		0	A	1		2.891		
Proline.....g	0.905		0	A	1		2.263		
Serine.....g	0.748		0	A	1		1.870		
Hydroxyproline.....g	0.118		2	A	1		0.294		

Others:

NDB No. 23024

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 250g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13994

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.93		8	A	1		119.52	52.64	
Energy.....kcal	228		0	NC	4		440	194	
Energy.....kj	954		0	NC	4		1841	811	
Protein (N x 6.25).....g	24.70		8	A	1		47.66	20.99	
Total lipid (fat).....g	13.59		8	A	1		26.22	11.55	
Ash.....g	0.94		8	A	1		1.81	0.80	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		2	A	1		12	5	
Iron, Fe.....mg	2.78		2	A	1		5.36	2.36	
Magnesium, Mg.....mg	23		2	A	1		44	19	
Phosphorus, P.....mg	199		2	A	1		383	169	
Potassium, K.....mg	317		2	A	1		611	269	
Sodium, Na.....mg	78		2	A	1		150	66	
Zinc, Zn.....mg	8.77		2	A	1		16.93	7.45	
Copper, Cu.....mg	0.139		2	A	1		0.269	0.119	
Manganese, Mn.....mg	0.018		2	A	1		0.036	0.016	
Selenium, Se.....mcg	37.0		2	A	1		71.5	31.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.070		2	A	1		0.135	0.059	
Riboflavin.....mg	0.247		2	A	1		0.476	0.210	
Niacin.....mg	3.720		2	A	1		7.180	3.162	
Pantothenic acid.....mg	0.881		2	A	1		1.700	0.749	
Vitamin B-6.....mg	0.376		2	A	1		0.726	0.320	
Folate, total.....mcg	6		1	A	1		12	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1	A	1		12	5	
Folate, DFE.....mcg_DFE	6		0	NC	4		12	5	
Vitamin B-12.....mcg	5.75		2	A	1		11.09	4.88	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.14		1	A	1		0.27	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.03	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.03	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		1	A	1		1.7	0.7	
Lipids:									
Fatty acids, total saturated.....g	5.432		0	NC	4		10.483	4.617	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.010		2	A	1		0.020	0.009	
13:0.....g									
14:0.....g	0.400		2	A	1		0.771	0.340	
15:0.....g	0.054		2	A	1		0.104	0.046	
16:0.....g	3.161		2	A	1		6.100	2.686	
17:0.....g	0.139		2	A	1		0.269	0.119	
18:0.....g	1.668		2	A	1		3.219	1.418	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 13994

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.711		0	NC	4		11.022	4.854	
14:1.....g	0.092		2	A	1		0.177	0.078	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.392		2	A	1		0.757	0.333	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.209		0	AS	1		10.053	4.428	
18:1 c.....g	4.789		2	A	1		9.244	4.071	
18:1 t.....g	0.420		2	A	1		0.810	0.357	
20:1.....g	0.018		2	A	1		0.035	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.558		0	NC	4		1.078	0.475	
18:2 undifferentiated.....g	0.490		0	AS	1		0.946	0.416	
18:2 n-6 c,c.....g	0.385		2	A	1		0.743	0.327	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.105		2	A	1		0.203	0.089	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS	1		0.037	0.016	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.096	0.042	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.524		0	NC	4		1.012	0.446	
Fatty acids, total trans-monoenoic.....g	0.420		0	NC	4		0.810	0.357	
Fatty acids, total trans-polyenoic.....g	0.105		0	NC	4		0.203	0.089	
Cholesterol.....mg	83		6	A	1		159	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0	A	1		0.313	0.138	
Threonine.....g	0.987		0	A	1		1.904	0.839	
Isoleucine.....g	1.124		0	A	1		2.169	0.955	
Leucine.....g	1.965		0	A	1		3.792	1.670	
Lysine.....g	2.087		0	A	1		4.028	1.774	
Methionine.....g	0.643		0	A	1		1.241	0.547	
Cystine.....g	0.319		0	A	1		0.615	0.271	
Phenylalanine.....g	0.975		0	A	1		1.883	0.829	
Tyrosine.....g	0.787		0	A	1		1.519	0.669	
Valine.....g	1.225		0	A	1		2.365	1.041	
Arginine.....g	1.597		0	A	1		3.082	1.357	
Histidine.....g	0.788		0	A	1		1.521	0.670	
Alanine.....g	1.501		0	A	1		2.898	1.276	
Aspartic acid.....g	2.250		0	A	1		4.342	1.912	
Glutamic acid.....g	3.708		0	A	1		7.156	3.151	
Glycine.....g	1.504		0	A	1		2.902	1.278	
Proline.....g	1.177		0	A	1		2.272	1.001	
Serine.....g	0.973		0	A	1		1.878	0.827	
Hydroxyproline.....g	0.259		0	A	1		0.501	0.221	

Others:

NDB No. 13994

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 193g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13992

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.00		8	A	1		177.81		
Energy.....kcal	182		0	NC	4		463		
Energy.....kj	762		0	NC	4		1937		
Protein (N x 6.25).....g	18.75		8	A	1		47.62		
Total lipid (fat).....g	11.33		8	A	1		28.77		
Ash.....g	0.88		8	A	1		2.24		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		13		
Iron, Fe.....mg	2.23		2	A	1		5.66		
Magnesium, Mg.....mg	20		2	A	1		52		
Phosphorus, P.....mg	178		2	A	1		451		
Potassium, K.....mg	302		2	A	1		766		
Sodium, Na.....mg	74		2	A	1		189		
Zinc, Zn.....mg	6.58		2	A	1		16.73		
Copper, Cu.....mg	0.121		2	A	1		0.307		
Manganese, Mn.....mg	0.015		2	A	1		0.038		
Selenium, Se.....mcg	28.9		2	A	1		73.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.079		2	A	1		0.201		
Riboflavin.....mg	0.211		2	A	1		0.536		
Niacin.....mg	3.380		2	A	1		8.585		
Pantothenic acid.....mg	0.933		2	A	1		2.370		
Vitamin B-6.....mg	0.375		2	A	1		0.954		
Folate, total.....mcg	3		1	A	1		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1	A	1		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	4.96		2	A	1		12.60		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.03		1	A	1		0.08		
Tocopherol, delta.....mg	0.01		1	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.6		
Lipids:									
Fatty acids, total saturated.....g	4.186		0	NC	4		10.633		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.307		2	A	1		0.781		
15:0.....g	0.041		2	A	1		0.103		
16:0.....g	2.448		2	A	1		6.218		
17:0.....g	0.109		2	A	1		0.277		
18:0.....g	1.281		2	A	1		3.255		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 13992

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.408		0	NC	4		11.197		
14:1.....g	0.068		2	A	1		0.171		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.299		2	A	1		0.761		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	4.027		0	AS	1		10.228		
18:1 c.....g	3.716		2	A	1		9.439		
18:1 t.....g	0.311		2	A	1		0.790		
20:1.....g	0.015		2	A	1		0.037		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.463		0	NC	4		1.176		
18:2 undifferentiated.....g	0.397		0	AS	1		1.008		
18:2 n-6 c,c.....g	0.318		2	A	1		0.809		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.078		2	A	1		0.199		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS	1		0.039		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.128		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.389		0	NC	4		0.989		
Fatty acids, total trans-monoenoic.....g	0.311		0	NC	4		0.790		
Fatty acids, total trans-polyenoic.....g	0.078		0	NC	4		0.199		
Cholesterol.....mg	65		6	A	1		166		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0	A	1		0.313		
Threonine.....g	0.749		0	A	1		1.902		
Isoleucine.....g	0.853		0	A	1		2.166		
Leucine.....g	1.491		0	A	1		3.788		
Lysine.....g	1.584		0	A	1		4.024		
Methionine.....g	0.488		0	A	1		1.240		
Cystine.....g	0.242		0	A	1		0.615		
Phenylalanine.....g	0.740		0	A	1		1.881		
Tyrosine.....g	0.597		0	A	1		1.517		
Valine.....g	0.930		0	A	1		2.362		
Arginine.....g	1.212		0	A	1		3.079		
Histidine.....g	0.598		0	A	1		1.520		
Alanine.....g	1.140		0	A	1		2.895		
Aspartic acid.....g	1.708		0	A	1		4.337		
Glutamic acid.....g	2.814		0	A	1		7.149		
Glycine.....g	1.142		0	A	1		2.899		
Proline.....g	0.894		0	A	1		2.270		
Serine.....g	0.738		0	A	1		1.876		
Hydroxyproline.....g	0.135		1	A	1		0.343		

Others:

NDB No. 13992

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 254g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13996

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.22		5	A	1		115.72		
Energy.....kcal	212		0	NC	4		394		
Energy.....kj	887		0	NC	4		1649		
Protein (N x 6.25).....g	25.29		5	A	1		47.05		
Total lipid (fat).....g	11.52		5	A	1		21.43		
Ash.....g	0.93		5	A	1		1.73		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		10		
Iron, Fe.....mg	3.10		1	A	1		5.77		
Magnesium, Mg.....mg	24		1	A	1		44		
Phosphorus, P.....mg	211		1	A	1		392		
Potassium, K.....mg	333		1	A	1		619		
Sodium, Na.....mg	76		1	A	1		140		
Zinc, Zn.....mg	9.61		1	A	1		17.87		
Copper, Cu.....mg	0.122		1	A	1		0.227		
Manganese, Mn.....mg	0.017		1	A	1		0.032		
Selenium, Se.....mcg	39.3		1	A	1		73.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.079		1	A	1		0.147		
Riboflavin.....mg	0.382		1	A	1		0.710		
Niacin.....mg	4.060		1	A	1		7.551		
Pantothenic acid.....mg	1.070		1	A	1		1.990		
Vitamin B-6.....mg	0.410		1	A	1		0.762		
Folate, total.....mcg	6		0	BFPN	4		11		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		0	BFPN	4		11		
Folate, DFE.....mcg_DFE	6		0	NC	4		11		
Vitamin B-12.....mcg	6.18		1	A	1		11.49		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.26		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	BFSN	4		1.6		
Lipids:									
Fatty acids, total saturated.....g	4.423		0	NC	4		8.226		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.010		1	A	1		0.018		
13:0.....g									
14:0.....g	0.333		1	A	1		0.619		
15:0.....g	0.053		1	A	1		0.098		
16:0.....g	2.451		1	A	1		4.559		
17:0.....g	0.130		1	A	1		0.242		
18:0.....g	1.446		1	A	1		2.689		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 13996

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.568		0	NC	4		8.496		
14:1.....g	0.075		1	A	1		0.140		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.299		1	A	1		0.556		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.179		0	AS	1		7.773		
18:1 c.....g	3.791		1	A	1		7.051		
18:1 t.....g	0.388		1	A	1		0.722		
20:1.....g	0.015		1	A	1		0.028		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.572		0	NC	4		1.064		
18:2 undifferentiated.....g	0.494		0	AS	1		0.919		
18:2 n-6 c,c.....g	0.395		1	A	1		0.735		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.099		1	A	1		0.184		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	AS	1		0.043		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		1	A	1		0.102		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.487		0	NC	4		0.906		
Fatty acids, total trans-monoenoic.....g	0.388		0	NC	4		0.722		
Fatty acids, total trans-polyenoic.....g	0.099		0	NC	4		0.184		
Cholesterol.....mg	83		4	A	1		154		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.166		0	A	1		0.309		
Threonine.....g	1.010		0	A	1		1.879		
Isoleucine.....g	1.151		0	A	1		2.140		
Leucine.....g	2.012		0	A	1		3.742		
Lysine.....g	2.138		0	A	1		3.976		
Methionine.....g	0.659		0	A	1		1.225		
Cystine.....g	0.326		0	A	1		0.607		
Phenylalanine.....g	0.999		0	A	1		1.858		
Tyrosine.....g	0.806		0	A	1		1.499		
Valine.....g	1.255		0	A	1		2.334		
Arginine.....g	1.636		0	A	1		3.042		
Histidine.....g	0.807		0	A	1		1.501		
Alanine.....g	1.538		0	A	1		2.860		
Aspartic acid.....g	2.304		0	A	1		4.285		
Glutamic acid.....g	3.797		0	A	1		7.063		
Glycine.....g	1.540		0	A	1		2.865		
Proline.....g	1.206		0	A	1		2.243		
Serine.....g	0.996		0	A	1		1.853		
Hydroxyproline.....g	0.266		0	A	1		0.494		

Others:

NDB No. 13996

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 186g: 1 steak

Measure 2 = g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13995

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw

Flat Iron Steak, Infraspinatus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.19		5	A	1		172.99		
Energy.....kcal	166		0	NC	4		403		
Energy.....kj	694		0	NC	4		1687		
Protein (N x 6.25).....g	19.38		5	A	1		47.10		
Total lipid (fat).....g	9.22		5	A	1		22.40		
Ash.....g	0.94		5	A	1		2.28		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		15		
Iron, Fe.....mg	2.62		1	A	1		6.37		
Magnesium, Mg.....mg	23		1	A	1		55		
Phosphorus, P.....mg	198		1	A	1		481		
Potassium, K.....mg	324		1	A	1		787		
Sodium, Na.....mg	75		1	A	1		181		
Zinc, Zn.....mg	7.47		1	A	1		18.15		
Copper, Cu.....mg	0.116		1	A	1		0.282		
Manganese, Mn.....mg	0.017		1	A	1		0.041		
Selenium, Se.....mcg	31.5		1	A	1		76.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.140		1	A	1		0.340		
Riboflavin.....mg	0.258		1	A	1		0.627		
Niacin.....mg	3.500		1	A	1		8.505		
Pantothenic acid.....mg	0.990		1	A	1		2.406		
Vitamin B-6.....mg	0.358		1	A	1		0.870		
Folate, total.....mcg	3		0	BFPN	4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		0	BFPN	4		8		
Folate, DFE.....mcg_DFE	3		0	NC	4		8		
Vitamin B-12.....mcg	5.23		1	A	1		12.71		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.16		0	BFSN	4		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.07		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phyloquinone).....mcg	0.6		0	BFSN	4		1.4		
Lipids:									
Fatty acids, total saturated.....g	3.464		0	NC	4		8.417		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.257		1	A	1		0.624		
15:0.....g	0.038		1	A	1		0.092		
16:0.....g	1.931		1	A	1		4.692		
17:0.....g	0.103		1	A	1		0.250		
18:0.....g	1.135		1	A	1		2.758		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 13995

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	3.616		0	NC	4		8.786		
14:1.....g	0.055		1	A	1		0.133		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.234		1	A	1		0.568		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.316		0	AS	1		8.058		
18:1 c.....g	3.052		1	A	1		7.416		
18:1 t.....g	0.264		1	A	1		0.641		
20:1.....g	0.011		1	A	1		0.026		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0	NC	4		1.210		
18:2 undifferentiated.....g	0.415		0	AS	1		1.008		
18:2 n-6 c,c.....g	0.344		1	A	1		0.836		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.071		1	A	1		0.173		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.019		0	AS	1		0.046		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.064		1	A	1		0.156		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.335		0	NC	4		0.814		
Fatty acids, total trans-monoenoic.....g	0.264		0	NC	4		0.641		
Fatty acids, total trans-polyenoic.....g	0.071		0	NC	4		0.173		
Cholesterol.....mg	66		4	A	1		161		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	A	1		0.310		
Threonine.....g	0.774		0	A	1		1.881		
Isoleucine.....g	0.882		0	A	1		2.143		
Leucine.....g	1.542		0	A	1		3.747		
Lysine.....g	1.638		0	A	1		3.980		
Methionine.....g	0.505		0	A	1		1.226		
Cystine.....g	0.250		0	A	1		0.608		
Phenylalanine.....g	0.766		0	A	1		1.860		
Tyrosine.....g	0.618		0	A	1		1.501		
Valine.....g	0.962		0	A	1		2.337		
Arginine.....g	1.253		0	A	1		3.046		
Histidine.....g	0.619		0	A	1		1.503		
Alanine.....g	1.178		0	A	1		2.863		
Aspartic acid.....g	1.765		0	A	1		4.290		
Glutamic acid.....g	2.910		0	A	1		7.071		
Glycine.....g	1.180		0	A	1		2.868		
Proline.....g	0.924		0	A	1		2.245		
Serine.....g	0.763		0	A	1		1.855		
Hydroxyproline.....g	0.100		1	A	1		0.243		

Others:

NDB No. 13995

Beef, chuck, shoulder clod, top blade, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 243g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.425		0	PIK	4		4.611	24.607	
14:1.....g	0.070		0	PAK	1		0.060	0.318	
15:1.....g									
16:1 undifferentiated.....g	0.322		0	PAK	1		0.274	1.462	
17:1.....g									
18:1 undifferentiated.....g	5.028		0	PAK	1		4.274	22.807	
20:1.....g	0.004		0	PAK	1		0.004	0.020	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.429		0	PIK	4		0.365	1.945	
18:2 undifferentiated.....g	0.332		0	PAK	1		0.282	1.506	
18:3 undifferentiated.....g	0.064		0	PAK	1		0.054	0.290	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	PAK	1		0.028	0.150	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PAK	1		52	278	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.278		0	PAK	1		0.236	1.260	
Threonine.....g	1.188		0	PAK	1		1.010	5.391	
Isoleucine.....g	1.327		0	PAK	1		1.128	6.018	
Leucine.....g	2.272		0	PAK	1		1.931	10.306	
Lysine.....g	2.412		0	PAK	1		2.050	10.940	
Methionine.....g	0.729		0	PAK	1		0.620	3.307	
Cystine.....g	0.276		0	PAK	1		0.235	1.254	
Phenylalanine.....g	1.114		0	PAK	1		0.947	5.055	
Tyrosine.....g	0.942		0	PAK	1		0.801	4.274	
Valine.....g	1.390		0	PAK	1		1.181	6.304	
Arginine.....g	1.732		0	PAK	1		1.473	7.858	
Histidine.....g	0.830		0	PAK	1		0.705	3.765	
Alanine.....g	1.555		0	PAK	1		1.322	7.054	
Aspartic acid.....g	2.563		0	PAK	1		2.178	11.624	
Glutamic acid.....g	4.122		0	PAK	1		3.503	18.696	
Glycine.....g	1.225		0	PAK	1		1.041	5.557	
Proline.....g	1.088		0	PAK	1		0.925	4.937	
Serine.....g	1.032		0	PAK	1		0.877	4.681	
Hydroxyproline.....g	0.118		0	PAK	1		0.100	0.534	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23549

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.269		0	PIK	4		5.329	28.436	
14:1.....g	0.078		0	PAK	1		0.067	0.355	
15:1.....g									
16:1 undifferentiated.....g	0.362		0	PAK	1		0.308	1.642	
17:1.....g									
18:1 undifferentiated.....g	5.825		0	PAK	1		4.951	26.422	
20:1.....g	0.004		0	PAK	1		0.003	0.017	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.459		0	PIK	4		0.390	2.082	
18:2 undifferentiated.....g	0.358		0	PAK	1		0.304	1.624	
18:3 undifferentiated.....g	0.072		0	PAK	1		0.061	0.325	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	PAK	1		49	261	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.278		0	PAK	1		0.237	1.262	
Threonine.....g	1.191		0	PAK	1		1.012	5.400	
Isoleucine.....g	1.329		0	PAK	1		1.130	6.030	
Leucine.....g	2.276		0	PAK	1		1.935	10.325	
Lysine.....g	2.416		0	PAK	1		2.054	10.961	
Methionine.....g	0.730		0	PAK	1		0.621	3.313	
Cystine.....g	0.277		0	PAK	1		0.235	1.256	
Phenylalanine.....g	1.117		0	PAK	1		0.949	5.065	
Tyrosine.....g	0.944		0	PAK	1		0.802	4.281	
Valine.....g	1.392		0	PAK	1		1.184	6.316	
Arginine.....g	1.736		0	PAK	1		1.475	7.872	
Histidine.....g	0.831		0	PAK	1		0.707	3.771	
Alanine.....g	1.558		0	PAK	1		1.324	7.066	
Aspartic acid.....g	2.567		0	PAK	1		2.182	11.645	
Glutamic acid.....g	4.129		0	PAK	1		3.510	18.729	
Glycine.....g	1.227		0	PAK	1		1.043	5.565	
Proline.....g	1.090		0	PAK	1		0.927	4.945	
Serine.....g	1.034		0	PAK	1		0.879	4.689	
Hydroxyproline.....g	0.118		0	PAK	1		0.100	0.535	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23523

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.195		0	PIK	4		3.566	19.029	
14:1.....g	0.058		0	PAK	1		0.049	0.263	
15:1.....g									
16:1 undifferentiated.....g	0.265		0	PAK	1		0.225	1.201	
17:1.....g									
18:1 undifferentiated.....g	3.867		0	PAK	1		3.287	17.540	
20:1.....g	0.005		0	PAK	1		0.005	0.025	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.385		0	PIK	4		0.327	1.746	
18:2 undifferentiated.....g	0.294		0	PAK	1		0.250	1.332	
18:3 undifferentiated.....g	0.053		0	PAK	1		0.045	0.238	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		0	PAK	1		0.033	0.176	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	PAK	1		57	302	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0	PAK	1		0.236	1.257	
Threonine.....g	1.185		0	PAK	1		1.008	5.377	
Isoleucine.....g	1.323		0	PAK	1		1.125	6.001	
Leucine.....g	2.266		0	PAK	1		1.926	10.278	
Lysine.....g	2.405		0	PAK	1		2.044	10.910	
Methionine.....g	0.727		0	PAK	1		0.618	3.298	
Cystine.....g	0.276		0	PAK	1		0.234	1.251	
Phenylalanine.....g	1.111		0	PAK	1		0.945	5.041	
Tyrosine.....g	0.940		0	PAK	1		0.799	4.262	
Valine.....g	1.386		0	PAK	1		1.178	6.287	
Arginine.....g	1.728		0	PAK	1		1.469	7.837	
Histidine.....g	0.828		0	PAK	1		0.704	3.756	
Alanine.....g	1.551		0	PAK	1		1.319	7.036	
Aspartic acid.....g	2.556		0	PAK	1		2.172	11.593	
Glutamic acid.....g	4.111		0	PAK	1		3.494	18.646	
Glycine.....g	1.223		0	PAK	1		1.039	5.545	
Proline.....g	1.086		0	PAK	1		0.923	4.925	
Serine.....g	1.029		0	PAK	1		0.875	4.668	
Hydroxyproline.....g	0.117		0	PAK	1		0.099	0.531	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23525

Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23524

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.137		0	PIK	4		18.765	1.173	
14:1.....g	0.049		0	PAK	1		0.222	0.014	
15:1.....g									
16:1 undifferentiated.....g	0.263		0	PAK	1		1.194	0.075	
17:1.....g									
18:1 undifferentiated.....g	3.822		0	PAK	1		17.338	1.084	
20:1.....g	0.002		0	PAK	1		0.011	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.351		0	PIK	4		1.591	0.099	
18:2 undifferentiated.....g	0.258		0	PAK	1		1.172	0.073	
18:3 undifferentiated.....g	0.063		0	PAK	1		0.287	0.018	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	PAK	1		0.133	0.008	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PIK	4		279	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.943	0.059	
Threonine.....g	0.889		0	PAK	1		4.033	0.252	
Isoleucine.....g	0.993		0	PAK	1		4.503	0.281	
Leucine.....g	1.700		0	PAK	1		7.710	0.482	
Lysine.....g	1.804		0	PAK	1		8.184	0.512	
Methionine.....g	0.545		0	PAK	1		2.474	0.155	
Cystine.....g	0.207		0	PAK	1		0.938	0.059	
Phenylalanine.....g	0.834		0	PAK	1		3.782	0.236	
Tyrosine.....g	0.705		0	PAK	1		3.197	0.200	
Valine.....g	1.040		0	PAK	1		4.716	0.295	
Arginine.....g	1.296		0	PAK	1		5.879	0.367	
Histidine.....g	0.621		0	PAK	1		2.816	0.176	
Alanine.....g	1.163		0	PAK	1		5.277	0.330	
Aspartic acid.....g	1.917		0	PAK	1		8.696	0.543	
Glutamic acid.....g	3.083		0	PAK	1		13.986	0.874	
Glycine.....g	0.916		0	PAK	1		4.156	0.260	
Proline.....g	0.814		0	PAK	1		3.693	0.231	
Serine.....g	0.772		0	PAK	1		3.501	0.219	
Hydroxyproline.....g	0.088		0	PAK	1		0.400	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23524

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23526

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.964		0	PIK	4		8.908	0.557	
14:1.....g	0.030		0	PAK	1		0.136	0.008	
15:1.....g									
16:1 undifferentiated.....g	0.078		0	PAK	1		0.356	0.022	
17:1.....g									
18:1 undifferentiated.....g	1.855		0	PAK	1		8.416	0.526	
20:1.....g	0.000		0	PAK	1		0.001	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.315		0	PIK	4		1.429	0.089	
18:2 undifferentiated.....g	0.243		0	PAK	1		1.101	0.069	
18:3 undifferentiated.....g	0.022		0	PAK	1		0.101	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAK	1		0.226	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PIK	4		259	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	PAK	1		0.921	0.058	
Threonine.....g	0.870		0	PAK	1		3.945	0.247	
Isoleucine.....g	0.972		0	PAK	1		4.407	0.275	
Leucine.....g	1.663		0	PAK	1		7.545	0.472	
Lysine.....g	1.766		0	PAK	1		8.010	0.501	
Methionine.....g	0.534		0	PAK	1		2.421	0.151	
Cystine.....g	0.202		0	PAK	1		0.917	0.057	
Phenylalanine.....g	0.816		0	PAK	1		3.701	0.231	
Tyrosine.....g	0.690		0	PAK	1		3.128	0.195	
Valine.....g	1.017		0	PAK	1		4.615	0.288	
Arginine.....g	1.268		0	PAK	1		5.750	0.359	
Histidine.....g	0.607		0	PAK	1		2.752	0.172	
Alanine.....g	1.137		0	PAK	1		5.159	0.322	
Aspartic acid.....g	1.876		0	PAK	1		8.508	0.532	
Glutamic acid.....g	3.016		0	PAK	1		13.681	0.855	
Glycine.....g	0.895		0	PAK	1		4.058	0.254	
Proline.....g	0.796		0	PAK	1		3.609	0.226	
Serine.....g	0.755		0	PAK	1		3.425	0.214	
Hydroxyproline.....g	0.087		0	PAK	1		0.394	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23526

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23550

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.253		0	PIK	4		14.753	0.922	
14:1.....g	0.041		0	PAK	1		0.187	0.012	
15:1.....g									
16:1 undifferentiated.....g	0.188		0	PAK	1		0.853	0.053	
17:1.....g									
18:1 undifferentiated.....g	3.022		0	PAK	1		13.707	0.857	
20:1.....g	0.002		0	PAK	1		0.007	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.336		0	PIK	4		1.525	0.095	
18:2 undifferentiated.....g	0.252		0	PAK	1		1.143	0.071	
18:3 undifferentiated.....g	0.047		0	PAK	1		0.211	0.013	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	PAK	1		0.171	0.011	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PIK	4		270	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0	PAK	1		0.934	0.058	
Threonine.....g	0.881		0	PAK	1		3.997	0.250	
Isoleucine.....g	0.984		0	PAK	1		4.464	0.279	
Leucine.....g	1.685		0	PAK	1		7.643	0.478	
Lysine.....g	1.789		0	PAK	1		8.113	0.507	
Methionine.....g	0.541		0	PAK	1		2.452	0.153	
Cystine.....g	0.205		0	PAK	1		0.929	0.058	
Phenylalanine.....g	0.826		0	PAK	1		3.749	0.234	
Tyrosine.....g	0.699		0	PAK	1		3.169	0.198	
Valine.....g	1.031		0	PAK	1		4.675	0.292	
Arginine.....g	1.284		0	PAK	1		5.826	0.364	
Histidine.....g	0.615		0	PAK	1		2.790	0.174	
Alanine.....g	1.153		0	PAK	1		5.229	0.327	
Aspartic acid.....g	1.900		0	PAK	1		8.619	0.539	
Glutamic acid.....g	3.056		0	PAK	1		13.862	0.866	
Glycine.....g	0.907		0	PAK	1		4.116	0.257	
Proline.....g	0.807		0	PAK	1		3.659	0.229	
Serine.....g	0.765		0	PAK	1		3.470	0.217	
Hydroxyproline.....g	0.088		0	PAK	1		0.397	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23550

Beef, chuck, top blade, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.730		0	NC	4		4.871		
14:1.....g	0.080	0.010	4	A	1		0.068		
15:1.....g									
16:1 undifferentiated.....g	0.300	0.025	4	A	1		0.255		
17:1.....g									
18:1 undifferentiated.....g	5.350	0.600	4	A	1		4.548		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	NC	4		0.349		
18:2 undifferentiated.....g	0.330	0.020	4	A	1		0.281		
18:3 undifferentiated.....g	0.050	0.005	4	A	1		0.043		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.005	4	A	1		0.026		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57	5.035	4	A	1		48		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	A	1		0.240		
Threonine.....g	1.207		0	A	1		1.026		
Isoleucine.....g	1.348		0	A	1		1.146		
Leucine.....g	2.308		0	A	1		1.962		
Lysine.....g	2.450		0	A	1		2.083		
Methionine.....g	0.741		0	A	1		0.630		
Cystine.....g	0.280		0	A	1		0.238		
Phenylalanine.....g	1.132		0	A	1		0.962		
Tyrosine.....g	0.957		0	A	1		0.813		
Valine.....g	1.412		0	A	1		1.200		
Arginine.....g	1.759		0	A	1		1.495		
Histidine.....g	0.842		0	A	1		0.715		
Alanine.....g	1.578		0	A	1		1.341		
Aspartic acid.....g	2.603		0	A	1		2.212		
Glutamic acid.....g	4.185		0	A	1		3.558		
Glycine.....g	1.241		0	A	1		1.055		
Proline.....g	1.104		0	A	1		0.938		
Serine.....g	1.048		0	A	1		0.891		
Hydroxyproline.....g	0.121		0	A	1		0.103		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 13965

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.330		0	NC	4		2.831		
14:1.....g	0.060	0.006	3	A	1		0.051		
15:1.....g									
16:1 undifferentiated.....g	0.170	0.012	3	A	1		0.145		
17:1.....g									
18:1 undifferentiated.....g	3.100	0.092	3	A	1		2.635		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0	NC	4		0.264		
18:2 undifferentiated.....g	0.250	0.012	3	A	1		0.213		
18:3 undifferentiated.....g	0.020	0.006	3	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.006	3	A	1		0.034		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66	8.689	3	A	1		56		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	A	1		0.240		
Threonine.....g	1.209		0	A	1		1.028		
Isoleucine.....g	1.351		0	A	1		1.148		
Leucine.....g	2.313		0	A	1		1.966		
Lysine.....g	2.455		0	A	1		2.087		
Methionine.....g	0.742		0	A	1		0.631		
Cystine.....g	0.281		0	A	1		0.239		
Phenylalanine.....g	1.134		0	A	1		0.964		
Tyrosine.....g	0.959		0	A	1		0.815		
Valine.....g	1.415		0	A	1		1.202		
Arginine.....g	1.763		0	A	1		1.498		
Histidine.....g	0.843		0	A	1		0.717		
Alanine.....g	1.581		0	A	1		1.344		
Aspartic acid.....g	2.608		0	A	1		2.217		
Glutamic acid.....g	4.193		0	A	1		3.564		
Glycine.....g	1.244		0	A	1		1.057		
Proline.....g	1.106		0	A	1		0.940		
Serine.....g	1.050		0	A	1		0.892		
Hydroxyproline.....g	0.121		0	A	1		0.103		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 13967

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.753		0	PIK	4		4.040	21.561	
14:1.....g	0.072		0	PAK	1		0.061	0.326	
15:1.....g									
16:1 undifferentiated.....g	0.247		0	PAK	1		0.210	1.121	
17:1.....g									
18:1 undifferentiated.....g	4.434		0	PAK	1		3.769	20.114	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.369		0	PIK	4		0.314	1.675	
18:2 undifferentiated.....g	0.297		0	PAK	1		0.253	1.349	
18:3 undifferentiated.....g	0.038		0	PAK	1		0.032	0.171	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		51	274	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	PAK	1		0.240	1.279	
Threonine.....g	1.208		0	PAK	1		1.027	5.478	
Isoleucine.....g	1.349		0	PAK	1		1.147	6.121	
Leucine.....g	2.310		0	PAK	1		1.964	10.479	
Lysine.....g	2.452		0	PAK	1		2.085	11.124	
Methionine.....g	0.741		0	PAK	1		0.630	3.362	
Cystine.....g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine.....g	1.133		0	PAK	1		0.963	5.139	
Tyrosine.....g	0.958		0	PAK	1		0.814	4.344	
Valine.....g	1.413		0	PAK	1		1.201	6.409	
Arginine.....g	1.761		0	PAK	1		1.496	7.986	
Histidine.....g	0.842		0	PAK	1		0.716	3.821	
Alanine.....g	1.579		0	PAK	1		1.343	7.164	
Aspartic acid.....g	2.605		0	PAK	1		2.214	11.816	
Glutamic acid.....g	4.189		0	PAK	1		3.560	19.000	
Glycine.....g	1.242		0	PAK	1		1.056	5.635	
Proline.....g	1.105		0	PAK	1		0.939	5.011	
Serine.....g	1.048		0	PAK	1		0.891	4.756	
Hydroxyproline.....g	0.121		0	PAK	1		0.103	0.548	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23511

Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13964

Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.520		0	NC	4		15.967	0.998	
14:1.....g	0.050	0.010	4	A	1		0.227	0.014	
15:1.....g									
16:1 undifferentiated.....g	0.180	0.030	4	A	1		0.816	0.051	
17:1.....g									
18:1 undifferentiated.....g	3.290	0.530	4	A	1		14.923	0.933	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	NC	4		1.361	0.085	
18:2 undifferentiated.....g	0.230	0.040	4	A	1		1.043	0.065	
18:3 undifferentiated.....g	0.040	0.010	4	A	1		0.181	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.010	4	A	1		0.136	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFSN	4		275	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0	A	1		0.955	0.060	
Threonine.....g	0.901		0	A	1		4.088	0.256	
Isoleucine.....g	1.007		0	A	1		4.568	0.285	
Leucine.....g	1.724		0	A	1		7.820	0.489	
Lysine.....g	1.830		0	A	1		8.301	0.519	
Methionine.....g	0.553		0	A	1		2.509	0.157	
Cystine.....g	0.209		0	A	1		0.950	0.059	
Phenylalanine.....g	0.846		0	A	1		3.835	0.240	
Tyrosine.....g	0.715		0	A	1		3.242	0.203	
Valine.....g	1.054		0	A	1		4.783	0.299	
Arginine.....g	1.314		0	A	1		5.960	0.372	
Histidine.....g	0.629		0	A	1		2.851	0.178	
Alanine.....g	1.179		0	A	1		5.346	0.334	
Aspartic acid.....g	1.944		0	A	1		8.818	0.551	
Glutamic acid.....g	3.126		0	A	1		14.179	0.886	
Glycine.....g	0.927		0	A	1		4.205	0.263	
Proline.....g	0.824		0	A	1		3.740	0.234	
Serine.....g	0.782		0	A	1		3.549	0.222	
Hydroxyproline.....g	0.090		0	A	1		0.409	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13964

Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13966

Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.900		0	NC	4		8.618	0.539	
14:1.....g	0.030	0.000	3	A	1		0.136	0.009	
15:1.....g									
16:1 undifferentiated.....g	0.070	0.035	3	A	1		0.318	0.020	
17:1.....g									
18:1 undifferentiated.....g	1.800	0.104	3	A	1		8.165	0.510	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0	NC	4		1.406	0.088	
18:2 undifferentiated.....g	0.240	0.017	3	A	1		1.089	0.068	
18:3 undifferentiated.....g	0.020	0.000	3	A	1		0.091	0.006	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.006	3	A	1		0.227	0.014	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	BFSN	4		258	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	A	1		0.922	0.058	
Threonine.....g	0.871		0	A	1		3.950	0.247	
Isoleucine.....g	0.973		0	A	1		4.413	0.276	
Leucine.....g	1.666		0	A	1		7.555	0.472	
Lysine.....g	1.768		0	A	1		8.020	0.501	
Methionine.....g	0.534		0	A	1		2.424	0.152	
Cystine.....g	0.202		0	A	1		0.918	0.057	
Phenylalanine.....g	0.817		0	A	1		3.706	0.232	
Tyrosine.....g	0.690		0	A	1		3.132	0.196	
Valine.....g	1.019		0	A	1		4.621	0.289	
Arginine.....g	1.269		0	A	1		5.758	0.360	
Histidine.....g	0.607		0	A	1		2.755	0.172	
Alanine.....g	1.139		0	A	1		5.165	0.323	
Aspartic acid.....g	1.878		0	A	1		8.519	0.532	
Glutamic acid.....g	3.020		0	A	1		13.699	0.856	
Glycine.....g	0.896		0	A	1		4.063	0.254	
Proline.....g	0.797		0	A	1		3.613	0.226	
Serine.....g	0.756		0	A	1		3.429	0.214	
Hydroxyproline.....g	0.087		0	A	1		0.395	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13966

Beef, chuck, top blade, separable lean only, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23512

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.861		0	PIK	4		12.976	0.811	
14:1.....g	0.042		0	PAK	1		0.190	0.012	
15:1.....g									
16:1 undifferentiated.....g	0.135		0	PAK	1		0.613	0.038	
17:1.....g									
18:1 undifferentiated.....g	2.684		0	PAK	1		12.173	0.761	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.304		0	PIK	4		1.379	0.086	
18:2 undifferentiated.....g	0.234		0	PAK	1		1.062	0.066	
18:3 undifferentiated.....g	0.032		0	PAK	1		0.145	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	PAK	1		0.173	0.011	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PIK	4		268	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.942	0.059	
Threonine.....g	0.889		0	PAK	1		4.032	0.252	
Isoleucine.....g	0.993		0	PAK	1		4.505	0.282	
Leucine.....g	1.700		0	PAK	1		7.712	0.482	
Lysine.....g	1.805		0	PAK	1		8.187	0.512	
Methionine.....g	0.546		0	PAK	1		2.475	0.155	
Cystine.....g	0.207		0	PAK	1		0.937	0.059	
Phenylalanine.....g	0.834		0	PAK	1		3.783	0.236	
Tyrosine.....g	0.705		0	PAK	1		3.197	0.200	
Valine.....g	1.040		0	PAK	1		4.717	0.295	
Arginine.....g	1.296		0	PAK	1		5.878	0.367	
Histidine.....g	0.620		0	PAK	1		2.812	0.176	
Alanine.....g	1.162		0	PAK	1		5.273	0.330	
Aspartic acid.....g	1.917		0	PAK	1		8.696	0.544	
Glutamic acid.....g	3.083		0	PAK	1		13.984	0.874	
Glycine.....g	0.914		0	PAK	1		4.147	0.259	
Proline.....g	0.813		0	PAK	1		3.688	0.231	
Serine.....g	0.772		0	PAK	1		3.500	0.219	
Hydroxyproline.....g	0.089		0	PAK	1		0.403	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23512

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.410		0		1	20.674	6.299	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.700		0		1	1.953	0.595	
17:1.....g								
18:1 undifferentiated.....g	6.680		0		1	18.637	5.678	
20:1.....g	0.030		0		1	0.084	0.026	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.630		0		1	1.758	0.536	
18:2 undifferentiated.....g	0.430		0		1	1.200	0.366	
18:3 undifferentiated.....g	0.160		0		1	0.446	0.136	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0		1	0.084	0.026	
20:5 n-3.....g	0.000		0		1	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	87		0		1	243	74	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.180		0	NR	4	0.501	0.153	
Threonine.....g	1.092		0	NR	4	3.046	0.928	
Isoleucine.....g	1.243		0	NR	4	3.469	1.057	
Leucine.....g	2.174		0	NR	4	6.066	1.848	
Lysine.....g	2.310		0	NR	4	6.444	1.963	
Methionine.....g	0.712		0	NR	4	1.986	0.605	
Cystine.....g	0.353		0	NR	4	0.984	0.300	
Phenylalanine.....g	1.080		0	NR	4	3.012	0.918	
Tyrosine.....g	0.871		0	NR	4	2.430	0.740	
Valine.....g	1.356		0	NR	4	3.783	1.152	
Arginine.....g	1.767		0	NR	4	4.931	1.502	
Histidine.....g	0.872		0	NR	4	2.433	0.741	
Alanine.....g	1.662		0	NR	4	4.636	1.412	
Aspartic acid.....g	2.489		0	NR	4	6.946	2.116	
Glutamic acid.....g	4.103		0	NR	4	11.447	3.487	
Glycine.....g	1.664		0	NR	4	4.643	1.415	
Proline.....g	1.303		0	NR	4	3.635	1.107	
Serine.....g	1.077		0	NR	4	3.004	0.915	
Hydroxyproline.....g	0.287		0	BFPN	4	0.801	0.244	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13361

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13362

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.910		0		1		22.069	6.724	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		2.065	0.629	
17:1.....g									
18:1 undifferentiated.....g	7.130		0		1		19.893	6.061	
20:1.....g	0.030		0		1		0.084	0.026	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.670		0		1		1.869	0.570	
18:2 undifferentiated.....g	0.460		0		1		1.283	0.391	
18:3 undifferentiated.....g	0.170		0		1		0.474	0.145	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.112	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		243	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.851	0.259	
Threonine.....g	1.189		0		1		3.317	1.011	
Isoleucine.....g	1.223		0		1		3.412	1.040	
Leucine.....g	2.151		0		1		6.001	1.828	
Lysine.....g	2.264		0		1		6.317	1.924	
Methionine.....g	0.697		0		1		1.945	0.592	
Cystine.....g	0.305		0		1		0.851	0.259	
Phenylalanine.....g	1.062		0		1		2.963	0.903	
Tyrosine.....g	0.914		0		1		2.550	0.777	
Valine.....g	1.324		0		1		3.694	1.125	
Arginine.....g	1.720		0		1		4.799	1.462	
Histidine.....g	0.932		0		1		2.600	0.792	
Alanine.....g	1.641		0		1		4.578	1.395	
Aspartic acid.....g	2.486		0		1		6.936	2.113	
Glutamic acid.....g	4.088		0		1		11.406	3.475	
Glycine.....g	1.485		0		1		4.143	1.262	
Proline.....g	1.202		0		1		3.354	1.022	
Serine.....g	1.041		0		1		2.904	0.885	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13363

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.780		0		1		18.916	5.763	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		1.786	0.544	
17:1.....g									
18:1 undifferentiated.....g	6.100		0		1		17.019	5.185	
20:1.....g	0.020		0		1		0.056	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.570		0		1		1.590	0.485	
18:2 undifferentiated.....g	0.390		0		1		1.088	0.332	
18:3 undifferentiated.....g	0.150		0		1		0.419	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.084	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		240	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.859	0.262	
Threonine.....g	1.200		0		1		3.348	1.020	
Isoleucine.....g	1.235		0		1		3.446	1.050	
Leucine.....g	2.171		0		1		6.057	1.845	
Lysine.....g	2.285		0		1		6.375	1.942	
Methionine.....g	0.703		0		1		1.961	0.598	
Cystine.....g	0.308		0		1		0.859	0.262	
Phenylalanine.....g	1.072		0		1		2.991	0.911	
Tyrosine.....g	0.923		0		1		2.575	0.785	
Valine.....g	1.336		0		1		3.727	1.136	
Arginine.....g	1.736		0		1		4.843	1.476	
Histidine.....g	0.940		0		1		2.623	0.799	
Alanine.....g	1.657		0		1		4.623	1.408	
Aspartic acid.....g	2.509		0		1		7.000	2.133	
Glutamic acid.....g	4.126		0		1		11.512	3.507	
Glycine.....g	1.499		0		1		4.182	1.274	
Proline.....g	1.213		0		1		3.384	1.031	
Serine.....g	1.050		0		1		2.930	0.893	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13510

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.150		0		1		42.269	12.878	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.430		0		1		3.990	1.216	
17:1.....g									
18:1 undifferentiated.....g	13.020		0		1		36.326	11.067	
20:1.....g	0.070		0		1		0.195	0.060	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.280		0		1		3.571	1.088	
18:2 undifferentiated.....g	0.830		0		1		2.316	0.706	
18:3 undifferentiated.....g	0.390		0		1		1.088	0.332	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.112	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		257	78	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.262		0		1		0.731	0.223	
Threonine.....g	1.022		0		1		2.851	0.869	
Isoleucine.....g	1.052		0		1		2.935	0.894	
Leucine.....g	1.849		0		1		5.159	1.572	
Lysine.....g	1.946		0		1		5.429	1.654	
Methionine.....g	0.599		0		1		1.671	0.509	
Cystine.....g	0.262		0		1		0.731	0.223	
Phenylalanine.....g	0.913		0		1		2.547	0.776	
Tyrosine.....g	0.786		0		1		2.193	0.668	
Valine.....g	1.138		0		1		3.175	0.967	
Arginine.....g	1.478		0		1		4.124	1.256	
Histidine.....g	0.801		0		1		2.235	0.681	
Alanine.....g	1.411		0		1		3.937	1.199	
Aspartic acid.....g	2.137		0		1		5.962	1.816	
Glutamic acid.....g	3.515		0		1		9.807	2.988	
Glycine.....g	1.276		0		1		3.560	1.085	
Proline.....g	1.033		0		1		2.882	0.878	
Serine.....g	0.895		0		1		2.497	0.761	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13509

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.710		0		1		3.887	62.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.560		0		1		0.442	7.076	
17:1.....g									
18:1 undifferentiated.....g	11.510		0		1		3.263	52.209	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		0.320	5.126	
18:2 undifferentiated.....g	0.700		0		1		0.198	3.175	
18:3 undifferentiated.....g	0.380		0		1		0.108	1.724	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.052	0.839	
Threonine.....g	0.723		0		1		0.205	3.280	
Isoleucine.....g	0.744		0		1		0.211	3.375	
Leucine.....g	1.308		0		1		0.371	5.933	
Lysine.....g	1.376		0		1		0.390	6.242	
Methionine.....g	0.424		0		1		0.120	1.923	
Cystine.....g	0.185		0		1		0.052	0.839	
Phenylalanine.....g	0.646		0		1		0.183	2.930	
Tyrosine.....g	0.556		0		1		0.158	2.522	
Valine.....g	0.805		0		1		0.228	3.651	
Arginine.....g	1.046		0		1		0.297	4.745	
Histidine.....g	0.566		0		1		0.160	2.567	
Alanine.....g	0.998		0		1		0.283	4.527	
Aspartic acid.....g	1.511		0		1		0.428	6.854	
Glutamic acid.....g	2.486		0		1		0.705	11.276	
Glycine.....g	0.903		0		1		0.256	4.096	
Proline.....g	0.731		0		1		0.207	3.316	
Serine.....g	0.633		0		1		0.179	2.871	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13004

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.220		0		1		26.277	7.837	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		2.537	0.757	
17:1.....g									
18:1 undifferentiated.....g	8.290		0		1		23.627	7.047	
20:1.....g	0.040		0		1		0.114	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		2.223	0.663	
18:2 undifferentiated.....g	0.530		0		1		1.511	0.451	
18:3 undifferentiated.....g	0.220		0		1		0.627	0.187	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.086	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		251	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0	A	1		0.486	0.145	
Threonine.....g	1.036		0	A	1		2.953	0.881	
Isoleucine.....g	1.180		0	A	1		3.363	1.003	
Leucine.....g	2.063		0	A	1		5.881	1.754	
Lysine.....g	2.192		0	A	1		6.248	1.863	
Methionine.....g	0.676		0	A	1		1.925	0.574	
Cystine.....g	0.335		0	A	1		0.954	0.285	
Phenylalanine.....g	1.025		0	A	1		2.920	0.871	
Tyrosine.....g	0.827		0	A	1		2.356	0.703	
Valine.....g	1.287		0	A	1		3.668	1.094	
Arginine.....g	1.677		0	A	1		4.780	1.426	
Histidine.....g	0.828		0	A	1		2.359	0.704	
Alanine.....g	1.577		0	A	1		4.494	1.340	
Aspartic acid.....g	2.363		0	A	1		6.734	2.008	
Glutamic acid.....g	3.894		0	A	1		11.099	3.310	
Glycine.....g	1.580		0	A	1		4.502	1.343	
Proline.....g	1.237		0	A	1		3.524	1.051	
Serine.....g	1.022		0	A	1		2.912	0.869	
Hydroxyproline.....g	0.273		0	BFPN	4		0.777	0.232	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13004

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, cooked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13003

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.330		0		1		2.362	37.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		0.275	4.400	
17:1.....g									
18:1 undifferentiated.....g	7.330		0		1		2.078	33.249	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		0.201	3.221	
18:2 undifferentiated.....g	0.460		0		1		0.130	2.087	
18:3 undifferentiated.....g	0.230		0		1		0.065	1.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		19	304	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0		1		0.058	0.925	
Threonine.....g	0.797		0		1		0.226	3.615	
Isoleucine.....g	0.820		0		1		0.232	3.720	
Leucine.....g	1.442		0		1		0.409	6.541	
Lysine.....g	1.518		0		1		0.430	6.886	
Methionine.....g	0.467		0		1		0.132	2.118	
Cystine.....g	0.204		0		1		0.058	0.925	
Phenylalanine.....g	0.712		0		1		0.202	3.230	
Tyrosine.....g	0.613		0		1		0.174	2.781	
Valine.....g	0.887		0		1		0.251	4.023	
Arginine.....g	1.153		0		1		0.327	5.230	
Histidine.....g	0.625		0		1		0.177	2.835	
Alanine.....g	1.100		0		1		0.312	4.990	
Aspartic acid.....g	1.666		0		1		0.472	7.557	
Glutamic acid.....g	2.740		0		1		0.777	12.429	
Glycine.....g	0.995		0		1		0.282	4.513	
Proline.....g	0.806		0		1		0.229	3.656	
Serine.....g	0.698		0		1		0.198	3.166	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13006

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.120		0		1		28.640	8.602	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0		1		2.773	0.833	
17:1.....g									
18:1 undifferentiated.....g	9.090		0		1		25.725	7.727	
20:1.....g	0.040		0		1		0.113	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		2.434	0.731	
18:2 undifferentiated.....g	0.580		0		1		1.641	0.493	
18:3 undifferentiated.....g	0.250		0		1		0.708	0.213	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.085	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		249	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.807	0.242	
Threonine.....g	1.113		0		1		3.150	0.946	
Isoleucine.....g	1.145		0		1		3.240	0.973	
Leucine.....g	2.014		0		1		5.700	1.712	
Lysine.....g	2.120		0		1		6.000	1.802	
Methionine.....g	0.652		0		1		1.845	0.554	
Cystine.....g	0.285		0		1		0.807	0.242	
Phenylalanine.....g	0.995		0		1		2.816	0.846	
Tyrosine.....g	0.856		0		1		2.422	0.728	
Valine.....g	1.239		0		1		3.506	1.053	
Arginine.....g	1.610		0		1		4.556	1.369	
Histidine.....g	0.872		0		1		2.468	0.741	
Alanine.....g	1.537		0		1		4.350	1.306	
Aspartic acid.....g	2.328		0		1		6.588	1.979	
Glutamic acid.....g	3.828		0		1		10.833	3.254	
Glycine.....g	1.390		0		1		3.934	1.182	
Proline.....g	1.125		0		1		3.184	0.956	
Serine.....g	0.974		0		1		2.756	0.828	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13005

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.720		0		1		2.472	39.554	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		0		1		0.286	4.581	
17:1.....g									
18:1 undifferentiated.....g	7.680		0		1		2.177	34.836	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0		1		0.210	3.357	
18:2 undifferentiated.....g	0.480		0		1		0.136	2.177	
18:3 undifferentiated.....g	0.240		0		1		0.068	1.089	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0		1		0.058	0.921	
Threonine.....g	0.793		0		1		0.225	3.597	
Isoleucine.....g	0.817		0		1		0.232	3.706	
Leucine.....g	1.436		0		1		0.407	6.514	
Lysine.....g	1.511		0		1		0.428	6.854	
Methionine.....g	0.465		0		1		0.132	2.109	
Cystine.....g	0.203		0		1		0.058	0.921	
Phenylalanine.....g	0.709		0		1		0.201	3.216	
Tyrosine.....g	0.610		0		1		0.173	2.767	
Valine.....g	0.884		0		1		0.251	4.010	
Arginine.....g	1.148		0		1		0.325	5.207	
Histidine.....g	0.622		0		1		0.176	2.821	
Alanine.....g	1.096		0		1		0.311	4.971	
Aspartic acid.....g	1.660		0		1		0.471	7.530	
Glutamic acid.....g	2.729		0		1		0.774	12.379	
Glycine.....g	0.991		0		1		0.281	4.495	
Proline.....g	0.802		0		1		0.227	3.638	
Serine.....g	0.695		0		1		0.197	3.153	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13010

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.080		0		1		29.131	8.568	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.930		0		1		2.688	0.791	
17:1.....g									
18:1 undifferentiated.....g	8.960		0		1		25.894	7.616	
20:1.....g	0.040		0		1		0.116	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		2.485	0.731	
18:2 undifferentiated.....g	0.580		0		1		1.676	0.493	
18:3 undifferentiated.....g	0.220		0		1		0.636	0.187	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.116	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		240	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0		1		0.829	0.244	
Threonine.....g	1.119		0		1		3.234	0.951	
Isoleucine.....g	1.152		0		1		3.329	0.979	
Leucine.....g	2.025		0		1		5.852	1.721	
Lysine.....g	2.131		0		1		6.159	1.811	
Methionine.....g	0.656		0		1		1.896	0.558	
Cystine.....g	0.287		0		1		0.829	0.244	
Phenylalanine.....g	1.000		0		1		2.890	0.850	
Tyrosine.....g	0.861		0		1		2.488	0.732	
Valine.....g	1.246		0		1		3.601	1.059	
Arginine.....g	1.619		0		1		4.679	1.376	
Histidine.....g	0.877		0		1		2.535	0.745	
Alanine.....g	1.545		0		1		4.465	1.313	
Aspartic acid.....g	2.340		0		1		6.763	1.989	
Glutamic acid.....g	3.849		0		1		11.124	3.272	
Glycine.....g	1.398		0		1		4.040	1.188	
Proline.....g	1.131		0		1		3.269	0.961	
Serine.....g	0.980		0		1		2.832	0.833	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13009

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.130		0		1		2.872	45.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.130		0		1		0.320	5.126	
17:1.....g									
18:1 undifferentiated.....g	8.830		0		1		2.503	40.053	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		0.247	3.946	
18:2 undifferentiated.....g	0.570		0		1		0.162	2.586	
18:3 undifferentiated.....g	0.250		0		1		0.071	1.134	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.058	0.930	
Threonine.....g	0.798		0		1		0.226	3.620	
Isoleucine.....g	0.822		0		1		0.233	3.729	
Leucine.....g	1.445		0		1		0.410	6.555	
Lysine.....g	1.521		0		1		0.431	6.899	
Methionine.....g	0.468		0		1		0.133	2.123	
Cystine.....g	0.205		0		1		0.058	0.930	
Phenylalanine.....g	0.714		0		1		0.202	3.239	
Tyrosine.....g	0.614		0		1		0.174	2.785	
Valine.....g	0.889		0		1		0.252	4.033	
Arginine.....g	1.155		0		1		0.327	5.239	
Histidine.....g	0.626		0		1		0.177	2.840	
Alanine.....g	1.103		0		1		0.313	5.003	
Aspartic acid.....g	1.670		0		1		0.473	7.575	
Glutamic acid.....g	2.746		0		1		0.778	12.456	
Glycine.....g	0.997		0		1		0.283	4.522	
Proline.....g	0.807		0		1		0.229	3.661	
Serine.....g	0.699		0		1		0.198	3.171	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13008

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.500		0		1		24.055	7.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820		0		1		2.321	0.697	
17:1.....g									
18:1 undifferentiated.....g	7.630		0		1		21.593	6.486	
20:1.....g	0.030		0		1		0.085	0.026	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		2.038	0.612	
18:2 undifferentiated.....g	0.480		0		1		1.358	0.408	
18:3 undifferentiated.....g	0.210		0		1		0.594	0.179	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.085	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		243	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.293		0		1		0.829	0.249	
Threonine.....g	1.143		0		1		3.235	0.972	
Isoleucine.....g	1.176		0		1		3.328	1.000	
Leucine.....g	2.068		0		1		5.852	1.758	
Lysine.....g	2.177		0		1		6.161	1.850	
Methionine.....g	0.670		0		1		1.896	0.570	
Cystine.....g	0.293		0		1		0.829	0.249	
Phenylalanine.....g	1.022		0		1		2.892	0.869	
Tyrosine.....g	0.879		0		1		2.488	0.747	
Valine.....g	1.273		0		1		3.603	1.082	
Arginine.....g	1.654		0		1		4.681	1.406	
Histidine.....g	0.896		0		1		2.536	0.762	
Alanine.....g	1.578		0		1		4.466	1.341	
Aspartic acid.....g	2.391		0		1		6.767	2.032	
Glutamic acid.....g	3.931		0		1		11.125	3.341	
Glycine.....g	1.428		0		1		4.041	1.214	
Proline.....g	1.156		0		1		3.271	0.983	
Serine.....g	1.001		0		1		2.833	0.851	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13007

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.540		0		1		2.138	34.201	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880		0		1		0.249	3.992	
17:1.....g									
18:1 undifferentiated.....g	6.630		0		1		1.880	30.074	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		0.181	2.903	
18:2 undifferentiated.....g	0.410		0		1		0.116	1.860	
18:3 undifferentiated.....g	0.210		0		1		0.060	0.953	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		19	304	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.059	0.939	
Threonine.....g	0.807		0		1		0.229	3.661	
Isoleucine.....g	0.830		0		1		0.235	3.765	
Leucine.....g	1.460		0		1		0.414	6.623	
Lysine.....g	1.536		0		1		0.435	6.967	
Methionine.....g	0.473		0		1		0.134	2.146	
Cystine.....g	0.207		0		1		0.059	0.939	
Phenylalanine.....g	0.721		0		1		0.204	3.270	
Tyrosine.....g	0.621		0		1		0.176	2.817	
Valine.....g	0.898		0		1		0.255	4.073	
Arginine.....g	1.167		0		1		0.331	5.294	
Histidine.....g	0.632		0		1		0.179	2.867	
Alanine.....g	1.114		0		1		0.316	5.053	
Aspartic acid.....g	1.687		0		1		0.478	7.652	
Glutamic acid.....g	2.775		0		1		0.787	12.587	
Glycine.....g	1.008		0		1		0.286	4.572	
Proline.....g	0.816		0		1		0.231	3.701	
Serine.....g	0.706		0		1		0.200	3.202	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products
 USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13796

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.460		0	PAE	4		24.111	7.191	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800		0	PAE	4		2.280	0.680	
17:1.....g									
18:1 undifferentiated.....g	7.620		0	PAE	4		21.717	6.477	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0	PAE	4		2.024	0.604	
18:2 undifferentiated.....g	0.490		0	PAE	4		1.397	0.417	
18:3 undifferentiated.....g	0.190		0	PAE	4		0.542	0.162	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0	PAE	4		248	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.296		0	PAE	4		0.844	0.252	
Threonine.....g	1.154		0	PAE	4		3.289	0.981	
Isoleucine.....g	1.188		0	PAE	4		3.386	1.010	
Leucine.....g	2.088		0	PAE	4		5.951	1.775	
Lysine.....g	2.198		0	PAE	4		6.264	1.868	
Methionine.....g	0.676		0	PAE	4		1.927	0.575	
Cystine.....g	0.296		0	PAE	4		0.844	0.252	
Phenylalanine.....g	1.031		0	PAE	4		2.938	0.876	
Tyrosine.....g	0.888		0	PAE	4		2.531	0.755	
Valine.....g	1.285		0	PAE	4		3.662	1.092	
Arginine.....g	1.669		0	PAE	4		4.757	1.419	
Histidine.....g	0.904		0	PAE	4		2.576	0.768	
Alanine.....g	1.593		0	PAE	4		4.540	1.354	
Aspartic acid.....g	2.413		0	PAE	4		6.877	2.051	
Glutamic acid.....g	3.969		0	PAE	4		11.312	3.374	
Glycine.....g	1.441		0	PAE	4		4.107	1.225	
Proline.....g	1.167		0	PAE	4		3.326	0.992	
Serine.....g	1.010		0	PAE	4		2.879	0.859	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13795

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.420		0	PAE	4		2.104	33.657	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0	PAE	4		0.241	3.856	
17:1.....g									
18:1 undifferentiated.....g	6.550		0	PAE	4		1.857	29.711	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated.....g	0.410		0	PAE	4		0.116	1.860	
18:3 undifferentiated.....g	0.190		0	PAE	4		0.054	0.862	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	PAE	4		19	299	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0	PAE	4		0.059	0.948	
Threonine.....g	0.816		0	PAE	4		0.231	3.701	
Isoleucine.....g	0.840		0	PAE	4		0.238	3.810	
Leucine.....g	1.477		0	PAE	4		0.419	6.700	
Lysine.....g	1.555		0	PAE	4		0.441	7.053	
Methionine.....g	0.478		0	PAE	4		0.136	2.168	
Cystine.....g	0.209		0	PAE	4		0.059	0.948	
Phenylalanine.....g	0.729		0	PAE	4		0.207	3.307	
Tyrosine.....g	0.628		0	PAE	4		0.178	2.849	
Valine.....g	0.909		0	PAE	4		0.258	4.123	
Arginine.....g	1.181		0	PAE	4		0.335	5.357	
Histidine.....g	0.640		0	PAE	4		0.181	2.903	
Alanine.....g	1.127		0	PAE	4		0.320	5.112	
Aspartic acid.....g	1.707		0	PAE	4		0.484	7.743	
Glutamic acid.....g	2.807		0	PAE	4		0.796	12.733	
Glycine.....g	1.019		0	PAE	4		0.289	4.622	
Proline.....g	0.825		0	PAE	4		0.234	3.742	
Serine.....g	0.715		0	PAE	4		0.203	3.243	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13798

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.970		0	PAE	4		25.565	7.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0	PAE	4		2.423	0.723	
17:1.....g									
18:1 undifferentiated.....g	8.080		0	PAE	4		23.028	6.868	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0	PAE	4		2.138	0.638	
18:2 undifferentiated.....g	0.510		0	PAE	4		1.454	0.434	
18:3 undifferentiated.....g	0.210		0	PAE	4		0.599	0.179	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0	PAE	4		248	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.294		0	PAE	4		0.838	0.250	
Threonine.....g	1.145		0	PAE	4		3.263	0.973	
Isoleucine.....g	1.179		0	PAE	4		3.360	1.002	
Leucine.....g	2.072		0	PAE	4		5.905	1.761	
Lysine.....g	2.181		0	PAE	4		6.216	1.854	
Methionine.....g	0.671		0	PAE	4		1.912	0.570	
Cystine.....g	0.294		0	PAE	4		0.838	0.250	
Phenylalanine.....g	1.023		0	PAE	4		2.916	0.870	
Tyrosine.....g	0.881		0	PAE	4		2.511	0.749	
Valine.....g	1.275		0	PAE	4		3.634	1.084	
Arginine.....g	1.657		0	PAE	4		4.722	1.408	
Histidine.....g	0.898		0	PAE	4		2.559	0.763	
Alanine.....g	1.581		0	PAE	4		4.506	1.344	
Aspartic acid.....g	2.395		0	PAE	4		6.826	2.036	
Glutamic acid.....g	3.938		0	PAE	4		11.223	3.347	
Glycine.....g	1.430		0	PAE	4		4.076	1.216	
Proline.....g	1.158		0	PAE	4		3.300	0.984	
Serine.....g	1.002		0	PAE	4		2.856	0.852	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13797

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.880		0	PAE	4		2.234	35.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.900		0	PAE	4		0.255	4.082	
17:1.....g									
18:1 undifferentiated.....g	6.950		0	PAE	4		1.970	31.525	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.670		0	PAE	4		0.190	3.039	
18:2 undifferentiated.....g	0.440		0	PAE	4		0.125	1.996	
18:3 undifferentiated.....g	0.200		0	PAE	4		0.057	0.907	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	PAE	4		19	299	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAE	4		0.059	0.943	
Threonine.....g	0.811		0	PAE	4		0.230	3.679	
Isoleucine.....g	0.835		0	PAE	4		0.237	3.788	
Leucine.....g	1.467		0	PAE	4		0.416	6.654	
Lysine.....g	1.545		0	PAE	4		0.438	7.008	
Methionine.....g	0.475		0	PAE	4		0.135	2.155	
Cystine.....g	0.208		0	PAE	4		0.059	0.943	
Phenylalanine.....g	0.725		0	PAE	4		0.206	3.289	
Tyrosine.....g	0.624		0	PAE	4		0.177	2.830	
Valine.....g	0.903		0	PAE	4		0.256	4.096	
Arginine.....g	1.173		0	PAE	4		0.333	5.321	
Histidine.....g	0.636		0	PAE	4		0.180	2.885	
Alanine.....g	1.120		0	PAE	4		0.318	5.080	
Aspartic acid.....g	1.696		0	PAE	4		0.481	7.693	
Glutamic acid.....g	2.789		0	PAE	4		0.791	12.651	
Glycine.....g	1.013		0	PAE	4		0.287	4.595	
Proline.....g	0.820		0	PAE	4		0.232	3.720	
Serine.....g	0.710		0	PAE	4		0.201	3.221	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13802

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.840		0	PAE	4		26.166	7.514	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.810		0	PAE	4		2.398	0.689	
17:1.....g									
18:1 undifferentiated.....g	7.880		0	PAE	4		23.325	6.698	
20:1.....g	0.030		0	PAE	4		0.089	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0	PAE	4		2.220	0.638	
18:2 undifferentiated.....g	0.520		0	PAE	4		1.539	0.442	
18:3 undifferentiated.....g	0.180		0	PAE	4		0.533	0.153	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.118	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	PAE	4		246	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.294		0	PAE	4		0.870	0.250	
Threonine.....g	1.145		0	PAE	4		3.389	0.973	
Isoleucine.....g	1.179		0	PAE	4		3.490	1.002	
Leucine.....g	2.073		0	PAE	4		6.136	1.762	
Lysine.....g	2.182		0	PAE	4		6.459	1.855	
Methionine.....g	0.671		0	PAE	4		1.986	0.570	
Cystine.....g	0.294		0	PAE	4		0.870	0.250	
Phenylalanine.....g	1.024		0	PAE	4		3.031	0.870	
Tyrosine.....g	0.881		0	PAE	4		2.608	0.749	
Valine.....g	1.275		0	PAE	4		3.774	1.084	
Arginine.....g	1.657		0	PAE	4		4.905	1.408	
Histidine.....g	0.898		0	PAE	4		2.658	0.763	
Alanine.....g	1.582		0	PAE	4		4.683	1.345	
Aspartic acid.....g	2.396		0	PAE	4		7.092	2.037	
Glutamic acid.....g	3.940		0	PAE	4		11.662	3.349	
Glycine.....g	1.431		0	PAE	4		4.236	1.216	
Proline.....g	1.158		0	PAE	4		3.428	0.984	
Serine.....g	1.003		0	PAE	4		2.969	0.853	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13801

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.870		0	PAE	4		2.515	40.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0	PAE	4		0.278	4.445	
17:1.....g									
18:1 undifferentiated.....g	7.760		0	PAE	4		2.200	35.199	
20:1.....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0	PAE	4		0.215	3.447	
18:2 undifferentiated.....g	0.510		0	PAE	4		0.145	2.313	
18:3 undifferentiated.....g	0.220		0	PAE	4		0.062	0.998	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	PAE	4		19	299	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0	PAE	4		0.060	0.953	
Threonine.....g	0.818		0	PAE	4		0.232	3.710	
Isoleucine.....g	0.842		0	PAE	4		0.239	3.819	
Leucine.....g	1.479		0	PAE	4		0.419	6.709	
Lysine.....g	1.557		0	PAE	4		0.441	7.063	
Methionine.....g	0.479		0	PAE	4		0.136	2.173	
Cystine.....g	0.210		0	PAE	4		0.060	0.953	
Phenylalanine.....g	0.731		0	PAE	4		0.207	3.316	
Tyrosine.....g	0.629		0	PAE	4		0.178	2.853	
Valine.....g	0.910		0	PAE	4		0.258	4.128	
Arginine.....g	1.183		0	PAE	4		0.335	5.366	
Histidine.....g	0.641		0	PAE	4		0.182	2.908	
Alanine.....g	1.129		0	PAE	4		0.320	5.121	
Aspartic acid.....g	1.710		0	PAE	4		0.485	7.757	
Glutamic acid.....g	2.812		0	PAE	4		0.797	12.755	
Glycine.....g	1.021		0	PAE	4		0.289	4.631	
Proline.....g	0.827		0	PAE	4		0.234	3.751	
Serine.....g	0.716		0	PAE	4		0.203	3.248	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13800

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.810		0	PAE	4		22.337	6.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0	PAE	4		2.116	0.629	
17:1.....g									
18:1 undifferentiated.....g	7.030		0	PAE	4		20.106	5.976	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0	PAE	4		1.888	0.561	
18:2 undifferentiated.....g	0.450		0	PAE	4		1.287	0.383	
18:3 undifferentiated.....g	0.180		0	PAE	4		0.515	0.153	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	PAE	4		246	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.298		0	PAE	4		0.852	0.253	
Threonine.....g	1.163		0	PAE	4		3.326	0.989	
Isoleucine.....g	1.197		0	PAE	4		3.423	1.017	
Leucine.....g	2.105		0	PAE	4		6.020	1.789	
Lysine.....g	2.216		0	PAE	4		6.338	1.884	
Methionine.....g	0.682		0	PAE	4		1.951	0.580	
Cystine.....g	0.298		0	PAE	4		0.852	0.253	
Phenylalanine.....g	1.040		0	PAE	4		2.974	0.884	
Tyrosine.....g	0.895		0	PAE	4		2.560	0.761	
Valine.....g	1.295		0	PAE	4		3.704	1.101	
Arginine.....g	1.683		0	PAE	4		4.813	1.431	
Histidine.....g	0.912		0	PAE	4		2.608	0.775	
Alanine.....g	1.607		0	PAE	4		4.596	1.366	
Aspartic acid.....g	2.433		0	PAE	4		6.958	2.068	
Glutamic acid.....g	4.001		0	PAE	4		11.443	3.401	
Glycine.....g	1.453		0	PAE	4		4.156	1.235	
Proline.....g	1.176		0	PAE	4		3.363	1.000	
Serine.....g	1.018		0	PAE	4		2.911	0.865	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13799

Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.820		0	PAE	4		1.933	30.936	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.780		0	PAE	4		0.221	3.538	
17:1.....g									
18:1 undifferentiated.....g	6.010		0	PAE	4		1.704	27.261	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0	PAE	4		0.164	2.631	
18:2 undifferentiated.....g	0.380		0	PAE	4		0.108	1.724	
18:3 undifferentiated.....g	0.180		0	PAE	4		0.051	0.816	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAE	4		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0	PAE	4		0.060	0.957	
Threonine.....g	0.824		0	PAE	4		0.234	3.738	
Isoleucine.....g	0.848		0	PAE	4		0.240	3.847	
Leucine.....g	1.491		0	PAE	4		0.423	6.763	
Lysine.....g	1.570		0	PAE	4		0.445	7.122	
Methionine.....g	0.483		0	PAE	4		0.137	2.191	
Cystine.....g	0.211		0	PAE	4		0.060	0.957	
Phenylalanine.....g	0.737		0	PAE	4		0.209	3.343	
Tyrosine.....g	0.634		0	PAE	4		0.180	2.876	
Valine.....g	0.918		0	PAE	4		0.260	4.164	
Arginine.....g	1.192		0	PAE	4		0.338	5.407	
Histidine.....g	0.646		0	PAE	4		0.183	2.930	
Alanine.....g	1.138		0	PAE	4		0.323	5.162	
Aspartic acid.....g	1.724		0	PAE	4		0.489	7.820	
Glutamic acid.....g	2.834		0	PAE	4		0.803	12.855	
Glycine.....g	1.029		0	PAE	4		0.292	4.668	
Proline.....g	0.833		0	PAE	4		0.236	3.778	
Serine.....g	0.721		0	PAE	4		0.204	3.270	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.900		0		1		9.438	3.315	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.799	0.281	
17:1.....g									
18:1 undifferentiated.....g	3.550		0		1		8.591	3.018	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.774	0.272	
18:2 undifferentiated.....g	0.250		0		1		0.605	0.213	
18:3 undifferentiated.....g	0.030		0		1		0.073	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.097	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		208	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0	A	1		0.475	0.167	
Threonine.....g	1.194		0	A	1		2.889	1.015	
Isoleucine.....g	1.359		0	A	1		3.290	1.156	
Leucine.....g	2.377		0	A	1		5.752	2.020	
Lysine.....g	2.525		0	A	1		6.111	2.146	
Methionine.....g	0.778		0	A	1		1.883	0.661	
Cystine.....g	0.386		0	A	1		0.933	0.328	
Phenylalanine.....g	1.180		0	A	1		2.856	1.003	
Tyrosine.....g	0.952		0	A	1		2.304	0.809	
Valine.....g	1.482		0	A	1		3.587	1.260	
Arginine.....g	1.932		0	A	1		4.676	1.642	
Histidine.....g	0.954		0	A	1		2.308	0.811	
Alanine.....g	1.817		0	A	1		4.396	1.544	
Aspartic acid.....g	2.722		0	A	1		6.587	2.313	
Glutamic acid.....g	4.486		0	A	1		10.855	3.813	
Glycine.....g	1.819		0	A	1		4.403	1.547	
Proline.....g	1.424		0	A	1		3.447	1.211	
Serine.....g	1.177		0	A	1		2.848	1.000	
Hydroxyproline.....g	0.314		0	BFPN	4		0.760	0.267	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13364

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13365

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.260		0		1		10.224	3.621	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		0.864	0.306	
17:1.....g									
18:1 undifferentiated.....g	3.890		0		1		9.336	3.307	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.840	0.298	
18:2 undifferentiated.....g	0.280		0		1		0.672	0.238	
18:3 undifferentiated.....g	0.030		0		1		0.072	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.096	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		206	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.335		0		1		0.804	0.285	
Threonine.....g	1.305		0		1		3.132	1.109	
Isoleucine.....g	1.343		0		1		3.223	1.142	
Leucine.....g	2.362		0		1		5.669	2.008	
Lysine.....g	2.486		0		1		5.966	2.113	
Methionine.....g	0.765		0		1		1.836	0.650	
Cystine.....g	0.335		0		1		0.804	0.285	
Phenylalanine.....g	1.167		0		1		2.801	0.992	
Tyrosine.....g	1.004		0		1		2.410	0.853	
Valine.....g	1.453		0		1		3.487	1.235	
Arginine.....g	1.888		0		1		4.531	1.605	
Histidine.....g	1.023		0		1		2.455	0.870	
Alanine.....g	1.802		0		1		4.325	1.532	
Aspartic acid.....g	2.730		0		1		6.552	2.321	
Glutamic acid.....g	4.489		0		1		10.774	3.816	
Glycine.....g	1.630		0		1		3.912	1.386	
Proline.....g	1.320		0		1		3.168	1.122	
Serine.....g	1.143		0		1		2.743	0.972	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 240g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13366

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.400		0		1		8.296	2.890	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.683	0.238	
17:1.....g									
18:1 undifferentiated.....g	3.100		0		1		7.564	2.635	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.683	0.238	
18:2 undifferentiated.....g	0.220		0		1		0.537	0.187	
18:3 undifferentiated.....g	0.020		0		1		0.049	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.073	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		210	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.335		0		1		0.817	0.285	
Threonine.....g	1.306		0		1		3.187	1.110	
Isoleucine.....g	1.344		0		1		3.279	1.142	
Leucine.....g	2.363		0		1		5.766	2.009	
Lysine.....g	2.487		0		1		6.068	2.114	
Methionine.....g	0.765		0		1		1.867	0.650	
Cystine.....g	0.335		0		1		0.817	0.285	
Phenylalanine.....g	1.167		0		1		2.847	0.992	
Tyrosine.....g	1.004		0		1		2.450	0.853	
Valine.....g	1.454		0		1		3.548	1.236	
Arginine.....g	1.889		0		1		4.609	1.606	
Histidine.....g	1.023		0		1		2.496	0.870	
Alanine.....g	1.803		0		1		4.399	1.533	
Aspartic acid.....g	2.731		0		1		6.664	2.321	
Glutamic acid.....g	4.491		0		1		10.958	3.817	
Glycine.....g	1.631		0		1		3.980	1.386	
Proline.....g	1.320		0		1		3.221	1.122	
Serine.....g	1.143		0		1		2.789	0.972	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 244g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13518

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.880		0		1		10.525	4.998	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.859	0.408	
17:1.....g									
18:1 undifferentiated.....g	5.170		0		1		9.254	4.395	
20:1.....g	0.010		0		1		0.018	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		0.895	0.425	
18:2 undifferentiated.....g	0.380		0		1		0.680	0.323	
18:3 undifferentiated.....g	0.040		0		1		0.072	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.107	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		161	77	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.341		0		1		0.610	0.290	
Threonine.....g	1.331		0		1		2.382	1.131	
Isoleucine.....g	1.370		0		1		2.452	1.165	
Leucine.....g	2.409		0		1		4.312	2.048	
Lysine.....g	2.536		0		1		4.539	2.156	
Methionine.....g	0.780		0		1		1.396	0.663	
Cystine.....g	0.341		0		1		0.610	0.290	
Phenylalanine.....g	1.190		0		1		2.130	1.012	
Tyrosine.....g	1.024		0		1		1.833	0.870	
Valine.....g	1.483		0		1		2.655	1.261	
Arginine.....g	1.926		0		1		3.448	1.637	
Histidine.....g	1.044		0		1		1.869	0.887	
Alanine.....g	1.839		0		1		3.292	1.563	
Aspartic acid.....g	2.785		0		1		4.985	2.367	
Glutamic acid.....g	4.580		0		1		8.198	3.893	
Glycine.....g	1.663		0		1		2.977	1.414	
Proline.....g	1.346		0		1		2.409	1.144	
Serine.....g	1.166		0		1		2.087	0.991	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 179g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13517

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.820		0		1		1.083	17.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.094	1.497	
17:1.....g									
18:1 undifferentiated.....g	3.330		0		1		0.944	15.105	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.105	1.678	
18:2 undifferentiated.....g	0.290		0		1		0.082	1.315	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.067	1.066	
Threonine.....g	0.916		0		1		0.260	4.155	
Isoleucine.....g	0.942		0		1		0.267	4.273	
Leucine.....g	1.657		0		1		0.470	7.516	
Lysine.....g	1.744		0		1		0.494	7.911	
Methionine.....g	0.537		0		1		0.152	2.436	
Cystine.....g	0.235		0		1		0.067	1.066	
Phenylalanine.....g	0.818		0		1		0.232	3.710	
Tyrosine.....g	0.704		0		1		0.200	3.193	
Valine.....g	1.020		0		1		0.289	4.627	
Arginine.....g	1.325		0		1		0.376	6.010	
Histidine.....g	0.718		0		1		0.204	3.257	
Alanine.....g	1.264		0		1		0.358	5.734	
Aspartic acid.....g	1.915		0		1		0.543	8.686	
Glutamic acid.....g	3.149		0		1		0.893	14.284	
Glycine.....g	1.144		0		1		0.324	5.189	
Proline.....g	0.926		0		1		0.263	4.200	
Serine.....g	0.802		0		1		0.227	3.638	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13012

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.170		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0			1			
17:1.....g									
18:1 undifferentiated.....g	3.800		0			1			
20:1.....g	0.000		0			1			
22:1 undifferentiated.....g	0.000		0			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0			1			
18:2 undifferentiated.....g	0.270		0			1			
18:3 undifferentiated.....g	0.030		0			1			
18:4.....g	0.000		0			1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0			1			
20:5 n-3.....g	0.000		0			1			
22:5 n-3.....g	0.000		0			1			
22:6 n-3.....g	0.000		0			1			
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0			1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A		1			
Threonine.....g	1.182		0	A		1			
Isoleucine.....g	1.346		0	A		1			
Leucine.....g	2.353		0	A		1			
Lysine.....g	2.500		0	A		1			
Methionine.....g	0.770		0	A		1			
Cystine.....g	0.382		0	A		1			
Phenylalanine.....g	1.168		0	A		1			
Tyrosine.....g	0.943		0	A		1			
Valine.....g	1.467		0	A		1			
Arginine.....g	1.913		0	A		1			
Histidine.....g	0.944		0	A		1			
Alanine.....g	1.798		0	A		1			
Aspartic acid.....g	2.694		0	A		1			
Glutamic acid.....g	4.441		0	A		1			
Glycine.....g	1.801		0	A		1			
Proline.....g	1.410		0	A		1			
Serine.....g	1.165		0	A		1			
Hydroxyproline.....g	0.311		0	BFPN		4			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

NDB No. 13012

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13011

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.610		0		1		0.740	11.839	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065	1.043	
17:1.....g									
18:1 undifferentiated.....g	2.360		0		1		0.669	10.705	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.068	1.089	
18:2 undifferentiated.....g	0.190		0		1		0.054	0.862	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0	A	1		0.039	0.619	
Threonine.....g	0.830		0	A	1		0.235	3.765	
Isoleucine.....g	0.945		0	A	1		0.268	4.288	
Leucine.....g	1.653		0	A	1		0.469	7.498	
Lysine.....g	1.756		0	A	1		0.498	7.966	
Methionine.....g	0.541		0	A	1		0.153	2.455	
Cystine.....g	0.268		0	A	1		0.076	1.216	
Phenylalanine.....g	0.821		0	A	1		0.233	3.723	
Tyrosine.....g	0.662		0	A	1		0.188	3.004	
Valine.....g	1.031		0	A	1		0.292	4.676	
Arginine.....g	1.344		0	A	1		0.381	6.095	
Histidine.....g	0.663		0	A	1		0.188	3.008	
Alanine.....g	1.263		0	A	1		0.358	5.730	
Aspartic acid.....g	1.893		0	A	1		0.537	8.586	
Glutamic acid.....g	3.120		0	A	1		0.884	14.150	
Glycine.....g	1.265		0	A	1		0.359	5.739	
Proline.....g	0.991		0	A	1		0.281	4.494	
Serine.....g	0.819		0	A	1		0.232	3.713	
Hydroxyproline.....g	0.218		0	BFPN	4		0.062	0.990	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13011

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, all grades, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13014

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.480		0		1		10.125	3.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.859	0.323	
17:1.....g									
18:1 undifferentiated.....g	4.090		0		1		9.243	3.477	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0		1		0.814	0.306	
18:2 undifferentiated.....g	0.290		0		1		0.655	0.247	
18:3 undifferentiated.....g	0.030		0		1		0.068	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.090	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		194	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.331		0		1		0.748	0.281	
Threonine.....g	1.292		0		1		2.920	1.098	
Isoleucine.....g	1.330		0		1		3.006	1.131	
Leucine.....g	2.338		0		1		5.284	1.987	
Lysine.....g	2.461		0		1		5.562	2.092	
Methionine.....g	0.757		0		1		1.711	0.643	
Cystine.....g	0.331		0		1		0.748	0.281	
Phenylalanine.....g	1.155		0		1		2.610	0.982	
Tyrosine.....g	0.994		0		1		2.246	0.845	
Valine.....g	1.439		0		1		3.252	1.223	
Arginine.....g	1.869		0		1		4.224	1.589	
Histidine.....g	1.013		0		1		2.289	0.861	
Alanine.....g	1.784		0		1		4.032	1.516	
Aspartic acid.....g	2.702		0		1		6.107	2.297	
Glutamic acid.....g	4.444		0		1		10.043	3.777	
Glycine.....g	1.614		0		1		3.648	1.372	
Proline.....g	1.306		0		1		2.952	1.110	
Serine.....g	1.131		0		1		2.556	0.961	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 226g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13013

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.880		0		1		0.816	13.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.071	1.134	
17:1.....g									
18:1 undifferentiated.....g	2.620		0		1		0.743	11.884	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270		0		1		0.077	1.225	
18:2 undifferentiated.....g	0.210		0		1		0.060	0.953	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.066	1.057	
Threonine.....g	0.908		0		1		0.257	4.119	
Isoleucine.....g	0.934		0		1		0.265	4.237	
Leucine.....g	1.643		0		1		0.466	7.453	
Lysine.....g	1.729		0		1		0.490	7.843	
Methionine.....g	0.532		0		1		0.151	2.413	
Cystine.....g	0.233		0		1		0.066	1.057	
Phenylalanine.....g	0.811		0		1		0.230	3.679	
Tyrosine.....g	0.698		0		1		0.198	3.166	
Valine.....g	1.011		0		1		0.287	4.586	
Arginine.....g	1.313		0		1		0.372	5.956	
Histidine.....g	0.712		0		1		0.202	3.230	
Alanine.....g	1.254		0		1		0.356	5.688	
Aspartic acid.....g	1.899		0		1		0.538	8.614	
Glutamic acid.....g	3.122		0		1		0.885	14.161	
Glycine.....g	1.134		0		1		0.321	5.144	
Proline.....g	0.918		0		1		0.260	4.164	
Serine.....g	0.795		0		1		0.225	3.606	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13018

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.500		0		1		12.980	4.675	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		1.015	0.366	
17:1.....g									
18:1 undifferentiated.....g	4.870		0		1		11.493	4.140	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0		1		1.086	0.391	
18:2 undifferentiated.....g	0.360		0		1		0.850	0.306	
18:3 undifferentiated.....g	0.030		0		1		0.071	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.118	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		194	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		0.767	0.276	
Threonine.....g	1.269		0		1		2.995	1.079	
Isoleucine.....g	1.306		0		1		3.082	1.110	
Leucine.....g	2.296		0		1		5.419	1.952	
Lysine.....g	2.416		0		1		5.702	2.054	
Methionine.....g	0.743		0		1		1.753	0.632	
Cystine.....g	0.325		0		1		0.767	0.276	
Phenylalanine.....g	1.134		0		1		2.676	0.964	
Tyrosine.....g	0.976		0		1		2.303	0.830	
Valine.....g	1.413		0		1		3.335	1.201	
Arginine.....g	1.835		0		1		4.331	1.560	
Histidine.....g	0.994		0		1		2.346	0.845	
Alanine.....g	1.752		0		1		4.135	1.489	
Aspartic acid.....g	2.653		0		1		6.261	2.255	
Glutamic acid.....g	4.363		0		1		10.297	3.709	
Glycine.....g	1.585		0		1		3.741	1.347	
Proline.....g	1.283		0		1		3.028	1.091	
Serine.....g	1.111		0		1		2.622	0.944	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13017

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.170		0		1		1.182	18.915	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.096	1.542	
17:1.....g									
18:1 undifferentiated.....g	3.650		0		1		1.035	16.556	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.111	1.769	
18:2 undifferentiated.....g	0.310		0		1		0.088	1.406	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.067	1.075	
Threonine.....g	0.924		0		1		0.262	4.191	
Isoleucine.....g	0.951		0		1		0.270	4.314	
Leucine.....g	1.672		0		1		0.474	7.584	
Lysine.....g	1.760		0		1		0.499	7.983	
Methionine.....g	0.542		0		1		0.154	2.459	
Cystine.....g	0.237		0		1		0.067	1.075	
Phenylalanine.....g	0.826		0		1		0.234	3.747	
Tyrosine.....g	0.711		0		1		0.202	3.225	
Valine.....g	1.029		0		1		0.292	4.668	
Arginine.....g	1.337		0		1		0.379	6.065	
Histidine.....g	0.725		0		1		0.206	3.289	
Alanine.....g	1.276		0		1		0.362	5.788	
Aspartic acid.....g	1.933		0		1		0.548	8.768	
Glutamic acid.....g	3.179		0		1		0.901	14.420	
Glycine.....g	1.154		0		1		0.327	5.235	
Proline.....g	0.934		0		1		0.265	4.237	
Serine.....g	0.809		0		1		0.229	3.670	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13016

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.690		0		1		8.561	3.137	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.719	0.264	
17:1.....g									
18:1 undifferentiated.....g	3.360		0		1		7.795	2.856	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.696	0.255	
18:2 undifferentiated.....g	0.240		0		1		0.557	0.204	
18:3 undifferentiated.....g	0.030		0		1		0.070	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.070	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		200	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.331		0		1		0.768	0.281	
Threonine.....g	1.292		0		1		2.997	1.098	
Isoleucine.....g	1.330		0		1		3.086	1.131	
Leucine.....g	2.339		0		1		5.426	1.988	
Lysine.....g	2.462		0		1		5.712	2.093	
Methionine.....g	0.757		0		1		1.756	0.643	
Cystine.....g	0.331		0		1		0.768	0.281	
Phenylalanine.....g	1.155		0		1		2.680	0.982	
Tyrosine.....g	0.994		0		1		2.306	0.845	
Valine.....g	1.439		0		1		3.338	1.223	
Arginine.....g	1.870		0		1		4.338	1.590	
Histidine.....g	1.013		0		1		2.350	0.861	
Alanine.....g	1.785		0		1		4.141	1.517	
Aspartic acid.....g	2.703		0		1		6.271	2.298	
Glutamic acid.....g	4.445		0		1		10.312	3.778	
Glycine.....g	1.614		0		1		3.744	1.372	
Proline.....g	1.307		0		1		3.032	1.111	
Serine.....g	1.131		0		1		2.624	0.961	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13015

Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.480		0		1		0.703	11.249	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065	1.043	
17:1.....g									
18:1 undifferentiated.....g	2.240		0		1		0.635	10.161	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.065	1.043	
18:2 undifferentiated.....g	0.180		0		1		0.051	0.816	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0		1		0.066	1.052	
Threonine.....g	0.903		0		1		0.256	4.096	
Isoleucine.....g	0.929		0		1		0.263	4.214	
Leucine.....g	1.634		0		1		0.463	7.412	
Lysine.....g	1.720		0		1		0.488	7.802	
Methionine.....g	0.529		0		1		0.150	2.400	
Cystine.....g	0.232		0		1		0.066	1.052	
Phenylalanine.....g	0.807		0		1		0.229	3.661	
Tyrosine.....g	0.695		0		1		0.197	3.153	
Valine.....g	1.005		0		1		0.285	4.559	
Arginine.....g	1.306		0		1		0.370	5.924	
Histidine.....g	0.708		0		1		0.201	3.211	
Alanine.....g	1.247		0		1		0.354	5.656	
Aspartic acid.....g	1.888		0		1		0.535	8.564	
Glutamic acid.....g	3.105		0		1		0.880	14.084	
Glycine.....g	1.128		0		1		0.320	5.117	
Proline.....g	0.913		0		1		0.259	4.141	
Serine.....g	0.790		0		1		0.224	3.583	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13345

Beef, cured, breakfast strips, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	16.850		0		1		5.729	28.645	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.270	0.084	22		1		0.772	3.859	
17:1.....g									
18:1 undifferentiated.....g	14.580	0.206	22		1		4.957	24.786	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.580		0		1		0.537	2.686	
18:2 undifferentiated.....g	1.250	0.105	22		1		0.425	2.125	
18:3 undifferentiated.....g	0.330	0.041	22		1		0.112	0.561	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	119	3.838	22		1		40	202	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.097	0.485	
Threonine.....g	1.182		0		1		0.402	2.009	
Isoleucine.....g	1.352		0		1		0.460	2.298	
Leucine.....g	2.299		0		1		0.782	3.908	
Lysine.....g	2.399		0		1		0.816	4.078	
Methionine.....g	0.726		0		1		0.247	1.234	
Cystine.....g	0.401		0		1		0.136	0.682	
Phenylalanine.....g	1.127		0		1		0.383	1.916	
Tyrosine.....g	1.022		0		1		0.347	1.737	
Valine.....g	1.377		0		1		0.468	2.341	
Arginine.....g	1.933		0		1		0.657	3.286	
Histidine.....g	0.997		0		1		0.339	1.695	
Alanine.....g	2.254		0		1		0.766	3.832	
Aspartic acid.....g	3.065		0		1		1.042	5.211	
Glutamic acid.....g	5.098		0		1		1.733	8.667	
Glycine.....g	2.614		0		1		0.889	4.444	
Proline.....g	2.254		0		1		0.766	3.832	
Serine.....g	1.262		0		1		0.429	2.145	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 34g: 3 slices

NDB No. 13345

Beef, cured, breakfast strips, cooked

Measure 2 = 170g: 1 package, cooked (yield from 12 oz raw product)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13344

Beef, cured, breakfast strips, raw or unheated

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.680		0		1		12.702	63.512	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.470	0.053	22		1		1.680	8.398	
17:1.....g									
18:1 undifferentiated.....g	16.210	0.197	22		1		11.023	55.114	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.190		0		1		1.489	7.446	
18:2 undifferentiated.....g	1.670	0.146	22		1		1.136	5.678	
18:3 undifferentiated.....g	0.520	0.055	22		1		0.354	1.768	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82	2.558	22		1		56	279	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.078	0.388	
Threonine.....g	0.472		0		1		0.321	1.605	
Isoleucine.....g	0.540		0		1		0.367	1.836	
Leucine.....g	0.918		0		1		0.624	3.121	
Lysine.....g	0.958		0		1		0.651	3.257	
Methionine.....g	0.290		0		1		0.197	0.986	
Cystine.....g	0.160		0		1		0.109	0.544	
Phenylalanine.....g	0.450		0		1		0.306	1.530	
Tyrosine.....g	0.408		0		1		0.277	1.387	
Valine.....g	0.550		0		1		0.374	1.870	
Arginine.....g	0.772		0		1		0.525	2.625	
Histidine.....g	0.398		0		1		0.271	1.353	
Alanine.....g	0.900		0		1		0.612	3.060	
Aspartic acid.....g	1.224		0		1		0.832	4.162	
Glutamic acid.....g	2.036		0		1		1.384	6.922	
Glycine.....g	1.044		0		1		0.710	3.550	
Proline.....g	0.900		0		1		0.612	3.060	
Serine.....g	0.504		0		1		0.343	1.714	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 68g: 3 slices

Measure 2 = 340g: 1 package (net weight, 12 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13347

Beef, cured, corned beef, brisket, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.220		0		1		29.504	7.837	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.440	0.177	5		1		4.608	1.224	
17:1.....g									
18:1 undifferentiated.....g	7.780	0.470	5		1		24.896	6.613	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.670		0		1		2.144	0.570	
18:2 undifferentiated.....g	0.540	0.081	5		1		1.728	0.459	
18:3 undifferentiated.....g	0.130	0.016	5		1		0.416	0.111	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	98	9.839	5		1		314	83	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.119		0	A	1		0.382	0.102	
Threonine.....g	0.726		0	A	1		2.323	0.617	
Isoleucine.....g	0.827		0	A	1		2.645	0.703	
Leucine.....g	1.445		0	A	1		4.625	1.229	
Lysine.....g	1.536		0	A	1		4.914	1.305	
Methionine.....g	0.473		0	A	1		1.514	0.402	
Cystine.....g	0.234		0	A	1		0.750	0.199	
Phenylalanine.....g	0.718		0	A	1		2.297	0.610	
Tyrosine.....g	0.579		0	A	1		1.853	0.492	
Valine.....g	0.901		0	A	1		2.885	0.766	
Arginine.....g	1.175		0	A	1		3.760	0.999	
Histidine.....g	0.580		0	A	1		1.856	0.493	
Alanine.....g	1.105		0	A	1		3.535	0.939	
Aspartic acid.....g	1.655		0	A	1		5.296	1.407	
Glutamic acid.....g	2.728		0	A	1		8.729	2.319	
Glycine.....g	1.106		0	A	1		3.540	0.940	
Proline.....g	0.866		0	A	1		2.772	0.736	
Serine.....g	0.716		0	A	1		2.290	0.608	
Hydroxyproline.....g	0.191		0	BFPN	4		0.611	0.162	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13347

Beef, cured, corned beef, brisket, cooked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13346

Beef, cured, corned beef, brisket, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Fatty acids, total monounsaturated.....g	7.180		0		1	2.036	32.568	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	1.100	0.155	5		1	0.312	4.990	
17:1.....g								
18:1 undifferentiated.....g	6.080	0.753	5		1	1.724	27.579	
20:1.....g	0.000		0		4	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.530		0		1	0.150	2.404	
18:2 undifferentiated.....g	0.380	0.057	5		1	0.108	1.724	
18:3 undifferentiated.....g	0.150	0.050	5		1	0.043	0.680	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	
20:5 n-3.....g	0.000		0		4	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	54	9.391	5		1	15	245	
Phytosterols.....mg	0		0		4	0	0	
Amino Acids:								
Tryptophan.....g	0.134		0		1	0.038	0.608	
Threonine.....g	0.554		0		1	0.157	2.513	
Isoleucine.....g	0.634		0		1	0.180	2.876	
Leucine.....g	1.078		0		1	0.306	4.890	
Lysine.....g	1.125		0		1	0.319	5.103	
Methionine.....g	0.341		0		1	0.097	1.547	
Cystine.....g	0.188		0		1	0.053	0.853	
Phenylalanine.....g	0.529		0		1	0.150	2.400	
Tyrosine.....g	0.479		0		1	0.136	2.173	
Valine.....g	0.646		0		1	0.183	2.930	
Arginine.....g	0.907		0		1	0.257	4.114	
Histidine.....g	0.467		0		1	0.132	2.118	
Alanine.....g	1.057		0		1	0.300	4.795	
Aspartic acid.....g	1.438		0		1	0.408	6.523	
Glutamic acid.....g	2.391		0		1	0.678	10.846	
Glycine.....g	1.226		0		1	0.348	5.561	
Proline.....g	1.057		0		1	0.300	4.795	
Serine.....g	0.592		0		1	0.168	2.685	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13948

Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.317		0	NC	4		12.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.302		0	BFFN	4		1.157		
17:1.....g									
18:1 undifferentiated.....g	3.002		0	BFFN	4		11.496		
20:1.....g	0.013		0	BFFN	4		0.050		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0	NC	4		1.232		
18:2 undifferentiated.....g	0.197		0	BFFN	4		0.755		
18:3 undifferentiated.....g	0.092		0	BFFN	4		0.352		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	BFFN	4		0.126		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	BFFN	4		171		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	PAK	1		0.696		
Threonine.....g	1.105		0	PAK	1		4.233		
Isoleucine.....g	1.259		0	PAK	1		4.820		
Leucine.....g	2.201		0	PAK	1		8.428		
Lysine.....g	2.338		0	PAK	1		8.954		
Methionine.....g	0.720		0	PAK	1		2.759		
Cystine.....g	0.357		0	PAK	1		1.367		
Phenylalanine.....g	1.093		0	PAK	1		4.185		
Tyrosine.....g	0.882		0	PAK	1		3.376		
Valine.....g	1.372		0	PAK	1		5.256		
Arginine.....g	1.789		0	PAK	1		6.851		
Histidine.....g	0.883		0	PAK	1		3.381		
Alanine.....g	1.682		0	PAK	1		6.441		
Aspartic acid.....g	2.520		0	PAK	1		9.651		
Glutamic acid.....g	4.153		0	PAK	1		15.906		
Glycine.....g	1.684		0	PAK	1		6.452		
Proline.....g	1.319		0	PAK	1		5.051		
Serine.....g	1.090		0	PAK	1		4.174		
Hydroxyproline.....g	0.291		0	PAK	1		1.113		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 383g: 1 steak (yield from 475 g raw meat)

NDB No. 13948

Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13970

Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.924		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.297		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.621		0	BFFN		4			
20:1.....g	0.007		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.277		0	NC		4			
18:2 undifferentiated.....g	0.169		0	BFFN		4			
18:3 undifferentiated.....g	0.081		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	PAK		1			
Threonine.....g	0.848		0	PAK		1			
Isoleucine.....g	0.965		0	PAK		1			
Leucine.....g	1.688		0	PAK		1			
Lysine.....g	1.793		0	PAK		1			
Methionine.....g	0.553		0	PAK		1			
Cystine.....g	0.274		0	PAK		1			
Phenylalanine.....g	0.838		0	PAK		1			
Tyrosine.....g	0.676		0	PAK		1			
Valine.....g	1.053		0	PAK		1			
Arginine.....g	1.372		0	PAK		1			
Histidine.....g	0.677		0	PAK		1			
Alanine.....g	1.290		0	PAK		1			
Aspartic acid.....g	1.933		0	PAK		1			
Glutamic acid.....g	3.185		0	PAK		1			
Glycine.....g	1.292		0	PAK		1			
Proline.....g	1.012		0	PAK		1			
Serine.....g	0.836		0	PAK		1			
Hydroxyproline.....g	0.223		0	PAK		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13970

Beef, flank, separable lean and fat, trimmed to 0" fat, all grades, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13067

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.751		0	NC	4		14.516		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.342		0	BFFN	4		1.322		
17:1.....g									
18:1 undifferentiated.....g	3.395		0	BFFN	4		13.137		
20:1.....g	0.015		0	BFFN	4		0.057		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.364		0	NC	4		1.408		
18:2 undifferentiated.....g	0.223		0	BFFN	4		0.862		
18:3 undifferentiated.....g	0.104		0	BFFN	4		0.402		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.144		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	BFFN	4		195		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	PAK	1		0.701		
Threonine.....g	1.100		0	PAK	1		4.259		
Isoleucine.....g	1.253		0	PAK	1		4.850		
Leucine.....g	2.191		0	PAK	1		8.481		
Lysine.....g	2.328		0	PAK	1		9.010		
Methionine.....g	0.717		0	PAK	1		2.776		
Cystine.....g	0.355		0	PAK	1		1.376		
Phenylalanine.....g	1.088		0	PAK	1		4.211		
Tyrosine.....g	0.878		0	PAK	1		3.397		
Valine.....g	1.367		0	PAK	1		5.289		
Arginine.....g	1.781		0	PAK	1		6.894		
Histidine.....g	0.879		0	PAK	1		3.402		
Alanine.....g	1.675		0	PAK	1		6.481		
Aspartic acid.....g	2.509		0	PAK	1		9.711		
Glutamic acid.....g	4.136		0	PAK	1		16.005		
Glycine.....g	1.677		0	PAK	1		6.491		
Proline.....g	1.313		0	PAK	1		5.082		
Serine.....g	1.085		0	PAK	1		4.200		
Hydroxyproline.....g	0.289		0	PAK	1		1.120		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 387g: 1 steak (yield from 483 g raw meat)

NDB No. 13067

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13065

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.380		0	NC	4		0.958	3.820	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.343		0	BFFN	4		0.097	0.388	
17:1.....g									
18:1 undifferentiated.....g	3.029		0	BFFN	4		0.859	3.423	
20:1.....g	0.008		0	BFFN	4		0.002	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		0.091	0.361	
18:2 undifferentiated.....g	0.195		0	BFFN	4		0.055	0.220	
18:3 undifferentiated.....g	0.094		0	BFFN	4		0.027	0.106	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN	4		0.009	0.035	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	BFFN	4		12	46	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	PAK	1		0.040	0.158	
Threonine.....g	0.847		0	PAK	1		0.240	0.958	
Isoleucine.....g	0.965		0	PAK	1		0.274	1.091	
Leucine.....g	1.688		0	PAK	1		0.478	1.907	
Lysine.....g	1.793		0	PAK	1		0.508	2.026	
Methionine.....g	0.552		0	PAK	1		0.157	0.624	
Cystine.....g	0.274		0	PAK	1		0.078	0.309	
Phenylalanine.....g	0.838		0	PAK	1		0.238	0.947	
Tyrosine.....g	0.676		0	PAK	1		0.192	0.764	
Valine.....g	1.052		0	PAK	1		0.298	1.189	
Arginine.....g	1.372		0	PAK	1		0.389	1.550	
Histidine.....g	0.677		0	PAK	1		0.192	0.765	
Alanine.....g	1.290		0	PAK	1		0.366	1.457	
Aspartic acid.....g	1.932		0	PAK	1		0.548	2.184	
Glutamic acid.....g	3.185		0	PAK	1		0.903	3.599	
Glycine.....g	1.292		0	PAK	1		0.366	1.460	
Proline.....g	1.011		0	PAK	1		0.287	1.143	
Serine.....g	0.836		0	PAK	1		0.237	0.944	
Hydroxyproline.....g	0.223		0	BFFN	4		0.063	0.252	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13065

Beef, flank, separable lean and fat, trimmed to 0" fat, choice, raw

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13949

Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.882		0	NC	4		10.924		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.263		0	BFFN	4		0.995		
17:1.....g									
18:1 undifferentiated.....g	2.609		0	BFFN	4		9.886		
20:1.....g	0.011		0	BFFN	4		0.043		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0	NC	4		1.060		
18:2 undifferentiated.....g	0.171		0	BFFN	4		0.649		
18:3 undifferentiated.....g	0.080		0	BFFN	4		0.303		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.108		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0	BFFN	4		147		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0	PAK	1		0.692		
Threonine.....g	1.110		0	PAK	1		4.206		
Isoleucine.....g	1.264		0	PAK	1		4.790		
Leucine.....g	2.210		0	PAK	1		8.375		
Lysine.....g	2.348		0	PAK	1		8.898		
Methionine.....g	0.723		0	PAK	1		2.742		
Cystine.....g	0.359		0	PAK	1		1.359		
Phenylalanine.....g	1.097		0	PAK	1		4.159		
Tyrosine.....g	0.885		0	PAK	1		3.355		
Valine.....g	1.378		0	PAK	1		5.223		
Arginine.....g	1.796		0	PAK	1		6.808		
Histidine.....g	0.887		0	PAK	1		3.360		
Alanine.....g	1.689		0	PAK	1		6.401		
Aspartic acid.....g	2.530		0	PAK	1		9.591		
Glutamic acid.....g	4.171		0	PAK	1		15.806		
Glycine.....g	1.692		0	PAK	1		6.411		
Proline.....g	1.324		0	PAK	1		5.019		
Serine.....g	1.094		0	PAK	1		4.148		
Hydroxyproline.....g	0.292		0	PAK	1		1.106		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 379g: 1 steak (yield from 467 g raw meat)

NDB No. 13949

Beef, flank, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13971

Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.469		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.251		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.212		0	BFFN		4			
20:1.....g	0.006		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.234		0	NC		4			
18:2 undifferentiated.....g	0.143		0	BFFN		4			
18:3 undifferentiated.....g	0.068		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	PAK		1			
Threonine.....g	0.848		0	PAK		1			
Isoleucine.....g	0.965		0	PAK		1			
Leucine.....g	1.688		0	PAK		1			
Lysine.....g	1.793		0	PAK		1			
Methionine.....g	0.553		0	PAK		1			
Cystine.....g	0.274		0	PAK		1			
Phenylalanine.....g	0.838		0	PAK		1			
Tyrosine.....g	0.676		0	PAK		1			
Valine.....g	1.053		0	PAK		1			
Arginine.....g	1.372		0	PAK		1			
Histidine.....g	0.677		0	PAK		1			
Alanine.....g	1.290		0	PAK		1			
Aspartic acid.....g	1.933		0	PAK		1			
Glutamic acid.....g	3.186		0	PAK		1			
Glycine.....g	1.292		0	PAK		1			
Proline.....g	1.012		0	PAK		1			
Serine.....g	0.836		0	PAK		1			
Hydroxyproline.....g	0.223		0	PAK		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13971

Beef, flank, separable lean and fat, trimmed to 0" fat, select, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23654

Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.917		0	NC	4		11.171		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.256		0	BFFN	4		0.980		
17:1.....g									
18:1 undifferentiated.....g	2.654		0	BFFN	4		10.163		
20:1.....g	0.007		0	BFFN	4		0.028		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.292		0	NC	4		1.120		
18:2 undifferentiated.....g	0.183		0	BFFN	4		0.700		
18:3 undifferentiated.....g	0.073		0	BFFN	4		0.280		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.140		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	49		0	BFFN	4		188		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0	A	1		0.702		
Threonine.....g	1.114		0	A	1		4.267		
Isoleucine.....g	1.269		0	A	1		4.860		
Leucine.....g	2.218		0	A	1		8.497		
Lysine.....g	2.357		0	A	1		9.027		
Methionine.....g	0.726		0	A	1		2.782		
Cystine.....g	0.360		0	A	1		1.378		
Phenylalanine.....g	1.102		0	A	1		4.219		
Tyrosine.....g	0.889		0	A	1		3.404		
Valine.....g	1.384		0	A	1		5.299		
Arginine.....g	1.803		0	A	1		6.907		
Histidine.....g	0.890		0	A	1		3.409		
Alanine.....g	1.695		0	A	1		6.494		
Aspartic acid.....g	2.540		0	A	1		9.729		
Glutamic acid.....g	4.187		0	A	1		16.035		
Glycine.....g	1.698		0	A	1		6.504		
Proline.....g	1.330		0	A	1		5.092		
Serine.....g	1.099		0	A	1		4.208		
Hydroxyproline.....g	0.293		0	A	1		1.122		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 383g: 1 steak

NDB No. 23654

Beef, flank, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23656

Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.951		0	NC	4		3.668		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.167		0	BFFN	4		0.313		
17:1.....g									
18:1 undifferentiated.....g	1.778		0	BFFN	4		3.343		
20:1.....g	0.007		0	BFFN	4		0.012		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0	NC	4		0.363		
18:2 undifferentiated.....g	0.120		0	BFFN	4		0.225		
18:3 undifferentiated.....g	0.047		0	BFFN	4		0.088		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN	4		0.050		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0	BFFN	4		63		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0	A	1		0.267		
Threonine.....g	0.862		0	A	1		1.620		
Isoleucine.....g	0.982		0	A	1		1.845		
Leucine.....g	1.716		0	A	1		3.226		
Lysine.....g	1.823		0	A	1		3.428		
Methionine.....g	0.562		0	A	1		1.056		
Cystine.....g	0.278		0	A	1		0.523		
Phenylalanine.....g	0.852		0	A	1		1.602		
Tyrosine.....g	0.687		0	A	1		1.292		
Valine.....g	1.070		0	A	1		2.012		
Arginine.....g	1.395		0	A	1		2.623		
Histidine.....g	0.689		0	A	1		1.294		
Alanine.....g	1.312		0	A	1		2.466		
Aspartic acid.....g	1.965		0	A	1		3.695		
Glutamic acid.....g	3.239		0	A	1		6.089		
Glycine.....g	1.314		0	A	1		2.470		
Proline.....g	1.029		0	A	1		1.934		
Serine.....g	0.850		0	A	1		1.598		
Hydroxyproline.....g	0.227		0	A	1		0.426		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 188g: 1 steak

NDB No. 23656

Beef, flank, separable lean only, trimmed to 0" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13069

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.440		0		1		13.382	4.624	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		1		1		1.181	0.408	
17:1.....g									
18:1 undifferentiated.....g	4.850		1		1		11.931	4.123	
20:1.....g	0.010		1		1		0.025	0.009	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.959	0.332	
18:2 undifferentiated.....g	0.280		1		1		0.689	0.238	
18:3 undifferentiated.....g	0.090		1		1		0.221	0.077	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		1		1		0.049	0.017	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71	8.185	6		1		175	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	NR	4		0.453	0.157	
Threonine.....g	1.119		0	NR	4		2.754	0.951	
Isoleucine.....g	1.275		0	NR	4		3.136	1.084	
Leucine.....g	2.229		0	NR	4		5.483	1.895	
Lysine.....g	2.368		0	NR	4		5.825	2.013	
Methionine.....g	0.730		0	NR	4		1.795	0.620	
Cystine.....g	0.362		0	NR	4		0.890	0.307	
Phenylalanine.....g	1.107		0	NR	4		2.723	0.941	
Tyrosine.....g	0.893		0	NR	4		2.196	0.759	
Valine.....g	1.390		0	NR	4		3.420	1.182	
Arginine.....g	1.812		0	NR	4		4.457	1.540	
Histidine.....g	0.894		0	NR	4		2.200	0.760	
Alanine.....g	1.703		0	NR	4		4.191	1.448	
Aspartic acid.....g	2.552		0	NR	4		6.279	2.169	
Glutamic acid.....g	4.206		0	NR	4		10.348	3.575	
Glycine.....g	1.706		0	NR	4		4.197	1.450	
Proline.....g	1.336		0	NR	4		3.286	1.135	
Serine.....g	1.104		0	NR	4		2.715	0.938	
Hydroxyproline.....g	0.294		0	BFPN	4		0.724	0.250	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 246g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13069

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13070

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.279		0	NC	4		12.691		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.288		0	BFFN	4		1.113		
17:1.....g									
18:1 undifferentiated.....g	2.984		0	BFFN	4		11.547		
20:1.....g	0.008		0	BFFN	4		0.032		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.329		0	NC	4		1.271		
18:2 undifferentiated.....g	0.205		0	BFFN	4		0.795		
18:3 undifferentiated.....g	0.082		0	BFFN	4		0.318		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.159		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0	A	1		0.708		
Threonine.....g	1.111		0	A	1		4.301		
Isoleucine.....g	1.266		0	A	1		4.898		
Leucine.....g	2.213		0	A	1		8.564		
Lysine.....g	2.351		0	A	1		9.098		
Methionine.....g	0.724		0	A	1		2.804		
Cystine.....g	0.359		0	A	1		1.389		
Phenylalanine.....g	1.099		0	A	1		4.252		
Tyrosine.....g	0.886		0	A	1		3.431		
Valine.....g	1.380		0	A	1		5.341		
Arginine.....g	1.799		0	A	1		6.962		
Histidine.....g	0.888		0	A	1		3.436		
Alanine.....g	1.691		0	A	1		6.545		
Aspartic acid.....g	2.534		0	A	1		9.806		
Glutamic acid.....g	4.176		0	A	1		16.162		
Glycine.....g	1.694		0	A	1		6.555		
Proline.....g	1.326		0	A	1		5.132		
Serine.....g	1.096		0	A	1		4.241		
Hydroxyproline.....g	0.292		0	A	1		1.131		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 387g: 1 steak

NDB No. 13070

Beef, flank, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13068

Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.477		0	NC	4		0.702	11.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.211		0	BFFN	4		0.060	0.958	
17:1.....g									
18:1 undifferentiated.....g	2.257		0	BFFN	4		0.640	10.239	
20:1.....g	0.008		0	BFFN	4		0.002	0.038	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.245		0	NC	4		0.069	1.111	
18:2 undifferentiated.....g	0.152		0	BFFN	4		0.043	0.690	
18:3 undifferentiated.....g	0.059		0	BFFN	4		0.017	0.268	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	BFFN	4		0.010	0.153	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	BFFN	4		12	192	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1		0.040	0.647	
Threonine.....g	0.867		0	A	1		0.246	3.935	
Isoleucine.....g	0.988		0	A	1		0.280	4.481	
Leucine.....g	1.727		0	A	1		0.490	7.835	
Lysine.....g	1.835		0	A	1		0.520	8.324	
Methionine.....g	0.565		0	A	1		0.160	2.565	
Cystine.....g	0.280		0	A	1		0.079	1.271	
Phenylalanine.....g	0.858		0	A	1		0.243	3.891	
Tyrosine.....g	0.692		0	A	1		0.196	3.139	
Valine.....g	1.077		0	A	1		0.305	4.887	
Arginine.....g	1.404		0	A	1		0.398	6.369	
Histidine.....g	0.693		0	A	1		0.196	3.144	
Alanine.....g	1.320		0	A	1		0.374	5.988	
Aspartic acid.....g	1.978		0	A	1		0.561	8.972	
Glutamic acid.....g	3.260		0	A	1		0.924	14.787	
Glycine.....g	1.322		0	A	1		0.375	5.998	
Proline.....g	1.035		0	A	1		0.293	4.696	
Serine.....g	0.855		0	A	1		0.243	3.880	
Hydroxyproline.....g	0.228		0	BFFN	4		0.065	1.035	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13068

Beef, flank, separable lean only, trimmed to 0" fat, choice, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23655

Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.554		0	NC	4		9.680		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.224		0	BFFN	4		0.849		
17:1.....g									
18:1 undifferentiated.....g	2.324		0	BFFN	4		8.806		
20:1.....g	0.006		0	BFFN	4		0.024		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0	NC	4		0.970		
18:2 undifferentiated.....g	0.160		0	BFFN	4		0.606		
18:3 undifferentiated.....g	0.064		0	BFFN	4		0.243		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.121		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	43		0	BFFN	4		163		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	A	1		0.696		
Threonine.....g	1.117		0	A	1		4.233		
Isoleucine.....g	1.272		0	A	1		4.821		
Leucine.....g	2.224		0	A	1		8.429		
Lysine.....g	2.363		0	A	1		8.955		
Methionine.....g	0.728		0	A	1		2.759		
Cystine.....g	0.361		0	A	1		1.367		
Phenylalanine.....g	1.104		0	A	1		4.185		
Tyrosine.....g	0.891		0	A	1		3.377		
Valine.....g	1.387		0	A	1		5.257		
Arginine.....g	1.808		0	A	1		6.852		
Histidine.....g	0.892		0	A	1		3.382		
Alanine.....g	1.700		0	A	1		6.442		
Aspartic acid.....g	2.547		0	A	1		9.652		
Glutamic acid.....g	4.197		0	A	1		15.908		
Glycine.....g	1.702		0	A	1		6.452		
Proline.....g	1.333		0	A	1		5.052		
Serine.....g	1.101		0	A	1		4.174		
Hydroxyproline.....g	0.294		0	A	1		1.113		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 379g: 1 steak (yield from 467 g raw meat)

NDB No. 23655

Beef, flank, separable lean only, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23657

Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.967		0	NC	4		3.403		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.168		0	BFFN	4		0.290		
17:1.....g									
18:1 undifferentiated.....g	1.793		0	BFFN	4		3.101		
20:1.....g	0.007		0	BFFN	4		0.012		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.195		0	NC	4		0.336		
18:2 undifferentiated.....g	0.121		0	BFFN	4		0.209		
18:3 undifferentiated.....g	0.047		0	BFFN	4		0.081		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN	4		0.046		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		0	BFFN	4		58		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0	A	1		0.244		
Threonine.....g	0.856		0	A	1		1.481		
Isoleucine.....g	0.975		0	A	1		1.687		
Leucine.....g	1.705		0	A	1		2.950		
Lysine.....g	1.811		0	A	1		3.134		
Methionine.....g	0.558		0	A	1		0.966		
Cystine.....g	0.277		0	A	1		0.479		
Phenylalanine.....g	0.847		0	A	1		1.465		
Tyrosine.....g	0.683		0	A	1		1.182		
Valine.....g	1.063		0	A	1		1.840		
Arginine.....g	1.386		0	A	1		2.398		
Histidine.....g	0.684		0	A	1		1.183		
Alanine.....g	1.303		0	A	1		2.254		
Aspartic acid.....g	1.952		0	A	1		3.378		
Glutamic acid.....g	3.218		0	A	1		5.567		
Glycine.....g	1.305		0	A	1		2.258		
Proline.....g	1.022		0	A	1		1.768		
Serine.....g	0.844		0	A	1		1.461		
Hydroxyproline.....g	0.225		0	A	1		0.390		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 173g: 1 steak

NDB No. 23657

Beef, flank, separable lean only, trimmed to 0" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23999

Beef, ground beef calculator - user selects lean/fat percentage

Refuse:

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13494

Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.78	1.112	36	AR	1		47.41	77.53	
Energy.....kcal	270		0	NC	4		230	376	
Energy.....kj	1131		0	NC	4		961	1572	
Protein (N x 6.25).....g	25.56	0.516	36	AR	1		21.72	35.52	
Total lipid (fat).....g	17.86	1.041	36	AR	1		15.18	24.83	
Ash.....g	1.04	0.072	36	AR	1		0.88	1.44	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41	7.265	12	AR	1		35	57	
Iron, Fe.....mg	2.48	0.212	12	AR	1		2.10	3.44	
Magnesium, Mg.....mg	20	0.806	12	AR	1		17	28	
Phosphorus, P.....mg	202	7.812	12	AR	1		171	280	
Potassium, K.....mg	328	17.387	12	AR	1		278	455	
Sodium, Na.....mg	96	4.501	12	AR	1		81	133	
Zinc, Zn.....mg	5.95	0.229	12	AR	1		5.06	8.27	
Copper, Cu.....mg	0.074	0.013	12	AR	1		0.063	0.103	
Manganese, Mn.....mg	0.012	0.001	12	AR	1		0.010	0.016	
Selenium, Se.....mcg	22.2	1.661	12	AR	1		18.9	30.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.048	0.008	12	AR	1		0.040	0.066	
Riboflavin.....mg	0.186	0.017	12	AR	1		0.158	0.258	
Niacin.....mg	4.859	0.312	11	AR	1		4.130	6.754	
Pantothenic acid.....mg	0.805	0.105	6	AR	1		0.684	1.119	
Vitamin B-6.....mg	0.429	0.031	12	AR	1		0.364	0.596	
Folate, total.....mcg	13	2.071	6	AR	1		11	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	13	2.071	6	AR	1		11	18	
Folate, DFE.....mcg_DFE	13		0	NC	4		11	18	
Vitamin B-12.....mcg	3.01	0.627	12	AR	1		2.56	4.19	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		0	BFSN	4		0.40	0.65	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		0	BFSN	4		2.6	4.3	
Lipids:									
Fatty acids, total saturated.....g	7.183		0	BFFN	4		6.106	9.984	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		6	AR	1		0.000	0.000	
10:0.....g	0.000		6	AR	1		0.000	0.000	
12:0.....g	0.017	0.000	5	AR	1		0.015	0.024	
13:0.....g									
14:0.....g	0.117	0.290	6	AR	1		0.099	0.162	
15:0.....g	0.020	0.047	6	AR	1		0.017	0.028	
16:0.....g	1.061	1.961	6	AR	1		0.902	1.475	
17:0.....g	0.049	0.102	6	AR	1		0.041	0.068	
18:0.....g	0.561	0.948	6	AR	1		0.476	0.779	
20:0.....g	0.015	0.013	5	AR	1		0.013	0.021	

NDB No. 13494

Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		6	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	8.650		0	BFFN	4		7.353	12.024	
14:1.....g	0.044	0.086	6	AR	1		0.037	0.061	
15:1.....g	0.000		6	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.163	0.367	6	AR	1		0.138	0.226	
17:1.....g	0.052	0.100	6	AR	1		0.045	0.073	
18:1 undifferentiated.....g	1.947	3.643	6	AR	1		1.655	2.706	
20:1.....g	0.000	0.034	5	AR	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.487		0	BFFN	4		0.414	0.677	
18:2 undifferentiated.....g	0.203	0.112	6	AR	1		0.172	0.282	
18:3 undifferentiated.....g	0.004	0.025	6	AR	1		0.004	0.006	
18:3 n-6 c,c,c.....g	0.032	0.001	5	AR	1		0.027	0.045	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		6	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		6	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050	0.015	6	AR	1		0.043	0.070	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.873		0	BFFN	4		0.742	1.213	
Cholesterol.....mg	88	8.157	12	AR	1		75	123	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.087		0	AR	1		0.074	0.121	
Threonine.....g	0.950		0	AR	1		0.807	1.320	
Isoleucine.....g	1.148		0	AR	1		0.976	1.596	
Leucine.....g	1.993		0	AR	1		1.694	2.770	
Lysine.....g	2.091		0	AR	1		1.778	2.907	
Methionine.....g	0.624		0	AR	1		0.531	0.868	
Cystine.....g	0.248		0	AR	1		0.211	0.345	
Phenylalanine.....g	1.027		0	AR	1		0.873	1.428	
Tyrosine.....g	0.751		0	AR	1		0.639	1.044	
Valine.....g	1.262		0	AR	1		1.073	1.755	
Arginine.....g	1.755		0	AR	1		1.491	2.439	
Histidine.....g	0.788		0	AR	1		0.669	1.095	
Alanine.....g	1.707		0	AR	1		1.451	2.373	
Aspartic acid.....g	2.290		0	AR	1		1.947	3.184	
Glutamic acid.....g	3.757		0	AR	1		3.194	5.223	
Glycine.....g	2.114		0	AR	1		1.797	2.939	
Proline.....g	1.528		0	AR	1		1.299	2.124	
Serine.....g	1.069		0	AR	1		0.909	1.486	
Hydroxyproline.....g	0.566		0	BFFN	4		0.481	0.786	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 13494

Beef, ground, 70% lean / 30% fat, crumbles, cooked, pan-browned

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

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

Common Measures:

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

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13495

Beef, ground, 70% lean / 30% fat, loaf, cooked, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.37	2.884	12	AR	1		49.61	165.77	
Energy.....kcal	241		0	NC	4		205	683	
Energy.....kj	1007		0	NC	4		856	2859	
Protein (N x 6.25).....g	23.87	1.354	12	AR	1		20.29	67.80	
Total lipid (fat).....g	15.37	2.142	12	AR	1		13.07	43.66	
Ash.....g	0.88	0.067	12	AR	1		0.75	2.49	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33	6.548	12	AR	1		28	94	
Iron, Fe.....mg	2.27	0.189	12	AR	1		1.93	6.46	
Magnesium, Mg.....mg	17	0.845	12	AR	1		14	47	
Phosphorus, P.....mg	166	7.992	12	AR	1		141	470	
Potassium, K.....mg	241	14.639	12	AR	1		205	685	
Sodium, Na.....mg	73	2.260	12	AR	1		62	208	
Zinc, Zn.....mg	5.84	0.221	12	AR	1		4.96	16.57	
Copper, Cu.....mg	0.081	0.010	11	AR	1		0.069	0.229	
Manganese, Mn.....mg	0.009	0.001	12	AR	1		0.007	0.024	
Selenium, Se.....mcg	19.1	2.072	12	AR	1		16.2	54.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.051	0.006	12	AR	1		0.043	0.143	
Riboflavin.....mg	0.168	0.013	12	AR	1		0.143	0.478	
Niacin.....mg	4.026	0.324	12	AR	1		3.422	11.435	
Pantothenic acid.....mg	0.515	0.071	6	AR	1		0.437	1.462	
Vitamin B-6.....mg	0.311	0.027	12	AR	1		0.264	0.882	
Folate, total.....mcg	7	1.897	6	AR	1		6	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.897	6	AR	1		6	20	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	20	
Vitamin B-12.....mcg	2.46	0.199	12	AR	1		2.09	6.99	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	BFSN	4		0.38	1.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		0	BFSN	4		2.4	8.2	
Lipids:									
Fatty acids, total saturated.....g	6.187		0	BFFN	4		5.259	17.571	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		6	AR	1		0.000	0.000	
10:0.....g	0.000		6	AR	1		0.000	0.000	
12:0.....g	0.009	0.007	6	AR	1		0.008	0.025	
13:0.....g									
14:0.....g	0.204	0.081	6	AR	1		0.173	0.578	
15:0.....g	0.031	0.015	6	AR	1		0.027	0.089	
16:0.....g	2.723	0.540	5	AR	1		2.315	7.734	
17:0.....g	0.084	0.037	6	AR	1		0.071	0.237	
18:0.....g	0.160	0.288	5	AR	1		0.136	0.454	
20:0.....g	0.000	0.009	6	AR	1		0.000	0.000	

NDB No. 13495

Beef, ground, 70% lean / 30% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		6	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.450		0	BFFN	4		6.333	21.158	
14:1.....g	0.064	0.012	6	AR	1		0.054	0.181	
15:1.....g	0.000		6	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.230	0.072	6	AR	1		0.196	0.654	
17:1.....g	0.075	0.020	6	AR	1		0.064	0.213	
18:1 undifferentiated.....g	2.788	1.083	6	AR	1		2.370	7.918	
20:1.....g	0.026	0.004	6	AR	1		0.022	0.073	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.419		0	BFFN	4		0.356	1.190	
18:2 undifferentiated.....g	0.427	0.017	5	AR	1		0.363	1.212	
18:3 undifferentiated.....g	0.000	0.010	5	AR	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.016	0.009	6	AR	1		0.014	0.046	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		6	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		6	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.084	0.001	5	AR	1		0.071	0.238	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.752		0	BFFN	4		0.639	2.136	
Cholesterol.....mg	66	7.842	12	AR	1		56	188	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0	AR	1		0.069	0.232	
Threonine.....g	0.887		0	AR	1		0.754	2.519	
Isoleucine.....g	1.072		0	AR	1		0.912	3.046	
Leucine.....g	1.861		0	AR	1		1.582	5.286	
Lysine.....g	1.954		0	AR	1		1.660	5.548	
Methionine.....g	0.583		0	AR	1		0.496	1.657	
Cystine.....g	0.232		0	AR	1		0.197	0.659	
Phenylalanine.....g	0.959		0	AR	1		0.816	2.725	
Tyrosine.....g	0.702		0	AR	1		0.597	1.993	
Valine.....g	1.179		0	AR	1		1.002	3.349	
Arginine.....g	1.639		0	AR	1		1.393	4.655	
Histidine.....g	0.736		0	AR	1		0.625	2.089	
Alanine.....g	1.595		0	AR	1		1.355	4.529	
Aspartic acid.....g	2.140		0	AR	1		1.819	6.076	
Glutamic acid.....g	3.510		0	AR	1		2.983	9.968	
Glycine.....g	1.975		0	AR	1		1.679	5.608	
Proline.....g	1.427		0	AR	1		1.213	4.054	
Serine.....g	0.999		0	AR	1		0.849	2.836	
Hydroxyproline.....g	0.528		0	BFFN	4		0.449	1.501	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 13495

Beef, ground, 70% lean / 30% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 284g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13496

Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.36	0.492	36	AR	1		50.46	45.71	
Energy.....kcal	238		0	NC	4		202	183	
Energy.....kj	995		0	NC	4		846	766	
Protein (N x 6.25).....g	22.86	0.778	36	AR	1		19.44	17.61	
Total lipid (fat).....g	15.54	0.982	36	AR	1		13.21	11.97	
Ash.....g	1.04	0.041	36	AR	1		0.88	0.80	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37	8.017	12	AR	1		32	29	
Iron, Fe.....mg	2.41	0.231	12	AR	1		2.05	1.86	
Magnesium, Mg.....mg	20	0.909	12	AR	1		17	15	
Phosphorus, P.....mg	194	8.617	12	AR	1		165	149	
Potassium, K.....mg	308	19.197	12	AR	1		262	237	
Sodium, Na.....mg	92	3.598	12	AR	1		78	71	
Zinc, Zn.....mg	5.82	0.213	12	AR	1		4.95	4.48	
Copper, Cu.....mg	0.066	0.007	11	AR	1		0.056	0.051	
Manganese, Mn.....mg	0.013	0.002	12	AR	1		0.011	0.010	
Selenium, Se.....mcg	19.2	1.499	12	AR	1		16.3	14.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.044	0.007	12	AR	1		0.037	0.033	
Riboflavin.....mg	0.175	0.002	12	AR	1		0.149	0.135	
Niacin.....mg	5.034	0.409	12	AR	1		4.278	3.876	
Pantothenic acid.....mg	0.614		0	BFPN	4		0.522	0.473	
Vitamin B-6.....mg	0.332	0.038	12	AR	1		0.282	0.256	
Folate, total.....mcg	10		0	BFPN	4		9	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		9	8	
Folate, DFE.....mcg_DFE	10		0	NC	4		9	8	
Vitamin B-12.....mcg	2.37	0.798	12	AR	1		2.01	1.82	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.43		0	BFSN	4		0.37	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	BFSN	4		2.4	2.2	
Lipids:									
Fatty acids, total saturated.....g	6.267		0	BFPN	4		5.327	4.826	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		6	AR	1		0.000	0.000	
10:0.....g	0.000		6	AR	1		0.000	0.000	
12:0.....g	0.000	0.007	6	AR	1		0.000	0.000	
13:0.....g									
14:0.....g	0.486	0.193	6	AR	1		0.413	0.374	
15:0.....g	0.087	0.030	6	AR	1		0.074	0.067	
16:0.....g	3.553	1.443	6	AR	1		3.020	2.736	
17:0.....g	0.188	0.075	6	AR	1		0.160	0.145	
18:0.....g	1.945	0.896	6	AR	1		1.653	1.497	
20:0.....g	0.000	0.017	6	AR	1		0.000	0.000	

NDB No. 13496

Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		6	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.547		0	BFFN	4		6.415	5.811	
14:1.....g	0.141	0.047	6	AR	1		0.120	0.109	
15:1.....g	0.000		6	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.555	0.198	6	AR	1		0.472	0.428	
17:1.....g	0.157	0.052	6	AR	1		0.134	0.121	
18:1 undifferentiated.....g	6.515	2.296	6	AR	1		5.538	5.017	
20:1.....g	0.053	0.018	6	AR	1		0.045	0.041	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.425		0	BFFN	4		0.361	0.327	
18:2 undifferentiated.....g	0.375	0.133	6	AR	1		0.318	0.288	
18:3 undifferentiated.....g	0.033	0.031	6	AR	1		0.028	0.025	
18:3 n-6 c,c,c.....g	0.000	0.011	6	AR	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		6	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		6	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038	0.015	6	AR	1		0.033	0.029	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.762		0	BFFN	4		0.648	0.587	
Cholesterol.....mg	78	6.093	12	AR	1		67	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0	AR	1		0.066	0.060	
Threonine.....g	0.850		0	AR	1		0.722	0.654	
Isoleucine.....g	1.027		0	AR	1		0.873	0.791	
Leucine.....g	1.783		0	AR	1		1.515	1.373	
Lysine.....g	1.871		0	AR	1		1.590	1.441	
Methionine.....g	0.559		0	AR	1		0.475	0.430	
Cystine.....g	0.222		0	AR	1		0.189	0.171	
Phenylalanine.....g	0.919		0	AR	1		0.781	0.708	
Tyrosine.....g	0.672		0	AR	1		0.571	0.518	
Valine.....g	1.129		0	AR	1		0.960	0.870	
Arginine.....g	1.570		0	AR	1		1.334	1.209	
Histidine.....g	0.705		0	AR	1		0.599	0.543	
Alanine.....g	1.527		0	AR	1		1.298	1.176	
Aspartic acid.....g	2.049		0	AR	1		1.742	1.578	
Glutamic acid.....g	3.362		0	AR	1		2.857	2.588	
Glycine.....g	1.891		0	AR	1		1.608	1.456	
Proline.....g	1.367		0	AR	1		1.162	1.053	
Serine.....g	0.957		0	AR	1		0.813	0.737	
Hydroxyproline.....g	0.393		0	AR	1		0.334	0.302	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 13496

Beef, ground, 70% lean / 30% fat, patty cooked, pan-broiled

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

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

Common Measures:

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

Measure 2 = 77g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13497

Beef, ground, 70% lean / 30% fat, patty, cooked, broiled

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.26	0.750	72	AR	1		47.82	39.39	
Energy.....kcal	273		0	NC	4		232	191	
Energy.....kj	1142		0	NC	4		970	799	
Protein (N x 6.25).....g	25.38	0.448	72	AR	1		21.58	17.77	
Total lipid (fat).....g	18.24	0.618	72	AR	1		15.50	12.77	
Ash.....g	0.97	0.028	72	AR	1		0.82	0.68	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	4.808	36	AR	1		30	25	
Iron, Fe.....mg	2.25	0.128	36	AR	1		1.91	1.58	
Magnesium, Mg.....mg	19	0.410	36	AR	1		16	13	
Phosphorus, P.....mg	185	4.278	36	AR	1		157	130	
Potassium, K.....mg	275	6.344	36	AR	1		234	192	
Sodium, Na.....mg	81	2.575	36	AR	1		69	57	
Zinc, Zn.....mg	6.14	0.234	36	AR	1		5.22	4.29	
Copper, Cu.....mg	0.069	0.010	36	AR	1		0.059	0.048	
Manganese, Mn.....mg	0.009	0.002	36	AR	1		0.008	0.007	
Selenium, Se.....mcg	21.4	1.558	72	AR	1		18.2	14.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.051	0.006	36	AR	1		0.043	0.036	
Riboflavin.....mg	0.181	0.024	36	AR	1		0.154	0.127	
Niacin.....mg	4.537	0.246	36	AR	1		3.857	3.176	
Pantothenic acid.....mg	0.682	0.059	6	AR	1		0.580	0.477	
Vitamin B-6.....mg	0.336	0.024	36	AR	1		0.286	0.235	
Folate, total.....mcg	11	2.723	6	AR	1		10	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	2.723	6	AR	1		10	8	
Folate, DFE.....mcg_DFE	11		0	NC	4		10	8	
Vitamin B-12.....mcg	2.90	0.132	36	AR	1		2.47	2.03	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		0	BFSN	4		0.40	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.0	0.983	12	AR	1		2.6	2.1	
Lipids:									
Fatty acids, total saturated.....g	7.349	0.283	35	AR	1		6.246	5.144	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		47	AR	1		0.000	0.000	
10:0.....g	0.000		47	AR	1		0.000	0.000	
12:0.....g	0.015	0.002	47	AR	1		0.013	0.011	
13:0.....g									
14:0.....g	0.571	0.027	47	AR	1		0.485	0.400	
15:0.....g	0.091	0.005	47	AR	1		0.077	0.063	
16:0.....g	4.147	0.186	47	AR	1		3.525	2.903	
17:0.....g	0.218	0.011	47	AR	1		0.186	0.153	
18:0.....g	2.027	0.176	47	AR	1		1.723	1.419	
20:0.....g	0.012	0.003	47	AR	1		0.011	0.009	

NDB No. 13497

Beef, ground, 70% lean / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		47	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	8.862	0.377	35	AR	1		7.532	6.203	
14:1.....g	0.162	0.012	47	AR	1		0.138	0.114	
15:1.....g	0.000		47	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.714	0.046	47	AR	1		0.607	0.500	
17:1.....g	0.098	0.034	47	AR	1		0.083	0.069	
18:1 undifferentiated.....g	7.460	0.351	47	AR	1		6.341	5.222	
18:1 c.....g									
18:1 t.....g	0.920	0.000	3	AR	1		0.782	0.644	
20:1.....g	0.073	0.006	47	AR	1		0.062	0.051	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.492	0.029	35	AR	1		0.419	0.345	
18:2 undifferentiated.....g	0.398	0.028	47	AR	1		0.338	0.278	
18:3 undifferentiated.....g	0.031	0.013	47	AR	1		0.027	0.022	
18:3 n-6 c,c,c.....g	0.013	0.003	47	AR	1		0.011	0.009	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		47	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		47	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.046	0.003	47	AR	1		0.039	0.032	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.920		0	NC	4		0.782	0.644	
Fatty acids, total trans-monoenoic.....g	0.920		0	NC	4		0.782	0.644	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	82	5.010	36	AR	1		69	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.087		0	AR	1		0.074	0.061	
Threonine.....g	0.943		0	AR	1		0.802	0.660	
Isoleucine.....g	1.140		0	AR	1		0.969	0.798	
Leucine.....g	1.979		0	AR	1		1.682	1.385	
Lysine.....g	2.077		0	AR	1		1.766	1.454	
Methionine.....g	0.620		0	AR	1		0.527	0.434	
Cystine.....g	0.247		0	AR	1		0.210	0.173	
Phenylalanine.....g	1.020		0	AR	1		0.867	0.714	
Tyrosine.....g	0.746		0	AR	1		0.634	0.522	
Valine.....g	1.254		0	AR	1		1.066	0.878	
Arginine.....g	1.743		0	AR	1		1.481	1.220	
Histidine.....g	0.782		0	AR	1		0.665	0.548	
Alanine.....g	1.696		0	AR	1		1.441	1.187	
Aspartic acid.....g	2.275		0	AR	1		1.934	1.592	
Glutamic acid.....g	3.732		0	AR	1		3.172	2.612	
Glycine.....g	2.100		0	AR	1		1.785	1.470	
Proline.....g	1.518		0	AR	1		1.290	1.062	
Serine.....g	1.062		0	AR	1		0.903	0.743	
Hydroxyproline.....g	0.562		0	BFPN	4		0.478	0.393	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 13497

Beef, ground, 70% lean / 30% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 70g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13498

Beef, ground, 70% lean / 30% fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.38	0.292	72	AR	1		15.23	246.68	61.45
Energy.....kcal	332		0	NC	4		93	1505	375
Energy.....kj	1389		0	NC	4		389	6298	1569
Protein (N x 6.25).....g	14.35	0.271	72	AR	1		4.02	65.08	16.21
Total lipid (fat).....g	30.00		72	AR	1		8.40	136.08	33.90
Ash.....g	0.70	0.034	72	AR	1		0.20	3.20	0.80
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	4.247	36	AR	1		7	108	27
Iron, Fe.....mg	1.64	0.079	36	AR	1		0.46	7.46	1.86
Magnesium, Mg.....mg	14	0.430	36	AR	1		4	62	15
Phosphorus, P.....mg	132	3.739	36	AR	1		37	598	149
Potassium, K.....mg	218	6.156	36	AR	1		61	990	247
Sodium, Na.....mg	67	2.054	36	AR	1		19	306	76
Zinc, Zn.....mg	3.57	0.131	36	AR	1		1.00	16.18	4.03
Copper, Cu.....mg	0.050	0.003	36	AR	1		0.014	0.229	0.057
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	13.5	1.107	72	AR	1		3.8	61.1	15.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.044	0.003	36	AR	1		0.012	0.200	0.050
Riboflavin.....mg	0.139	0.013	36	AR	1		0.039	0.632	0.157
Niacin.....mg	3.382	0.184	36	AR	1		0.947	15.341	3.822
Pantothenic acid.....mg	0.408	0.061	6	AR	1		0.114	1.852	0.461
Vitamin B-6.....mg	0.278	0.022	36	AR	1		0.078	1.259	0.314
Folate, total.....mcg	8	1.657	6	AR	1		2	38	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	8	1.657	6	AR	1		2	38	9
Folate, DFE.....mcg_DFE	8		0	NC	4		2	38	9
Vitamin B-12.....mcg	2.07	0.097	36	AR	1		0.58	9.39	2.34
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.49		0	BFSN	4		0.14	2.20	0.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9	0.311	12	AR	1		0.8	13.0	3.2
Lipids:									
Fatty acids, total saturated.....g	11.289	0.271	35	AR	1		3.161	51.206	12.756
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		47	AR	1		0.000	0.000	0.000
10:0.....g	0.000		47	AR	1		0.000	0.000	0.000
12:0.....g	0.020	0.001	47	AR	1		0.005	0.088	0.022
13:0.....g									
14:0.....g	0.918	0.023	47	AR	1		0.257	4.162	1.037
15:0.....g	0.146	0.004	47	AR	1		0.041	0.663	0.165
16:0.....g	6.463	0.122	47	AR	1		1.810	29.314	7.303
17:0.....g	0.344	0.009	47	AR	1		0.096	1.559	0.388
18:0.....g	3.448	0.077	47	AR	1		0.966	15.642	3.897
20:0.....g	0.022	0.001	47	AR	1		0.006	0.099	0.025

NDB No. 13498

Beef, ground, 70% lean / 30% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
22:0.....g	0.000		47	AR		1	0.000	0.000	0.000	
24:0.....g										
Fatty acids, total monounsaturated.....g	13.161	0.362	35	AR		1	3.685	59.696	14.871	
14:1.....g	0.255	0.007	47	AR		1	0.071	1.156	0.288	
15:1.....g	0.000		12	AR		1	0.000	0.000	0.000	
16:1 undifferentiated.....g	1.105	0.029	47	AR		1	0.309	5.012	1.249	
17:1.....g	0.200	0.029	47	AR		1	0.056	0.908	0.226	
18:1 undifferentiated.....g	11.514	0.243	47	AR		1	3.224	52.229	13.011	
18:1 c.....g										
18:1 t.....g	1.826	0.030	3	AR		1	0.511	8.282	2.063	
20:1.....g	0.010	0.003	47	AR		1	0.003	0.046	0.011	
22:1 undifferentiated.....g	0.000		0	Z		7	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.696	0.026	35	AR		1	0.195	3.156	0.786	
18:2 undifferentiated.....g	0.577	0.022	47	AR		1	0.161	2.615	0.652	
18:3 undifferentiated.....g	0.081	0.005	47	AR		1	0.023	0.369	0.092	
18:3 n-6 c,c,c.....g	0.019	0.001	47	AR		1	0.005	0.086	0.021	
18:3i.....g										
18:4.....g	0.000		0	Z		7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000		47	AR		1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000		47	AR		1	0.000	0.000	0.000	
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.031	0.002	47	AR		1	0.009	0.139	0.035	
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
Fatty acids, total trans.....g	1.826		3	AR		1	0.511	8.282	2.063	
Cholesterol.....mg	78	2.012	36	AR		1	22	353	88	
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.049	0.013	12	AR		1	0.014	0.223	0.055	
Threonine.....g	0.533	0.038	12	AR		1	0.149	2.419	0.603	
Isoleucine.....g	0.645	0.052	12	AR		1	0.181	2.924	0.729	
Leucine.....g	1.119	0.069	12	AR		1	0.313	5.075	1.264	
Lysine.....g	1.174	0.065	12	AR		1	0.329	5.326	1.327	
Methionine.....g	0.351	0.022	12	AR		1	0.098	1.590	0.396	
Cystine.....g	0.140	0.007	12	AR		1	0.039	0.633	0.158	
Phenylalanine.....g	0.577	0.038	12	AR		1	0.162	2.616	0.652	
Tyrosine.....g	0.422	0.039	12	AR		1	0.118	1.914	0.477	
Valine.....g	0.709	0.041	12	AR		1	0.198	3.216	0.801	
Arginine.....g	0.985	0.083	12	AR		1	0.276	4.469	1.113	
Histidine.....g	0.442	0.033	12	AR		1	0.124	2.006	0.500	
Alanine.....g	0.958	0.094	12	AR		1	0.268	4.348	1.083	
Aspartic acid.....g	1.286	0.079	12	AR		1	0.360	5.833	1.453	
Glutamic acid.....g	2.110	0.134	12	AR		1	0.591	9.570	2.384	
Glycine.....g	1.187	0.179	12	AR		1	0.332	5.384	1.341	
Proline.....g	0.858	0.113	12	AR		1	0.240	3.892	0.970	
Serine.....g	0.600	0.050	12	AR		1	0.168	2.723	0.678	
Hydroxyproline.....g	0.318	0.058	12	AR		1	0.089	1.441	0.359	
Others:										
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	0	
Theobromine.....mg	0		0	Z		7	0	0	0	
Carotenoids:										
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000	

NDB No. 13498

Beef, ground, 70% lean / 30% fat, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.50	0.576	36	AR	1		46.32	75.75	
Energy.....kcal	277		0	NC	4		235	384	
Energy.....kj	1157		0	NC	4		983	1608	
Protein (N x 6.25).....g	26.28	0.368	36	AR	1		22.34	36.53	
Total lipid (fat).....g	18.21	0.463	36	AR	1		15.48	25.32	
Ash.....g	1.10	0.055	36	AR	1		0.93	1.53	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	5.197	12	AR	1		29	48	
Iron, Fe.....mg	2.63	0.149	11	AR	1		2.23	3.65	
Magnesium, Mg.....mg	22	0.566	12	AR	1		19	30	
Phosphorus, P.....mg	214	5.489	12	AR	1		182	297	
Potassium, K.....mg	354	12.362	12	AR	1		301	492	
Sodium, Na.....mg	93	3.162	12	AR	1		79	130	
Zinc, Zn.....mg	6.17	0.161	12	AR	1		5.25	8.58	
Copper, Cu.....mg	0.080	0.010	12	AR	1		0.068	0.112	
Manganese, Mn.....mg	0.012	0.001	11	AR	1		0.010	0.016	
Selenium, Se.....mcg	22.0	1.428	12	AR	1		18.7	30.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.046	0.006	12	AR	1		0.039	0.064	
Riboflavin.....mg	0.187	0.013	12	AR	1		0.159	0.260	
Niacin.....mg	5.345	0.219	11	AR	1		4.543	7.430	
Pantothenic acid.....mg	0.805	0.079	6	AR	1		0.685	1.120	
Vitamin B-6.....mg	0.429	0.024	12	AR	1		0.364	0.596	
Folate, total.....mcg	12	1.465	6	AR	1		10	16	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12	1.465	6	AR	1		10	16	
Folate, DFE.....mcg_DFE	12		0	NC	4		10	16	
Vitamin B-12.....mcg	2.94	0.479	12	AR	1		2.50	4.08	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.48		0	CASN	4		0.41	0.67	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	BFSN	4		1.9	3.1	
Lipids:									
Fatty acids, total saturated.....g	7.039		0	BFFN	4		5.983	9.784	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
6:0.....g	0.000		0	BFFN	4		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.013		0	BFFN	4		0.011	0.018	
13:0.....g									
14:0.....g	0.539		0	BFFN	4		0.458	0.749	
15:0.....g	0.086		0	BFFN	4		0.073	0.120	
16:0.....g	3.963		0	BFFN	4		3.369	5.509	
17:0.....g	0.204		0	BFFN	4		0.173	0.283	
18:0.....g	2.076		0	BFFN	4		1.765	2.886	
20:0.....g	0.013		0	BFFN	4		0.011	0.018	

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	8.368		0	BFFN	4	7.113	11.632		
14:1.....g	0.153		0	BFFN	4	0.130	0.213		
15:1.....g	0.000		0	BFFN	4	0.000	0.000		
16:1 undifferentiated.....g	0.683		0	BFFN	4	0.581	0.949		
17:1.....g	0.120		0	BFFN	4	0.102	0.167		
18:1 undifferentiated.....g	7.121		0	BFFN	4	6.053	9.898		
20:1.....g	0.063		0	BFFN	4	0.053	0.087		
22:1 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0	BFFN	4	0.432	0.706		
18:2 undifferentiated.....g	0.397		0	BFFN	4	0.338	0.552		
18:3 undifferentiated.....g	0.049		0	BFFN	4	0.041	0.068		
18:3 n-6 c,c,c.....g	0.013		0	BFFN	4	0.011	0.018		
18:3i.....g									
18:4.....g	0.000		0	BFFN	4	0.000	0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4	0.000	0.000		
20:3 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4	0.038	0.062		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFFN	4	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFFN	4	0.000	0.000		
22:6 n-3.....g	0.000		0	BFFN	4	0.000	0.000		
Fatty acids, total trans.....g	1.134		0	BFFN	4	0.964	1.576		
Cholesterol.....mg	89	3.667	12	AR	1	76	124		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0	AR	1	0.092	0.150		
Threonine.....g	0.993		0	AR	1	0.844	1.380		
Isoleucine.....g	1.173		0	AR	1	0.997	1.630		
Leucine.....g	2.049		0	AR	1	1.742	2.848		
Lysine.....g	2.161		0	AR	1	1.837	3.003		
Methionine.....g	0.656		0	AR	1	0.558	0.912		
Cystine.....g	0.262		0	AR	1	0.222	0.364		
Phenylalanine.....g	1.043		0	AR	1	0.887	1.450		
Tyrosine.....g	0.787		0	AR	1	0.669	1.094		
Valine.....g	1.295		0	AR	1	1.101	1.800		
Arginine.....g	1.765		0	AR	1	1.501	2.454		
Histidine.....g	0.828		0	AR	1	0.704	1.151		
Alanine.....g	1.710		0	AR	1	1.454	2.378		
Aspartic acid.....g	2.359		0	AR	1	2.005	3.280		
Glutamic acid.....g	3.894		0	AR	1	3.310	5.413		
Glycine.....g	2.014		0	AR	1	1.712	2.799		
Proline.....g	1.476		0	AR	1	1.255	2.052		
Serine.....g	1.080		0	AR	1	0.918	1.501		
Hydroxyproline.....g	0.503		0	AR	1	0.427	0.699		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000		
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000		
Lycopene.....mcg	0		0	Z	7	0.000	0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000		

NDB No. 23580

Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned

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

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

Common Measures:

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

Measure 2 = 139g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23581

Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50	1.095	12	AR	1		48.87	163.30	
Energy.....kcal	254		0	NC	4		216	721	
Energy.....kj	1062		0	NC	4		902	3015	
Protein (N x 6.25).....g	24.56	0.989	12	AR	1		20.88	69.75	
Total lipid (fat).....g	16.50	0.801	12	AR	1		14.03	46.86	
Ash.....g	0.89	0.048	12	AR	1		0.76	2.53	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28	4.600	12	AR	1		24	79	
Iron, Fe.....mg	2.43	0.134	12	AR	1		2.06	6.90	
Magnesium, Mg.....mg	18	0.594	12	AR	1		15	50	
Phosphorus, P.....mg	172	5.615	12	AR	1		146	489	
Potassium, K.....mg	256	10.285	12	AR	1		218	727	
Sodium, Na.....mg	70	1.588	12	AR	1		60	199	
Zinc, Zn.....mg	6.04	0.155	12	AR	1		5.13	17.15	
Copper, Cu.....mg	0.080	0.008	11	AR	1		0.068	0.228	
Manganese, Mn.....mg	0.009	0.001	12	AR	1		0.008	0.026	
Selenium, Se.....mcg	19.7	1.561	12	AR	1		16.7	55.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.047	0.004	12	AR	1		0.040	0.134	
Riboflavin.....mg	0.169	0.010	12	AR	1		0.144	0.481	
Niacin.....mg	4.327	0.251	12	AR	1		3.678	12.288	
Pantothenic acid.....mg	0.542	0.052	6	AR	1		0.461	1.540	
Vitamin B-6.....mg	0.320	0.021	12	AR	1		0.272	0.908	
Folate, total.....mcg	7	1.546	6	AR	1		6	19	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.546	6	AR	1		6	19	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	19	
Vitamin B-12.....mcg	2.47	0.156	12	AR	1		2.10	7.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.45		0	CASN	4		0.38	1.29	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		0	BFSN	4		1.8	5.9	
Lipids:									
Fatty acids, total saturated.....g	6.381		0	BFFN	4		5.424	18.122	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.012		0	BFFN	4		0.010	0.034	
13:0.....g									
14:0.....g	0.488		0	BFFN	4		0.415	1.386	
15:0.....g	0.078		0	BFFN	4		0.066	0.222	
16:0.....g	3.591		0	BFFN	4		3.052	10.198	
17:0.....g	0.185		0	BFFN	4		0.157	0.524	
18:0.....g	1.881		0	BFFN	4		1.599	5.342	
20:0.....g	0.012		0	BFFN	4		0.010	0.033	

NDB No. 23581

Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.585		0	BFFN	4		6.447	21.541	
14:1.....g	0.139		0	BFFN	4		0.118	0.394	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.619		0	BFFN	4		0.526	1.757	
17:1.....g	0.109		0	BFFN	4		0.093	0.309	
18:1 undifferentiated.....g	6.451		0	BFFN	4		5.484	18.322	
20:1.....g	0.057		0	BFFN	4		0.048	0.162	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.461		0	BFFN	4		0.392	1.309	
18:2 undifferentiated.....g	0.360		0	BFFN	4		0.306	1.022	
18:3 undifferentiated.....g	0.044		0	BFFN	4		0.038	0.125	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.033	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.034	0.115	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.028		0	BFFN	4		0.874	2.920	
Cholesterol.....mg	82	3.804	12	AR	1		69	232	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.101		0	AR	1		0.086	0.286	
Threonine.....g	0.928		0	AR	1		0.789	2.635	
Isoleucine.....g	1.096		0	AR	1		0.932	3.113	
Leucine.....g	1.915		0	AR	1		1.628	5.438	
Lysine.....g	2.019		0	AR	1		1.716	5.735	
Methionine.....g	0.613		0	AR	1		0.521	1.741	
Cystine.....g	0.245		0	AR	1		0.208	0.695	
Phenylalanine.....g	0.975		0	AR	1		0.829	2.769	
Tyrosine.....g	0.736		0	AR	1		0.625	2.089	
Valine.....g	1.210		0	AR	1		1.029	3.438	
Arginine.....g	1.650		0	AR	1		1.402	4.686	
Histidine.....g	0.774		0	AR	1		0.658	2.197	
Alanine.....g	1.599		0	AR	1		1.359	4.540	
Aspartic acid.....g	2.205		0	AR	1		1.874	6.262	
Glutamic acid.....g	3.639		0	AR	1		3.094	10.336	
Glycine.....g	1.882		0	AR	1		1.600	5.345	
Proline.....g	1.379		0	AR	1		1.172	3.917	
Serine.....g	1.009		0	AR	1		0.858	2.867	
Hydroxyproline.....g	0.470		0	AR	1		0.399	1.335	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23581

Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 284g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.49	0.316	72	AR	1		47.17	38.84	
Energy.....kcal	278		0	NC	4		236	195	
Energy.....kj	1164		0	NC	4		989	815	
Protein (N x 6.25).....g	25.56	0.322	72	AR	1		21.73	17.90	
Total lipid (fat).....g	18.74	0.260	72	AR	1		15.93	13.12	
Ash.....g	0.98	0.022	72	AR	1		0.84	0.69	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30	3.428	36	AR	1		25	21	
Iron, Fe.....mg	2.37	0.094	36	AR	1		2.01	1.66	
Magnesium, Mg.....mg	20	0.343	36	AR	1		17	14	
Phosphorus, P.....mg	189	3.398	36	AR	1		161	133	
Potassium, K.....mg	289	5.121	36	AR	1		246	203	
Sodium, Na.....mg	78	1.879	36	AR	1		66	55	
Zinc, Zn.....mg	6.19	0.171	36	AR	1		5.27	4.34	
Copper, Cu.....mg	0.075	0.009	35	AR	1		0.063	0.052	
Manganese, Mn.....mg	0.010	0.002	36	AR	1		0.009	0.007	
Selenium, Se.....mcg	21.4	1.360	72	AR	1		18.2	15.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.049	0.005	36	AR	1		0.042	0.035	
Riboflavin.....mg	0.179	0.019	36	AR	1		0.152	0.125	
Niacin.....mg	4.818	0.223	36	AR	1		4.095	3.372	
Pantothenic acid.....mg	0.674	0.042	6	AR	1		0.573	0.472	
Vitamin B-6.....mg	0.351	0.018	36	AR	1		0.299	0.246	
Folate, total.....mcg	11	1.944	6	AR	1		9	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	1.944	6	AR	1		9	7	
Folate, DFE.....mcg_DFE	11		0	NC	4		9	7	
Vitamin B-12.....mcg	2.81	0.095	36	AR	1		2.39	1.97	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		0	CASN	4		0.40	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2	0.445	12	AR	1		1.9	1.5	
Lipids:									
Fatty acids, total saturated.....g	7.252	0.167	35	AR	1		6.164	5.076	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0.....g	0.014	0.001	47	AR	1		0.012	0.010	
13:0.....g									
14:0.....g	0.554	0.012	47	AR	1		0.471	0.388	
15:0.....g	0.089	0.003	47	AR	1		0.075	0.062	
16:0.....g	4.077	0.078	47	AR	1		3.466	2.854	
17:0.....g	0.210	0.005	47	AR	1		0.178	0.147	
18:0.....g	2.136	0.075	47	AR	1		1.816	1.495	
20:0.....g	0.013	0.001	47	AR	1		0.011	0.009	

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
22:0.....g	0.000	0.000	47	AR	1	0.000	0.000	
24:0.....g								
Fatty acids, total monounsaturated.....g	8.629	0.161	35	AR	1	7.335	6.040	
14:1.....g	0.158	0.005	47	AR	1	0.134	0.110	
15:1.....g	0.000	0.000	47	AR	1	0.000	0.000	
16:1 undifferentiated.....g	0.703	0.020	47	AR	1	0.597	0.492	
17:1.....g	0.124	0.023	47	AR	1	0.105	0.087	
18:1 undifferentiated.....g	7.325	0.148	47	AR	1	6.227	5.128	
20:1.....g	0.065	0.003	47	AR	1	0.055	0.045	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.520	0.015	35	AR	1	0.442	0.364	
18:2 undifferentiated.....g	0.409	0.017	47	AR	1	0.347	0.286	
18:3 undifferentiated.....g	0.050	0.006	47	AR	1	0.043	0.035	
18:3 n-6 c,c,c.....g	0.013	0.001	47	AR	1	0.011	0.009	
18:3i.....g								
18:4.....g	0.000		0	Z	7	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1	0.000	0.000	
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.046	0.002	47	AR	1	0.039	0.032	
20:4 n-3.....g								
20:4 n-6.....g								
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	
Fatty acids, total trans.....g	1.186	0.000	3	AR	1	1.008	0.830	
Cholesterol.....mg	89	2.612	36	AR	1	75	62	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.105		0	AR	1	0.089	0.073	
Threonine.....g	0.966		0	AR	1	0.821	0.676	
Isoleucine.....g	1.141		0	AR	1	0.970	0.799	
Leucine.....g	1.993		0	AR	1	1.694	1.395	
Lysine.....g	2.102		0	AR	1	1.787	1.471	
Methionine.....g	0.638		0	AR	1	0.542	0.447	
Cystine.....g	0.255		0	AR	1	0.216	0.178	
Phenylalanine.....g	1.015		0	AR	1	0.863	0.710	
Tyrosine.....g	0.766		0	AR	1	0.651	0.536	
Valine.....g	1.260		0	AR	1	1.071	0.882	
Arginine.....g	1.717		0	AR	1	1.460	1.202	
Histidine.....g	0.805		0	AR	1	0.684	0.564	
Alanine.....g	1.664		0	AR	1	1.414	1.165	
Aspartic acid.....g	2.295		0	AR	1	1.951	1.607	
Glutamic acid.....g	3.788		0	AR	1	3.220	2.652	
Glycine.....g	1.959		0	AR	1	1.665	1.371	
Proline.....g	1.436		0	AR	1	1.220	1.005	
Serine.....g	1.051		0	AR	1	0.893	0.735	
Hydroxyproline.....g	0.489		0	AR	1	0.416	0.342	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	

NDB No. 23578

Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled

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

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

Common Measures:

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

Measure 2 = 70g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.69	0.259	36	AR	1		49.88	45.19	
Energy.....kcal	248		0	NC	4		211	191	
Energy.....kj	1040		0	NC	4		884	800	
Protein (N x 6.25).....g	23.45	0.555	36	AR	1		19.93	18.06	
Total lipid (fat).....g	16.44	0.418	36	AR	1		13.98	12.66	
Ash.....g	1.05	0.030	36	AR	1		0.89	0.81	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32	5.632	12	AR	1		27	24	
Iron, Fe.....mg	2.50	0.162	12	AR	1		2.13	1.93	
Magnesium, Mg.....mg	20	0.638	12	AR	1		17	16	
Phosphorus, P.....mg	199	6.054	12	AR	1		169	154	
Potassium, K.....mg	322	13.487	12	AR	1		274	248	
Sodium, Na.....mg	87	2.584	12	AR	1		74	67	
Zinc, Zn.....mg	5.95	0.150	12	AR	1		5.06	4.58	
Copper, Cu.....mg	0.071	0.005	12	AR	1		0.060	0.055	
Manganese, Mn.....mg	0.011	0.002	12	AR	1		0.010	0.009	
Selenium, Se.....mcg	19.6	1.223	12	AR	1		16.6	15.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.043	0.005	12	AR	1		0.037	0.033	
Riboflavin.....mg	0.176	0.012	12	AR	1		0.149	0.135	
Niacin.....mg	5.282	0.310	12	AR	1		4.490	4.067	
Pantothenic acid.....mg	0.618		0	BFPN	4		0.525	0.476	
Vitamin B-6.....mg	0.344	0.027	12	AR	1		0.292	0.265	
Folate, total.....mcg	10		0	BFPN	4		8	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		8	7	
Folate, DFE.....mcg_DFE	10		0	NC	4		8	7	
Vitamin B-12.....mcg	2.52	0.575	10	AR	1		2.14	1.94	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	CASN	4		0.37	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	BFSN	4		1.7	1.6	
Lipids:									
Fatty acids, total saturated.....g	6.367		0	BFPN	4		5.412	4.903	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFPN	4		0.000	0.000	
12:0.....g	0.012		0	BFPN	4		0.010	0.009	
13:0.....g									
14:0.....g	0.486		0	BFPN	4		0.414	0.375	
15:0.....g	0.078		0	BFPN	4		0.066	0.060	
16:0.....g	3.578		0	BFPN	4		3.042	2.755	
17:0.....g									
18:0.....g	1.875		0	BFPN	4		1.593	1.443	
20:0.....g	0.012		0	BFPN	4		0.010	0.009	

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food			
							Measure 1	Measure 2	Measure 3	
22:0.....g	0.000		0	BFFN	4		0.000	0.000		
24:0.....g										
Fatty acids, total monounsaturated.....g	7.569		0	BFFN	4		6.434	5.828		
14:1.....g	0.138		0	BFFN	4		0.117	0.106		
15:1.....g	0.000		0	BFFN	4		0.000	0.000		
16:1 undifferentiated.....g	0.617		0	BFFN	4		0.524	0.475		
17:1.....g	0.109		0	BFFN	4		0.092	0.084		
18:1 undifferentiated.....g	6.429		0	BFFN	4		5.465	4.950		
20:1.....g	0.057		0	BFFN	4		0.048	0.044		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000		
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.460		0	BFFN	4		0.391	0.354		
18:2 undifferentiated.....g	0.359		0	BFFN	4		0.305	0.276		
18:3 undifferentiated.....g	0.044		0	BFFN	4		0.037	0.034		
18:3 n-6 c,c,c.....g	0.011		0	BFFN	4		0.010	0.009		
18:3i.....g										
18:4.....g	0.000		0	BFFN	4		0.000	0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000		
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.034	0.031		
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000		
21:5.....g										
22:4.....g										
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000		
Fatty acids, total trans.....g	1.026		0	BFFN	4		0.872	0.790		
Cholesterol.....mg	83	2.705	12	AR	1		71	64		
Phytosterols.....mg										
<u>Amino Acids:</u>										
Tryptophan.....g	0.096		0	AR	1		0.082	0.074		
Threonine.....g	0.886		0	AR	1		0.753	0.682		
Isoleucine.....g	1.047		0	AR	1		0.890	0.806		
Leucine.....g	1.828		0	AR	1		1.554	1.408		
Lysine.....g	1.928		0	AR	1		1.639	1.485		
Methionine.....g	0.585		0	AR	1		0.497	0.451		
Cystine.....g	0.234		0	AR	1		0.198	0.180		
Phenylalanine.....g	0.931		0	AR	1		0.791	0.717		
Tyrosine.....g	0.702		0	AR	1		0.597	0.541		
Valine.....g	1.156		0	AR	1		0.982	0.890		
Arginine.....g	1.575		0	AR	1		1.339	1.213		
Histidine.....g	0.739		0	AR	1		0.628	0.569		
Alanine.....g	1.526		0	AR	1		1.297	1.175		
Aspartic acid.....g	2.105		0	AR	1		1.790	1.621		
Glutamic acid.....g	3.475		0	AR	1		2.954	2.676		
Glycine.....g	1.797		0	AR	1		1.527	1.384		
Proline.....g	1.317		0	AR	1		1.119	1.014		
Serine.....g	0.964		0	AR	1		0.819	0.742		
Hydroxyproline.....g	0.449		0	AR	1		0.381	0.346		
<u>Others:</u>										
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0		
Caffeine.....mg	0		0	Z	7		0	0		
Theobromine.....mg	0		0	Z	7		0	0		
<u>Carotenoids:</u>										
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000		
Lycopene.....mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000		

NDB No. 23579

Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled

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

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

Common Measures:

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

Measure 2 = 77g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23577

Beef, ground, 75% lean meat / 25% fat, raw

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.16	0.226	72	AR	1		16.29	263.83	65.72
Energy.....kcal	293		0	NC	4		82	1328	331
Energy.....kj	1225		0	NC	4		343	5557	1384
Protein (N x 6.25).....g	15.76	0.213	72	AR	1		4.41	71.49	17.81
Total lipid (fat).....g	25.00		72	AR	1		7.00	113.40	28.25
Ash.....g	0.77	0.028	72	AR	1		0.22	3.50	0.87
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	3.022	36	AR	1		6	95	24
Iron, Fe.....mg	1.79	0.062	36	AR	1		0.50	8.13	2.03
Magnesium, Mg.....mg	15	0.313	36	AR	1		4	69	17
Phosphorus, P.....mg	145	2.687	36	AR	1		41	658	164
Potassium, K.....mg	244	4.381	36	AR	1		68	1106	276
Sodium, Na.....mg	67	1.546	36	AR	1		19	304	76
Zinc, Zn.....mg	3.87	0.094	36	AR	1		1.08	17.57	4.38
Copper, Cu.....mg	0.056	0.003	36	AR	1		0.016	0.253	0.063
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	14.3	0.965	72	AR	1		4.0	64.7	16.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.044	0.003	36	AR	1		0.012	0.197	0.049
Riboflavin.....mg	0.144	0.011	36	AR	1		0.040	0.651	0.162
Niacin.....mg	3.804	0.148	36	AR	1		1.065	17.256	4.299
Pantothenic acid.....mg	0.455	0.056	6	AR	1		0.127	2.064	0.514
Vitamin B-6.....mg	0.301	0.017	36	AR	1		0.084	1.363	0.340
Folate, total.....mcg	8	0.817	5	AR	1		2	37	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	8	0.817	5	AR	1		2	37	9
Folate, DFE.....mcg_DFE	8		0	NC	4		2	37	9
Vitamin B-12.....mcg	2.11	0.078	36	AR	1		0.59	9.55	2.38
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.45		0	CASN	4		0.12	2.02	0.50
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4	0.225	12	AR	1		0.7	10.7	2.7
Lipids:									
Fatty acids, total saturated.....g	9.480	0.196	35	AR	1		2.654	43.001	10.712
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
12:0.....g	0.017	0.001	47	AR	1		0.005	0.076	0.019
13:0.....g									
14:0.....g	0.759	0.016	47	AR	1		0.213	3.444	0.858
15:0.....g	0.122	0.003	47	AR	1		0.034	0.552	0.137
16:0.....g	5.405	0.088	47	AR	1		1.513	24.518	6.108
17:0.....g	0.286	0.007	47	AR	1		0.080	1.295	0.323
18:0.....g	2.924	0.058	47	AR	1		0.819	13.264	3.304
20:0.....g	0.019	0.001	47	AR	1		0.005	0.087	0.022

NDB No. 23577

Beef, ground, 75% lean meat / 25% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	10.959	0.161	35	AR	1	3.069	49.710	12.384	
14:1.....g	0.209	0.005	47	AR	1	0.058	0.946	0.236	
15:1.....g									
16:1 undifferentiated.....g	0.914	0.021	47	AR	1	0.256	4.148	1.033	
17:1.....g	0.167	0.026	47	AR	1	0.047	0.759	0.189	
18:1 undifferentiated.....g	9.593	0.174	47	AR	1	2.686	43.515	10.840	
20:1.....g	0.084	0.002	47	AR	1	0.023	0.380	0.095	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.609	0.015	35	AR	1	0.170	2.761	0.688	
18:2 undifferentiated.....g	0.498	0.019	47	AR	1	0.140	2.260	0.563	
18:3 undifferentiated.....g	0.072	0.004	47	AR	1	0.020	0.327	0.082	
18:3 n-6 c,c,c.....g	0.017	0.001	47	AR	1	0.005	0.076	0.019	
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.032	0.001	47	AR	1	0.009	0.147	0.036	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
Fatty acids, total trans.....g	1.529	0.021	3	AR	1	0.428	6.934	1.727	
Cholesterol.....mg	75	1.670	36	AR	1	21	338	84	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0	AR	1	0.018	0.293	0.073	
Threonine.....g	0.596		0	AR	1	0.167	2.702	0.673	
Isoleucine.....g	0.704		0	AR	1	0.197	3.192	0.795	
Leucine.....g	1.229		0	AR	1	0.344	5.576	1.389	
Lysine.....g	1.296		0	AR	1	0.363	5.880	1.465	
Methionine.....g	0.394		0	AR	1	0.110	1.785	0.445	
Cystine.....g	0.157		0	AR	1	0.044	0.712	0.177	
Phenylalanine.....g	0.626		0	AR	1	0.175	2.839	0.707	
Tyrosine.....g	0.472		0	AR	1	0.132	2.142	0.534	
Valine.....g	0.777		0	AR	1	0.218	3.525	0.878	
Arginine.....g	1.059		0	AR	1	0.297	4.805	1.197	
Histidine.....g	0.497		0	AR	1	0.139	2.253	0.561	
Alanine.....g	1.026		0	AR	1	0.287	4.655	1.160	
Aspartic acid.....g	1.416		0	AR	1	0.396	6.421	1.600	
Glutamic acid.....g	2.336		0	AR	1	0.654	10.598	2.640	
Glycine.....g	1.208		0	AR	1	0.338	5.480	1.365	
Proline.....g	0.885		0	AR	1	0.248	4.017	1.001	
Serine.....g	0.648		0	AR	1	0.181	2.939	0.732	
Hydroxyproline.....g	0.302		0	AR	1	0.084	1.368	0.341	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

NDB No. 23577

Beef, ground, 75% lean meat / 25% fat, raw

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

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.54	0.494	36	AR	1		46.36	81.26	
Energy.....kcal	272		0	NC	4		231	405	
Energy.....kj	1138		0	NC	4		967	1695	
Protein (N x 6.25).....g	27.00	0.247	36	AR	1		22.95	40.23	
Total lipid (fat).....g	17.36	0.362	36	AR	1		14.76	25.87	
Ash.....g	1.16	0.042	36	AR	1		0.99	1.73	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28	3.497	12	AR	1		24	42	
Iron, Fe.....mg	2.78	0.096	11	AR	1		2.36	4.14	
Magnesium, Mg.....mg	23	0.363	12	AR	1		20	35	
Phosphorus, P.....mg	226	3.523	12	AR	1		192	337	
Potassium, K.....mg	380	8.193	12	AR	1		323	567	
Sodium, Na.....mg	91	2.030	12	AR	1		78	136	
Zinc, Zn.....mg	6.40	0.103	12	AR	1		5.44	9.53	
Copper, Cu.....mg	0.087	0.008	12	AR	1		0.074	0.129	
Manganese, Mn.....mg	0.012	0.001	11	AR	1		0.010	0.018	
Selenium, Se.....mcg	21.8	1.275	12	AR	1		18.5	32.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.045	0.004	12	AR	1		0.038	0.067	
Riboflavin.....mg	0.189	0.010	12	AR	1		0.161	0.282	
Niacin.....mg	5.831	0.142	11	AR	1		4.957	8.689	
Pantothenic acid.....mg	0.806	0.060	6	AR	1		0.685	1.201	
Vitamin B-6.....mg	0.428	0.020	12	AR	1		0.364	0.638	
Folate, total.....mcg	11	0.956	6	AR	1		9	16	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	0.956	6	AR	1		9	16	
Folate, DFE.....mcg_DFE	11		0	NC	4		9	16	
Vitamin B-12.....mcg	2.86	0.367	12	AR	1		2.43	4.27	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.48		0	CASN	4		0.41	0.72	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	BFSN	4		1.4	2.4	
Lipids:									
Fatty acids, total saturated.....g	6.593		0	BFFN	4		5.604	9.823	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.012		0	BFFN	4		0.010	0.018	
13:0.....g									
14:0.....g	0.494		0	BFFN	4		0.420	0.735	
15:0.....g	0.080		0	BFFN	4		0.068	0.119	
16:0.....g	3.690		0	BFFN	4		3.137	5.499	
17:0.....g	0.186		0	BFFN	4		0.158	0.278	
18:0.....g	2.050		0	BFFN	4		1.742	3.054	
20:0.....g	0.013		0	BFFN	4		0.011	0.020	

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.696		0	BFFN	4		6.542	11.467	
14:1.....g	0.138		0	BFFN	4		0.117	0.206	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.629		0	BFFN	4		0.535	0.938	
17:1.....g	0.126		0	BFFN	4		0.107	0.187	
18:1 undifferentiated.....g	6.598		0	BFFN	4		5.608	9.831	
20:1.....g	0.054		0	BFFN	4		0.046	0.081	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.503		0	BFFN	4		0.428	0.750	
18:2 undifferentiated.....g	0.388		0	BFFN	4		0.330	0.578	
18:3 undifferentiated.....g	0.059		0	BFFN	4		0.050	0.088	
18:3 n-6 c,c,c.....g	0.013		0	BFFN	4		0.011	0.019	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4		0.039	0.068	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.212		0	BFFN	4		1.030	1.806	
Cholesterol.....mg	89	2.590	12	AR	1		76	133	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.126		0	AR	1		0.107	0.188	
Threonine.....g	1.034		0	AR	1		0.879	1.541	
Isoleucine.....g	1.198		0	AR	1		1.019	1.785	
Leucine.....g	2.105		0	AR	1		1.789	3.136	
Lysine.....g	2.229		0	AR	1		1.895	3.321	
Methionine.....g	0.686		0	AR	1		0.583	1.021	
Cystine.....g	0.274		0	AR	1		0.233	0.408	
Phenylalanine.....g	1.061		0	AR	1		0.902	1.581	
Tyrosine.....g	0.821		0	AR	1		0.698	1.224	
Valine.....g	1.328		0	AR	1		1.129	1.979	
Arginine.....g	1.781		0	AR	1		1.514	2.653	
Histidine.....g	0.866		0	AR	1		0.736	1.290	
Alanine.....g	1.718		0	AR	1		1.461	2.561	
Aspartic acid.....g	2.428		0	AR	1		2.063	3.617	
Glutamic acid.....g	4.027		0	AR	1		3.423	6.001	
Glycine.....g	1.932		0	AR	1		1.642	2.878	
Proline.....g	1.435		0	AR	1		1.220	2.138	
Serine.....g	1.093		0	AR	1		0.929	1.628	
Hydroxyproline.....g	0.449		0	AR	1		0.382	0.669	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23575

Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2

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

Common Measures:

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

Measure 2 = 149g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.70	0.550	12	AR	1		49.05	178.31	
Energy.....kcal	254		0	NC	4		216	784	
Energy.....kj	1061		0	NC	4		902	3279	
Protein (N x 6.25).....g	25.25	0.698	12	AR	1		21.46	78.01	
Total lipid (fat).....g	16.17	0.373	12	AR	1		13.74	49.95	
Ash.....g	0.90	0.031	12	AR	1		0.77	2.79	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	2.953	12	AR	1		19	71	
Iron, Fe.....mg	2.58	0.087	12	AR	1		2.20	7.98	
Magnesium, Mg.....mg	19	0.381	12	AR	1		16	57	
Phosphorus, P.....mg	179	3.604	12	AR	1		152	553	
Potassium, K.....mg	271	6.602	12	AR	1		230	837	
Sodium, Na.....mg	67	1.019	12	AR	1		57	207	
Zinc, Zn.....mg	6.24	0.098	12	AR	1		5.31	19.30	
Copper, Cu.....mg	0.080	0.007	11	AR	1		0.068	0.246	
Manganese, Mn.....mg	0.009	0.001	12	AR	1		0.008	0.029	
Selenium, Se.....mcg	20.3	1.172	12	AR	1		17.3	62.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.044	0.003	12	AR	1		0.037	0.135	
Riboflavin.....mg	0.170	0.006	12	AR	1		0.145	0.526	
Niacin.....mg	4.627	0.198	12	AR	1		3.933	14.297	
Pantothenic acid.....mg	0.570	0.036	6	AR	1		0.484	1.761	
Vitamin B-6.....mg	0.329	0.017	12	AR	1		0.280	1.017	
Folate, total.....mcg	7	1.303	6	AR	1		6	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.303	6	AR	1		6	20	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	20	
Vitamin B-12.....mcg	2.48	0.125	12	AR	1		2.11	7.66	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.45		0	CASN	4		0.38	1.39	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	BFSN	4		1.3	4.7	
Lipids:									
Fatty acids, total saturated.....g	6.138		0	BFFN	4		5.218	18.967	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.011		0	BFFN	4		0.009	0.034	
13:0.....g									
14:0.....g	0.460		0	BFFN	4		0.391	1.420	
15:0.....g	0.075		0	BFFN	4		0.063	0.230	
16:0.....g	3.436		0	BFFN	4		2.921	10.617	
17:0.....g	0.174		0	BFFN	4		0.148	0.536	
18:0.....g	1.908		0	BFFN	4		1.622	5.897	
20:0.....g	0.012		0	BFFN	4		0.011	0.038	

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.166		0	BFFN	4		6.091	22.142	
14:1.....g	0.129		0	BFFN	4		0.109	0.397	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.586		0	BFFN	4		0.498	1.811	
17:1.....g	0.117		0	BFFN	4		0.100	0.362	
18:1 undifferentiated.....g	6.143		0	BFFN	4		5.222	18.982	
20:1.....g	0.050		0	BFFN	4		0.043	0.156	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.469		0	BFFN	4		0.398	1.448	
18:2 undifferentiated.....g	0.361		0	BFFN	4		0.307	1.117	
18:3 undifferentiated.....g	0.055		0	BFFN	4		0.047	0.170	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.037	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042		0	BFFN	4		0.036	0.131	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.129		0	BFFN	4		0.959	3.487	
Cholesterol.....mg	90	2.916	12	AR	1		77	279	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		0	AR	1		0.100	0.364	
Threonine.....g	0.967		0	AR	1		0.822	2.988	
Isoleucine.....g	1.120		0	AR	1		0.952	3.462	
Leucine.....g	1.968		0	AR	1		1.673	6.080	
Lysine.....g	2.084		0	AR	1		1.771	6.440	
Methionine.....g	0.641		0	AR	1		0.545	1.981	
Cystine.....g	0.256		0	AR	1		0.218	0.792	
Phenylalanine.....g	0.992		0	AR	1		0.843	3.065	
Tyrosine.....g	0.768		0	AR	1		0.653	2.373	
Valine.....g	1.242		0	AR	1		1.056	3.837	
Arginine.....g	1.665		0	AR	1		1.415	5.145	
Histidine.....g	0.809		0	AR	1		0.688	2.501	
Alanine.....g	1.607		0	AR	1		1.366	4.965	
Aspartic acid.....g	2.270		0	AR	1		1.929	7.014	
Glutamic acid.....g	3.765		0	AR	1		3.201	11.635	
Glycine.....g	1.806		0	AR	1		1.535	5.581	
Proline.....g	1.342		0	AR	1		1.140	4.145	
Serine.....g	1.022		0	AR	1		0.868	3.157	
Hydroxyproline.....g	0.420		0	AR	1		0.357	1.297	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23576

Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 309g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.08	0.249	72	AR	1		43.18	47.67	
Energy.....kcal	271		0	NC	4		208	230	
Energy.....kj	1132		0	NC	4		872	963	
Protein (N x 6.25).....g	25.75	0.223	72	AR	1		19.83	21.89	
Total lipid (fat).....g	17.82	0.205	72	AR	1		13.72	15.15	
Ash.....g	1.00	0.017	72	AR	1		0.77	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	2.313	36	AR	1		19	20	
Iron, Fe.....mg	2.48	0.067	36	AR	1		1.91	2.11	
Magnesium, Mg.....mg	20	0.298	36	AR	1		16	17	
Phosphorus, P.....mg	194	2.783	36	AR	1		149	165	
Potassium, K.....mg	304	4.281	36	AR	1		234	258	
Sodium, Na.....mg	75	1.336	36	AR	1		58	64	
Zinc, Zn.....mg	6.25	0.122	36	AR	1		4.82	5.32	
Copper, Cu.....mg	0.080	0.008	36	AR	1		0.061	0.068	
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.009	0.010	
Selenium, Se.....mcg	21.5	1.237	72	AR	1		16.6	18.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.048	0.004	36	AR	1		0.037	0.040	
Riboflavin.....mg	0.178	0.016	36	AR	1		0.137	0.151	
Niacin.....mg	5.098	0.209	36	AR	1		3.925	4.333	
Pantothenic acid.....mg	0.665	0.028	6	AR	1		0.512	0.566	
Vitamin B-6.....mg	0.367	0.014	36	AR	1		0.282	0.312	
Folate, total.....mcg	10	1.300	6	AR	1		7	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	1.300	6	AR	1		7	8	
Folate, DFE.....mcg_DFE	10		0	NC	4		7	8	
Vitamin B-12.....mcg	2.73	0.066	36	AR	1		2.10	2.32	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		0	CASN	4		0.36	0.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6	0.434	12	AR	1		1.2	1.3	
Lipids:									
Fatty acids, total saturated.....g	6.766	0.135	35	AR	1		5.210	5.751	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0.....g	0.012	0.001	47	AR	1		0.009	0.010	
13:0.....g									
14:0.....g	0.507	0.009	47	AR	1		0.390	0.431	
15:0.....g	0.082	0.002	47	AR	1		0.063	0.070	
16:0.....g	3.788	0.055	47	AR	1		2.916	3.219	
17:0.....g	0.191	0.004	47	AR	1		0.147	0.163	
18:0.....g	2.104	0.059	47	AR	1		1.620	1.788	
20:0.....g	0.014	0.001	47	AR	1		0.011	0.012	

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.899	0.122	35	AR	1		6.082	6.714	
14:1.....g	0.142	0.003	47	AR	1		0.109	0.121	
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.646	0.015	47	AR	1		0.497	0.549	
17:1.....g	0.129	0.021	47	AR	1		0.099	0.110	
18:1 undifferentiated.....g	6.772	0.112	47	AR	1		5.214	5.756	
20:1.....g	0.056	0.002	47	AR	1		0.043	0.047	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.517	0.014	35	AR	1		0.398	0.439	
18:2 undifferentiated.....g	0.398	0.015	47	AR	1		0.307	0.339	
18:3 undifferentiated.....g	0.061	0.005	47	AR	1		0.047	0.052	
18:3 n-6 c,c,c.....g	0.013	0.001	47	AR	1		0.010	0.011	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047	0.001	47	AR	1		0.036	0.040	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.244	0.000	3	AR	1		0.958	1.057	
Cholesterol.....mg	91	2.247	36	AR	1		70	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.120		0	AR	1		0.092	0.102	
Threonine.....g	0.986		0	AR	1		0.759	0.838	
Isoleucine.....g	1.143		0	AR	1		0.880	0.971	
Leucine.....g	2.007		0	AR	1		1.545	1.706	
Lysine.....g	2.125		0	AR	1		1.637	1.807	
Methionine.....g	0.654		0	AR	1		0.503	0.556	
Cystine.....g	0.261		0	AR	1		0.201	0.222	
Phenylalanine.....g	1.011		0	AR	1		0.779	0.860	
Tyrosine.....g	0.783		0	AR	1		0.603	0.666	
Valine.....g	1.266		0	AR	1		0.975	1.076	
Arginine.....g	1.698		0	AR	1		1.307	1.443	
Histidine.....g	0.825		0	AR	1		0.636	0.702	
Alanine.....g	1.639		0	AR	1		1.262	1.393	
Aspartic acid.....g	2.315		0	AR	1		1.782	1.968	
Glutamic acid.....g	3.840		0	AR	1		2.957	3.264	
Glycine.....g	1.842		0	AR	1		1.418	1.566	
Proline.....g	1.368		0	AR	1		1.053	1.163	
Serine.....g	1.042		0	AR	1		0.802	0.886	
Hydroxyproline.....g	0.428		0	AR	1		0.330	0.364	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23573

Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled

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

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

Common Measures:

Measure 1 = 77g: 1 patty

Measure 2 = 85g: 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

hamburger, ground chuck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.11	0.224	36	AR	1		50.24	49.06	
Energy.....kcal	246		0	NC	4		209	204	
Energy.....kj	1031		0	NC	4		876	856	
Protein (N x 6.25).....g	24.04	0.376	36	AR	1		20.43	19.95	
Total lipid (fat).....g	15.94	0.308	36	AR	1		13.55	13.23	
Ash.....g	1.06	0.021	36	AR	1		0.90	0.88	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26	3.615	12	AR	1		22	22	
Iron, Fe.....mg	2.59	0.104	12	AR	1		2.20	2.15	
Magnesium, Mg.....mg	21	0.410	12	AR	1		18	18	
Phosphorus, P.....mg	205	3.886	12	AR	1		174	170	
Potassium, K.....mg	335	8.657	12	AR	1		285	278	
Sodium, Na.....mg	83	1.756	12	AR	1		71	69	
Zinc, Zn.....mg	6.07	0.096	12	AR	1		5.16	5.04	
Copper, Cu.....mg	0.076	0.004	12	AR	1		0.065	0.063	
Manganese, Mn.....mg	0.011	0.001	12	AR	1		0.010	0.009	
Selenium, Se.....mcg	19.9	1.031	12	AR	1		16.9	16.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.043	0.003	12	AR	1		0.036	0.036	
Riboflavin.....mg	0.177	0.010	12	AR	1		0.150	0.147	
Niacin.....mg	5.530	0.235	12	AR	1		4.701	4.590	
Pantothenic acid.....mg	0.621		0	BFPN	4		0.528	0.516	
Vitamin B-6.....mg	0.356	0.018	12	AR	1		0.302	0.295	
Folate, total.....mcg	9		0	BFPN	4		8	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0	BFPN	4		8	8	
Folate, DFE.....mcg_DFE	9		0	NC	4		8	8	
Vitamin B-12.....mcg	2.66	0.394	10	AR	1		2.26	2.21	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	CASN	4		0.37	0.36	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	BFSN	4		1.2	1.2	
Lipids:									
Fatty acids, total saturated.....g	6.051		0	BFPN	4		5.143	5.022	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFPN	4		0.000	0.000	
12:0.....g	0.011		0	BFPN	4		0.009	0.009	
13:0.....g									
14:0.....g	0.453		0	BFPN	4		0.385	0.376	
15:0.....g	0.074		0	BFPN	4		0.062	0.061	
16:0.....g	3.387		0	BFPN	4		2.879	2.811	
17:0.....g	0.171		0	BFPN	4		0.145	0.142	
18:0.....g	1.881		0	BFPN	4		1.599	1.562	
20:0.....g	0.012		0	BFPN	4		0.010	0.010	

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	7.064		0	BFFN	4		6.004	5.863	
14:1.....g	0.127		0	BFFN	4		0.108	0.105	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.578		0	BFFN	4		0.491	0.480	
17:1.....g	0.115		0	BFFN	4		0.098	0.096	
18:1 undifferentiated.....g	6.056		0	BFFN	4		5.147	5.026	
20:1.....g	0.050		0	BFFN	4		0.042	0.041	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.462		0	BFFN	4		0.393	0.384	
18:2 undifferentiated.....g	0.356		0	BFFN	4		0.303	0.296	
18:3 undifferentiated.....g	0.054		0	BFFN	4		0.046	0.045	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.010	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042		0	BFFN	4		0.035	0.035	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.113		0	BFFN	4		0.946	0.923	
Cholesterol.....mg	86	1.879	12	AR	1		73	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.112		0	AR	1		0.095	0.093	
Threonine.....g	0.921		0	AR	1		0.783	0.764	
Isoleucine.....g	1.067		0	AR	1		0.907	0.885	
Leucine.....g	1.873		0	AR	1		1.592	1.555	
Lysine.....g	1.984		0	AR	1		1.687	1.647	
Methionine.....g	0.610		0	AR	1		0.519	0.506	
Cystine.....g	0.244		0	AR	1		0.207	0.202	
Phenylalanine.....g	0.944		0	AR	1		0.803	0.784	
Tyrosine.....g	0.731		0	AR	1		0.621	0.607	
Valine.....g	1.182		0	AR	1		1.005	0.981	
Arginine.....g	1.585		0	AR	1		1.347	1.316	
Histidine.....g	0.771		0	AR	1		0.655	0.640	
Alanine.....g	1.530		0	AR	1		1.300	1.270	
Aspartic acid.....g	2.161		0	AR	1		1.837	1.794	
Glutamic acid.....g	3.585		0	AR	1		3.047	2.975	
Glycine.....g	1.720		0	AR	1		1.462	1.427	
Proline.....g	1.277		0	AR	1		1.086	1.060	
Serine.....g	0.973		0	AR	1		0.827	0.807	
Hydroxyproline.....g	0.400		0	AR	1		0.340	0.332	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23574

Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled

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

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

Common Measures:

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

Measure 2 = 83g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23572

Beef, ground, 80% lean meat / 20% fat, raw

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.94	0.179	72	AR	1		17.34	280.97	70.00
Energy.....kcal	254		0	NC	4		71	1151	287
Energy.....kj	1062		0	NC	4		297	4816	1200
Protein (N x 6.25).....g	17.17	0.172	72	AR	1		4.81	77.90	19.41
Total lipid (fat).....g	20.00		72	AR	1		5.60	90.72	22.60
Ash.....g	0.84	0.024	72	AR	1		0.24	3.81	0.95
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	2.031	36	AR	1		5	81	20
Iron, Fe.....mg	1.94	0.049	36	AR	1		0.54	8.80	2.19
Magnesium, Mg.....mg	17	0.222	36	AR	1		5	76	19
Phosphorus, P.....mg	158	1.849	36	AR	1		44	717	179
Potassium, K.....mg	270	2.943	36	AR	1		75	1223	305
Sodium, Na.....mg	67	1.168	36	AR	1		19	303	75
Zinc, Zn.....mg	4.18	0.065	36	AR	1		1.17	18.95	4.72
Copper, Cu.....mg	0.061	0.002	36	AR	1		0.017	0.278	0.069
Manganese, Mn.....mg	0.011	0.002	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	15.0	0.877	72	AR	1		4.2	68.2	17.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.043	0.002	36	AR	1		0.012	0.195	0.048
Riboflavin.....mg	0.148	0.010	36	AR	1		0.041	0.670	0.167
Niacin.....mg	4.227	0.122	36	AR	1		1.184	19.173	4.776
Pantothenic acid.....mg	0.502	0.054	6	AR	1		0.141	2.276	0.567
Vitamin B-6.....mg	0.323	0.014	36	AR	1		0.091	1.466	0.365
Folate, total.....mcg	7	0.785	5	AR	1		2	32	8
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	7	0.785	5	AR	1		2	32	8
Folate, DFE.....mcg_DFE	7		0	NC	4		2	32	8
Vitamin B-12.....mcg	2.14	0.065	36	AR	1		0.60	9.71	2.42
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.41		0	CASN	4		0.11	1.84	0.46
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8	0.161	12	AR	1		0.5	8.4	2.1
Lipids:									
Fatty acids, total saturated.....g	7.672	0.138	35	AR	1		2.148	34.802	8.670
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
12:0.....g	0.014	0.001	47	AR	1		0.004	0.063	0.016
13:0.....g									
14:0.....g	0.601	0.011	47	AR	1		0.168	2.727	0.679
15:0.....g	0.097	0.002	47	AR	1		0.027	0.440	0.110
16:0.....g	4.348	0.061	47	AR	1		1.217	19.721	4.913
17:0.....g	0.227	0.005	47	AR	1		0.064	1.031	0.257
18:0.....g	2.400	0.044	47	AR	1		0.672	10.885	2.712
20:0.....g	0.017	0.001	47	AR	1		0.005	0.075	0.019

NDB No. 23572

Beef, ground, 80% lean meat / 20% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
22:0.....g	0.000	0.000	47	AR		1	0.000	0.000	0.000	
24:0.....g										
Fatty acids, total monounsaturated.....g	8.757	0.180	35	AR		1	2.452	39.722	9.896	
14:1.....g	0.162	0.004	47	AR		1	0.045	0.736	0.183	
15:1.....g	0.000	0.000	47	AR		1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.724	0.014	47	AR		1	0.203	3.285	0.818	
17:1.....g	0.135	0.024	47	AR		1	0.038	0.611	0.152	
18:1 undifferentiated.....g	7.672	0.118	47	AR		1	2.148	34.801	8.669	
20:1.....g	0.066	0.002	47	AR		1	0.019	0.301	0.075	
22:1 undifferentiated.....g	0.000		0	Z		7	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.521	0.018	35	AR		1	0.146	2.361	0.588	
18:2 undifferentiated.....g	0.420	0.017	47	AR		1	0.118	1.905	0.475	
18:3 undifferentiated.....g	0.063	0.003	47	AR		1	0.018	0.286	0.071	
18:3 n-6 c,c,c.....g	0.015	0.001	47	AR		1	0.004	0.066	0.016	
18:3i.....g										
18:4.....g	0.000		0	Z		7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR		1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR		1	0.000	0.000	0.000	
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.034	0.001	47	AR		1	0.009	0.154	0.038	
20:4 n-3.....g										
20:4 n-6.....g										
20:5 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
21:5.....g										
22:4.....g										
22:5 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z		7	0.000	0.000	0.000	
Fatty acids, total trans.....g	1.232	0.015	3	AR		1	0.345	5.587	1.392	
Cholesterol.....mg	71	1.442	36	AR		1	20	323	81	
Phytosterols.....mg										
<u>Amino Acids:</u>										
Tryptophan.....g	0.080		0	AR		1	0.022	0.363	0.091	
Threonine.....g	0.658		0	AR		1	0.184	2.986	0.744	
Isoleucine.....g	0.763		0	AR		1	0.214	3.459	0.862	
Leucine.....g	1.339		0	AR		1	0.375	6.076	1.514	
Lysine.....g	1.419		0	AR		1	0.397	6.435	1.603	
Methionine.....g	0.436		0	AR		1	0.122	1.979	0.493	
Cystine.....g	0.174		0	AR		1	0.049	0.791	0.197	
Phenylalanine.....g	0.675		0	AR		1	0.189	3.062	0.763	
Tyrosine.....g	0.523		0	AR		1	0.146	2.371	0.591	
Valine.....g	0.845		0	AR		1	0.237	3.834	0.955	
Arginine.....g	1.133		0	AR		1	0.317	5.141	1.281	
Histidine.....g	0.551		0	AR		1	0.154	2.499	0.623	
Alanine.....g	1.094		0	AR		1	0.306	4.961	1.236	
Aspartic acid.....g	1.545		0	AR		1	0.433	7.008	1.746	
Glutamic acid.....g	2.563		0	AR		1	0.718	11.626	2.896	
Glycine.....g	1.230		0	AR		1	0.344	5.577	1.389	
Proline.....g	0.913		0	AR		1	0.256	4.142	1.032	
Serine.....g	0.696		0	AR		1	0.195	3.155	0.786	
Hydroxyproline.....g	0.329		0	AR		1	0.092	1.491	0.371	
<u>Others:</u>										
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	0	
Theobromine.....mg	0		0	Z		7	0	0	0	
<u>Carotenoids:</u>										
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000	

NDB No. 23572

Beef, ground, 80% lean meat / 20% fat, raw

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

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.90	0.496	36	AR	1		47.51	83.28	
Energy.....kcal	256		0	NC	4		218	382	
Energy.....kj	1073		0	NC	4		912	1599	
Protein (N x 6.25).....g	27.73	0.211	36	AR	1		23.57	41.31	
Total lipid (fat).....g	15.30	0.365	36	AR	1		13.01	22.80	
Ash.....g	1.22	0.039	36	AR	1		1.04	1.82	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	2.909	12	AR	1		19	33	
Iron, Fe.....mg	2.93	0.077	11	AR	1		2.49	4.36	
Magnesium, Mg.....mg	25	0.290	12	AR	1		21	37	
Phosphorus, P.....mg	238	2.810	12	AR	1		202	355	
Potassium, K.....mg	407	6.729	12	AR	1		346	606	
Sodium, Na.....mg	89	1.619	12	AR	1		76	133	
Zinc, Zn.....mg	6.62	0.082	12	AR	1		5.63	9.86	
Copper, Cu.....mg	0.093	0.007	12	AR	1		0.079	0.139	
Manganese, Mn.....mg	0.012	0.001	11	AR	1		0.011	0.018	
Selenium, Se.....mcg	21.6	1.233	12	AR	1		18.3	32.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.044	0.003	12	AR	1		0.037	0.066	
Riboflavin.....mg	0.191	0.009	12	AR	1		0.162	0.285	
Niacin.....mg	6.318	0.118	11	AR	1		5.370	9.413	
Pantothenic acid.....mg	0.807	0.054	6	AR	1		0.686	1.202	
Vitamin B-6.....mg	0.428	0.019	12	AR	1		0.364	0.638	
Folate, total.....mcg	10	0.771	6	AR	1		8	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.771	6	AR	1		8	14	
Folate, DFE.....mcg_DFE	10		0	NC	4		8	14	
Vitamin B-12.....mcg	2.79	0.333	12	AR	1		2.37	4.15	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.47		0	CASN	4		0.40	0.70	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	BFSN	4		1.1	1.9	
Lipids:									
Fatty acids, total saturated.....g	5.821		0	BFFN	4		4.948	8.673	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.010		0	BFFN	4		0.009	0.016	
13:0.....g									
14:0.....g	0.424		0	BFFN	4		0.360	0.631	
15:0.....g	0.070		0	BFFN	4		0.060	0.104	
16:0.....g	3.243		0	BFFN	4		2.757	4.832	
17:0.....g	0.162		0	BFFN	4		0.138	0.241	
18:0.....g	1.910		0	BFFN	4		1.623	2.845	
20:0.....g	0.013		0	BFFN	4		0.011	0.020	

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.586		0	BFFN	4		5.598	9.813	
14:1.....g	0.114		0	BFFN	4		0.097	0.170	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.538		0	BFFN	4		0.457	0.802	
17:1.....g	0.113		0	BFFN	4		0.096	0.168	
18:1 undifferentiated.....g	5.737		0	BFFN	4		4.876	8.547	
20:1.....g	0.045		0	BFFN	4		0.038	0.067	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.479		0	BFFN	4		0.407	0.714	
18:2 undifferentiated.....g	0.363		0	BFFN	4		0.309	0.541	
18:3 undifferentiated.....g	0.062		0	BFFN	4		0.053	0.092	
18:3 n-6 c,c,c.....g	0.013		0	BFFN	4		0.011	0.019	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		0	BFFN	4		0.040	0.070	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	1.074		0	BFFN	4		0.913	1.601	
Cholesterol.....mg	90	2.712	12	AR	1		76	133	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.143		0	AR	1		0.121	0.213	
Threonine.....g	1.074		0	AR	1		0.913	1.601	
Isoleucine.....g	1.224		0	AR	1		1.041	1.824	
Leucine.....g	2.161		0	AR	1		1.837	3.220	
Lysine.....g	2.296		0	AR	1		1.952	3.421	
Methionine.....g	0.714		0	AR	1		0.607	1.064	
Cystine.....g	0.286		0	AR	1		0.243	0.426	
Phenylalanine.....g	1.079		0	AR	1		0.918	1.608	
Tyrosine.....g	0.854		0	AR	1		0.726	1.272	
Valine.....g	1.361		0	AR	1		1.157	2.028	
Arginine.....g	1.799		0	AR	1		1.529	2.681	
Histidine.....g	0.902		0	AR	1		0.767	1.344	
Alanine.....g	1.731		0	AR	1		1.471	2.579	
Aspartic acid.....g	2.496		0	AR	1		2.121	3.719	
Glutamic acid.....g	4.158		0	AR	1		3.534	6.195	
Glycine.....g	1.864		0	AR	1		1.585	2.778	
Proline.....g	1.402		0	AR	1		1.192	2.089	
Serine.....g	1.107		0	AR	1		0.941	1.650	
Hydroxyproline.....g	0.402		0	AR	1		0.342	0.599	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23570

Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned

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

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

Common Measures:

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

Measure 2 = 149g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23571

Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.98	0.608	12	AR	1		50.13	182.25	
Energy.....kcal	240		0	NC	4		204	743	
Energy.....kj	1005		0	NC	4		855	3107	
Protein (N x 6.25).....g	25.93	0.602	12	AR	1		22.04	80.14	
Total lipid (fat).....g	14.36	0.437	12	AR	1		12.21	44.38	
Ash.....g	0.92	0.026	12	AR	1		0.78	2.84	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	2.355	12	AR	1		15	55	
Iron, Fe.....mg	2.74	0.071	12	AR	1		2.33	8.46	
Magnesium, Mg.....mg	20	0.304	12	AR	1		17	60	
Phosphorus, P.....mg	186	2.874	12	AR	1		158	574	
Potassium, K.....mg	286	5.265	12	AR	1		243	882	
Sodium, Na.....mg	64	0.813	12	AR	1		54	197	
Zinc, Zn.....mg	6.45	0.078	12	AR	1		5.48	19.93	
Copper, Cu.....mg	0.079	0.006	11	AR	1		0.067	0.244	
Manganese, Mn.....mg	0.010	0.001	12	AR	1		0.008	0.030	
Selenium, Se.....mcg	21.0	1.050	12	AR	1		17.8	64.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.040	0.002	12	AR	1		0.034	0.125	
Riboflavin.....mg	0.171	0.005	12	AR	1		0.145	0.528	
Niacin.....mg	4.927	0.182	12	AR	1		4.188	15.226	
Pantothenic acid.....mg	0.597	0.030	6	AR	1		0.508	1.846	
Vitamin B-6.....mg	0.338	0.016	12	AR	1		0.288	1.045	
Folate, total.....mcg	6	1.231	6	AR	1		5	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.231	6	AR	1		5	20	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	20	
Vitamin B-12.....mcg	2.49	0.116	12	AR	1		2.11	7.69	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	CASN	4		0.37	1.35	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		1.0	3.7	
Lipids:									
Fatty acids, total saturated.....g	5.464		0	BFFN	4		4.644	16.884	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.010		0	BFFN	4		0.008	0.030	
13:0.....g									
14:0.....g	0.397		0	BFFN	4		0.338	1.228	
15:0.....g	0.066		0	BFFN	4		0.056	0.203	
16:0.....g	3.041		0	BFFN	4		2.585	9.398	
17:0.....g	0.152		0	BFFN	4		0.129	0.470	
18:0.....g	1.791		0	BFFN	4		1.522	5.534	
20:0.....g	0.013		0	BFFN	4		0.011	0.039	

NDB No. 23571

Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.183		0	BFFN	4		5.256	19.105	
14:1.....g	0.107		0	BFFN	4		0.091	0.331	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.505		0	BFFN	4		0.429	1.559	
17:1.....g	0.106		0	BFFN	4		0.090	0.328	
18:1 undifferentiated.....g	5.380		0	BFFN	4		4.573	16.623	
20:1.....g	0.042		0	BFFN	4		0.036	0.130	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0	BFFN	4		0.383	1.391	
18:2 undifferentiated.....g	0.340		0	BFFN	4		0.289	1.052	
18:3 undifferentiated.....g	0.058		0	BFFN	4		0.049	0.180	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.038	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.044		0	BFFN	4		0.038	0.137	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	1.008		0	BFFN	4		0.857	3.115	
Cholesterol.....mg	91	3.012	12	AR	1		78	283	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.133		0	AR	1		0.113	0.412	
Threonine.....g	1.005		0	AR	1		0.854	3.105	
Isoleucine.....g	1.145		0	AR	1		0.973	3.539	
Leucine.....g	2.021		0	AR	1		1.718	6.245	
Lysine.....g	2.148		0	AR	1		1.826	6.637	
Methionine.....g	0.668		0	AR	1		0.568	2.064	
Cystine.....g	0.267		0	AR	1		0.227	0.826	
Phenylalanine.....g	1.010		0	AR	1		0.858	3.120	
Tyrosine.....g	0.799		0	AR	1		0.679	2.468	
Valine.....g	1.273		0	AR	1		1.082	3.934	
Arginine.....g	1.683		0	AR	1		1.431	5.201	
Histidine.....g	0.844		0	AR	1		0.717	2.608	
Alanine.....g	1.619		0	AR	1		1.376	5.003	
Aspartic acid.....g	2.334		0	AR	1		1.984	7.213	
Glutamic acid.....g	3.889		0	AR	1		3.306	12.017	
Glycine.....g	1.744		0	AR	1		1.482	5.388	
Proline.....g	1.312		0	AR	1		1.115	4.053	
Serine.....g	1.036		0	AR	1		0.880	3.200	
Hydroxyproline.....g	0.376		0	AR	1		0.320	1.162	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23571

Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 309g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.03	0.262	72	AR	1		49.33	44.68	
Energy.....kcal	250		0	NC	4		213	193	
Energy.....kj	1048		0	NC	4		890	807	
Protein (N x 6.25).....g	25.93	0.198	72	AR	1		22.04	19.96	
Total lipid (fat).....g	15.48	0.216	72	AR	1		13.16	11.92	
Ash.....g	1.02	0.016	72	AR	1		0.87	0.78	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	1.980	36	AR	1		16	14	
Iron, Fe.....mg	2.60	0.059	36	AR	1		2.21	2.00	
Magnesium, Mg.....mg	21	0.287	36	AR	1		18	16	
Phosphorus, P.....mg	198	2.626	36	AR	1		168	152	
Potassium, K.....mg	318	4.069	36	AR	1		271	245	
Sodium, Na.....mg	72	1.181	36	AR	1		61	55	
Zinc, Zn.....mg	6.31	0.108	36	AR	1		5.37	4.86	
Copper, Cu.....mg	0.085	0.008	35	AR	1		0.072	0.066	
Manganese, Mn.....mg	0.012	0.001	36	AR	1		0.010	0.009	
Selenium, Se.....mcg	21.6	1.211	72	AR	1		18.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.046	0.004	36	AR	1		0.039	0.035	
Riboflavin.....mg	0.176	0.016	36	AR	1		0.150	0.136	
Niacin.....mg	5.378	0.206	36	AR	1		4.572	4.141	
Pantothenic acid.....mg	0.657	0.022	6	AR	1		0.559	0.506	
Vitamin B-6.....mg	0.382	0.013	36	AR	1		0.325	0.294	
Folate, total.....mcg	9	1.070	6	AR	1		7	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9	1.070	6	AR	1		7	7	
Folate, DFE.....mcg_DFE	9		0	NC	4		7	7	
Vitamin B-12.....mcg	2.64	0.058	36	AR	1		2.25	2.04	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44	0.133	6	AR	1		0.37	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2	0.428	12	AR	1		1.0	0.9	
Lipids:									
Fatty acids, total saturated.....g	5.892	0.139	35	AR	1		5.008	4.537	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0.....g	0.011	0.001	47	AR	1		0.009	0.008	
13:0.....g									
14:0.....g	0.428	0.010	47	AR	1		0.364	0.330	
15:0.....g	0.071	0.002	47	AR	1		0.060	0.055	
16:0.....g	3.278	0.058	47	AR	1		2.786	2.524	
17:0.....g	0.164	0.004	47	AR	1		0.139	0.126	
18:0.....g	1.930	0.063	47	AR	1		1.641	1.486	
20:0.....g	0.014	0.001	47	AR	1		0.012	0.010	

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.671	0.128	35	AR	1		5.670	5.136	
14:1.....g	0.115	0.004	47	AR	1		0.098	0.089	
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.544	0.016	47	AR	1		0.462	0.419	
17:1.....g	0.114	0.022	47	AR	1		0.097	0.088	
18:1 undifferentiated.....g	5.799	0.118	47	AR	1		4.929	4.465	
20:1.....g	0.045	0.002	47	AR	1		0.038	0.035	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.484	0.014	35	AR	1		0.411	0.372	
18:2 undifferentiated.....g	0.367	0.016	47	AR	1		0.312	0.283	
18:3 undifferentiated.....g	0.063	0.005	47	AR	1		0.053	0.048	
18:3 n-6 c,c,c.....g	0.013	0.001	47	AR	1		0.011	0.010	
18:3i.....g			0	Z	7		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048	0.001	47	AR	1		0.041	0.037	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	1.093	0.000	3	AR	1		0.929	0.842	
Cholesterol.....mg	90	2.255	36	AR	1		77	70	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.133		0	AR	1		0.113	0.103	
Threonine.....g	1.004		0	AR	1		0.854	0.773	
Isoleucine.....g	1.145		0	AR	1		0.973	0.882	
Leucine.....g	2.021		0	AR	1		1.717	1.556	
Lysine.....g	2.147		0	AR	1		1.825	1.653	
Methionine.....g	0.668		0	AR	1		0.568	0.514	
Cystine.....g	0.267		0	AR	1		0.227	0.206	
Phenylalanine.....g	1.009		0	AR	1		0.858	0.777	
Tyrosine.....g	0.799		0	AR	1		0.679	0.615	
Valine.....g	1.273		0	AR	1		1.082	0.980	
Arginine.....g	1.683		0	AR	1		1.430	1.296	
Histidine.....g	0.844		0	AR	1		0.717	0.650	
Alanine.....g	1.619		0	AR	1		1.376	1.246	
Aspartic acid.....g	2.334		0	AR	1		1.984	1.797	
Glutamic acid.....g	3.888		0	AR	1		3.305	2.994	
Glycine.....g	1.743		0	AR	1		1.482	1.342	
Proline.....g	1.311		0	AR	1		1.115	1.010	
Serine.....g	1.035		0	AR	1		0.880	0.797	
Hydroxyproline.....g	0.376		0	AR	1		0.320	0.290	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23568

Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled

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

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

Common Measures:

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

Measure 2 = 77g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

hamburger, ground round

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.61	0.224	36	AR	1		51.52	50.31	
Energy.....kcal	232		0	NC	4		197	192	
Energy.....kj	969		0	NC	4		824	804	
Protein (N x 6.25).....g	24.62	0.323	36	AR	1		20.93	20.44	
Total lipid (fat).....g	14.02	0.304	36	AR	1		11.91	11.63	
Ash.....g	1.07	0.019	36	AR	1		0.91	0.89	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	2.883	12	AR	1		17	17	
Iron, Fe.....mg	2.68	0.083	12	AR	1		2.28	2.22	
Magnesium, Mg.....mg	22	0.327	12	AR	1		19	18	
Phosphorus, P.....mg	211	3.099	12	AR	1		179	175	
Potassium, K.....mg	349	6.904	12	AR	1		297	290	
Sodium, Na.....mg	79	1.472	12	AR	1		67	66	
Zinc, Zn.....mg	6.20	0.077	12	AR	1		5.27	5.15	
Copper, Cu.....mg	0.081	0.003	12	AR	1		0.069	0.067	
Manganese, Mn.....mg	0.011	0.001	12	AR	1		0.010	0.009	
Selenium, Se.....mcg	20.3	0.977	12	AR	1		17.3	16.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.043	0.003	12	AR	1		0.036	0.035	
Riboflavin.....mg	0.178	0.009	12	AR	1		0.151	0.147	
Niacin.....mg	5.778	0.212	12	AR	1		4.912	4.796	
Pantothenic acid.....mg	0.624		0	BFPN	4		0.530	0.518	
Vitamin B-6.....mg	0.367	0.014	12	AR	1		0.312	0.305	
Folate, total.....mcg	8		0	BFPN	4		7	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		7	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		7	7	
Vitamin B-12.....mcg	2.81	0.332	10	AR	1		2.39	2.33	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.42		0	CASN	4		0.36	0.35	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		1.0	1.0	
Lipids:									
Fatty acids, total saturated.....g	5.335		0	BFPN	4		4.535	4.428	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	BFPN	4		0.000	0.000	
12:0.....g	0.010		0	BFPN	4		0.008	0.008	
13:0.....g									
14:0.....g	0.388		0	BFPN	4		0.330	0.322	
15:0.....g	0.064		0	BFPN	4		0.055	0.053	
16:0.....g	2.970		0	BFPN	4		2.524	2.465	
17:0.....g	0.148		0	BFPN	4		0.126	0.123	
18:0.....g	1.749		0	BFPN	4		1.486	1.452	
20:0.....g	0.012		0	BFPN	4		0.010	0.010	

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.037		0	BFFN	4		5.131	5.011	
14:1.....g	0.104		0	BFFN	4		0.089	0.087	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.493		0	BFFN	4		0.419	0.409	
17:1.....g	0.104		0	BFFN	4		0.088	0.086	
18:1 undifferentiated.....g	5.253		0	BFFN	4		4.465	4.360	
20:1.....g	0.041		0	BFFN	4		0.035	0.034	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.439		0	BFFN	4		0.373	0.364	
18:2 undifferentiated.....g	0.332		0	BFFN	4		0.283	0.276	
18:3 undifferentiated.....g	0.057		0	BFFN	4		0.048	0.047	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.010	
18:3i.....g									
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.043		0	BFFN	4		0.037	0.036	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g	0.984		0	BFFN	4		0.836	0.817	
Cholesterol.....mg	86	1.973	12	AR	1		73	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.127		0	AR	1		0.108	0.105	
Threonine.....g	0.954		0	AR	1		0.811	0.792	
Isoleucine.....g	1.087		0	AR	1		0.924	0.902	
Leucine.....g	1.919		0	AR	1		1.631	1.593	
Lysine.....g	2.039		0	AR	1		1.733	1.693	
Methionine.....g	0.634		0	AR	1		0.539	0.526	
Cystine.....g	0.254		0	AR	1		0.216	0.211	
Phenylalanine.....g	0.959		0	AR	1		0.815	0.796	
Tyrosine.....g	0.758		0	AR	1		0.645	0.629	
Valine.....g	1.209		0	AR	1		1.027	1.003	
Arginine.....g	1.598		0	AR	1		1.358	1.326	
Histidine.....g	0.801		0	AR	1		0.681	0.665	
Alanine.....g	1.537		0	AR	1		1.307	1.276	
Aspartic acid.....g	2.216		0	AR	1		1.884	1.840	
Glutamic acid.....g	3.692		0	AR	1		3.139	3.065	
Glycine.....g	1.656		0	AR	1		1.407	1.374	
Proline.....g	1.245		0	AR	1		1.058	1.034	
Serine.....g	0.983		0	AR	1		0.836	0.816	
Hydroxyproline.....g	0.357		0	AR	1		0.304	0.296	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23569

Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled

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

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

Common Measures:

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

Measure 2 = 83g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23567

Beef, ground, 85% lean meat / 15% fat, raw

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.72	0.168	72	AR	1		18.40	298.12	74.27
Energy.....kcal	215		0	NC	4		60	974	243
Energy.....kj	898		0	NC	4		251	4074	1015
Protein (N x 6.25).....g	18.59	0.163	72	AR	1		5.20	84.31	21.00
Total lipid (fat).....g	15.00		72	AR	1		4.20	68.04	16.95
Ash.....g	0.91	0.023	72	AR	1		0.25	4.12	1.03
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	1.733	36	AR	1		4	68	17
Iron, Fe.....mg	2.09	0.045	36	AR	1		0.58	9.48	2.36
Magnesium, Mg.....mg	18	0.196	36	AR	1		5	83	21
Phosphorus, P.....mg	171	1.603	36	AR	1		48	777	194
Potassium, K.....mg	295	2.512	36	AR	1		83	1339	334
Sodium, Na.....mg	66	1.065	36	AR	1		19	301	75
Zinc, Zn.....mg	4.48	0.056	36	AR	1		1.25	20.33	5.06
Copper, Cu.....mg	0.067	0.002	36	AR	1		0.019	0.302	0.075
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	15.8	0.858	72	AR	1		4.4	71.8	17.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.042	0.002	36	AR	1		0.012	0.192	0.048
Riboflavin.....mg	0.152	0.010	36	AR	1		0.043	0.689	0.172
Niacin.....mg	4.649	0.116	36	AR	1		1.302	21.089	5.254
Pantothenic acid.....mg	0.549	0.053	6	AR	1		0.154	2.488	0.620
Vitamin B-6.....mg	0.346	0.013	36	AR	1		0.097	1.571	0.391
Folate, total.....mcg	6	0.787	5	AR	1		2	26	7
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	0.787	5	AR	1		2	26	7
Folate, DFE.....mcg_DFE	6		0	NC	4		2	26	7
Vitamin B-12.....mcg	2.17	0.062	36	AR	1		0.61	9.86	2.46
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.37		0	CASN	4		0.10	1.66	0.41
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3	0.151	12	AR	1		0.4	6.0	1.5
Lipids:									
Fatty acids, total saturated.....g	5.865	0.123	35	AR	1		1.642	26.603	6.627
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
12:0.....g	0.011	0.001	47	AR	1		0.003	0.050	0.013
13:0.....g									
14:0.....g	0.443	0.010	47	AR	1		0.124	2.009	0.501
15:0.....g	0.073	0.002	47	AR	1		0.020	0.329	0.082
16:0.....g	3.290	0.052	47	AR	1		0.921	14.923	3.718
17:0.....g	0.169	0.004	47	AR	1		0.047	0.768	0.191
18:0.....g	1.875	0.040	47	AR	1		0.525	8.507	2.119
20:0.....g	0.014	0.001	47	AR	1		0.004	0.064	0.016

NDB No. 23567

Beef, ground, 85% lean meat / 15% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	6.555		35	AR	1		1.835	29.734	7.407
14:1.....g	0.116	0.003	47	AR	1		0.032	0.526	0.131
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.534	0.012	47	AR	1		0.150	2.422	0.603
17:1.....g	0.102	0.023	47	AR	1		0.029	0.462	0.115
18:1 undifferentiated.....g	5.751	0.101	47	AR	1		1.610	26.087	6.499
20:1.....g	0.049	0.002	47	AR	1		0.014	0.222	0.055
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		35	AR	1		0.121	1.962	0.489
18:2 undifferentiated.....g	0.342	0.016	47	AR	1		0.096	1.549	0.386
18:3 undifferentiated.....g	0.054	0.003	47	AR	1		0.015	0.244	0.061
18:3 n-6 c,c,c.....g	0.012	0.001	47	AR	1		0.003	0.056	0.014
18:3i.....g			0	Z	7		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.036	0.001	47	AR	1		0.010	0.161	0.040
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.935		3	AR	1		0.262	4.239	1.056
Cholesterol.....mg	68	1.386	36	AR	1		19	309	77
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0	AR	1		0.027	0.434	0.108
Threonine.....g	0.721		0	AR	1		0.202	3.270	0.815
Isoleucine.....g	0.821		0	AR	1		0.230	3.726	0.928
Leucine.....g	1.450		0	AR	1		0.406	6.577	1.638
Lysine.....g	1.541		0	AR	1		0.431	6.989	1.741
Methionine.....g	0.479		0	AR	1		0.134	2.174	0.541
Cystine.....g	0.192		0	AR	1		0.054	0.870	0.217
Phenylalanine.....g	0.724		0	AR	1		0.203	3.285	0.818
Tyrosine.....g	0.573		0	AR	1		0.160	2.599	0.647
Valine.....g	0.913		0	AR	1		0.256	4.143	1.032
Arginine.....g	1.207		0	AR	1		0.338	5.477	1.364
Histidine.....g	0.605		0	AR	1		0.170	2.746	0.684
Alanine.....g	1.161		0	AR	1		0.325	5.268	1.312
Aspartic acid.....g	1.675		0	AR	1		0.469	7.596	1.892
Glutamic acid.....g	2.790		0	AR	1		0.781	12.655	3.153
Glycine.....g	1.251		0	AR	1		0.350	5.674	1.414
Proline.....g	0.941		0	AR	1		0.263	4.268	1.063
Serine.....g	0.743		0	AR	1		0.208	3.370	0.840
Hydroxyproline.....g	0.356		0	AR	1		0.100	1.613	0.402
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 23567

Beef, ground, 85% lean meat / 15% fat, raw

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

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.58	0.491	36	AR	1		49.79	90.21	
Energy.....kcal	230		0	NC	4		196	354	
Energy.....kj	963		0	NC	4		818	1483	
Protein (N x 6.25).....g	28.45	0.292	36	AR	1		24.18	43.81	
Total lipid (fat).....g	12.04	0.358	36	AR	1		10.24	18.55	
Ash.....g	1.28	0.047	36	AR	1		1.09	1.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16	3.963	12	AR	1		13	24	
Iron, Fe.....mg	3.08	0.111	11	AR	1		2.62	4.74	
Magnesium, Mg.....mg	27	0.420	12	AR	1		23	41	
Phosphorus, P.....mg	250	4.071	12	AR	1		213	386	
Potassium, K.....mg	433	9.341	12	AR	1		368	667	
Sodium, Na.....mg	87	2.346	12	AR	1		74	134	
Zinc, Zn.....mg	6.84	0.119	12	AR	1		5.81	10.53	
Copper, Cu.....mg	0.099	0.009	12	AR	1		0.084	0.153	
Manganese, Mn.....mg	0.013	0.001	11	AR	1		0.011	0.019	
Selenium, Se.....mcg	21.3	1.312	12	AR	1		18.1	32.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.043	0.004	12	AR	1		0.036	0.066	
Riboflavin.....mg	0.193	0.011	12	AR	1		0.164	0.297	
Niacin.....mg	6.804	0.170	11	AR	1		5.783	10.478	
Pantothenic acid.....mg	0.808	0.065	6	AR	1		0.686	1.244	
Vitamin B-6.....mg	0.428	0.021	12	AR	1		0.364	0.659	
Folate, total.....mcg	8	1.089	6	AR	1		7	13	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8	1.089	6	AR	1		7	13	
Folate, DFE.....mcg_DFE	8		0	NC	4		7	13	
Vitamin B-12.....mcg	2.71	0.396	12	AR	1		2.31	4.18	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.44		0	CASN	4		0.38	0.68	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		1.0	1.9	
Lipids:									
Fatty acids, total saturated.....g	4.752		0	BFFN	4		4.039	7.317	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.009		0	BFFN	4		0.008	0.014	
13:0.....g									
14:0.....g	0.328		0	BFFN	4		0.279	0.505	
15:0.....g	0.056		0	BFFN	4		0.048	0.087	
16:0.....g	2.618		0	BFFN	4		2.225	4.032	
17:0.....g	0.130		0	BFFN	4		0.111	0.201	
18:0.....g	1.659		0	BFFN	4		1.410	2.555	
20:0.....g	0.014		0	BFFN	4		0.012	0.021	

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	5.074		0	BFFN	4		4.313	7.814	
14:1.....g	0.080		0	BFFN	4		0.068	0.123	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.407		0	BFFN	4		0.346	0.627	
17:1.....g	0.081		0	BFFN	4		0.069	0.125	
18:1 undifferentiated.....g	4.525		0	BFFN	4		3.847	6.969	
20:1.....g	0.035		0	BFFN	4		0.030	0.054	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.432		0	BFFN	4		0.367	0.666	
18:2 undifferentiated.....g	0.323		0	BFFN	4		0.274	0.497	
18:3 undifferentiated.....g	0.058		0	BFFN	4		0.049	0.089	
18:3 n-6 c,c,c.....g	0.013		0	BFFN	4		0.011	0.020	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		0	BFFN	4		0.043	0.078	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.751		0	BFFN	4		0.638	1.156	
Cholesterol.....mg	89	2.633	12	AR	1		76	138	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.158		0	AR	1		0.134	0.243	
Threonine.....g	1.113		0	AR	1		0.946	1.714	
Isoleucine.....g	1.251		0	AR	1		1.063	1.927	
Leucine.....g	2.217		0	AR	1		1.884	3.414	
Lysine.....g	2.363		0	AR	1		2.009	3.639	
Methionine.....g	0.742		0	AR	1		0.630	1.142	
Cystine.....g	0.297		0	AR	1		0.253	0.458	
Phenylalanine.....g	1.099		0	AR	1		0.934	1.692	
Tyrosine.....g	0.886		0	AR	1		0.753	1.364	
Valine.....g	1.395		0	AR	1		1.185	2.148	
Arginine.....g	1.821		0	AR	1		1.548	2.804	
Histidine.....g	0.937		0	AR	1		0.797	1.443	
Alanine.....g	1.746		0	AR	1		1.484	2.690	
Aspartic acid.....g	2.563		0	AR	1		2.179	3.947	
Glutamic acid.....g	4.286		0	AR	1		3.643	6.601	
Glycine.....g	1.807		0	AR	1		1.536	2.783	
Proline.....g	1.376		0	AR	1		1.170	2.119	
Serine.....g	1.123		0	AR	1		0.955	1.730	
Hydroxyproline.....g	0.361		0	AR	1		0.306	0.555	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23565

Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned

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

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

Common Measures:

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

Measure 2 = 154g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23566

Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.33	0.584	12	AR	1		52.13	198.10	
Energy.....kcal	214		0	NC	4		182	690	
Energy.....kj	894		0	NC	4		760	2889	
Protein (N x 6.25).....g	26.62	0.776	12	AR	1		22.63	85.99	
Total lipid (fat).....g	11.10	0.393	12	AR	1		9.43	35.84	
Ash.....g	0.93	0.036	12	AR	1		0.79	3.01	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	3.412	12	AR	1		11	41	
Iron, Fe.....mg	2.89	0.100	12	AR	1		2.46	9.34	
Magnesium, Mg.....mg	21	0.441	12	AR	1		17	66	
Phosphorus, P.....mg	193	4.165	12	AR	1		164	622	
Potassium, K.....mg	300	7.628	12	AR	1		255	970	
Sodium, Na.....mg	61	1.178	12	AR	1		52	196	
Zinc, Zn.....mg	6.65	0.114	12	AR	1		5.66	21.49	
Copper, Cu.....mg	0.078	0.007	11	AR	1		0.067	0.253	
Manganese, Mn.....mg	0.010	0.001	12	AR	1		0.009	0.033	
Selenium, Se.....mcg	21.6	1.274	12	AR	1		18.4	69.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.037	0.003	12	AR	1		0.031	0.119	
Riboflavin.....mg	0.172	0.007	12	AR	1		0.146	0.555	
Niacin.....mg	5.228	0.212	12	AR	1		4.444	16.885	
Pantothenic acid.....mg	0.625	0.040	6	AR	1		0.531	2.019	
Vitamin B-6.....mg	0.348	0.018	12	AR	1		0.295	1.122	
Folate, total.....mcg	6	1.360	6	AR	1		5	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.360	6	AR	1		5	20	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	20	
Vitamin B-12.....mcg	2.50	0.133	12	AR	1		2.12	8.06	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.41		0	CASN	4		0.35	1.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	BFSN	4		1.0	3.6	
Lipids:									
Fatty acids, total saturated.....g	4.379		0	BFFN	4		3.722	14.144	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.009		0	BFFN	4		0.007	0.028	
13:0.....g									
14:0.....g	0.302		0	BFFN	4		0.257	0.975	
15:0.....g	0.052		0	BFFN	4		0.044	0.168	
16:0.....g	2.412		0	BFFN	4		2.050	7.792	
17:0.....g	0.120		0	BFFN	4		0.102	0.388	
18:0.....g	1.529		0	BFFN	4		1.300	4.938	
20:0.....g	0.012		0	BFFN	4		0.011	0.040	

NDB No. 23566

Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.676		0	BFFN	4		3.975	15.103	
14:1.....g	0.074		0	BFFN	4		0.063	0.238	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.375		0	BFFN	4		0.319	1.211	
17:1.....g	0.075		0	BFFN	4		0.064	0.242	
18:1 undifferentiated.....g	4.170		0	BFFN	4		3.544	13.469	
20:1.....g	0.032		0	BFFN	4		0.027	0.104	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.398		0	BFFN	4		0.338	1.284	
18:2 undifferentiated.....g	0.297		0	BFFN	4		0.253	0.961	
18:3 undifferentiated.....g	0.053		0	BFFN	4		0.045	0.173	
18:3 n-6 c,c,c.....g	0.012		0	BFFN	4		0.010	0.038	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.047		0	BFFN	4		0.040	0.150	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.692		0	BFFN	4		0.588	2.235	
Cholesterol.....mg	86	2.950	12	AR	1		73	277	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.148		0	AR	1		0.126	0.477	
Threonine.....g	1.041		0	AR	1		0.885	3.364	
Isoleucine.....g	1.171		0	AR	1		0.995	3.781	
Leucine.....g	2.074		0	AR	1		1.763	6.700	
Lysine.....g	2.211		0	AR	1		1.880	7.142	
Methionine.....g	0.694		0	AR	1		0.590	2.242	
Cystine.....g	0.278		0	AR	1		0.237	0.899	
Phenylalanine.....g	1.028		0	AR	1		0.874	3.322	
Tyrosine.....g	0.829		0	AR	1		0.704	2.677	
Valine.....g	1.305		0	AR	1		1.109	4.215	
Arginine.....g	1.704		0	AR	1		1.448	5.503	
Histidine.....g	0.877		0	AR	1		0.746	2.833	
Alanine.....g	1.634		0	AR	1		1.389	5.279	
Aspartic acid.....g	2.399		0	AR	1		2.039	7.747	
Glutamic acid.....g	4.011		0	AR	1		3.409	12.955	
Glycine.....g	1.691		0	AR	1		1.437	5.462	
Proline.....g	1.288		0	AR	1		1.094	4.159	
Serine.....g	1.051		0	AR	1		0.893	3.395	
Hydroxyproline.....g	0.337		0	AR	1		0.287	1.090	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23566

Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 323g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23563

Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.35	0.242	72	AR	1		52.15	50.31	
Energy.....kcal	217		0	NC	4		185	178	
Energy.....kj	909		0	NC	4		773	745	
Protein (N x 6.25).....g	26.11	0.268	72	AR	1		22.19	21.41	
Total lipid (fat).....g	11.73	0.199	72	AR	1		9.97	9.62	
Ash.....g	1.04	0.019	72	AR	1		0.88	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	2.731	36	AR	1		11	10	
Iron, Fe.....mg	2.71	0.077	36	AR	1		2.31	2.23	
Magnesium, Mg.....mg	22	0.313	36	AR	1		18	18	
Phosphorus, P.....mg	202	3.000	36	AR	1		172	166	
Potassium, K.....mg	333	4.574	36	AR	1		283	273	
Sodium, Na.....mg	68	1.536	36	AR	1		58	56	
Zinc, Zn.....mg	6.37	0.140	36	AR	1		5.42	5.22	
Copper, Cu.....mg	0.091	0.008	35	AR	1		0.077	0.074	
Manganese, Mn.....mg	0.013	0.001	36	AR	1		0.011	0.011	
Selenium, Se.....mcg	21.6	1.289	72	AR	1		18.4	17.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.044	0.004	36	AR	1		0.037	0.036	
Riboflavin.....mg	0.175	0.017	36	AR	1		0.148	0.143	
Niacin.....mg	5.659	0.214	36	AR	1		4.810	4.640	
Pantothenic acid.....mg	0.649	0.031	6	AR	1		0.551	0.532	
Vitamin B-6.....mg	0.397	0.016	36	AR	1		0.337	0.326	
Folate, total.....mcg	8	1.466	6	AR	1		7	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8	1.466	6	AR	1		7	6	
Folate, DFE.....mcg_DFE	8		0	NC	4		7	6	
Vitamin B-12.....mcg	2.56	0.077	36	AR	1		2.17	2.10	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.41		0	CASN	4		0.35	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1	0.398	12	AR	1		1.0	0.9	
Lipids:									
Fatty acids, total saturated.....g	4.629	0.129	35	AR	1		3.934	3.795	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0.....g	0.009	0.001	47	AR	1		0.008	0.007	
13:0.....g									
14:0.....g	0.319	0.009	47	AR	1		0.271	0.262	
15:0.....g	0.055	0.002	47	AR	1		0.047	0.045	
16:0.....g	2.549	0.054	47	AR	1		2.167	2.090	
17:0.....g	0.127	0.004	47	AR	1		0.108	0.104	
18:0.....g	1.616	0.057	47	AR	1		1.373	1.325	
20:0.....g	0.013	0.001	47	AR	1		0.011	0.011	

NDB No. 23563

Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.945	0.118	35	AR	1		4.203	4.054	
14:1.....g	0.078	0.003	47	AR	1		0.066	0.064	
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.396	0.014	47	AR	1		0.337	0.325	
17:1.....g	0.079	0.021	47	AR	1		0.067	0.065	
18:1 undifferentiated.....g	4.407	0.109	47	AR	1		3.746	3.614	
20:1.....g	0.034	0.002	47	AR	1		0.029	0.028	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420	0.013	35	AR	1		0.357	0.344	
18:2 undifferentiated.....g	0.314	0.015	47	AR	1		0.267	0.258	
18:3 undifferentiated.....g	0.057	0.005	47	AR	1		0.048	0.046	
18:3 n-6 c,c,c.....g	0.013	0.001	47	AR	1		0.011	0.010	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049	0.001	47	AR	1		0.042	0.040	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.734	0.000	3	AR	1		0.624	0.602	
Cholesterol.....mg	85	2.236	36	AR	1		72	70	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.145		0	AR	1		0.123	0.119	
Threonine.....g	1.021		0	AR	1		0.868	0.838	
Isoleucine.....g	1.148		0	AR	1		0.976	0.941	
Leucine.....g	2.034		0	AR	1		1.729	1.668	
Lysine.....g	2.169		0	AR	1		1.843	1.778	
Methionine.....g	0.681		0	AR	1		0.579	0.558	
Cystine.....g	0.273		0	AR	1		0.232	0.224	
Phenylalanine.....g	1.009		0	AR	1		0.857	0.827	
Tyrosine.....g	0.813		0	AR	1		0.691	0.666	
Valine.....g	1.280		0	AR	1		1.088	1.049	
Arginine.....g	1.671		0	AR	1		1.420	1.370	
Histidine.....g	0.860		0	AR	1		0.731	0.705	
Alanine.....g	1.603		0	AR	1		1.362	1.314	
Aspartic acid.....g	2.352		0	AR	1		2.000	1.929	
Glutamic acid.....g	3.933		0	AR	1		3.343	3.225	
Glycine.....g	1.659		0	AR	1		1.410	1.360	
Proline.....g	1.263		0	AR	1		1.073	1.036	
Serine.....g	1.031		0	AR	1		0.876	0.845	
Hydroxyproline.....g	0.331		0	AR	1		0.281	0.271	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23563

Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data			Code	Code	Code

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

Common Measures:

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

Measure 2 = 82g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

hamburger, ground sirloin

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.21	0.222	36	AR	1		53.73	54.36	
Energy.....kcal	204		0	NC	4		173	175	
Energy.....kj	854		0	NC	4		726	734	
Protein (N x 6.25).....g	25.21	0.443	36	AR	1		21.43	21.68	
Total lipid (fat).....g	10.68	0.307	36	AR	1		9.08	9.19	
Ash.....g	1.08	0.024	36	AR	1		0.92	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	4.178	12	AR	1		12	13	
Iron, Fe.....mg	2.77	0.120	12	AR	1		2.35	2.38	
Magnesium, Mg.....mg	23	0.473	12	AR	1		20	20	
Phosphorus, P.....mg	216	4.490	12	AR	1		184	186	
Potassium, K.....mg	363	10.003	12	AR	1		308	312	
Sodium, Na.....mg	75	1.981	12	AR	1		64	64	
Zinc, Zn.....mg	6.33	0.111	12	AR	1		5.38	5.44	
Copper, Cu.....mg	0.086	0.005	12	AR	1		0.073	0.074	
Manganese, Mn.....mg	0.011	0.001	12	AR	1		0.010	0.010	
Selenium, Se.....mcg	20.7	1.079	12	AR	1		17.6	17.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.042	0.004	12	AR	1		0.036	0.036	
Riboflavin.....mg	0.179	0.010	12	AR	1		0.152	0.154	
Niacin.....mg	6.027	0.255	12	AR	1		5.123	5.183	
Pantothenic acid.....mg	0.626		0	BFFN	4		0.532	0.539	
Vitamin B-6.....mg	0.379	0.020	12	AR	1		0.322	0.326	
Folate, total.....mcg	8		0	BFFN	4		6	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFFN	4		6	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		6	7	
Vitamin B-12.....mcg	2.95	0.443	10	AR	1		2.51	2.54	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.39		0	CASN	4		0.33	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	BFSN	4		0.9	0.9	
Lipids:									
Fatty acids, total saturated.....g	4.218		0	BFFN	4		3.585	3.627	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.008		0	BFFN	4		0.007	0.007	
13:0.....g									
14:0.....g	0.291		0	BFFN	4		0.247	0.250	
15:0.....g	0.050		0	BFFN	4		0.043	0.043	
16:0.....g	2.322		0	BFFN	4		1.974	1.997	
17:0.....g	0.116		0	BFFN	4		0.098	0.099	
18:0.....g	1.472		0	BFFN	4		1.251	1.266	
20:0.....g	0.012		0	BFFN	4		0.010	0.010	

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.501		0	BFFN	4		3.826	3.871	
14:1.....g	0.071		0	BFFN	4		0.060	0.061	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.361		0	BFFN	4		0.307	0.310	
17:1.....g	0.072		0	BFFN	4		0.061	0.062	
18:1 undifferentiated.....g	4.015		0	BFFN	4		3.412	3.453	
20:1.....g	0.031		0	BFFN	4		0.026	0.027	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.384		0	BFFN	4		0.326	0.330	
18:2 undifferentiated.....g	0.286		0	BFFN	4		0.243	0.246	
18:3 undifferentiated.....g	0.051		0	BFFN	4		0.044	0.044	
18:3 n-6 c,c,c.....g	0.011		0	BFFN	4		0.010	0.010	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4		0.038	0.039	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.666		0	BFFN	4		0.566	0.573	
Cholesterol.....mg	82	1.911	12	AR	1		70	71	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.140		0	AR	1		0.119	0.120	
Threonine.....g	0.986		0	AR	1		0.838	0.848	
Isoleucine.....g	1.109		0	AR	1		0.942	0.953	
Leucine.....g	1.964		0	AR	1		1.670	1.689	
Lysine.....g	2.094		0	AR	1		1.780	1.801	
Methionine.....g	0.657		0	AR	1		0.559	0.565	
Cystine.....g	0.264		0	AR	1		0.224	0.227	
Phenylalanine.....g	0.974		0	AR	1		0.828	0.837	
Tyrosine.....g	0.785		0	AR	1		0.667	0.675	
Valine.....g	1.236		0	AR	1		1.050	1.063	
Arginine.....g	1.613		0	AR	1		1.371	1.388	
Histidine.....g	0.831		0	AR	1		0.706	0.714	
Alanine.....g	1.548		0	AR	1		1.315	1.331	
Aspartic acid.....g	2.271		0	AR	1		1.931	1.953	
Glutamic acid.....g	3.798		0	AR	1		3.228	3.266	
Glycine.....g	1.601		0	AR	1		1.361	1.377	
Proline.....g	1.219		0	AR	1		1.036	1.049	
Serine.....g	0.995		0	AR	1		0.846	0.856	
Hydroxyproline.....g	0.320		0	AR	1		0.272	0.275	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23564

Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	measures of food		
			of Data	Code	Code	Code	Measure 1	Measure 2

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

Common Measures:

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

Measure 2 = 86g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23562

Beef, ground, 90% lean meat / 10% fat, raw

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.50	0.199	72	AR	1		19.46	315.26	78.54
Energy.....kcal	176		0	NC	4		49	797	198
Energy.....kj	735		0	NC	4		206	3333	830
Protein (N x 6.25).....g	20.00	0.190	72	AR	1		5.60	90.72	22.60
Total lipid (fat).....g	10.00		72	AR	1		2.80	45.36	11.30
Ash.....g	0.98	0.025	72	AR	1		0.27	4.43	1.10
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	2.403	36	AR	1		3	55	14
Iron, Fe.....mg	2.24	0.053	36	AR	1		0.63	10.15	2.53
Magnesium, Mg.....mg	20	0.255	36	AR	1		6	91	23
Phosphorus, P.....mg	184	2.161	36	AR	1		52	837	208
Potassium, K.....mg	321	3.483	36	AR	1		90	1455	363
Sodium, Na.....mg	66	1.305	36	AR	1		18	300	75
Zinc, Zn.....mg	4.79	0.076	36	AR	1		1.34	21.71	5.41
Copper, Cu.....mg	0.072	0.002	36	AR	1		0.020	0.327	0.081
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	16.6	0.914	72	AR	1		4.6	75.3	18.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.042	0.002	36	AR	1		0.012	0.189	0.047
Riboflavin.....mg	0.156	0.010	36	AR	1		0.044	0.709	0.177
Niacin.....mg	5.072	0.131	36	AR	1		1.420	23.006	5.731
Pantothenic acid.....mg	0.595	0.054	6	AR	1		0.167	2.700	0.673
Vitamin B-6.....mg	0.369	0.015	36	AR	1		0.103	1.674	0.417
Folate, total.....mcg	6	1.368	6	AR	1		2	26	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	1.368	6	AR	1		2	26	6
Folate, DFE.....mcg_DFE	6		0	NC	4		2	26	6
Vitamin B-12.....mcg	2.21	0.070	36	AR	1		0.62	10.02	2.50
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.32		0	CASN	4		0.09	1.47	0.37
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8	0.203	12	AR	1		0.2	3.7	0.9
Lipids:									
Fatty acids, total saturated.....g	4.058	0.162	35	AR	1		1.136	18.407	4.585
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
12:0.....g	0.008	0.001	47	AR	1		0.002	0.038	0.009
13:0.....g									
14:0.....g	0.285	0.013	47	AR	1		0.080	1.292	0.322
15:0.....g	0.048	0.002	47	AR	1		0.013	0.217	0.054
16:0.....g	2.233	0.071	47	AR	1		0.625	10.129	2.523
17:0.....g	0.111	0.006	47	AR	1		0.031	0.504	0.126
18:0.....g	1.351	0.050	47	AR	1		0.378	6.128	1.527
20:0.....g	0.011	0.001	47	AR	1		0.003	0.052	0.013

NDB No. 23562

Beef, ground, 90% lean meat / 10% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	4.353	0.211	35	AR	1		1.219	19.745	4.919
14:1.....g	0.070	0.004	47	AR	1		0.019	0.316	0.079
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.344	0.016	47	AR	1		0.096	1.559	0.388
17:1.....g	0.069	0.025	47	AR	1		0.019	0.313	0.078
18:1 undifferentiated.....g	3.830	0.138	47	AR	1		1.072	17.372	4.328
20:1.....g	0.032	0.002	47	AR	1		0.009	0.143	0.036
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.344	0.020	35	AR	1		0.096	1.562	0.389
18:2 undifferentiated.....g	0.263	0.018	47	AR	1		0.074	1.194	0.297
18:3 undifferentiated.....g	0.045	0.004	47	AR	1		0.012	0.202	0.050
18:3 n-6 c,c,c.....g	0.010	0.001	47	AR	1		0.003	0.046	0.011
18:3i.....g			0	Z	7		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.037	0.001	47	AR	1		0.010	0.168	0.042
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.638	0.019	3	AR	1		0.179	2.893	0.721
Cholesterol.....mg	65	1.521	36	AR	1		18	294	73
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0	AR	1		0.023	0.372	0.093
Threonine.....g	0.757		0	AR	1		0.212	3.432	0.855
Isoleucine.....g	0.894		0	AR	1		0.250	4.054	1.010
Leucine.....g	1.561		0	AR	1		0.437	7.081	1.764
Lysine.....g	1.646		0	AR	1		0.461	7.467	1.860
Methionine.....g	0.500		0	AR	1		0.140	2.267	0.565
Cystine.....g	0.199		0	AR	1		0.056	0.904	0.225
Phenylalanine.....g	0.795		0	AR	1		0.223	3.605	0.898
Tyrosine.....g	0.600		0	AR	1		0.168	2.720	0.678
Valine.....g	0.987		0	AR	1		0.276	4.476	1.115
Arginine.....g	1.345		0	AR	1		0.377	6.102	1.520
Histidine.....g	0.631		0	AR	1		0.177	2.861	0.713
Alanine.....g	1.303		0	AR	1		0.365	5.911	1.473
Aspartic acid.....g	1.798		0	AR	1		0.503	8.154	2.031
Glutamic acid.....g	2.967		0	AR	1		0.831	13.459	3.353
Glycine.....g	1.534		0	AR	1		0.430	6.960	1.734
Proline.....g	1.125		0	AR	1		0.315	5.101	1.271
Serine.....g	0.823		0	AR	1		0.230	3.733	0.930
Hydroxyproline.....g	0.254		0	AR	1		0.071	1.150	0.286
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 23562

Beef, ground, 90% lean meat / 10% fat, raw

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

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.58	0.876	36	AR	1		53.19	96.37	
Energy.....kcal	193		0	NC	4		164	297	
Energy.....kj	807		0	NC	4		686	1243	
Protein (N x 6.25).....g	29.17	0.429	36	AR	1		24.80	44.92	
Total lipid (fat).....g	7.58	0.791	36	AR	1		6.44	11.67	
Ash.....g	1.34	0.062	36	AR	1		1.14	2.06	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	5.826	12	AR	1		8	14	
Iron, Fe.....mg	3.23	0.168	11	AR	1		2.75	4.97	
Magnesium, Mg.....mg	28	0.639	12	AR	1		24	43	
Phosphorus, P.....mg	263	6.201	12	AR	1		223	404	
Potassium, K.....mg	459	13.895	12	AR	1		390	707	
Sodium, Na.....mg	85	3.573	12	AR	1		72	131	
Zinc, Zn.....mg	7.06	0.182	12	AR	1		6.00	10.88	
Copper, Cu.....mg	0.106	0.011	12	AR	1		0.090	0.163	
Manganese, Mn.....mg	0.013	0.001	11	AR	1		0.011	0.020	
Selenium, Se.....mcg	21.1	1.494	12	AR	1		18.0	32.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.042	0.007	12	AR	1		0.035	0.064	
Riboflavin.....mg	0.195	0.014	12	AR	1		0.166	0.300	
Niacin.....mg	7.290	0.256	11	AR	1		6.197	11.227	
Pantothenic acid.....mg	0.808	0.086	6	AR	1		0.687	1.245	
Vitamin B-6.....mg	0.428	0.026	12	AR	1		0.364	0.659	
Folate, total.....mcg	7	1.639	6	AR	1		6	11	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.639	6	AR	1		6	11	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	11	
Vitamin B-12.....mcg	2.64	0.523	12	AR	1		2.24	4.06	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.40		0	CASN	4		0.34	0.61	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	BFSN	4		1.2	2.2	
Lipids:									
Fatty acids, total saturated.....g	3.441		0	BFFN	4		2.925	5.299	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.009		0	BFFN	4		0.008	0.014	
13:0.....g									
14:0.....g	0.207		0	BFFN	4		0.176	0.319	
15:0.....g	0.039		0	BFFN	4		0.034	0.061	
16:0.....g	1.851		0	BFFN	4		1.573	2.850	
17:0.....g	0.093		0	BFFN	4		0.079	0.144	
18:0.....g	1.341		0	BFFN	4		1.140	2.065	
20:0.....g	0.014		0	BFFN	4		0.012	0.021	

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.145		0	BFFN	4		2.674	4.844	
14:1.....g	0.034		0	BFFN	4		0.029	0.053	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.235		0	BFFN	4		0.200	0.362	
17:1.....g	0.028		0	BFFN	4		0.024	0.043	
18:1 undifferentiated.....g	3.001		0	BFFN	4		2.551	4.622	
20:1.....g	0.025		0	BFFN	4		0.021	0.038	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.377		0	BFFN	4		0.321	0.581	
18:2 undifferentiated.....g	0.278		0	BFFN	4		0.236	0.428	
18:3 undifferentiated.....g	0.049		0	BFFN	4		0.041	0.075	
18:3 n-6 c,c,c.....g	0.013		0	BFFN	4		0.011	0.020	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.059		0	BFFN	4		0.050	0.091	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.192		0	BFFN	4		0.163	0.296	
Cholesterol.....mg	89	5.243	12	AR	1		75	137	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.173		0	AR	1		0.147	0.266	
Threonine.....g	1.151		0	AR	1		0.978	1.773	
Isoleucine.....g	1.278		0	AR	1		1.086	1.968	
Leucine.....g	2.273		0	AR	1		1.932	3.500	
Lysine.....g	2.429		0	AR	1		2.065	3.741	
Methionine.....g	0.769		0	AR	1		0.653	1.184	
Cystine.....g	0.309		0	AR	1		0.262	0.475	
Phenylalanine.....g	1.119		0	AR	1		0.952	1.724	
Tyrosine.....g	0.916		0	AR	1		0.779	1.411	
Valine.....g	1.428		0	AR	1		1.214	2.199	
Arginine.....g	1.845		0	AR	1		1.568	2.841	
Histidine.....g	0.972		0	AR	1		0.826	1.496	
Alanine.....g	1.765		0	AR	1		1.500	2.717	
Aspartic acid.....g	2.631		0	AR	1		2.236	4.051	
Glutamic acid.....g	4.413		0	AR	1		3.751	6.796	
Glycine.....g	1.760		0	AR	1		1.496	2.710	
Proline.....g	1.355		0	AR	1		1.152	2.087	
Serine.....g	1.140		0	AR	1		0.969	1.756	
Hydroxyproline.....g	0.323		0	AR	1		0.275	0.498	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23560

Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned

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

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

Common Measures:

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

Measure 2 = 154g: 1 portion (yield from 1/2 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23561

Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.76	1.834	12	AR	1		55.04	209.16	
Energy.....kcal	174		0	NC	4		148	562	
Energy.....kj	728		0	NC	4		619	2352	
Protein (N x 6.25).....g	27.31	1.099	12	AR	1		23.21	88.21	
Total lipid (fat).....g	6.37	1.278	12	AR	1		5.41	20.56	
Ash.....g	0.94	0.054	12	AR	1		0.80	3.05	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	5.197	12	AR	1		7	25	
Iron, Fe.....mg	3.05	0.151	12	AR	1		2.59	9.84	
Magnesium, Mg.....mg	22	0.671	12	AR	1		18	69	
Phosphorus, P.....mg	199	6.343	12	AR	1		169	644	
Potassium, K.....mg	315	11.619	12	AR	1		268	1018	
Sodium, Na.....mg	58	1.794	12	AR	1		49	186	
Zinc, Zn.....mg	6.86	0.175	12	AR	1		5.83	22.15	
Copper, Cu.....mg	0.078	0.009	11	AR	1		0.066	0.251	
Manganese, Mn.....mg	0.011	0.001	12	AR	1		0.009	0.034	
Selenium, Se.....mcg	22.3	1.714	12	AR	1		18.9	71.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.034	0.005	12	AR	1		0.028	0.108	
Riboflavin.....mg	0.173	0.011	12	AR	1		0.147	0.558	
Niacin.....mg	5.528	0.273	12	AR	1		4.699	17.856	
Pantothenic acid.....mg	0.653	0.057	6	AR	1		0.555	2.108	
Vitamin B-6.....mg	0.357	0.023	12	AR	1		0.303	1.152	
Folate, total.....mcg	6	1.642	6	AR	1		5	19	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.642	6	AR	1		5	19	
Folate, DFE.....mcg_DFE	6		0	NC	4		5	19	
Vitamin B-12.....mcg	2.50	0.169	12	AR	1		2.13	8.09	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.38		0	CASN	4		0.32	1.21	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	BFSN	4		1.1	4.3	
Lipids:									
Fatty acids, total saturated.....g	2.891		0	BFFN	4		2.457	9.338	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.007		0	BFFN	4		0.006	0.022	
13:0.....g									
14:0.....g	0.157		0	BFFN	4		0.133	0.506	
15:0.....g	0.030		0	BFFN	4		0.025	0.096	
16:0.....g	1.399		0	BFFN	4		1.189	4.520	
17:0.....g	0.071		0	BFFN	4		0.060	0.228	
18:0.....g	1.014		0	BFFN	4		0.862	3.275	
20:0.....g	0.010		0	BFFN	4		0.009	0.034	

NDB No. 23561

Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.642		0	BFFN	4		2.246	8.534	
14:1.....g	0.026		0	BFFN	4		0.022	0.083	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.178		0	BFFN	4		0.151	0.574	
17:1.....g	0.021		0	BFFN	4		0.018	0.068	
18:1 undifferentiated.....g	2.269		0	BFFN	4		1.929	7.329	
20:1.....g	0.019		0	BFFN	4		0.016	0.061	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.317		0	BFFN	4		0.269	1.024	
18:2 undifferentiated.....g	0.210		0	BFFN	4		0.179	0.679	
18:3 undifferentiated.....g	0.037		0	BFFN	4		0.031	0.119	
18:3 n-6 c,c,c.....g	0.010		0	BFFN	4		0.008	0.032	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4		0.038	0.145	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.161		0	BFFN	4		0.137	0.520	
Cholesterol.....mg	73	5.193	12	AR	1		62	235	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.162		0	AR	1		0.137	0.522	
Threonine.....g	1.078		0	AR	1		0.916	3.480	
Isoleucine.....g	1.196		0	AR	1		1.017	3.865	
Leucine.....g	2.128		0	AR	1		1.809	6.873	
Lysine.....g	2.274		0	AR	1		1.933	7.345	
Methionine.....g	0.719		0	AR	1		0.612	2.324	
Cystine.....g	0.289		0	AR	1		0.246	0.933	
Phenylalanine.....g	1.048		0	AR	1		0.891	3.385	
Tyrosine.....g	0.858		0	AR	1		0.729	2.771	
Valine.....g	1.337		0	AR	1		1.136	4.318	
Arginine.....g	1.727		0	AR	1		1.468	5.577	
Histidine.....g	0.910		0	AR	1		0.773	2.938	
Alanine.....g	1.652		0	AR	1		1.404	5.335	
Aspartic acid.....g	2.463		0	AR	1		2.093	7.954	
Glutamic acid.....g	4.131		0	AR	1		3.511	13.343	
Glycine.....g	1.647		0	AR	1		1.400	5.321	
Proline.....g	1.269		0	AR	1		1.078	4.098	
Serine.....g	1.067		0	AR	1		0.907	3.448	
Hydroxyproline.....g	0.303		0	AR	1		0.257	0.978	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23561

Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked

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

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

Common Measures:

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

Measure 2 = 323g: 1 loaf (yield from 1 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23558

Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.03	0.537	72	AR	1		56.13	54.15	
Energy.....kcal	171		0	NC	4		146	141	
Energy.....kj	717		0	NC	4		609	588	
Protein (N x 6.25).....g	26.29	0.384	72	AR	1		22.35	21.56	
Total lipid (fat).....g	6.55	0.442	72	AR	1		5.57	5.37	
Ash.....g	1.06	0.025	72	AR	1		0.90	0.87	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	3.996	36	AR	1		6	6	
Iron, Fe.....mg	2.83	0.108	36	AR	1		2.41	2.32	
Magnesium, Mg.....mg	22	0.369	36	AR	1		19	18	
Phosphorus, P.....mg	206	3.748	36	AR	1		175	169	
Potassium, K.....mg	348	5.605	36	AR	1		295	285	
Sodium, Na.....mg	65	2.163	36	AR	1		55	53	
Zinc, Zn.....mg	6.43	0.197	36	AR	1		5.47	5.27	
Copper, Cu.....mg	0.096	0.009	35	AR	1		0.081	0.079	
Manganese, Mn.....mg	0.014	0.002	36	AR	1		0.012	0.012	
Selenium, Se.....mcg	21.7	1.454	72	AR	1		18.4	17.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.042	0.005	36	AR	1		0.036	0.035	
Riboflavin.....mg	0.173	0.021	36	AR	1		0.147	0.142	
Niacin.....mg	5.939	0.232	36	AR	1		5.048	4.870	
Pantothenic acid.....mg	0.641	0.047	6	AR	1		0.544	0.525	
Vitamin B-6.....mg	0.412	0.021	36	AR	1		0.350	0.338	
Folate, total.....mcg	7	2.167	6	AR	1		6	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	2.167	6	AR	1		6	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	6	
Vitamin B-12.....mcg	2.47	0.110	36	AR	1		2.10	2.03	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		6	AR	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.36		0	CASN	4		0.31	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3	0.544	12	AR	1		1.1	1.0	
Lipids:									
Fatty acids, total saturated.....g	2.977	0.282	35	AR	1		2.530	2.441	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
12:0.....g	0.008	0.001	47	AR	1		0.007	0.006	
13:0.....g									
14:0.....g	0.179	0.018	47	AR	1		0.152	0.147	
15:0.....g	0.034	0.004	47	AR	1		0.029	0.028	
16:0.....g	1.601	0.125	47	AR	1		1.361	1.313	
17:0.....g	0.081	0.008	47	AR	1		0.069	0.066	
18:0.....g	1.160	0.121	47	AR	1		0.986	0.951	
20:0.....g	0.012	0.002	47	AR	1		0.010	0.010	

NDB No. 23558

Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source				
22:0.....g	0.000	0.000	47	AR	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.721	0.256	35	AR	1		2.312	2.231	
14:1.....g	0.030	0.008	47	AR	1		0.025	0.024	
15:1.....g	0.000	0.000	47	AR	1		0.000	0.000	
16:1 undifferentiated.....g	0.203	0.032	47	AR	1		0.173	0.167	
17:1.....g	0.024	0.027	47	AR	1		0.020	0.020	
18:1 undifferentiated.....g	2.596	0.241	47	AR	1		2.207	2.129	
20:1.....g	0.022	0.004	47	AR	1		0.018	0.018	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.327	0.021	35	AR	1		0.278	0.268	
18:2 undifferentiated.....g	0.240	0.022	47	AR	1		0.204	0.197	
18:3 undifferentiated.....g	0.042	0.009	47	AR	1		0.036	0.034	
18:3 n-6 c,c,c.....g	0.011	0.002	47	AR	1		0.010	0.009	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051	0.002	47	AR	1		0.044	0.042	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.167	0.000	3	AR	1		0.142	0.137	
Cholesterol.....mg	76	3.949	36	AR	1		65	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0	AR	1		0.132	0.127	
Threonine.....g	1.037		0	AR	1		0.882	0.851	
Isoleucine.....g	1.152		0	AR	1		0.979	0.945	
Leucine.....g	2.048		0	AR	1		1.741	1.680	
Lysine.....g	2.189		0	AR	1		1.861	1.795	
Methionine.....g	0.693		0	AR	1		0.589	0.568	
Cystine.....g	0.278		0	AR	1		0.236	0.228	
Phenylalanine.....g	1.009		0	AR	1		0.858	0.827	
Tyrosine.....g	0.826		0	AR	1		0.702	0.677	
Valine.....g	1.287		0	AR	1		1.094	1.055	
Arginine.....g	1.662		0	AR	1		1.413	1.363	
Histidine.....g	0.876		0	AR	1		0.744	0.718	
Alanine.....g	1.590		0	AR	1		1.352	1.304	
Aspartic acid.....g	2.371		0	AR	1		2.015	1.944	
Glutamic acid.....g	3.977		0	AR	1		3.380	3.261	
Glycine.....g	1.586		0	AR	1		1.348	1.300	
Proline.....g	1.221		0	AR	1		1.038	1.002	
Serine.....g	1.028		0	AR	1		0.873	0.843	
Hydroxyproline.....g	0.291		0	AR	1		0.248	0.239	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23558

Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled

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

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

Common Measures:

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

Measure 2 = 82g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.90	0.388	36	AR	1		56.86	57.53	
Energy.....kcal	164		0	NC	4		139	141	
Energy.....kj	685		0	NC	4		582	589	
Protein (N x 6.25).....g	25.80	0.647	36	AR	1		21.93	22.18	
Total lipid (fat).....g	5.94	0.765	36	AR	1		5.05	5.11	
Ash.....g	1.09	0.034	36	AR	1		0.92	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	6.363	12	AR	1		8	8	
Iron, Fe.....mg	2.85	0.183	12	AR	1		2.43	2.46	
Magnesium, Mg.....mg	24	0.721	12	AR	1		20	21	
Phosphorus, P.....mg	222	6.839	12	AR	1		189	191	
Potassium, K.....mg	376	15.236	12	AR	1		320	323	
Sodium, Na.....mg	71	2.892	12	AR	1		60	61	
Zinc, Zn.....mg	6.45	0.169	12	AR	1		5.49	5.55	
Copper, Cu.....mg	0.091	0.006	12	AR	1		0.078	0.079	
Manganese, Mn.....mg	0.011	0.002	12	AR	1		0.010	0.010	
Selenium, Se.....mcg	21.1	1.303	12	AR	1		17.9	18.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.042	0.006	12	AR	1		0.036	0.036	
Riboflavin.....mg	0.180	0.013	12	AR	1		0.153	0.154	
Niacin.....mg	6.275	0.340	12	AR	1		5.334	5.396	
Pantothenic acid.....mg	0.628		0	BFPN	4		0.534	0.540	
Vitamin B-6.....mg	0.391	0.031	12	AR	1		0.332	0.336	
Folate, total.....mcg	7		0	BFPN	4		6	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0	BFPN	4		6	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		6	6	
Vitamin B-12.....mcg	3.10	0.643	10	AR	1		2.64	2.67	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.35		0	CASN	4		0.30	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		1.1	1.1	
Lipids:									
Fatty acids, total saturated.....g	2.698		0	BFPN	4		2.293	2.320	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		6	AR	1		0.000	0.000	
12:0.....g	0.007		0	BFPN	4		0.006	0.006	
13:0.....g									
14:0.....g	0.162		0	BFPN	4		0.138	0.140	
15:0.....g	0.031		0	BFPN	4		0.026	0.027	
16:0.....g	1.452		0	BFPN	4		1.234	1.249	
17:0.....g	0.073		0	BFPN	4		0.062	0.063	
18:0.....g	1.052		0	BFPN	4		0.894	0.905	
20:0.....g	0.011		0	BFPN	4		0.009	0.009	

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	BFFN	4		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.466		0	BFFN	4		2.096	2.121	
14:1.....g	0.027		0	BFFN	4		0.023	0.023	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.184		0	BFFN	4		0.157	0.159	
17:1.....g	0.022		0	BFFN	4		0.018	0.019	
18:1 undifferentiated.....g	2.355		0	BFFN	4		2.001	2.025	
20:1.....g	0.019		0	BFFN	4		0.017	0.017	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.296		0	BFFN	4		0.252	0.255	
18:2 undifferentiated.....g	0.218		0	BFFN	4		0.185	0.188	
18:3 undifferentiated.....g	0.038		0	BFFN	4		0.032	0.033	
18:3 n-6 c,c,c.....g	0.010		0	BFFN	4		0.009	0.009	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.046		0	BFFN	4		0.039	0.040	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.150		0	BFFN	4		0.128	0.129	
Cholesterol.....mg	76	3.896	12	AR	1		65	66	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.153		0	AR	1		0.130	0.131	
Threonine.....g	1.018		0	AR	1		0.865	0.875	
Isoleucine.....g	1.130		0	AR	1		0.961	0.972	
Leucine.....g	2.010		0	AR	1		1.708	1.729	
Lysine.....g	2.148		0	AR	1		1.826	1.847	
Methionine.....g	0.680		0	AR	1		0.578	0.584	
Cystine.....g	0.273		0	AR	1		0.232	0.235	
Phenylalanine.....g	0.990		0	AR	1		0.841	0.851	
Tyrosine.....g	0.810		0	AR	1		0.689	0.697	
Valine.....g	1.263		0	AR	1		1.073	1.086	
Arginine.....g	1.631		0	AR	1		1.386	1.403	
Histidine.....g	0.859		0	AR	1		0.730	0.739	
Alanine.....g	1.560		0	AR	1		1.326	1.342	
Aspartic acid.....g	2.326		0	AR	1		1.977	2.001	
Glutamic acid.....g	3.902		0	AR	1		3.317	3.356	
Glycine.....g	1.556		0	AR	1		1.323	1.338	
Proline.....g	1.198		0	AR	1		1.019	1.031	
Serine.....g	1.008		0	AR	1		0.857	0.867	
Hydroxyproline.....g	0.286		0	AR	1		0.243	0.246	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 23559

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled

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

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

Common Measures:

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

Measure 2 = 86g: 1 patty (yield from 1/4 lb raw meat)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23557

Beef, ground, 95% lean meat / 5% fat, raw

hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.28	0.258	72	AR	1		20.52	332.41	82.81
Energy.....kcal	137		0	NC	4		38	619	154
Energy.....kj	571		0	NC	4		160	2591	646
Protein (N x 6.25).....g	21.41	0.241	72	AR	1		6.00	97.13	24.20
Total lipid (fat).....g	5.00		72	AR	1		1.40	22.68	5.65
Ash.....g	1.05	0.031	72	AR	1		0.29	4.74	1.18
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	3.527	36	AR	1		3	42	10
Iron, Fe.....mg	2.38	0.069	36	AR	1		0.67	10.82	2.69
Magnesium, Mg.....mg	22	0.361	36	AR	1		6	98	24
Phosphorus, P.....mg	198	3.119	36	AR	1		55	896	223
Potassium, K.....mg	346	5.111	36	AR	1		97	1571	391
Sodium, Na.....mg	66	1.752	36	AR	1		18	298	74
Zinc, Zn.....mg	5.09	0.109	36	AR	1		1.43	23.09	5.75
Copper, Cu.....mg	0.077	0.003	36	AR	1		0.022	0.351	0.087
Manganese, Mn.....mg	0.011	0.001	36	AR	1		0.003	0.049	0.012
Selenium, Se.....mcg	17.4	1.032	72	AR	1		4.9	78.9	19.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.041	0.003	36	AR	1		0.012	0.186	0.046
Riboflavin.....mg	0.161	0.012	36	AR	1		0.045	0.728	0.181
Niacin.....mg	5.494	0.162	36	AR	1		1.538	24.922	6.208
Pantothenic acid.....mg	0.642	0.057	6	AR	1		0.180	2.913	0.726
Vitamin B-6.....mg	0.392	0.019	36	AR	1		0.110	1.779	0.443
Folate, total.....mcg	5	1.515	6	AR	1		1	23	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5	1.515	6	AR	1		1	23	6
Folate, DFE.....mcg_DFE	5		0	NC	4		1	23	6
Vitamin B-12.....mcg	2.24	0.086	36	AR	1		0.63	10.18	2.54
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		6	AR	1		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.28		0	CASN	4		0.08	1.29	0.32
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3	0.285	12	AR	1		0.1	1.4	0.3
Lipids:									
Fatty acids, total saturated.....g	2.250	0.230	35	AR	1		0.630	10.206	2.543
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	47	AR	1		0.000	0.000	0.000
12:0.....g	0.006	0.001	47	AR	1		0.002	0.025	0.006
13:0.....g									
14:0.....g	0.127	0.019	47	AR	1		0.035	0.575	0.143
15:0.....g	0.023	0.003	47	AR	1		0.007	0.106	0.026
16:0.....g	1.175	0.102	47	AR	1		0.329	5.330	1.328
17:0.....g	0.053	0.008	47	AR	1		0.015	0.240	0.060
18:0.....g	0.827	0.068	47	AR	1		0.231	3.750	0.934
20:0.....g	0.009	0.001	47	AR	1		0.002	0.040	0.010

NDB No. 23557

Beef, ground, 95% lean meat / 5% fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:0.....g	0.000	0.000	47	AR	1				
24:0.....g						0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	2.151	0.303	35	AR	1	0.602	9.757	2.431	
14:1.....g	0.023	0.006	47	AR	1	0.007	0.106	0.026	
15:1.....g	0.000	0.000	47	AR	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.154	0.024	47	AR	1	0.043	0.697	0.174	
17:1.....g	0.036	0.028	47	AR	1	0.010	0.165	0.041	
18:1 undifferentiated.....g	1.909	0.201	47	AR	1	0.534	8.658	2.157	
20:1.....g	0.014	0.003	47	AR	1	0.004	0.064	0.016	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.257	0.024	35	AR	1	0.072	1.163	0.290	
18:2 undifferentiated.....g	0.185	0.020	47	AR	1	0.052	0.839	0.209	
18:3 undifferentiated.....g	0.035	0.005	47	AR	1	0.010	0.160	0.040	
18:3 n-6 c,c,c.....g	0.008	0.001	47	AR	1	0.002	0.036	0.009	
18:3i.....g			0	Z	7	0.000	0.000	0.000	
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	47	AR	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	47	AR	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.039	0.002	47	AR	1	0.011	0.175	0.044	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.341	0.027	3	AR	1	0.095	1.545	0.385	
Cholesterol.....mg	62	1.804	36	AR	1	17	279	69	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.127		0	AR	1	0.036	0.575	0.143	
Threonine.....g	0.846		0	AR	1	0.237	3.837	0.956	
Isoleucine.....g	0.939		0	AR	1	0.263	4.261	1.062	
Leucine.....g	1.671		0	AR	1	0.468	7.578	1.888	
Lysine.....g	1.785		0	AR	1	0.500	8.099	2.018	
Methionine.....g	0.565		0	AR	1	0.158	2.562	0.638	
Cystine.....g	0.227		0	AR	1	0.064	1.029	0.256	
Phenylalanine.....g	0.823		0	AR	1	0.230	3.732	0.930	
Tyrosine.....g	0.674		0	AR	1	0.189	3.055	0.761	
Valine.....g	1.050		0	AR	1	0.294	4.761	1.186	
Arginine.....g	1.356		0	AR	1	0.380	6.149	1.532	
Histidine.....g	0.714		0	AR	1	0.200	3.240	0.807	
Alanine.....g	1.297		0	AR	1	0.363	5.883	1.465	
Aspartic acid.....g	1.934		0	AR	1	0.541	8.770	2.185	
Glutamic acid.....g	3.243		0	AR	1	0.908	14.712	3.665	
Glycine.....g	1.293		0	AR	1	0.362	5.867	1.462	
Proline.....g	0.996		0	AR	1	0.279	4.518	1.126	
Serine.....g	0.838		0	AR	1	0.235	3.802	0.947	
Hydroxyproline.....g	0.410		0	AR	1	0.115	1.859	0.463	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

NDB No. 23557

Beef, ground, 95% lean meat / 5% fat, raw

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

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

Common Measures:

Measure 1 = 28g: 1 ounce

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 1 serving (4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13316

Beef, ground, patties, frozen, (approximately 23% fat), raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.140		0		1		8.619	11.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.960		0		1		0.816	1.085	
17:1.....g									
18:1 undifferentiated.....g	8.710		0		1		7.404	9.842	
20:1.....g	0.030		0		1		0.026	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		0.808	1.074	
18:2 undifferentiated.....g	0.700		0		1		0.595	0.791	
18:3 undifferentiated.....g	0.120		0		1		0.102	0.136	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.077	0.102	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		4		67	89	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.211		0		1		0.179	0.238	
Threonine.....g	0.717		0		1		0.609	0.810	
Isoleucine.....g	0.734		0		1		0.624	0.829	
Leucine.....g	1.371		0		1		1.165	1.549	
Lysine.....g	1.429		0		1		1.215	1.615	
Methionine.....g	0.400		0		1		0.340	0.452	
Cystine.....g	0.164		0		1		0.139	0.185	
Phenylalanine.....g	0.649		0		1		0.552	0.733	
Tyrosine.....g	0.534		0		1		0.454	0.603	
Valine.....g	0.829		0		1		0.705	0.937	
Arginine.....g	1.155		0		1		0.982	1.305	
Histidine.....g	0.545		0		1		0.463	0.616	
Alanine.....g	1.117		0		1		0.949	1.262	
Aspartic acid.....g	1.563		0		1		1.329	1.766	
Glutamic acid.....g	2.690		0		1		2.287	3.040	
Glycine.....g	1.270		0		1		1.080	1.435	
Proline.....g	0.868		0		1		0.738	0.981	
Serine.....g	0.662		0		1		0.563	0.748	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13317

Beef, ground, patties, frozen, cooked, broiled, medium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.600		0		1		26.918	7.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		2.285	0.621	
17:1.....g									
18:1 undifferentiated.....g	7.520		0		1		23.538	6.392	
20:1.....g	0.020		0		1		0.063	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		2.285	0.621	
18:2 undifferentiated.....g	0.540		0		1		1.690	0.459	
18:3 undifferentiated.....g	0.080		0		1		0.250	0.068	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.250	0.068	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		4		294	80	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.274		0		1		0.858	0.233	
Threonine.....g	1.070		0		1		3.349	0.910	
Isoleucine.....g	1.102		0		1		3.449	0.937	
Leucine.....g	1.936		0		1		6.060	1.646	
Lysine.....g	2.038		0		1		6.379	1.732	
Methionine.....g	0.627		0		1		1.963	0.533	
Cystine.....g	0.274		0		1		0.858	0.233	
Phenylalanine.....g	0.956		0		1		2.992	0.813	
Tyrosine.....g	0.823		0		1		2.576	0.700	
Valine.....g	1.192		0		1		3.731	1.013	
Arginine.....g	1.548		0		1		4.845	1.316	
Histidine.....g	0.839		0		1		2.626	0.713	
Alanine.....g	1.478		0		1		4.626	1.256	
Aspartic acid.....g	2.238		0		1		7.005	1.902	
Glutamic acid.....g	3.681		0		1		11.522	3.129	
Glycine.....g	1.337		0		1		4.185	1.136	
Proline.....g	1.082		0		1		3.387	0.920	
Serine.....g	0.937		0		1		2.933	0.796	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13985

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.205		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	3.954		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.268		0	NC		4			
18:2 undifferentiated.....g	0.207		0	BFFN		4			
18:3 undifferentiated.....g	0.026		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0	A		1			
Threonine.....g	1.069		0	A		1			
Isoleucine.....g	1.217		0	A		1			
Leucine.....g	2.128		0	A		1			
Lysine.....g	2.261		0	A		1			
Methionine.....g	0.697		0	A		1			
Cystine.....g	0.345		0	A		1			
Phenylalanine.....g	1.057		0	A		1			
Tyrosine.....g	0.852		0	A		1			
Valine.....g	1.327		0	A		1			
Arginine.....g	1.730		0	A		1			
Histidine.....g	0.854		0	A		1			
Alanine.....g	1.626		0	A		1			
Aspartic acid.....g	2.437		0	A		1			
Glutamic acid.....g	4.016		0	A		1			
Glycine.....g	1.629		0	A		1			
Proline.....g	1.275		0	A		1			
Serine.....g	1.054		0	A		1			
Hydroxyproline.....g	0.281		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 13985

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

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.763		0	PIK	4		6.598	35.211	
14:1.....g	0.125		0	PAK	1		0.107	0.569	
15:1.....g									
16:1 undifferentiated.....g	0.516		0	PAK	1		0.439	2.342	
17:1.....g									
18:1 undifferentiated.....g	7.115		0	PAK	1		6.048	32.273	
20:1.....g	0.006		0	PAK	1		0.005	0.027	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.538		0	PIK	4		0.457	2.440	
18:2 undifferentiated.....g	0.395		0	PAK	1		0.336	1.792	
18:3 undifferentiated.....g	0.085		0	PAK	1		0.072	0.386	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.058		0	PAK	1		0.049	0.263	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	PAK	1		58	309	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.324		0	PAK	1		0.275	1.468	
Threonine.....g	1.384		0	PAK	1		1.177	6.279	
Isoleucine.....g	1.545		0	PAK	1		1.313	7.009	
Leucine.....g	2.646		0	PAK	1		2.249	12.003	
Lysine.....g	2.809		0	PAK	1		2.387	12.741	
Methionine.....g	0.849		0	PAK	1		0.722	3.852	
Cystine.....g	0.322		0	PAK	1		0.274	1.461	
Phenylalanine.....g	1.298		0	PAK	1		1.103	5.887	
Tyrosine.....g	1.097		0	PAK	1		0.933	4.977	
Valine.....g	1.619		0	PAK	1		1.376	7.342	
Arginine.....g	2.018		0	PAK	1		1.715	9.153	
Histidine.....g	0.967		0	PAK	1		0.822	4.386	
Alanine.....g	1.811		0	PAK	1		1.540	8.217	
Aspartic acid.....g	2.985		0	PAK	1		2.537	13.538	
Glutamic acid.....g	4.801		0	PAK	1		4.080	21.775	
Glycine.....g	1.428		0	PAK	1		1.213	6.475	
Proline.....g	1.268		0	PAK	1		1.078	5.751	
Serine.....g	1.202		0	PAK	1		1.022	5.452	
Hydroxyproline.....g	0.137		0	PAK	1		0.116	0.620	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23545

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13987

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.930		0	NC	4		5.891	31.434	
14:1.....g	0.130	0.025	4	A	1		0.111	0.590	
15:1.....g									
16:1 undifferentiated.....g	0.420	0.070	4	A	1		0.357	1.905	
17:1.....g									
18:1 undifferentiated.....g	6.380	0.930	4	A	1		5.423	28.940	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	NC	4		0.391	2.087	
18:2 undifferentiated.....g	0.350	0.060	4	A	1		0.298	1.588	
18:3 undifferentiated.....g	0.050	0.005	4	A	1		0.043	0.227	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.010	4	A	1		0.051	0.272	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67	6.310	4	A	1		57	305	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.331		0	A	1		0.281	1.502	
Threonine.....g	1.418		0	A	1		1.205	6.432	
Isoleucine.....g	1.584		0	A	1		1.347	7.186	
Leucine.....g	2.712		0	A	1		2.305	12.303	
Lysine.....g	2.879		0	A	1		2.447	13.061	
Methionine.....g	0.870		0	A	1		0.740	3.948	
Cystine.....g	0.329		0	A	1		0.280	1.494	
Phenylalanine.....g	1.330		0	A	1		1.131	6.034	
Tyrosine.....g	1.124		0	A	1		0.956	5.100	
Valine.....g	1.659		0	A	1		1.410	7.525	
Arginine.....g	2.067		0	A	1		1.757	9.377	
Histidine.....g	0.989		0	A	1		0.841	4.486	
Alanine.....g	1.854		0	A	1		1.576	8.412	
Aspartic acid.....g	3.058		0	A	1		2.600	13.873	
Glutamic acid.....g	4.918		0	A	1		4.180	22.308	
Glycine.....g	1.459		0	A	1		1.240	6.616	
Proline.....g	1.297		0	A	1		1.103	5.884	
Serine.....g	1.231		0	A	1		1.046	5.584	
Hydroxyproline.....g	0.142		0	A	1		0.121	0.643	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 13987

Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13039

Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.060		0	NC	4		18.416	1.151	
14:1.....g	0.075	0.005	11	A	1		0.340	0.021	
15:1.....g									
16:1 undifferentiated.....g	0.255	0.005	11	A	1		1.157	0.072	
17:1.....g									
18:1 undifferentiated.....g	3.730	0.280	11	A	1		16.919	1.057	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.335		0	NC	4		1.520	0.095	
18:2 undifferentiated.....g	0.260	0.020	11	A	1		1.179	0.074	
18:3 undifferentiated.....g	0.030	0.000	11	A	1		0.136	0.009	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045	0.005	11	A	1		0.204	0.013	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	BFSN	4		297	19	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	A	1		1.036	0.065	
Threonine.....g	0.978		0	A	1		4.436	0.277	
Isoleucine.....g	1.093		0	A	1		4.956	0.310	
Leucine.....g	1.871		0	A	1		8.485	0.530	
Lysine.....g	1.986		0	A	1		9.008	0.563	
Methionine.....g	0.600		0	A	1		2.723	0.170	
Cystine.....g	0.227		0	A	1		1.031	0.064	
Phenylalanine.....g	0.918		0	A	1		4.162	0.260	
Tyrosine.....g	0.776		0	A	1		3.518	0.220	
Valine.....g	1.144		0	A	1		5.190	0.324	
Arginine.....g	1.426		0	A	1		6.467	0.404	
Histidine.....g	0.682		0	A	1		3.094	0.193	
Alanine.....g	1.279		0	A	1		5.802	0.363	
Aspartic acid.....g	2.109		0	A	1		9.568	0.598	
Glutamic acid.....g	3.392		0	A	1		15.386	0.962	
Glycine.....g	1.006		0	A	1		4.563	0.285	
Proline.....g	0.895		0	A	1		4.058	0.254	
Serine.....g	0.849		0	A	1		3.851	0.241	
Hydroxyproline.....g	0.098		0	A	1		0.444	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13039

Beef, loin, bottom sirloin butt, tri-tip, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.055		0	PIK	4		5.147	27.466	
14:1.....g	0.087		0	PAK	1		0.074	0.395	
15:1.....g									
16:1 undifferentiated.....g	0.394		0	PAK	1		0.335	1.787	
17:1.....g									
18:1 undifferentiated.....g	5.568		0	PAK	1		4.733	25.259	
20:1.....g	0.006		0	PAK	1		0.005	0.026	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.436		0	PIK	4		0.371	1.978	
18:2 undifferentiated.....g	0.344		0	PAK	1		0.292	1.559	
18:3 undifferentiated.....g	0.063		0	PAK	1		0.054	0.288	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	PAK	1		0.025	0.132	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		51	273	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	PAK	1		0.240	1.280	
Threonine.....g	1.207		0	PAK	1		1.026	5.474	
Isoleucine.....g	1.347		0	PAK	1		1.145	6.110	
Leucine.....g	2.307		0	PAK	1		1.961	10.464	
Lysine.....g	2.449		0	PAK	1		2.081	11.107	
Methionine.....g	0.740		0	PAK	1		0.629	3.358	
Cystine.....g	0.281		0	PAK	1		0.239	1.273	
Phenylalanine.....g	1.132		0	PAK	1		0.962	5.132	
Tyrosine.....g	0.957		0	PAK	1		0.813	4.339	
Valine.....g	1.411		0	PAK	1		1.199	6.401	
Arginine.....g	1.759		0	PAK	1		1.495	7.979	
Histidine.....g	0.843		0	PAK	1		0.717	3.824	
Alanine.....g	1.579		0	PAK	1		1.342	7.164	
Aspartic acid.....g	2.602		0	PAK	1		2.212	11.802	
Glutamic acid.....g	4.185		0	PAK	1		3.557	18.984	
Glycine.....g	1.245		0	PAK	1		1.058	5.646	
Proline.....g	1.105		0	PAK	1		0.940	5.014	
Serine.....g	1.048		0	PAK	1		0.891	4.753	
Hydroxyproline.....g	0.119		0	PAK	1		0.101	0.540	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23540

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23539

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.310		0	PIK	4		28.620	1.789	
14:1.....g	0.055		0	PAK	1		0.251	0.016	
15:1.....g									
16:1 undifferentiated.....g	0.497		0	PAK	1		2.254	0.141	
17:1.....g									
18:1 undifferentiated.....g	5.749		0	PAK	1		26.076	1.630	
20:1.....g	0.009		0	PAK	1		0.039	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.532		0	PIK	4		2.413	0.151	
18:2 undifferentiated.....g	0.375		0	PAK	1		1.699	0.106	
18:3 undifferentiated.....g	0.130		0	PAK	1		0.589	0.037	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	PAK	1		0.125	0.008	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		272	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0	PAK	1		0.984	0.061	
Threonine.....g	0.926		0	PAK	1		4.201	0.263	
Isoleucine.....g	1.032		0	PAK	1		4.682	0.293	
Leucine.....g	1.769		0	PAK	1		8.023	0.501	
Lysine.....g	1.877		0	PAK	1		8.514	0.532	
Methionine.....g	0.568		0	PAK	1		2.575	0.161	
Cystine.....g	0.216		0	PAK	1		0.979	0.061	
Phenylalanine.....g	0.868		0	PAK	1		3.936	0.246	
Tyrosine.....g	0.734		0	PAK	1		3.328	0.208	
Valine.....g	1.082		0	PAK	1		4.908	0.307	
Arginine.....g	1.350		0	PAK	1		6.123	0.383	
Histidine.....g	0.648		0	PAK	1		2.941	0.184	
Alanine.....g	1.213		0	PAK	1		5.503	0.344	
Aspartic acid.....g	1.996		0	PAK	1		9.053	0.566	
Glutamic acid.....g	3.211		0	PAK	1		14.567	0.910	
Glycine.....g	0.959		0	PAK	1		4.349	0.272	
Proline.....g	0.850		0	PAK	1		3.855	0.241	
Serine.....g	0.804		0	PAK	1		3.648	0.228	
Hydroxyproline.....g	0.090		0	PAK	1		0.407	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23539

Beef, plate, inside skirt steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.220		0	NC	4		4.437		
14:1.....g	0.090	0.020	4	A	1		0.077		
15:1.....g									
16:1 undifferentiated.....g	0.300	0.055	4	A	1		0.255		
17:1.....g									
18:1 undifferentiated.....g	4.830	0.725	4	A	1		4.106		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4		0.306		
18:2 undifferentiated.....g	0.300	0.035	4	A	1		0.255		
18:3 undifferentiated.....g	0.030	0.005	4	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.005	4	A	1		0.026		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59	2.870	4	A	1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0	A	1		0.245		
Threonine.....g	1.232		0	A	1		1.047		
Isoleucine.....g	1.377		0	A	1		1.170		
Leucine.....g	2.357		0	A	1		2.003		
Lysine.....g	2.502		0	A	1		2.127		
Methionine.....g	0.756		0	A	1		0.643		
Cystine.....g	0.286		0	A	1		0.243		
Phenylalanine.....g	1.156		0	A	1		0.983		
Tyrosine.....g	0.977		0	A	1		0.831		
Valine.....g	1.442		0	A	1		1.225		
Arginine.....g	1.796		0	A	1		1.527		
Histidine.....g	0.859		0	A	1		0.731		
Alanine.....g	1.611		0	A	1		1.370		
Aspartic acid.....g	2.658		0	A	1		2.259		
Glutamic acid.....g	4.274		0	A	1		3.633		
Glycine.....g	1.267		0	A	1		1.077		
Proline.....g	1.127		0	A	1		0.958		
Serine.....g	1.070		0	A	1		0.909		
Hydroxyproline.....g	0.123		0	A	1		0.105		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

NDB No. 13977

Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13976

Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.220		0	NC	4		19.142	1.196	
14:1.....g	0.060	0.010	4	A	1		0.272	0.017	
15:1.....g									
16:1 undifferentiated.....g	0.210	0.015	4	A	1		0.953	0.060	
17:1.....g									
18:1 undifferentiated.....g	3.950	0.650	4	A	1		17.917	1.120	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4		1.633	0.102	
18:2 undifferentiated.....g	0.280	0.020	4	A	1		1.270	0.079	
18:3 undifferentiated.....g	0.050	0.015	4	A	1		0.227	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.005	4	A	1		0.136	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57	1.555	4	A	1		257	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	A	1		1.032	0.065	
Threonine.....g	0.974		0	A	1		4.419	0.276	
Isoleucine.....g	1.089		0	A	1		4.938	0.309	
Leucine.....g	1.864		0	A	1		8.453	0.528	
Lysine.....g	1.978		0	A	1		8.974	0.561	
Methionine.....g	0.598		0	A	1		2.712	0.170	
Cystine.....g	0.226		0	A	1		1.027	0.064	
Phenylalanine.....g	0.914		0	A	1		4.146	0.259	
Tyrosine.....g	0.773		0	A	1		3.504	0.219	
Valine.....g	1.140		0	A	1		5.171	0.323	
Arginine.....g	1.420		0	A	1		6.443	0.403	
Histidine.....g	0.680		0	A	1		3.082	0.193	
Alanine.....g	1.274		0	A	1		5.780	0.361	
Aspartic acid.....g	2.101		0	A	1		9.532	0.596	
Glutamic acid.....g	3.379		0	A	1		15.328	0.958	
Glycine.....g	1.002		0	A	1		4.546	0.284	
Proline.....g	0.891		0	A	1		4.043	0.253	
Serine.....g	0.846		0	A	1		3.837	0.240	
Hydroxyproline.....g	0.097		0	A	1		0.442	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13976

Beef, plate, inside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.520		0	PIK	4		7.242	38.645	
14:1.....g	0.086		0	PAK	1		0.073	0.388	
15:1.....g									
16:1 undifferentiated.....g	0.412		0	PAK	1		0.350	1.868	
17:1.....g									
18:1 undifferentiated.....g	8.014		0	PAK	1		6.812	36.351	
20:1.....g	0.008		0	PAK	1		0.007	0.038	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.702		0	PIK	4		0.596	3.183	
18:2 undifferentiated.....g	0.546		0	PAK	1		0.464	2.476	
18:3 undifferentiated.....g	0.108		0	PAK	1		0.092	0.492	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.048		0	PAK	1		0.040	0.216	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PAK	1		51	270	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0	PAK	1		0.216	1.152	
Threonine.....g	1.085		0	PAK	1		0.923	4.923	
Isoleucine.....g	1.211		0	PAK	1		1.029	5.491	
Leucine.....g	2.074		0	PAK	1		1.763	9.406	
Lysine.....g	2.201		0	PAK	1		1.871	9.984	
Methionine.....g	0.666		0	PAK	1		0.566	3.019	
Cystine.....g	0.253		0	PAK	1		0.215	1.146	
Phenylalanine.....g	1.017		0	PAK	1		0.865	4.614	
Tyrosine.....g	0.860		0	PAK	1		0.731	3.902	
Valine.....g	1.269		0	PAK	1		1.078	5.754	
Arginine.....g	1.582		0	PAK	1		1.345	7.176	
Histidine.....g	0.759		0	PAK	1		0.645	3.443	
Alanine.....g	1.421		0	PAK	1		1.208	6.446	
Aspartic acid.....g	2.339		0	PAK	1		1.989	10.612	
Glutamic acid.....g	3.764		0	PAK	1		3.199	17.072	
Glycine.....g	1.121		0	PAK	1		0.953	5.087	
Proline.....g	0.995		0	PAK	1		0.846	4.514	
Serine.....g	0.942		0	PAK	1		0.801	4.275	
Hydroxyproline.....g	0.106		0	PAK	1		0.090	0.482	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 453.6g: 1 lb

NDB No. 23541

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23542

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.742		0	PIK	4		30.580	1.911	
14:1.....g	0.055		0	PAK	1		0.251	0.016	
15:1.....g									
16:1 undifferentiated.....g	0.474		0	PAK	1		2.152	0.135	
17:1.....g									
18:1 undifferentiated.....g	6.203		0	PAK	1		28.138	1.759	
20:1.....g	0.008		0	PAK	1		0.038	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.576		0	PIK	4		2.612	0.163	
18:2 undifferentiated.....g	0.410		0	PAK	1		1.861	0.116	
18:3 undifferentiated.....g	0.110		0	PAK	1		0.500	0.031	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055		0	PAK	1		0.251	0.016	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	PAK	1		239	15	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	PAK	1		0.919	0.057	
Threonine.....g	0.865		0	PAK	1		3.922	0.245	
Isoleucine.....g	0.964		0	PAK	1		4.370	0.273	
Leucine.....g	1.651		0	PAK	1		7.488	0.468	
Lysine.....g	1.752		0	PAK	1		7.947	0.497	
Methionine.....g	0.530		0	PAK	1		2.403	0.150	
Cystine.....g	0.202		0	PAK	1		0.914	0.057	
Phenylalanine.....g	0.810		0	PAK	1		3.674	0.230	
Tyrosine.....g	0.685		0	PAK	1		3.107	0.194	
Valine.....g	1.010		0	PAK	1		4.581	0.286	
Arginine.....g	1.260		0	PAK	1		5.716	0.357	
Histidine.....g	0.605		0	PAK	1		2.746	0.172	
Alanine.....g	1.133		0	PAK	1		5.138	0.321	
Aspartic acid.....g	1.863		0	PAK	1		8.450	0.528	
Glutamic acid.....g	2.998		0	PAK	1		13.598	0.850	
Glycine.....g	0.895		0	PAK	1		4.061	0.254	
Proline.....g	0.794		0	PAK	1		3.600	0.225	
Serine.....g	0.751		0	PAK	1		3.406	0.213	
Hydroxyproline.....g	0.084		0	PAK	1		0.380	0.024	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 23542

Beef, plate, outside skirt steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.380		0	NC	4		6.273		
14:1.....g	0.090	0.020	4	A	1		0.077		
15:1.....g									
16:1 undifferentiated.....g	0.270	0.045	4	A	1		0.230		
17:1.....g									
18:1 undifferentiated.....g	7.020	0.825	4	A	1		5.967		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	NC	4		0.510		
18:2 undifferentiated.....g	0.490	0.020	4	A	1		0.417		
18:3 undifferentiated.....g	0.060	0.020	4	A	1		0.051		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050	0.010	4	A	1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	58	3.665	4	A	1		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	A	1		0.222		
Threonine.....g	1.118		0	A	1		0.950		
Isoleucine.....g	1.249		0	A	1		1.061		
Leucine.....g	2.138		0	A	1		1.817		
Lysine.....g	2.269		0	A	1		1.929		
Methionine.....g	0.686		0	A	1		0.583		
Cystine.....g	0.260		0	A	1		0.221		
Phenylalanine.....g	1.048		0	A	1		0.891		
Tyrosine.....g	0.886		0	A	1		0.753		
Valine.....g	1.308		0	A	1		1.111		
Arginine.....g	1.629		0	A	1		1.385		
Histidine.....g	0.779		0	A	1		0.663		
Alanine.....g	1.462		0	A	1		1.242		
Aspartic acid.....g	2.410		0	A	1		2.049		
Glutamic acid.....g	3.876		0	A	1		3.295		
Glycine.....g	1.150		0	A	1		0.977		
Proline.....g	1.022		0	A	1		0.869		
Serine.....g	0.970		0	A	1		0.825		
Hydroxyproline.....g	0.112		0	A	1		0.095		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

NDB No. 13979

Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13978

Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.720		0	NC	4		21.410	1.338	
14:1.....g	0.060	0.010	4	A	1		0.272	0.017	
15:1.....g									
16:1 undifferentiated.....g	0.190	0.035	4	A	1		0.862	0.054	
17:1.....g									
18:1 undifferentiated.....g	4.470	1.025	4	A	1		20.276	1.267	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	NC	4		1.860	0.116	
18:2 undifferentiated.....g	0.320	0.035	4	A	1		1.452	0.091	
18:3 undifferentiated.....g	0.030	0.010	4	A	1		0.136	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.005	4	A	1		0.272	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	49	2.025	4	A	1		221	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0	A	1		0.961	0.060	
Threonine.....g	0.907		0	A	1		4.113	0.257	
Isoleucine.....g	1.013		0	A	1		4.596	0.287	
Leucine.....g	1.735		0	A	1		7.868	0.492	
Lysine.....g	1.841		0	A	1		8.352	0.522	
Methionine.....g	0.557		0	A	1		2.525	0.158	
Cystine.....g	0.211		0	A	1		0.956	0.060	
Phenylalanine.....g	0.851		0	A	1		3.859	0.241	
Tyrosine.....g	0.719		0	A	1		3.262	0.204	
Valine.....g	1.061		0	A	1		4.812	0.301	
Arginine.....g	1.322		0	A	1		5.996	0.375	
Histidine.....g	0.632		0	A	1		2.869	0.179	
Alanine.....g	1.186		0	A	1		5.379	0.336	
Aspartic acid.....g	1.956		0	A	1		8.872	0.554	
Glutamic acid.....g	3.145		0	A	1		14.266	0.892	
Glycine.....g	0.933		0	A	1		4.231	0.264	
Proline.....g	0.830		0	A	1		3.763	0.235	
Serine.....g	0.787		0	A	1		3.571	0.223	
Hydroxyproline.....g	0.091		0	A	1		0.411	0.026	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13978

Beef, plate, outside skirt steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13020

Beef, retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	30.450		0		1		8.633	25.883	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.140		33		1		0.890	2.669	
17:1.....g									
18:1 undifferentiated.....g	27.140		33		1		7.694	23.069	
20:1.....g	0.170		33		1		0.048	0.145	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0		1		0.754	2.261	
18:2 undifferentiated.....g	1.620		33		1		0.459	1.377	
18:3 undifferentiated.....g	1.040		33		1		0.295	0.884	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		33		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	3.877	6		1		27	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0	A	1		0.020	0.059	
Threonine.....g	0.425		0	A	1		0.121	0.362	
Isoleucine.....g	0.485		0	A	1		0.137	0.412	
Leucine.....g	0.847		0	A	1		0.240	0.720	
Lysine.....g	0.900		0	A	1		0.255	0.765	
Methionine.....g	0.277		0	A	1		0.079	0.236	
Cystine.....g	0.137		0	A	1		0.039	0.117	
Phenylalanine.....g	0.421		0	A	1		0.119	0.358	
Tyrosine.....g	0.339		0	A	1		0.096	0.288	
Valine.....g	0.528		0	A	1		0.150	0.449	
Arginine.....g	0.689		0	A	1		0.195	0.585	
Histidine.....g	0.340		0	A	1		0.096	0.289	
Alanine.....g	0.647		0	A	1		0.184	0.550	
Aspartic acid.....g	0.970		0	A	1		0.275	0.825	
Glutamic acid.....g	1.599		0	A	1		0.453	1.359	
Glycine.....g	0.648		0	A	1		0.184	0.551	
Proline.....g	0.508		0	A	1		0.144	0.432	
Serine.....g	0.420		0	A	1		0.119	0.357	
Hydroxyproline.....g	0.112		0	BFPN	4		0.032	0.095	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13020

Beef, retail cuts, separable fat, cooked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13019

Beef, retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	30.940		0		1		8.771	34.962	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.880		513		1		1.100	4.384	
17:1.....g									
18:1 undifferentiated.....g	26.950		517		1		7.640	30.454	
20:1.....g	0.110		11		1		0.031	0.124	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.560		0		1		0.726	2.893	
18:2 undifferentiated.....g	1.490		503		1		0.422	1.684	
18:3 undifferentiated.....g	1.070		169		1		0.303	1.209	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		19		1		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99	3.923	13		1		28	112	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0	NR	4		0.015	0.061	
Threonine.....g	0.328		0	NR	4		0.093	0.371	
Isoleucine.....g	0.374		0	NR	4		0.106	0.422	
Leucine.....g	0.653		0	NR	4		0.185	0.738	
Lysine.....g	0.694		0	NR	4		0.197	0.784	
Methionine.....g	0.214		0	NR	4		0.061	0.242	
Cystine.....g	0.106		0	NR	4		0.030	0.120	
Phenylalanine.....g	0.324		0	NR	4		0.092	0.366	
Tyrosine.....g	0.262		0	NR	4		0.074	0.296	
Valine.....g	0.407		0	NR	4		0.115	0.460	
Arginine.....g	0.531		0	NR	4		0.151	0.600	
Histidine.....g	0.262		0	NR	4		0.074	0.296	
Alanine.....g	0.499		0	NR	4		0.142	0.564	
Aspartic acid.....g	0.748		0	NR	4		0.212	0.845	
Glutamic acid.....g	1.233		0	NR	4		0.349	1.393	
Glycine.....g	0.500		0	NR	4		0.142	0.565	
Proline.....g	0.391		0	NR	4		0.111	0.442	
Serine.....g	0.323		0	NR	4		0.092	0.365	
Hydroxyproline.....g	0.086		0	BFPN	4		0.024	0.097	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13019

Beef, retail cuts, separable fat, raw

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.034		0	NC	4		14.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.508		0	BFFN	4		1.183		
17:1.....g									
18:1 undifferentiated.....g	5.509		0	BFFN	4		12.835		
20:1.....g	0.018		0	BFFN	4		0.041		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.547		0	NC	4		1.275		
18:2 undifferentiated.....g	0.402		0	BFFN	4		0.936		
18:3 undifferentiated.....g	0.093		0	BFFN	4		0.216		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.053		0	BFFN	4		0.123		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	111		0	BFFN	4		258		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	PAK	1		0.418		
Threonine.....g	1.089		0	PAK	1		2.538		
Isoleucine.....g	1.241		0	PAK	1		2.890		
Leucine.....g	2.169		0	PAK	1		5.054		
Lysine.....g	2.304		0	PAK	1		5.369		
Methionine.....g	0.710		0	PAK	1		1.654		
Cystine.....g	0.352		0	PAK	1		0.820		
Phenylalanine.....g	1.077		0	PAK	1		2.509		
Tyrosine.....g	0.869		0	PAK	1		2.024		
Valine.....g	1.353		0	PAK	1		3.152		
Arginine.....g	1.763		0	PAK	1		4.108		
Histidine.....g	0.870		0	PAK	1		2.028		
Alanine.....g	1.658		0	PAK	1		3.862		
Aspartic acid.....g	2.484		0	PAK	1		5.787		
Glutamic acid.....g	4.093		0	PAK	1		9.538		
Glycine.....g	1.660		0	PAK	1		3.869		
Proline.....g	1.300		0	PAK	1		3.029		
Serine.....g	1.074		0	PAK	1		2.503		
Hydroxyproline.....g	0.286		0	PAK	1		0.667		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 233g: 1 steak (yield from 295 g raw meat)

NDB No. 13952

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.205		0	NC	4		12.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.438		0	BFFN	4		1.011		
17:1.....g									
18:1 undifferentiated.....g	4.752		0	BFFN	4		10.976		
20:1.....g	0.015		0	BFFN	4		0.035		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.472		0	NC	4		1.090		
18:2 undifferentiated.....g	0.346		0	BFFN	4		0.800		
18:3 undifferentiated.....g	0.080		0	BFFN	4		0.185		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	BFFN	4		0.105		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0	BFFN	4		221		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	PAK	1		0.424		
Threonine.....g	1.117		0	PAK	1		2.579		
Isoleucine.....g	1.272		0	PAK	1		2.938		
Leucine.....g	2.224		0	PAK	1		5.136		
Lysine.....g	2.362		0	PAK	1		5.457		
Methionine.....g	0.728		0	PAK	1		1.681		
Cystine.....g	0.361		0	PAK	1		0.833		
Phenylalanine.....g	1.104		0	PAK	1		2.550		
Tyrosine.....g	0.891		0	PAK	1		2.058		
Valine.....g	1.387		0	PAK	1		3.203		
Arginine.....g	1.807		0	PAK	1		4.175		
Histidine.....g	0.892		0	PAK	1		2.061		
Alanine.....g	1.699		0	PAK	1		3.925		
Aspartic acid.....g	2.546		0	PAK	1		5.881		
Glutamic acid.....g	4.196		0	PAK	1		9.693		
Glycine.....g	1.702		0	PAK	1		3.932		
Proline.....g	1.333		0	PAK	1		3.078		
Serine.....g	1.101		0	PAK	1		2.543		
Hydroxyproline.....g	0.294		0	PAK	1		0.678		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 231g: 1 steak (yield from 294 g raw meat)

NDB No. 13951

Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.416		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.181		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.232		0	BFFN		4			
20:1.....g	0.002		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.223		0	NC		4			
18:2 undifferentiated.....g	0.176		0	BFFN		4			
18:3 undifferentiated.....g	0.017		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.197		0	A		1			
Threonine.....g	1.196		0	A		1			
Isoleucine.....g	1.362		0	A		1			
Leucine.....g	2.381		0	A		1			
Lysine.....g	2.530		0	A		1			
Methionine.....g	0.779		0	A		1			
Cystine.....g	0.386		0	A		1			
Phenylalanine.....g	1.182		0	A		1			
Tyrosine.....g	0.954		0	A		1			
Valine.....g	1.485		0	A		1			
Arginine.....g	1.936		0	A		1			
Histidine.....g	0.955		0	A		1			
Alanine.....g	1.820		0	A		1			
Aspartic acid.....g	2.726		0	A		1			
Glutamic acid.....g	4.494		0	A		1			
Glycine.....g	1.823		0	A		1			
Proline.....g	1.427		0	A		1			
Serine.....g	1.179		0	A		1			
Hydroxyproline.....g	0.314		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13490

Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.863		0	NC	4		16.196		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.577		0	BFFN	4		1.362		
17:1.....g									
18:1 undifferentiated.....g	6.266		0	BFFN	4		14.787		
20:1.....g	0.020		0	BFFN	4		0.047		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0	NC	4		1.469		
18:2 undifferentiated.....g	0.457		0	BFFN	4		1.078		
18:3 undifferentiated.....g	0.105		0	BFFN	4		0.249		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0	BFFN	4		0.142		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	126		0	BFFN	4		297		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0	PAK	1		0.412		
Threonine.....g	1.062		0	PAK	1		2.506		
Isoleucine.....g	1.209		0	PAK	1		2.854		
Leucine.....g	2.115		0	PAK	1		4.990		
Lysine.....g	2.246		0	PAK	1		5.302		
Methionine.....g	0.692		0	PAK	1		1.634		
Cystine.....g	0.343		0	PAK	1		0.810		
Phenylalanine.....g	1.050		0	PAK	1		2.478		
Tyrosine.....g	0.847		0	PAK	1		1.999		
Valine.....g	1.319		0	PAK	1		3.112		
Arginine.....g	1.719		0	PAK	1		4.057		
Histidine.....g	0.848		0	PAK	1		2.002		
Alanine.....g	1.616		0	PAK	1		3.814		
Aspartic acid.....g	2.421		0	PAK	1		5.714		
Glutamic acid.....g	3.991		0	PAK	1		9.418		
Glycine.....g	1.619		0	PAK	1		3.820		
Proline.....g	1.267		0	PAK	1		2.991		
Serine.....g	1.047		0	PAK	1		2.471		
Hydroxyproline.....g	0.279		0	PAK	1		0.659		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 236g: 1 steak (yield from 297 g raw meat)

NDB No. 13096

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13095

Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.580		0		1		2.716	43.455	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.080		0		1		0.306	4.899	
17:1.....g									
18:1 undifferentiated.....g	8.470		0		1		2.401	38.420	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		0.218	3.493	
18:2 undifferentiated.....g	0.510		0		1		0.145	2.313	
18:3 undifferentiated.....g	0.240		0		1		0.068	1.089	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.056	0.889	
Threonine.....g	0.765		0		1		0.217	3.470	
Isoleucine.....g	0.787		0		1		0.223	3.570	
Leucine.....g	1.384		0		1		0.392	6.278	
Lysine.....g	1.457		0		1		0.413	6.609	
Methionine.....g	0.448		0		1		0.127	2.032	
Cystine.....g	0.196		0		1		0.056	0.889	
Phenylalanine.....g	0.684		0		1		0.194	3.103	
Tyrosine.....g	0.588		0		1		0.167	2.667	
Valine.....g	0.852		0		1		0.242	3.865	
Arginine.....g	1.107		0		1		0.314	5.021	
Histidine.....g	0.600		0		1		0.170	2.722	
Alanine.....g	1.056		0		1		0.299	4.790	
Aspartic acid.....g	1.600		0		1		0.454	7.258	
Glutamic acid.....g	2.631		0		1		0.746	11.934	
Glycine.....g	0.955		0		1		0.271	4.332	
Proline.....g	0.773		0		1		0.219	3.506	
Serine.....g	0.670		0		1		0.190	3.039	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.595		0	NC	4		8.483	3.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0	BFFN	4		0.636	0.229	
17:1.....g									
18:1 undifferentiated.....g	3.321		0	BFFN	4		7.838	2.823	
20:1.....g	0.004		0	BFFN	4		0.008	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.332		0	NC	4		0.783	0.282	
18:2 undifferentiated.....g	0.262		0	BFFN	4		0.619	0.223	
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.060	0.022	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0	BFFN	4		0.103	0.037	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0	BFFN	4		214	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1		0.448	0.161	
Threonine.....g	1.154		0	A	1		2.723	0.981	
Isoleucine.....g	1.314		0	A	1		3.101	1.117	
Leucine.....g	2.297		0	A	1		5.422	1.953	
Lysine.....g	2.441		0	A	1		5.760	2.075	
Methionine.....g	0.752		0	A	1		1.775	0.639	
Cystine.....g	0.373		0	A	1		0.880	0.317	
Phenylalanine.....g	1.141		0	A	1		2.692	0.970	
Tyrosine.....g	0.920		0	A	1		2.172	0.782	
Valine.....g	1.433		0	A	1		3.381	1.218	
Arginine.....g	1.867		0	A	1		4.407	1.587	
Histidine.....g	0.922		0	A	1		2.175	0.783	
Alanine.....g	1.756		0	A	1		4.144	1.492	
Aspartic acid.....g	2.631		0	A	1		6.208	2.236	
Glutamic acid.....g	4.336		0	A	1		10.232	3.685	
Glycine.....g	1.759		0	A	1		4.150	1.495	
Proline.....g	1.377		0	A	1		3.249	1.170	
Serine.....g	1.138		0	A	1		2.685	0.967	
Hydroxyproline.....g	0.303		0	A	1		0.716	0.258	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 236g: 1 steak (yield from 297g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13098

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13097

Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.560		0		1		1.009	16.148	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.082	1.315	
17:1.....g									
18:1 undifferentiated.....g	3.260		0		1		0.924	14.787	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270		0		1		0.077	1.225	
18:2 undifferentiated.....g	0.240		0		1		0.068	1.089	
18:3 undifferentiated.....g	0.010		0		1		0.003	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.064	1.021	
Threonine.....g	0.879		0		1		0.249	3.987	
Isoleucine.....g	0.905		0		1		0.257	4.105	
Leucine.....g	1.591		0		1		0.451	7.217	
Lysine.....g	1.675		0		1		0.475	7.598	
Methionine.....g	0.515		0		1		0.146	2.336	
Cystine.....g	0.225		0		1		0.064	1.021	
Phenylalanine.....g	0.786		0		1		0.223	3.565	
Tyrosine.....g	0.676		0		1		0.192	3.066	
Valine.....g	0.979		0		1		0.278	4.441	
Arginine.....g	1.272		0		1		0.361	5.770	
Histidine.....g	0.689		0		1		0.195	3.125	
Alanine.....g	1.214		0		1		0.344	5.507	
Aspartic acid.....g	1.839		0		1		0.521	8.342	
Glutamic acid.....g	3.025		0		1		0.858	13.721	
Glycine.....g	1.098		0		1		0.311	4.981	
Proline.....g	0.889		0		1		0.252	4.033	
Serine.....g	0.770		0		1		0.218	3.493	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13386

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	13.040		0		1		37.816	11.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.260		0		1		3.654	1.071	
17:1.....g									
18:1 undifferentiated.....g	11.730		0		1		34.017	9.971	
20:1.....g	0.060		0		1		0.174	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0		1		3.045	0.893	
18:2 undifferentiated.....g	0.710		0		1		2.059	0.604	
18:3 undifferentiated.....g	0.310		0		1		0.899	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.087	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		247	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.740	0.217	
Threonine.....g	0.996		0		1		2.888	0.847	
Isoleucine.....g	1.025		0		1		2.973	0.871	
Leucine.....g	1.802		0		1		5.226	1.532	
Lysine.....g	1.897		0		1		5.501	1.612	
Methionine.....g	0.584		0		1		1.694	0.496	
Cystine.....g	0.255		0		1		0.740	0.217	
Phenylalanine.....g	0.890		0		1		2.581	0.757	
Tyrosine.....g	0.766		0		1		2.221	0.651	
Valine.....g	1.109		0		1		3.216	0.943	
Arginine.....g	1.441		0		1		4.179	1.225	
Histidine.....g	0.781		0		1		2.265	0.664	
Alanine.....g	1.376		0		1		3.990	1.170	
Aspartic acid.....g	2.083		0		1		6.041	1.771	
Glutamic acid.....g	3.426		0		1		9.935	2.912	
Glycine.....g	1.244		0		1		3.608	1.057	
Proline.....g	1.007		0		1		2.920	0.856	
Serine.....g	0.872		0		1		2.529	0.741	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13387

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.930		0		1		31.260	9.291	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060		0		1		3.032	0.901	
17:1.....g									
18:1 undifferentiated.....g	9.830		0		1		28.114	8.356	
20:1.....g	0.050		0		1		0.143	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0		1		2.545	0.757	
18:2 undifferentiated.....g	0.590		0		1		1.687	0.502	
18:3 undifferentiated.....g	0.270		0		1		0.772	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.057	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		240	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.752	0.224	
Threonine.....g	1.026		0		1		2.934	0.872	
Isoleucine.....g	1.056		0		1		3.020	0.898	
Leucine.....g	1.856		0		1		5.308	1.578	
Lysine.....g	1.954		0		1		5.588	1.661	
Methionine.....g	0.601		0		1		1.719	0.511	
Cystine.....g	0.263		0		1		0.752	0.224	
Phenylalanine.....g	0.917		0		1		2.623	0.779	
Tyrosine.....g	0.789		0		1		2.257	0.671	
Valine.....g	1.142		0		1		3.266	0.971	
Arginine.....g	1.484		0		1		4.244	1.261	
Histidine.....g	0.804		0		1		2.299	0.683	
Alanine.....g	1.416		0		1		4.050	1.204	
Aspartic acid.....g	2.145		0		1		6.135	1.823	
Glutamic acid.....g	3.528		0		1		10.090	2.999	
Glycine.....g	1.281		0		1		3.664	1.089	
Proline.....g	1.037		0		1		2.966	0.881	
Serine.....g	0.898		0		1		2.568	0.763	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13609

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	16.950		0		1		50.511	14.408	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.560		0		1		4.649	1.326	
17:1.....g									
18:1 undifferentiated.....g	14.620		0		1		43.568	12.427	
20:1.....g	0.070		0		1		0.209	0.060	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.330		0		1		3.963	1.131	
18:2 undifferentiated.....g	0.880		0		1		2.622	0.748	
18:3 undifferentiated.....g	0.390		0		1		1.162	0.332	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.119	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		259	74	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.662	0.189	
Threonine.....g	0.868		0		1		2.587	0.738	
Isoleucine.....g	0.893		0		1		2.661	0.759	
Leucine.....g	1.570		0		1		4.679	1.335	
Lysine.....g	1.653		0		1		4.926	1.405	
Methionine.....g	0.508		0		1		1.514	0.432	
Cystine.....g	0.222		0		1		0.662	0.189	
Phenylalanine.....g	0.775		0		1		2.310	0.659	
Tyrosine.....g	0.667		0		1		1.988	0.567	
Valine.....g	0.966		0		1		2.879	0.821	
Arginine.....g	1.255		0		1		3.740	1.067	
Histidine.....g	0.680		0		1		2.026	0.578	
Alanine.....g	1.198		0		1		3.570	1.018	
Aspartic acid.....g	1.815		0		1		5.409	1.543	
Glutamic acid.....g	2.984		0		1		8.892	2.536	
Glycine.....g	1.084		0		1		3.230	0.921	
Proline.....g	0.877		0		1		2.613	0.745	
Serine.....g	0.760		0		1		2.265	0.646	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 298g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13610

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.540		0		1		43.357	13.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.430		0		1		3.990	1.216	
17:1.....g									
18:1 undifferentiated.....g	13.410		0		1		37.414	11.399	
20:1.....g	0.060		0		1		0.167	0.051	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		3.404	1.037	
18:2 undifferentiated.....g	0.810		0		1		2.260	0.689	
18:3 undifferentiated.....g	0.350		0		1		0.977	0.298	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.084	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		237	72	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.249		0		1		0.695	0.212	
Threonine.....g	0.971		0		1		2.709	0.825	
Isoleucine.....g	1.000		0		1		2.790	0.850	
Leucine.....g	1.758		0		1		4.905	1.494	
Lysine.....g	1.850		0		1		5.162	1.573	
Methionine.....g	0.569		0		1		1.588	0.484	
Cystine.....g	0.249		0		1		0.695	0.212	
Phenylalanine.....g	0.868		0		1		2.422	0.738	
Tyrosine.....g	0.747		0		1		2.084	0.635	
Valine.....g	1.082		0		1		3.019	0.920	
Arginine.....g	1.405		0		1		3.920	1.194	
Histidine.....g	0.761		0		1		2.123	0.647	
Alanine.....g	1.341		0		1		3.741	1.140	
Aspartic acid.....g	2.032		0		1		5.669	1.727	
Glutamic acid.....g	3.341		0		1		9.321	2.840	
Glycine.....g	1.213		0		1		3.384	1.031	
Proline.....g	0.982		0		1		2.740	0.835	
Serine.....g	0.850		0		1		2.372	0.723	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13608

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.740		0		1		4.462	71.397	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.780		0		1		0.505	8.074	
17:1.....g									
18:1 undifferentiated.....g	13.210		0		1		3.745	59.921	
20:1.....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.310		0		1		0.371	5.942	
18:2 undifferentiated.....g	0.820		0		1		0.232	3.720	
18:3 undifferentiated.....g	0.430		0		1		0.122	1.950	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		21	336	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.172		0		1		0.049	0.780	
Threonine.....g	0.672		0		1		0.191	3.048	
Isoleucine.....g	0.691		0		1		0.196	3.134	
Leucine.....g	1.215		0		1		0.344	5.511	
Lysine.....g	1.279		0		1		0.363	5.802	
Methionine.....g	0.394		0		1		0.112	1.787	
Cystine.....g	0.172		0		1		0.049	0.780	
Phenylalanine.....g	0.600		0		1		0.170	2.722	
Tyrosine.....g	0.517		0		1		0.147	2.345	
Valine.....g	0.748		0		1		0.212	3.393	
Arginine.....g	0.972		0		1		0.276	4.409	
Histidine.....g	0.526		0		1		0.149	2.386	
Alanine.....g	0.927		0		1		0.263	4.205	
Aspartic acid.....g	1.405		0		1		0.398	6.373	
Glutamic acid.....g	2.310		0		1		0.655	10.478	
Glycine.....g	0.839		0		1		0.238	3.806	
Proline.....g	0.679		0		1		0.192	3.080	
Serine.....g	0.588		0		1		0.167	2.667	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13100

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.040		0		1		32.388	10.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.230		0		1		3.309	1.046	
17:1.....g									
18:1 undifferentiated.....g	10.760		0		1		28.944	9.146	
20:1.....g	0.060		0		1		0.161	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		2.878	0.910	
18:2 undifferentiated.....g	0.710		0		1		1.910	0.604	
18:3 undifferentiated.....g	0.320		0		1		0.861	0.272	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.108	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		218	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.640	0.202	
Threonine.....g	0.928		0		1		2.496	0.789	
Isoleucine.....g	0.955		0		1		2.569	0.812	
Leucine.....g	1.679		0		1		4.517	1.427	
Lysine.....g	1.768		0		1		4.756	1.503	
Methionine.....g	0.544		0		1		1.463	0.462	
Cystine.....g	0.238		0		1		0.640	0.202	
Phenylalanine.....g	0.830		0		1		2.233	0.706	
Tyrosine.....g	0.714		0		1		1.921	0.607	
Valine.....g	1.034		0		1		2.781	0.879	
Arginine.....g	1.343		0		1		3.613	1.142	
Histidine.....g	0.728		0		1		1.958	0.619	
Alanine.....g	1.282		0		1		3.449	1.090	
Aspartic acid.....g	1.941		0		1		5.221	1.650	
Glutamic acid.....g	3.192		0		1		8.586	2.713	
Glycine.....g	1.159		0		1		3.118	0.985	
Proline.....g	0.938		0		1		2.523	0.797	
Serine.....g	0.813		0		1		2.187	0.691	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13099

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.080		0		1		3.425	54.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.440		0		1		0.408	6.532	
17:1.....g									
18:1 undifferentiated.....g	10.600		0		1		3.005	48.082	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		0.292	4.672	
18:2 undifferentiated.....g	0.650		0		1		0.184	2.948	
18:3 undifferentiated.....g	0.350		0		1		0.099	1.588	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0		1		0.051	0.816	
Threonine.....g	0.703		0		1		0.199	3.189	
Isoleucine.....g	0.723		0		1		0.205	3.280	
Leucine.....g	1.272		0		1		0.361	5.770	
Lysine.....g	1.339		0		1		0.380	6.074	
Methionine.....g	0.412		0		1		0.117	1.869	
Cystine.....g	0.180		0		1		0.051	0.816	
Phenylalanine.....g	0.628		0		1		0.178	2.849	
Tyrosine.....g	0.541		0		1		0.153	2.454	
Valine.....g	0.783		0		1		0.222	3.552	
Arginine.....g	1.017		0		1		0.288	4.613	
Histidine.....g	0.551		0		1		0.156	2.499	
Alanine.....g	0.971		0		1		0.275	4.404	
Aspartic acid.....g	1.470		0		1		0.417	6.668	
Glutamic acid.....g	2.418		0		1		0.686	10.968	
Glycine.....g	0.878		0		1		0.249	3.983	
Proline.....g	0.711		0		1		0.202	3.225	
Serine.....g	0.615		0		1		0.174	2.790	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13103

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.040		0		1		35.078	11.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.330		0		1		3.578	1.131	
17:1.....g									
18:1 undifferentiated.....g	11.650		0		1		31.339	9.903	
20:1.....g	0.060		0		1		0.161	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.160		0		1		3.120	0.986	
18:2 undifferentiated.....g	0.780		0		1		2.098	0.663	
18:3 undifferentiated.....g	0.350		0		1		0.942	0.298	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.108	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		218	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.632	0.200	
Threonine.....g	0.915		0		1		2.461	0.778	
Isoleucine.....g	0.942		0		1		2.534	0.801	
Leucine.....g	1.657		0		1		4.457	1.408	
Lysine.....g	1.744		0		1		4.691	1.482	
Methionine.....g	0.537		0		1		1.445	0.456	
Cystine.....g	0.235		0		1		0.632	0.200	
Phenylalanine.....g	0.818		0		1		2.200	0.695	
Tyrosine.....g	0.704		0		1		1.894	0.598	
Valine.....g	1.019		0		1		2.741	0.866	
Arginine.....g	1.325		0		1		3.564	1.126	
Histidine.....g	0.718		0		1		1.931	0.610	
Alanine.....g	1.264		0		1		3.400	1.074	
Aspartic acid.....g	1.915		0		1		5.151	1.628	
Glutamic acid.....g	3.149		0		1		8.471	2.677	
Glycine.....g	1.143		0		1		3.075	0.972	
Proline.....g	0.926		0		1		2.491	0.787	
Serine.....g	0.801		0		1		2.155	0.681	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13104

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.680		0		1		40.630	11.628	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.330		0		1		3.950	1.131	
17:1.....g									
18:1 undifferentiated.....g	12.290		0		1		36.501	10.447	
20:1.....g	0.060		0		1		0.178	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.120		0		1		3.326	0.952	
18:2 undifferentiated.....g	0.740		0		1		2.198	0.629	
18:3 undifferentiated.....g	0.340		0		1		1.010	0.289	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.089	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		252	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.743	0.213	
Threonine.....g	0.974		0		1		2.893	0.828	
Isoleucine.....g	1.003		0		1		2.979	0.853	
Leucine.....g	1.762		0		1		5.233	1.498	
Lysine.....g	1.855		0		1		5.509	1.577	
Methionine.....g	0.571		0		1		1.696	0.485	
Cystine.....g	0.250		0		1		0.743	0.213	
Phenylalanine.....g	0.871		0		1		2.587	0.740	
Tyrosine.....g	0.749		0		1		2.225	0.637	
Valine.....g	1.085		0		1		3.222	0.922	
Arginine.....g	1.409		0		1		4.185	1.198	
Histidine.....g	0.763		0		1		2.266	0.649	
Alanine.....g	1.345		0		1		3.995	1.143	
Aspartic acid.....g	2.037		0		1		6.050	1.731	
Glutamic acid.....g	3.350		0		1		9.950	2.848	
Glycine.....g	1.217		0		1		3.614	1.034	
Proline.....g	0.985		0		1		2.925	0.837	
Serine.....g	0.853		0		1		2.533	0.725	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 297g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13102

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.220		0		1		3.748	59.966	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.580		0		1		0.448	7.167	
17:1.....g									
18:1 undifferentiated.....g	11.600		0		1		3.289	52.618	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.120		0		1		0.318	5.080	
18:2 undifferentiated.....g	0.710		0		1		0.201	3.221	
18:3 undifferentiated.....g	0.380		0		1		0.108	1.724	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0		1		0.050	0.798	
Threonine.....g	0.688		0		1		0.195	3.121	
Isoleucine.....g	0.708		0		1		0.201	3.211	
Leucine.....g	1.245		0		1		0.353	5.647	
Lysine.....g	1.310		0		1		0.371	5.942	
Methionine.....g	0.403		0		1		0.114	1.828	
Cystine.....g	0.176		0		1		0.050	0.798	
Phenylalanine.....g	0.615		0		1		0.174	2.790	
Tyrosine.....g	0.529		0		1		0.150	2.400	
Valine.....g	0.766		0		1		0.217	3.475	
Arginine.....g	0.995		0		1		0.282	4.513	
Histidine.....g	0.539		0		1		0.153	2.445	
Alanine.....g	0.950		0		1		0.269	4.309	
Aspartic acid.....g	1.439		0		1		0.408	6.527	
Glutamic acid.....g	2.366		0		1		0.671	10.732	
Glycine.....g	0.859		0		1		0.244	3.896	
Proline.....g	0.695		0		1		0.197	3.153	
Serine.....g	0.602		0		1		0.171	2.731	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13109

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.820		0		1		44.138	13.447	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.480		0		1		4.129	1.258	
17:1.....g									
18:1 undifferentiated.....g	14.040		0		1		39.172	11.934	
20:1.....g	0.070		0		1		0.195	0.060	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0		1		3.515	1.071	
18:2 undifferentiated.....g	0.850		0		1		2.372	0.723	
18:3 undifferentiated.....g	0.360		0		1		1.004	0.306	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.084	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		240	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0		1		0.633	0.193	
Threonine.....g	0.887		0		1		2.475	0.754	
Isoleucine.....g	0.913		0		1		2.547	0.776	
Leucine.....g	1.605		0		1		4.478	1.364	
Lysine.....g	1.689		0		1		4.712	1.436	
Methionine.....g	0.520		0		1		1.451	0.442	
Cystine.....g	0.227		0		1		0.633	0.193	
Phenylalanine.....g	0.793		0		1		2.212	0.674	
Tyrosine.....g	0.682		0		1		1.903	0.580	
Valine.....g	0.988		0		1		2.757	0.840	
Arginine.....g	1.283		0		1		3.580	1.091	
Histidine.....g	0.695		0		1		1.939	0.591	
Alanine.....g	1.225		0		1		3.418	1.041	
Aspartic acid.....g	1.855		0		1		5.175	1.577	
Glutamic acid.....g	3.050		0		1		8.510	2.593	
Glycine.....g	1.108		0		1		3.091	0.942	
Proline.....g	0.897		0		1		2.503	0.762	
Serine.....g	0.776		0		1		2.165	0.660	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13110

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.810		0		1		41.912	12.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		0		1		3.962	1.190	
17:1.....g									
18:1 undifferentiated.....g	13.140		0		1		37.186	11.169	
20:1.....g	0.060		0		1		0.170	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.180		0		1		3.339	1.003	
18:2 undifferentiated.....g	0.790		0		1		2.236	0.672	
18:3 undifferentiated.....g	0.340		0		1		0.962	0.289	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.085	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		241	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.713	0.214	
Threonine.....g	0.981		0		1		2.776	0.834	
Isoleucine.....g	1.010		0		1		2.858	0.859	
Leucine.....g	1.776		0		1		5.026	1.510	
Lysine.....g	1.869		0		1		5.289	1.589	
Methionine.....g	0.575		0		1		1.627	0.489	
Cystine.....g	0.252		0		1		0.713	0.214	
Phenylalanine.....g	0.877		0		1		2.482	0.745	
Tyrosine.....g	0.755		0		1		2.137	0.642	
Valine.....g	1.093		0		1		3.093	0.929	
Arginine.....g	1.420		0		1		4.019	1.207	
Histidine.....g	0.769		0		1		2.176	0.654	
Alanine.....g	1.355		0		1		3.835	1.152	
Aspartic acid.....g	2.053		0		1		5.810	1.745	
Glutamic acid.....g	3.375		0		1		9.551	2.869	
Glycine.....g	1.226		0		1		3.470	1.042	
Proline.....g	0.992		0		1		2.807	0.843	
Serine.....g	0.859		0		1		2.431	0.730	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13108

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.910		0		1		4.227	67.632	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.740		0		1		0.493	7.893	
17:1.....g									
18:1 undifferentiated.....g	12.950		0		1		3.671	58.741	
20:1.....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		0.360	5.761	
18:2 undifferentiated.....g	0.810		0		1		0.230	3.674	
18:3 undifferentiated.....g	0.420		0		1		0.119	1.905	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.049	0.789	
Threonine.....g	0.678		0		1		0.192	3.075	
Isoleucine.....g	0.698		0		1		0.198	3.166	
Leucine.....g	1.227		0		1		0.348	5.566	
Lysine.....g	1.291		0		1		0.366	5.856	
Methionine.....g	0.397		0		1		0.113	1.801	
Cystine.....g	0.174		0		1		0.049	0.789	
Phenylalanine.....g	0.606		0		1		0.172	2.749	
Tyrosine.....g	0.521		0		1		0.148	2.363	
Valine.....g	0.755		0		1		0.214	3.425	
Arginine.....g	0.981		0		1		0.278	4.450	
Histidine.....g	0.531		0		1		0.151	2.409	
Alanine.....g	0.936		0		1		0.265	4.246	
Aspartic acid.....g	1.418		0		1		0.402	6.432	
Glutamic acid.....g	2.332		0		1		0.661	10.578	
Glycine.....g	0.847		0		1		0.240	3.842	
Proline.....g	0.685		0		1		0.194	3.107	
Serine.....g	0.594		0		1		0.168	2.694	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products
 USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13106

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.880		0		1		29.267	9.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.090		0		1		2.932	0.927	
17:1.....g									
18:1 undifferentiated.....g	9.740		0		1		26.201	8.279	
20:1.....g	0.050		0		1		0.135	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		2.609	0.825	
18:2 undifferentiated.....g	0.660		0		1		1.775	0.561	
18:3 undifferentiated.....g	0.280		0		1		0.753	0.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.108	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		215	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.648	0.205	
Threonine.....g	0.941		0		1		2.531	0.800	
Isoleucine.....g	0.968		0		1		2.604	0.823	
Leucine.....g	1.702		0		1		4.578	1.447	
Lysine.....g	1.792		0		1		4.820	1.523	
Methionine.....g	0.551		0		1		1.482	0.468	
Cystine.....g	0.241		0		1		0.648	0.205	
Phenylalanine.....g	0.841		0		1		2.262	0.715	
Tyrosine.....g	0.724		0		1		1.948	0.615	
Valine.....g	1.048		0		1		2.819	0.891	
Arginine.....g	1.361		0		1		3.661	1.157	
Histidine.....g	0.737		0		1		1.983	0.626	
Alanine.....g	1.299		0		1		3.494	1.104	
Aspartic acid.....g	1.968		0		1		5.294	1.673	
Glutamic acid.....g	3.236		0		1		8.705	2.751	
Glycine.....g	1.175		0		1		3.161	0.999	
Proline.....g	0.951		0		1		2.558	0.808	
Serine.....g	0.824		0		1		2.217	0.700	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13107

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.440		0		1		33.519	9.724	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		3.252	0.944	
17:1.....g									
18:1 undifferentiated.....g	10.280		0		1		30.120	8.738	
20:1.....g	0.050		0		1		0.147	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		2.725	0.791	
18:2 undifferentiated.....g	0.620		0		1		1.817	0.527	
18:3 undifferentiated.....g	0.290		0		1		0.850	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.059	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		249	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		0.759	0.220	
Threonine.....g	1.011		0		1		2.962	0.859	
Isoleucine.....g	1.040		0		1		3.047	0.884	
Leucine.....g	1.829		0		1		5.359	1.555	
Lysine.....g	1.925		0		1		5.640	1.636	
Methionine.....g	0.592		0		1		1.735	0.503	
Cystine.....g	0.259		0		1		0.759	0.220	
Phenylalanine.....g	0.903		0		1		2.646	0.768	
Tyrosine.....g	0.778		0		1		2.280	0.661	
Valine.....g	1.126		0		1		3.299	0.957	
Arginine.....g	1.463		0		1		4.287	1.244	
Histidine.....g	0.792		0		1		2.321	0.673	
Alanine.....g	1.396		0		1		4.090	1.187	
Aspartic acid.....g	2.114		0		1		6.194	1.797	
Glutamic acid.....g	3.477		0		1		10.188	2.955	
Glycine.....g	1.263		0		1		3.701	1.074	
Proline.....g	1.022		0		1		2.994	0.869	
Serine.....g	0.885		0		1		2.593	0.752	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 293g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13105

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.140		0		1		3.158	50.531	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.330		0		1		0.377	6.033	
17:1.....g									
18:1 undifferentiated.....g	9.770		0		1		2.770	44.317	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		0.269	4.309	
18:2 undifferentiated.....g	0.600		0		1		0.170	2.722	
18:3 undifferentiated.....g	0.330		0		1		0.094	1.497	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.052	0.830	
Threonine.....g	0.713		0		1		0.202	3.234	
Isoleucine.....g	0.734		0		1		0.208	3.329	
Leucine.....g	1.290		0		1		0.366	5.851	
Lysine.....g	1.358		0		1		0.385	6.160	
Methionine.....g	0.418		0		1		0.119	1.896	
Cystine.....g	0.183		0		1		0.052	0.830	
Phenylalanine.....g	0.637		0		1		0.181	2.889	
Tyrosine.....g	0.548		0		1		0.155	2.486	
Valine.....g	0.794		0		1		0.225	3.602	
Arginine.....g	1.031		0		1		0.292	4.677	
Histidine.....g	0.559		0		1		0.158	2.536	
Alanine.....g	0.984		0		1		0.279	4.463	
Aspartic acid.....g	1.491		0		1		0.423	6.763	
Glutamic acid.....g	2.452		0		1		0.695	11.122	
Glycine.....g	0.890		0		1		0.252	4.037	
Proline.....g	0.721		0		1		0.204	3.270	
Serine.....g	0.624		0		1		0.177	2.830	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13839

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.510		0	PAE	4		30.732	9.784	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.170		0	PAE	4		3.124	0.995	
17:1.....g									
18:1 undifferentiated.....g	10.290		0	PAE	4		27.474	8.747	
20:1.....g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0	PAE	4		2.750	0.876	
18:2 undifferentiated.....g	0.690		0	PAE	4		1.842	0.587	
18:3 undifferentiated.....g	0.300		0	PAE	4		0.801	0.255	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	PAE	4		214	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0	PAE	4		0.643	0.205	
Threonine.....g	0.941		0	PAE	4		2.512	0.800	
Isoleucine.....g	0.969		0	PAE	4		2.587	0.824	
Leucine.....g	1.704		0	PAE	4		4.550	1.448	
Lysine.....g	1.793		0	PAE	4		4.787	1.524	
Methionine.....g	0.552		0	PAE	4		1.474	0.469	
Cystine.....g	0.241		0	PAE	4		0.643	0.205	
Phenylalanine.....g	0.841		0	PAE	4		2.245	0.715	
Tyrosine.....g	0.724		0	PAE	4		1.933	0.615	
Valine.....g	1.048		0	PAE	4		2.798	0.891	
Arginine.....g	1.362		0	PAE	4		3.637	1.158	
Histidine.....g	0.738		0	PAE	4		1.970	0.627	
Alanine.....g	1.300		0	PAE	4		3.471	1.105	
Aspartic acid.....g	1.969		0	PAE	4		5.257	1.674	
Glutamic acid.....g	3.238		0	PAE	4		8.645	2.752	
Glycine.....g	1.176		0	PAE	4		3.140	1.000	
Proline.....g	0.952		0	PAE	4		2.542	0.809	
Serine.....g	0.824		0	PAE	4		2.200	0.700	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.200		0	PAE	4		35.624	10.370	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.180		0	PAE	4		3.446	1.003	
17:1.....g									
18:1 undifferentiated.....g	10.970		0	PAE	4		32.032	9.325	
20:1.....g	0.050		0	PAE	4		0.146	0.043	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0	PAE	4		2.891	0.842	
18:2 undifferentiated.....g	0.660		0	PAE	4		1.927	0.561	
18:3 undifferentiated.....g	0.300		0	PAE	4		0.876	0.255	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.088	0.026	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		248	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.258		0	PAE	4		0.753	0.219	
Threonine.....g	1.005		0	PAE	4		2.935	0.854	
Isoleucine.....g	1.034		0	PAE	4		3.019	0.879	
Leucine.....g	1.818		0	PAE	4		5.309	1.545	
Lysine.....g	1.914		0	PAE	4		5.589	1.627	
Methionine.....g	0.589		0	PAE	4		1.720	0.501	
Cystine.....g	0.258		0	PAE	4		0.753	0.219	
Phenylalanine.....g	0.898		0	PAE	4		2.622	0.763	
Tyrosine.....g	0.773		0	PAE	4		2.257	0.657	
Valine.....g	1.119		0	PAE	4		3.267	0.951	
Arginine.....g	1.454		0	PAE	4		4.246	1.236	
Histidine.....g	0.788		0	PAE	4		2.301	0.670	
Alanine.....g	1.388		0	PAE	4		4.053	1.180	
Aspartic acid.....g	2.102		0	PAE	4		6.138	1.787	
Glutamic acid.....g	3.457		0	PAE	4		10.094	2.938	
Glycine.....g	1.255		0	PAE	4		3.665	1.067	
Proline.....g	1.016		0	PAE	4		2.967	0.864	
Serine.....g	0.880		0	PAE	4		2.570	0.748	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13840

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13838

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.690		0	PAE	4		3.314	53.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.390		0	PAE	4		0.394	6.305	
17:1.....g									
18:1 undifferentiated.....g	10.260		0	PAE	4		2.909	46.539	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	PAE	4		0.284	4.536	
18:2 undifferentiated.....g	0.630		0	PAE	4		0.179	2.858	
18:3 undifferentiated.....g	0.340		0	PAE	4		0.096	1.542	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	PAE	4		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	PAE	4		0.052	0.826	
Threonine.....g	0.710		0	PAE	4		0.201	3.221	
Isoleucine.....g	0.731		0	PAE	4		0.207	3.316	
Leucine.....g	1.285		0	PAE	4		0.364	5.829	
Lysine.....g	1.353		0	PAE	4		0.384	6.137	
Methionine.....g	0.416		0	PAE	4		0.118	1.887	
Cystine.....g	0.182		0	PAE	4		0.052	0.826	
Phenylalanine.....g	0.635		0	PAE	4		0.180	2.880	
Tyrosine.....g	0.546		0	PAE	4		0.155	2.477	
Valine.....g	0.791		0	PAE	4		0.224	3.588	
Arginine.....g	1.027		0	PAE	4		0.291	4.658	
Histidine.....g	0.557		0	PAE	4		0.158	2.527	
Alanine.....g	0.981		0	PAE	4		0.278	4.450	
Aspartic acid.....g	1.485		0	PAE	4		0.421	6.736	
Glutamic acid.....g	2.442		0	PAE	4		0.692	11.077	
Glycine.....g	0.887		0	PAE	4		0.251	4.023	
Proline.....g	0.718		0	PAE	4		0.204	3.257	
Serine.....g	0.622		0	PAE	4		0.176	2.821	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13842

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	13.210		0	PAE	4		35.271	11.229	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350		0	PAE	4		3.605	1.148	
17:1.....g									
18:1 undifferentiated.....g	11.800		0	PAE	4		31.506	10.030	
20:1.....g	0.060		0	PAE	4		0.160	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.180		0	PAE	4		3.151	1.003	
18:2 undifferentiated.....g	0.780		0	PAE	4		2.083	0.663	
18:3 undifferentiated.....g	0.350		0	PAE	4		0.935	0.298	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0	PAE	4		216	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.234		0	PAE	4		0.625	0.199	
Threonine.....g	0.911		0	PAE	4		2.432	0.774	
Isoleucine.....g	0.938		0	PAE	4		2.504	0.797	
Leucine.....g	1.648		0	PAE	4		4.400	1.401	
Lysine.....g	1.735		0	PAE	4		4.632	1.475	
Methionine.....g	0.534		0	PAE	4		1.426	0.454	
Cystine.....g	0.234		0	PAE	4		0.625	0.199	
Phenylalanine.....g	0.814		0	PAE	4		2.173	0.692	
Tyrosine.....g	0.701		0	PAE	4		1.872	0.596	
Valine.....g	1.014		0	PAE	4		2.707	0.862	
Arginine.....g	1.318		0	PAE	4		3.519	1.120	
Histidine.....g	0.714		0	PAE	4		1.906	0.607	
Alanine.....g	1.258		0	PAE	4		3.359	1.069	
Aspartic acid.....g	1.905		0	PAE	4		5.086	1.619	
Glutamic acid.....g	3.133		0	PAE	4		8.365	2.663	
Glycine.....g	1.138		0	PAE	4		3.038	0.967	
Proline.....g	0.921		0	PAE	4		2.459	0.783	
Serine.....g	0.798		0	PAE	4		2.131	0.678	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13843

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.390		0	PAE	4		39.634	11.382	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.300		0	PAE	4		3.848	1.105	
17:1.....g									
18:1 undifferentiated.....g	12.030		0	PAE	4		35.609	10.226	
20:1.....g	0.060		0	PAE	4		0.178	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0	PAE	4		3.226	0.927	
18:2 undifferentiated.....g	0.730		0	PAE	4		2.161	0.621	
18:3 undifferentiated.....g	0.330		0	PAE	4		0.977	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.089	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		252	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0	PAE	4		0.746	0.214	
Threonine.....g	0.983		0	PAE	4		2.910	0.836	
Isoleucine.....g	1.012		0	PAE	4		2.996	0.860	
Leucine.....g	1.778		0	PAE	4		5.263	1.511	
Lysine.....g	1.872		0	PAE	4		5.541	1.591	
Methionine.....g	0.576		0	PAE	4		1.705	0.490	
Cystine.....g	0.252		0	PAE	4		0.746	0.214	
Phenylalanine.....g	0.878		0	PAE	4		2.599	0.746	
Tyrosine.....g	0.756		0	PAE	4		2.238	0.643	
Valine.....g	1.094		0	PAE	4		3.238	0.930	
Arginine.....g	1.422		0	PAE	4		4.209	1.209	
Histidine.....g	0.770		0	PAE	4		2.279	0.655	
Alanine.....g	1.357		0	PAE	4		4.017	1.153	
Aspartic acid.....g	2.056		0	PAE	4		6.086	1.748	
Glutamic acid.....g	3.380		0	PAE	4		10.005	2.873	
Glycine.....g	1.228		0	PAE	4		3.635	1.044	
Proline.....g	0.994		0	PAE	4		2.942	0.845	
Serine.....g	0.860		0	PAE	4		2.546	0.731	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 296g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13841

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.560		0	PAE	4		3.561	56.972	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.490		0	PAE	4		0.422	6.759	
17:1.....g									
18:1 undifferentiated.....g	11.020		0	PAE	4		3.124	49.987	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0	PAE	4		0.303	4.854	
18:2 undifferentiated.....g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated.....g	0.360		0	PAE	4		0.102	1.633	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	PAE	4		20	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	PAE	4		0.051	0.816	
Threonine.....g	0.700		0	PAE	4		0.198	3.175	
Isoleucine.....g	0.721		0	PAE	4		0.204	3.270	
Leucine.....g	1.267		0	PAE	4		0.359	5.747	
Lysine.....g	1.334		0	PAE	4		0.378	6.051	
Methionine.....g	0.410		0	PAE	4		0.116	1.860	
Cystine.....g	0.180		0	PAE	4		0.051	0.816	
Phenylalanine.....g	0.626		0	PAE	4		0.177	2.840	
Tyrosine.....g	0.539		0	PAE	4		0.153	2.445	
Valine.....g	0.780		0	PAE	4		0.221	3.538	
Arginine.....g	1.013		0	PAE	4		0.287	4.595	
Histidine.....g	0.549		0	PAE	4		0.156	2.490	
Alanine.....g	0.967		0	PAE	4		0.274	4.386	
Aspartic acid.....g	1.464		0	PAE	4		0.415	6.641	
Glutamic acid.....g	2.408		0	PAE	4		0.683	10.923	
Glycine.....g	0.875		0	PAE	4		0.248	3.969	
Proline.....g	0.708		0	PAE	4		0.201	3.211	
Serine.....g	0.613		0	PAE	4		0.174	2.781	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13848

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.290		0	PAE	4		42.506	12.997	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.420		0	PAE	4		3.948	1.207	
17:1.....g									
18:1 undifferentiated.....g	13.560		0	PAE	4		37.697	11.526	
20:1.....g	0.060		0	PAE	4		0.167	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0	PAE	4		3.364	1.029	
18:2 undifferentiated.....g	0.820		0	PAE	4		2.280	0.697	
18:3 undifferentiated.....g	0.330		0	PAE	4		0.917	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.111	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	PAE	4		239	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.231		0	PAE	4		0.642	0.196	
Threonine.....g	0.902		0	PAE	4		2.508	0.767	
Isoleucine.....g	0.929		0	PAE	4		2.583	0.790	
Leucine.....g	1.632		0	PAE	4		4.537	1.387	
Lysine.....g	1.718		0	PAE	4		4.776	1.460	
Methionine.....g	0.529		0	PAE	4		1.471	0.450	
Cystine.....g	0.231		0	PAE	4		0.642	0.196	
Phenylalanine.....g	0.806		0	PAE	4		2.241	0.685	
Tyrosine.....g	0.694		0	PAE	4		1.929	0.590	
Valine.....g	1.005		0	PAE	4		2.794	0.854	
Arginine.....g	1.305		0	PAE	4		3.628	1.109	
Histidine.....g	0.707		0	PAE	4		1.965	0.601	
Alanine.....g	1.246		0	PAE	4		3.464	1.059	
Aspartic acid.....g	1.887		0	PAE	4		5.246	1.604	
Glutamic acid.....g	3.103		0	PAE	4		8.626	2.638	
Glycine.....g	1.127		0	PAE	4		3.133	0.958	
Proline.....g	0.912		0	PAE	4		2.535	0.775	
Serine.....g	0.790		0	PAE	4		2.196	0.672	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13849

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.290		0	PAE	4		40.155	12.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.340		0	PAE	4		3.765	1.139	
17:1.....g									
18:1 undifferentiated.....g	12.680		0	PAE	4		35.631	10.778	
20:1.....g	0.050		0	PAE	4		0.141	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0	PAE	4		3.175	0.961	
18:2 undifferentiated.....g	0.770		0	PAE	4		2.164	0.655	
18:3 undifferentiated.....g	0.320		0	PAE	4		0.899	0.272	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.112	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		239	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0	PAE	4		0.719	0.218	
Threonine.....g	0.998		0	PAE	4		2.804	0.848	
Isoleucine.....g	1.028		0	PAE	4		2.889	0.874	
Leucine.....g	1.806		0	PAE	4		5.075	1.535	
Lysine.....g	1.902		0	PAE	4		5.345	1.617	
Methionine.....g	0.585		0	PAE	4		1.644	0.497	
Cystine.....g	0.256		0	PAE	4		0.719	0.218	
Phenylalanine.....g	0.892		0	PAE	4		2.507	0.758	
Tyrosine.....g	0.768		0	PAE	4		2.158	0.653	
Valine.....g	1.112		0	PAE	4		3.125	0.945	
Arginine.....g	1.444		0	PAE	4		4.058	1.227	
Histidine.....g	0.783		0	PAE	4		2.200	0.666	
Alanine.....g	1.379		0	PAE	4		3.875	1.172	
Aspartic acid.....g	2.088		0	PAE	4		5.867	1.775	
Glutamic acid.....g	3.434		0	PAE	4		9.650	2.919	
Glycine.....g	1.247		0	PAE	4		3.504	1.060	
Proline.....g	1.009		0	PAE	4		2.835	0.858	
Serine.....g	0.874		0	PAE	4		2.456	0.743	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13847

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.370		0	PAE	4		4.074	65.182	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.670		0	PAE	4		0.473	7.575	
17:1.....g									
18:1 undifferentiated.....g	12.470		0	PAE	4		3.535	56.564	
20:1.....g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0	PAE	4		0.349	5.579	
18:2 undifferentiated.....g	0.790		0	PAE	4		0.224	3.583	
18:3 undifferentiated.....g	0.390		0	PAE	4		0.111	1.769	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0	PAE	4		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	PAE	4		0.050	0.803	
Threonine.....g	0.689		0	PAE	4		0.195	3.125	
Isoleucine.....g	0.709		0	PAE	4		0.201	3.216	
Leucine.....g	1.246		0	PAE	4		0.353	5.652	
Lysine.....g	1.312		0	PAE	4		0.372	5.951	
Methionine.....g	0.404		0	PAE	4		0.115	1.833	
Cystine.....g	0.177		0	PAE	4		0.050	0.803	
Phenylalanine.....g	0.616		0	PAE	4		0.175	2.794	
Tyrosine.....g	0.530		0	PAE	4		0.150	2.404	
Valine.....g	0.767		0	PAE	4		0.217	3.479	
Arginine.....g	0.997		0	PAE	4		0.283	4.522	
Histidine.....g	0.540		0	PAE	4		0.153	2.449	
Alanine.....g	0.951		0	PAE	4		0.270	4.314	
Aspartic acid.....g	1.441		0	PAE	4		0.409	6.536	
Glutamic acid.....g	2.369		0	PAE	4		0.672	10.746	
Glycine.....g	0.860		0	PAE	4		0.244	3.901	
Proline.....g	0.696		0	PAE	4		0.197	3.157	
Serine.....g	0.603		0	PAE	4		0.171	2.735	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13845

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.850		0	PAE	4		28.970	9.223	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.090		0	PAE	4		2.910	0.927	
17:1.....g									
18:1 undifferentiated.....g	9.710		0	PAE	4		25.926	8.254	
20:1.....g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0	PAE	4		2.590	0.825	
18:2 undifferentiated.....g	0.660		0	PAE	4		1.762	0.561	
18:3 undifferentiated.....g	0.280		0	PAE	4		0.748	0.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	PAE	4		214	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0	PAE	4		0.643	0.205	
Threonine.....g	0.941		0	PAE	4		2.512	0.800	
Isoleucine.....g	0.969		0	PAE	4		2.587	0.824	
Leucine.....g	1.704		0	PAE	4		4.550	1.448	
Lysine.....g	1.793		0	PAE	4		4.787	1.524	
Methionine.....g	0.552		0	PAE	4		1.474	0.469	
Cystine.....g	0.241		0	PAE	4		0.643	0.205	
Phenylalanine.....g	0.841		0	PAE	4		2.245	0.715	
Tyrosine.....g	0.724		0	PAE	4		1.933	0.615	
Valine.....g	1.048		0	PAE	4		2.798	0.891	
Arginine.....g	1.362		0	PAE	4		3.637	1.158	
Histidine.....g	0.738		0	PAE	4		1.970	0.627	
Alanine.....g	1.300		0	PAE	4		3.471	1.105	
Aspartic acid.....g	1.969		0	PAE	4		5.257	1.674	
Glutamic acid.....g	3.238		0	PAE	4		8.645	2.752	
Glycine.....g	1.176		0	PAE	4		3.140	1.000	
Proline.....g	0.952		0	PAE	4		2.542	0.809	
Serine.....g	0.824		0	PAE	4		2.200	0.700	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13846

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.060		0	PAE	4		32.295	9.401	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070		0	PAE	4		3.124	0.910	
17:1.....g									
18:1 undifferentiated.....g	9.940		0	PAE	4		29.025	8.449	
20:1.....g	0.050		0	PAE	4		0.146	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	PAE	4		2.628	0.765	
18:2 undifferentiated.....g	0.600		0	PAE	4		1.752	0.510	
18:3 undifferentiated.....g	0.270		0	PAE	4		0.788	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		245	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0	PAE	4		0.765	0.223	
Threonine.....g	1.022		0	PAE	4		2.984	0.869	
Isoleucine.....g	1.052		0	PAE	4		3.072	0.894	
Leucine.....g	1.849		0	PAE	4		5.399	1.572	
Lysine.....g	1.946		0	PAE	4		5.682	1.654	
Methionine.....g	0.599		0	PAE	4		1.749	0.509	
Cystine.....g	0.262		0	PAE	4		0.765	0.223	
Phenylalanine.....g	0.913		0	PAE	4		2.666	0.776	
Tyrosine.....g	0.786		0	PAE	4		2.295	0.668	
Valine.....g	1.138		0	PAE	4		3.323	0.967	
Arginine.....g	1.479		0	PAE	4		4.319	1.257	
Histidine.....g	0.801		0	PAE	4		2.339	0.681	
Alanine.....g	1.411		0	PAE	4		4.120	1.199	
Aspartic acid.....g	2.137		0	PAE	4		6.240	1.816	
Glutamic acid.....g	3.515		0	PAE	4		10.264	2.988	
Glycine.....g	1.276		0	PAE	4		3.726	1.085	
Proline.....g	1.033		0	PAE	4		3.016	0.878	
Serine.....g	0.895		0	PAE	4		2.613	0.761	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13844

Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	10.650		0	PAE	4		3.019	48.308	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.270		0	PAE	4		0.360	5.761	
17:1.....g									
18:1 undifferentiated.....g	9.340		0	PAE	4		2.648	42.366	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0	PAE	4		0.258	4.128	
18:2 undifferentiated.....g	0.570		0	PAE	4		0.162	2.586	
18:3 undifferentiated.....g	0.310		0	PAE	4		0.088	1.406	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	PAE	4		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	PAE	4		0.052	0.839	
Threonine.....g	0.722		0	PAE	4		0.205	3.275	
Isoleucine.....g	0.743		0	PAE	4		0.211	3.370	
Leucine.....g	1.306		0	PAE	4		0.370	5.924	
Lysine.....g	1.374		0	PAE	4		0.390	6.232	
Methionine.....g	0.423		0	PAE	4		0.120	1.919	
Cystine.....g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine.....g	0.645		0	PAE	4		0.183	2.926	
Tyrosine.....g	0.555		0	PAE	4		0.157	2.517	
Valine.....g	0.803		0	PAE	4		0.228	3.642	
Arginine.....g	1.044		0	PAE	4		0.296	4.736	
Histidine.....g	0.566		0	PAE	4		0.160	2.567	
Alanine.....g	0.996		0	PAE	4		0.282	4.518	
Aspartic acid.....g	1.509		0	PAE	4		0.428	6.845	
Glutamic acid.....g	2.482		0	PAE	4		0.704	11.258	
Glycine.....g	0.901		0	PAE	4		0.255	4.087	
Proline.....g	0.729		0	PAE	4		0.207	3.307	
Serine.....g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.600		0		1		11.984	4.760	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		8		1		1.006	0.400	
17:1.....g									
18:1 undifferentiated.....g	5.120		8		1		10.957	4.352	
20:1.....g	0.010		8		1		0.021	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.813	0.323	
18:2 undifferentiated.....g	0.320		8		1		0.685	0.272	
18:3 undifferentiated.....g	0.030		8		1		0.064	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		8		1		0.086	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.403	8		1		173	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.387	0.154	
Threonine.....g	1.100		0	A	1		2.354	0.935	
Isoleucine.....g	1.253		0	A	1		2.680	1.065	
Leucine.....g	2.190		0	A	1		4.687	1.861	
Lysine.....g	2.327		0	A	1		4.979	1.978	
Methionine.....g	0.717		0	A	1		1.534	0.609	
Cystine.....g	0.355		0	A	1		0.760	0.302	
Phenylalanine.....g	1.087		0	A	1		2.327	0.924	
Tyrosine.....g	0.877		0	A	1		1.877	0.746	
Valine.....g	1.366		0	A	1		2.923	1.161	
Arginine.....g	1.780		0	A	1		3.810	1.513	
Histidine.....g	0.879		0	A	1		1.880	0.747	
Alanine.....g	1.674		0	A	1		3.582	1.423	
Aspartic acid.....g	2.508		0	A	1		5.366	2.131	
Glutamic acid.....g	4.133		0	A	1		8.844	3.513	
Glycine.....g	1.676		0	A	1		3.587	1.425	
Proline.....g	1.312		0	A	1		2.809	1.116	
Serine.....g	1.084		0	A	1		2.321	0.922	
Hydroxyproline.....g	0.289		0	BFPN	4		0.619	0.246	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 214g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13388

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13389

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.270		0		1		12.979	5.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		1.097	0.451	
17:1.....g									
18:1 undifferentiated.....g	5.730		0		1		11.861	4.871	
20:1.....g	0.010		0		1		0.021	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.890	0.366	
18:2 undifferentiated.....g	0.350		0		1		0.725	0.298	
18:3 undifferentiated.....g	0.030		0		1		0.062	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.083	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		168	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.638	0.262	
Threonine.....g	1.203		0		1		2.490	1.023	
Isoleucine.....g	1.238		0		1		2.563	1.052	
Leucine.....g	2.176		0		1		4.504	1.850	
Lysine.....g	2.291		0		1		4.742	1.947	
Methionine.....g	0.705		0		1		1.459	0.599	
Cystine.....g	0.308		0		1		0.638	0.262	
Phenylalanine.....g	1.075		0		1		2.225	0.914	
Tyrosine.....g	0.925		0		1		1.915	0.786	
Valine.....g	1.339		0		1		2.772	1.138	
Arginine.....g	1.740		0		1		3.602	1.479	
Histidine.....g	0.943		0		1		1.952	0.802	
Alanine.....g	1.661		0		1		3.438	1.412	
Aspartic acid.....g	2.515		0		1		5.206	2.138	
Glutamic acid.....g	4.136		0		1		8.562	3.516	
Glycine.....g	1.502		0		1		3.109	1.277	
Proline.....g	1.216		0		1		2.517	1.034	
Serine.....g	1.053		0		1		2.180	0.895	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

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

Common Measures:

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13390

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.770		0		1		10.351	4.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.868	0.340	
17:1.....g									
18:1 undifferentiated.....g	4.360		0		1		9.461	3.706	
20:1.....g	0.010		0		1		0.022	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		1		0.716	0.281	
18:2 undifferentiated.....g	0.270		0		1		0.586	0.230	
18:3 undifferentiated.....g	0.020		0		1		0.043	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.065	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		176	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.668	0.262	
Threonine.....g	1.203		0		1		2.611	1.023	
Isoleucine.....g	1.238		0		1		2.686	1.052	
Leucine.....g	2.176		0		1		4.722	1.850	
Lysine.....g	2.291		0		1		4.971	1.947	
Methionine.....g	0.705		0		1		1.530	0.599	
Cystine.....g	0.308		0		1		0.668	0.262	
Phenylalanine.....g	1.075		0		1		2.333	0.914	
Tyrosine.....g	0.925		0		1		2.007	0.786	
Valine.....g	1.339		0		1		2.906	1.138	
Arginine.....g	1.740		0		1		3.776	1.479	
Histidine.....g	0.943		0		1		2.046	0.802	
Alanine.....g	1.661		0		1		3.604	1.412	
Aspartic acid.....g	2.515		0		1		5.458	2.138	
Glutamic acid.....g	4.136		0		1		8.975	3.516	
Glycine.....g	1.502		0		1		3.259	1.277	
Proline.....g	1.216		0		1		2.639	1.034	
Serine.....g	1.053		0		1		2.285	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13621

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.250		0		1		18.130	7.863	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		1.450	0.629	
17:1.....g									
18:1 undifferentiated.....g	8.150		0		1		15.974	6.928	
20:1.....g	0.020		0		1		0.039	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		1.235	0.536	
18:2 undifferentiated.....g	0.500		0		1		0.980	0.425	
18:3 undifferentiated.....g	0.050		0		1		0.098	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.098	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		161	70	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.276		0		1		0.541	0.235	
Threonine.....g	1.076		0		1		2.109	0.915	
Isoleucine.....g	1.108		0		1		2.172	0.942	
Leucine.....g	1.947		0		1		3.816	1.655	
Lysine.....g	2.050		0		1		4.018	1.743	
Methionine.....g	0.631		0		1		1.237	0.536	
Cystine.....g	0.276		0		1		0.541	0.235	
Phenylalanine.....g	0.962		0		1		1.886	0.818	
Tyrosine.....g	0.828		0		1		1.623	0.704	
Valine.....g	1.198		0		1		2.348	1.018	
Arginine.....g	1.557		0		1		3.052	1.323	
Histidine.....g	0.844		0		1		1.654	0.717	
Alanine.....g	1.486		0		1		2.913	1.263	
Aspartic acid.....g	2.251		0		1		4.412	1.913	
Glutamic acid.....g	3.702		0		1		7.256	3.147	
Glycine.....g	1.344		0		1		2.634	1.142	
Proline.....g	1.088		0		1		2.132	0.925	
Serine.....g	0.942		0		1		1.846	0.801	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 196g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13622

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.130		0		1		15.610	6.911	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		1.248	0.553	
17:1.....g									
18:1 undifferentiated.....g	7.160		0		1		13.747	6.086	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		1.056	0.468	
18:2 undifferentiated.....g	0.440		0		1		0.845	0.374	
18:3 undifferentiated.....g	0.040		0		1		0.077	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.096	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		156	69	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.591	0.262	
Threonine.....g	1.202		0		1		2.308	1.022	
Isoleucine.....g	1.238		0		1		2.377	1.052	
Leucine.....g	2.176		0		1		4.178	1.850	
Lysine.....g	2.290		0		1		4.397	1.947	
Methionine.....g	0.705		0		1		1.354	0.599	
Cystine.....g	0.308		0		1		0.591	0.262	
Phenylalanine.....g	1.075		0		1		2.064	0.914	
Tyrosine.....g	0.925		0		1		1.776	0.786	
Valine.....g	1.339		0		1		2.571	1.138	
Arginine.....g	1.740		0		1		3.341	1.479	
Histidine.....g	0.942		0		1		1.809	0.801	
Alanine.....g	1.660		0		1		3.187	1.411	
Aspartic acid.....g	2.515		0		1		4.829	2.138	
Glutamic acid.....g	4.135		0		1		7.939	3.515	
Glycine.....g	1.502		0		1		2.884	1.277	
Proline.....g	1.216		0		1		2.335	1.034	
Serine.....g	1.053		0		1		2.022	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13112

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.230		0		1		10.303	4.446	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		1.024	0.442	
17:1.....g									
18:1 undifferentiated.....g	4.700		0		1		9.259	3.995	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		0.965	0.417	
18:2 undifferentiated.....g	0.380		0		1		0.749	0.323	
18:3 undifferentiated.....g	0.060		0		1		0.118	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.099	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		150	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0		1		0.556	0.240	
Threonine.....g	1.099		0		1		2.165	0.934	
Isoleucine.....g	1.132		0		1		2.230	0.962	
Leucine.....g	1.989		0		1		3.918	1.691	
Lysine.....g	2.094		0		1		4.125	1.780	
Methionine.....g	0.644		0		1		1.269	0.547	
Cystine.....g	0.282		0		1		0.556	0.240	
Phenylalanine.....g	0.983		0		1		1.937	0.836	
Tyrosine.....g	0.846		0		1		1.667	0.719	
Valine.....g	1.224		0		1		2.411	1.040	
Arginine.....g	1.591		0		1		3.134	1.352	
Histidine.....g	0.862		0		1		1.698	0.733	
Alanine.....g	1.518		0		1		2.990	1.290	
Aspartic acid.....g	2.299		0		1		4.529	1.954	
Glutamic acid.....g	3.781		0		1		7.449	3.214	
Glycine.....g	1.373		0		1		2.705	1.167	
Proline.....g	1.111		0		1		2.189	0.944	
Serine.....g	0.962		0		1		1.895	0.818	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 197g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13113

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.520		0		1		11.592	4.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		8		1		0.966	0.391	
17:1.....g									
18:1 undifferentiated.....g	5.050		8		1		10.605	4.293	
20:1.....g	0.010		8		1		0.021	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.798	0.323	
18:2 undifferentiated.....g	0.310		8		1		0.651	0.264	
18:3 undifferentiated.....g	0.030		8		1		0.063	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		8		1		0.084	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.403	8		1		170	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	NR	4		0.380	0.154	
Threonine.....g	1.100		0	NR	4		2.310	0.935	
Isoleucine.....g	1.253		0	NR	4		2.630	1.065	
Leucine.....g	2.190		0	NR	4		4.599	1.861	
Lysine.....g	2.327		0	NR	4		4.886	1.978	
Methionine.....g	0.717		0	NR	4		1.506	0.609	
Cystine.....g	0.355		0	NR	4		0.746	0.302	
Phenylalanine.....g	1.087		0	NR	4		2.284	0.924	
Tyrosine.....g	0.877		0	NR	4		1.842	0.746	
Valine.....g	1.366		0	NR	4		2.868	1.161	
Arginine.....g	1.780		0	NR	4		3.738	1.513	
Histidine.....g	0.879		0	NR	4		1.845	0.747	
Alanine.....g	1.674		0	NR	4		3.515	1.423	
Aspartic acid.....g	2.508		0	NR	4		5.266	2.131	
Glutamic acid.....g	4.133		0	NR	4		8.679	3.513	
Glycine.....g	1.676		0	NR	4		3.520	1.425	
Proline.....g	1.312		0	NR	4		2.756	1.116	
Serine.....g	1.084		0	NR	4		2.277	0.922	
Hydroxyproline.....g	0.289		0	BFPN	4		0.607	0.246	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 210g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13113

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13111

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.610		0		1		1.023	16.375	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		79		1		0.099	1.588	
17:1.....g									
18:1 undifferentiated.....g	3.250		79		1		0.921	14.742	
20:1.....g	0.010		79		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0		1		0.096	1.542	
18:2 undifferentiated.....g	0.270		79		1		0.077	1.225	
18:3 undifferentiated.....g	0.030		79		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		79		1		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59	0.881	37		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.062	0.998	
Threonine.....g	0.857		0		1		0.243	3.887	
Isoleucine.....g	0.883		0		1		0.250	4.005	
Leucine.....g	1.552		0		1		0.440	7.040	
Lysine.....g	1.633		0		1		0.463	7.407	
Methionine.....g	0.503		0		1		0.143	2.282	
Cystine.....g	0.220		0		1		0.062	0.998	
Phenylalanine.....g	0.766		0		1		0.217	3.475	
Tyrosine.....g	0.660		0		1		0.187	2.994	
Valine.....g	0.955		0		1		0.271	4.332	
Arginine.....g	1.241		0		1		0.352	5.629	
Histidine.....g	0.672		0		1		0.191	3.048	
Alanine.....g	1.184		0		1		0.336	5.371	
Aspartic acid.....g	1.794		0		1		0.509	8.138	
Glutamic acid.....g	2.949		0		1		0.836	13.377	
Glycine.....g	1.071		0		1		0.304	4.858	
Proline.....g	0.867		0		1		0.246	3.933	
Serine.....g	0.751		0		1		0.213	3.407	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13115

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.930		0		1		11.326	5.041	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		1.127	0.502	
17:1.....g									
18:1 undifferentiated.....g	5.320		0		1		10.161	4.522	
20:1.....g	0.020		0		1		0.038	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		1.051	0.468	
18:2 undifferentiated.....g	0.430		0		1		0.821	0.366	
18:3 undifferentiated.....g	0.060		0		1		0.115	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.096	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		145	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0		1		0.539	0.240	
Threonine.....g	1.099		0		1		2.099	0.934	
Isoleucine.....g	1.132		0		1		2.162	0.962	
Leucine.....g	1.989		0		1		3.799	1.691	
Lysine.....g	2.094		0		1		4.000	1.780	
Methionine.....g	0.644		0		1		1.230	0.547	
Cystine.....g	0.282		0		1		0.539	0.240	
Phenylalanine.....g	0.983		0		1		1.878	0.836	
Tyrosine.....g	0.846		0		1		1.616	0.719	
Valine.....g	1.224		0		1		2.338	1.040	
Arginine.....g	1.591		0		1		3.039	1.352	
Histidine.....g	0.862		0		1		1.646	0.733	
Alanine.....g	1.518		0		1		2.899	1.290	
Aspartic acid.....g	2.299		0		1		4.391	1.954	
Glutamic acid.....g	3.781		0		1		7.222	3.214	
Glycine.....g	1.373		0		1		2.622	1.167	
Proline.....g	1.111		0		1		2.122	0.944	
Serine.....g	0.962		0		1		1.837	0.818	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13116

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.150		0		1		12.485	5.228	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		1.056	0.442	
17:1.....g									
18:1 undifferentiated.....g	5.620		0		1		11.409	4.777	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.853	0.357	
18:2 undifferentiated.....g	0.350		0		1		0.711	0.298	
18:3 undifferentiated.....g	0.030		0		1		0.061	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.081	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		164	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.625	0.262	
Threonine.....g	1.203		0		1		2.442	1.023	
Isoleucine.....g	1.238		0		1		2.513	1.052	
Leucine.....g	2.176		0		1		4.417	1.850	
Lysine.....g	2.291		0		1		4.651	1.947	
Methionine.....g	0.705		0		1		1.431	0.599	
Cystine.....g	0.308		0		1		0.625	0.262	
Phenylalanine.....g	1.075		0		1		2.182	0.914	
Tyrosine.....g	0.925		0		1		1.878	0.786	
Valine.....g	1.339		0		1		2.718	1.138	
Arginine.....g	1.740		0		1		3.532	1.479	
Histidine.....g	0.943		0		1		1.914	0.802	
Alanine.....g	1.661		0		1		3.372	1.412	
Aspartic acid.....g	2.515		0		1		5.105	2.138	
Glutamic acid.....g	4.136		0		1		8.396	3.516	
Glycine.....g	1.502		0		1		3.049	1.277	
Proline.....g	1.216		0		1		2.468	1.034	
Serine.....g	1.053		0		1		2.138	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 203g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13114

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.090		0		1		1.160	18.552	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		79		1		0.113	1.814	
17:1.....g									
18:1 undifferentiated.....g	3.690		79		1		1.046	16.738	
20:1.....g	0.010		79		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.108	1.724	
18:2 undifferentiated.....g	0.310		79		1		0.088	1.406	
18:3 undifferentiated.....g	0.030		79		1		0.009	0.136	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		79		1		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.062	0.998	
Threonine.....g	0.857		0		1		0.243	3.887	
Isoleucine.....g	0.883		0		1		0.250	4.005	
Leucine.....g	1.552		0		1		0.440	7.040	
Lysine.....g	1.633		0		1		0.463	7.407	
Methionine.....g	0.503		0		1		0.143	2.282	
Cystine.....g	0.220		0		1		0.062	0.998	
Phenylalanine.....g	0.766		0		1		0.217	3.475	
Tyrosine.....g	0.660		0		1		0.187	2.994	
Valine.....g	0.955		0		1		0.271	4.332	
Arginine.....g	1.241		0		1		0.352	5.629	
Histidine.....g	0.672		0		1		0.191	3.048	
Alanine.....g	1.184		0		1		0.336	5.371	
Aspartic acid.....g	1.794		0		1		0.509	8.138	
Glutamic acid.....g	2.949		0		1		0.836	13.377	
Glycine.....g	1.071		0		1		0.304	4.858	
Proline.....g	0.867		0		1		0.246	3.933	
Serine.....g	0.751		0		1		0.213	3.407	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13121

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.250		0		1		17.945	7.863	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		1.436	0.629	
17:1.....g									
18:1 undifferentiated.....g	8.150		0		1		15.811	6.928	
20:1.....g	0.020		0		1		0.039	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		1.222	0.536	
18:2 undifferentiated.....g	0.500		0		1		0.970	0.425	
18:3 undifferentiated.....g	0.050		0		1		0.097	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.097	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		159	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.276		0		1		0.535	0.235	
Threonine.....g	1.076		0		1		2.087	0.915	
Isoleucine.....g	1.108		0		1		2.150	0.942	
Leucine.....g	1.948		0		1		3.779	1.656	
Lysine.....g	2.050		0		1		3.977	1.743	
Methionine.....g	0.631		0		1		1.224	0.536	
Cystine.....g	0.276		0		1		0.535	0.235	
Phenylalanine.....g	0.962		0		1		1.866	0.818	
Tyrosine.....g	0.828		0		1		1.606	0.704	
Valine.....g	1.198		0		1		2.324	1.018	
Arginine.....g	1.557		0		1		3.021	1.323	
Histidine.....g	0.844		0		1		1.637	0.717	
Alanine.....g	1.486		0		1		2.883	1.263	
Aspartic acid.....g	2.251		0		1		4.367	1.913	
Glutamic acid.....g	3.702		0		1		7.182	3.147	
Glycine.....g	1.344		0		1		2.607	1.142	
Proline.....g	1.088		0		1		2.111	0.925	
Serine.....g	0.942		0		1		1.827	0.801	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13122

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.100		0		1		15.876	6.885	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		1.274	0.553	
17:1.....g									
18:1 undifferentiated.....g	7.140		0		1		13.994	6.069	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		1.078	0.468	
18:2 undifferentiated.....g	0.440		0		1		0.862	0.374	
18:3 undifferentiated.....g	0.040		0		1		0.078	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.098	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		159	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.604	0.262	
Threonine.....g	1.203		0		1		2.358	1.023	
Isoleucine.....g	1.238		0		1		2.426	1.052	
Leucine.....g	2.176		0		1		4.265	1.850	
Lysine.....g	2.291		0		1		4.490	1.947	
Methionine.....g	0.705		0		1		1.382	0.599	
Cystine.....g	0.308		0		1		0.604	0.262	
Phenylalanine.....g	1.075		0		1		2.107	0.914	
Tyrosine.....g	0.925		0		1		1.813	0.786	
Valine.....g	1.339		0		1		2.624	1.138	
Arginine.....g	1.740		0		1		3.410	1.479	
Histidine.....g	0.943		0		1		1.848	0.802	
Alanine.....g	1.661		0		1		3.256	1.412	
Aspartic acid.....g	2.515		0		1		4.929	2.138	
Glutamic acid.....g	4.136		0		1		8.107	3.516	
Glycine.....g	1.502		0		1		2.944	1.277	
Proline.....g	1.216		0		1		2.383	1.034	
Serine.....g	1.053		0		1		2.064	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 196g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13120

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.900		0		1		1.673	26.762	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		1		1		0.153	2.449	
17:1.....g									
18:1 undifferentiated.....g	5.070		1		1		1.437	22.998	
20:1.....g	0.020		1		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		0.156	2.495	
18:2 undifferentiated.....g	0.430		1		1		0.122	1.950	
18:3 undifferentiated.....g	0.050		1		1		0.014	0.227	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.014	0.227	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.062	0.998	
Threonine.....g	0.857		0		1		0.243	3.887	
Isoleucine.....g	0.883		0		1		0.250	4.005	
Leucine.....g	1.552		0		1		0.440	7.040	
Lysine.....g	1.633		0		1		0.463	7.407	
Methionine.....g	0.503		0		1		0.143	2.282	
Cystine.....g	0.220		0		1		0.062	0.998	
Phenylalanine.....g	0.766		0		1		0.217	3.475	
Tyrosine.....g	0.660		0		1		0.187	2.994	
Valine.....g	0.955		0		1		0.271	4.332	
Arginine.....g	1.241		0		1		0.352	5.629	
Histidine.....g	0.672		0		1		0.191	3.048	
Alanine.....g	1.184		0		1		0.336	5.371	
Aspartic acid.....g	1.794		0		1		0.509	8.138	
Glutamic acid.....g	2.949		0		1		0.836	13.377	
Glycine.....g	1.071		0		1		0.304	4.858	
Proline.....g	0.867		0		1		0.246	3.933	
Serine.....g	0.751		0		1		0.213	3.407	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13118

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.360		0		1		8.894	3.706	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.836	0.349	
17:1.....g									
18:1 undifferentiated.....g	3.930		0		1		8.017	3.341	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		0.836	0.349	
18:2 undifferentiated.....g	0.340		0		1		0.694	0.289	
18:3 undifferentiated.....g	0.030		0		1		0.061	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.102	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		155	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0		1		0.575	0.240	
Threonine.....g	1.099		0		1		2.242	0.934	
Isoleucine.....g	1.132		0		1		2.309	0.962	
Leucine.....g	1.989		0		1		4.058	1.691	
Lysine.....g	2.094		0		1		4.272	1.780	
Methionine.....g	0.644		0		1		1.314	0.547	
Cystine.....g	0.282		0		1		0.575	0.240	
Phenylalanine.....g	0.983		0		1		2.005	0.836	
Tyrosine.....g	0.846		0		1		1.726	0.719	
Valine.....g	1.224		0		1		2.497	1.040	
Arginine.....g	1.591		0		1		3.246	1.352	
Histidine.....g	0.862		0		1		1.758	0.733	
Alanine.....g	1.518		0		1		3.097	1.290	
Aspartic acid.....g	2.299		0		1		4.690	1.954	
Glutamic acid.....g	3.781		0		1		7.713	3.214	
Glycine.....g	1.373		0		1		2.801	1.167	
Proline.....g	1.111		0		1		2.266	0.944	
Serine.....g	0.962		0		1		1.962	0.818	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

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

Common Measures:

Measure 1 = 204g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13119

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.770		0		1		10.351	4.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.868	0.340	
17:1.....g									
18:1 undifferentiated.....g	4.360		0		1		9.461	3.706	
20:1.....g	0.010		0		1		0.022	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		1		0.716	0.281	
18:2 undifferentiated.....g	0.270		0		1		0.586	0.230	
18:3 undifferentiated.....g	0.020		0		1		0.043	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.065	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		176	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.668	0.262	
Threonine.....g	1.203		0		1		2.611	1.023	
Isoleucine.....g	1.238		0		1		2.686	1.052	
Leucine.....g	2.176		0		1		4.722	1.850	
Lysine.....g	2.291		0		1		4.971	1.947	
Methionine.....g	0.705		0		1		1.530	0.599	
Cystine.....g	0.308		0		1		0.668	0.262	
Phenylalanine.....g	1.075		0		1		2.333	0.914	
Tyrosine.....g	0.925		0		1		2.007	0.786	
Valine.....g	1.339		0		1		2.906	1.138	
Arginine.....g	1.740		0		1		3.776	1.479	
Histidine.....g	0.943		0		1		2.046	0.802	
Alanine.....g	1.661		0		1		3.604	1.412	
Aspartic acid.....g	2.515		0		1		5.458	2.138	
Glutamic acid.....g	4.136		0		1		8.975	3.516	
Glycine.....g	1.502		0		1		3.259	1.277	
Proline.....g	1.216		0		1		2.639	1.034	
Serine.....g	1.053		0		1		2.285	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13117

Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.050		0		1		0.865	13.835	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		79		1		0.082	1.315	
17:1.....g									
18:1 undifferentiated.....g	2.750		79		1		0.780	12.474	
20:1.....g	0.010		79		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.082	1.315	
18:2 undifferentiated.....g	0.230		79		1		0.065	1.043	
18:3 undifferentiated.....g	0.020		79		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		79		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.062	0.998	
Threonine.....g	0.857		0		1		0.243	3.887	
Isoleucine.....g	0.883		0		1		0.250	4.005	
Leucine.....g	1.552		0		1		0.440	7.040	
Lysine.....g	1.633		0		1		0.463	7.407	
Methionine.....g	0.503		0		1		0.143	2.282	
Cystine.....g	0.220		0		1		0.062	0.998	
Phenylalanine.....g	0.766		0		1		0.217	3.475	
Tyrosine.....g	0.660		0		1		0.187	2.994	
Valine.....g	0.955		0		1		0.271	4.332	
Arginine.....g	1.241		0		1		0.352	5.629	
Histidine.....g	0.672		0		1		0.191	3.048	
Alanine.....g	1.184		0		1		0.336	5.371	
Aspartic acid.....g	1.794		0		1		0.509	8.138	
Glutamic acid.....g	2.949		0		1		0.836	13.377	
Glycine.....g	1.071		0		1		0.304	4.858	
Proline.....g	0.867		0		1		0.246	3.933	
Serine.....g	0.751		0		1		0.213	3.407	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.880		0		1		42.480	16.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.780		0		1		4.005	1.513	
17:1.....g									
18:1 undifferentiated.....g	16.230		0		1		36.518	13.796	
20:1.....g	0.080		0		1		0.180	0.068	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.530		0		1		3.443	1.301	
18:2 undifferentiated.....g	0.980		0		1		2.205	0.833	
18:3 undifferentiated.....g	0.500		0		1		1.125	0.425	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.068	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		212	80	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.142		0	NR	4		0.319	0.120	
Threonine.....g	0.862		0	NR	4		1.939	0.732	
Isoleucine.....g	0.981		0	NR	4		2.208	0.834	
Leucine.....g	1.716		0	NR	4		3.861	1.458	
Lysine.....g	1.823		0	NR	4		4.102	1.549	
Methionine.....g	0.562		0	NR	4		1.264	0.477	
Cystine.....g	0.278		0	NR	4		0.626	0.237	
Phenylalanine.....g	0.852		0	NR	4		1.917	0.724	
Tyrosine.....g	0.687		0	NR	4		1.547	0.584	
Valine.....g	1.070		0	NR	4		2.408	0.910	
Arginine.....g	1.395		0	NR	4		3.138	1.186	
Histidine.....g	0.688		0	NR	4		1.549	0.585	
Alanine.....g	1.311		0	NR	4		2.951	1.115	
Aspartic acid.....g	1.965		0	NR	4		4.421	1.670	
Glutamic acid.....g	3.238		0	NR	4		7.286	2.752	
Glycine.....g	1.313		0	NR	4		2.955	1.116	
Proline.....g	1.028		0	NR	4		2.314	0.874	
Serine.....g	0.850		0	NR	4		1.912	0.722	
Hydroxyproline.....g	0.227		0	BFPN	4		0.510	0.193	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 225g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13148

Beef, rib, shortribs, separable lean and fat, choice, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13147

Beef, rib, shortribs, separable lean and fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.390		0		1		4.647	74.345	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.880		0		1		0.533	8.528	
17:1.....g									
18:1 undifferentiated.....g	13.730		0		1		3.892	62.279	
20:1.....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.320		0		1		0.374	5.988	
18:2 undifferentiated.....g	0.810		0		1		0.230	3.674	
18:3 undifferentiated.....g	0.480		0		1		0.136	2.177	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		22	345	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.046	0.730	
Threonine.....g	0.629		0		1		0.178	2.853	
Isoleucine.....g	0.647		0		1		0.183	2.935	
Leucine.....g	1.138		0		1		0.323	5.162	
Lysine.....g	1.198		0		1		0.340	5.434	
Methionine.....g	0.368		0		1		0.104	1.669	
Cystine.....g	0.161		0		1		0.046	0.730	
Phenylalanine.....g	0.562		0		1		0.159	2.549	
Tyrosine.....g	0.484		0		1		0.137	2.195	
Valine.....g	0.700		0		1		0.198	3.175	
Arginine.....g	0.910		0		1		0.258	4.128	
Histidine.....g	0.493		0		1		0.140	2.236	
Alanine.....g	0.868		0		1		0.246	3.937	
Aspartic acid.....g	1.315		0		1		0.373	5.965	
Glutamic acid.....g	2.163		0		1		0.613	9.811	
Glycine.....g	0.785		0		1		0.223	3.561	
Proline.....g	0.636		0		1		0.180	2.885	
Serine.....g	0.550		0		1		0.156	2.495	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.980		0		1		9.656	6.783	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.630		0		1		0.762	0.536	
17:1.....g									
18:1 undifferentiated.....g	7.040		0		1		8.518	5.984	
20:1.....g	0.010		0		1		0.012	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		0.666	0.468	
18:2 undifferentiated.....g	0.430		0		1		0.520	0.366	
18:3 undifferentiated.....g	0.050		0		1		0.061	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.061	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		113	79	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.202		0	NR	4		0.245	0.172	
Threonine.....g	1.229		0	NR	4		1.487	1.044	
Isoleucine.....g	1.399		0	NR	4		1.693	1.190	
Leucine.....g	2.447		0	NR	4		2.961	2.080	
Lysine.....g	2.600		0	NR	4		3.146	2.210	
Methionine.....g	0.801		0	NR	4		0.969	0.681	
Cystine.....g	0.397		0	NR	4		0.480	0.337	
Phenylalanine.....g	1.215		0	NR	4		1.470	1.033	
Tyrosine.....g	0.980		0	NR	4		1.186	0.833	
Valine.....g	1.526		0	NR	4		1.846	1.297	
Arginine.....g	1.989		0	NR	4		2.407	1.691	
Histidine.....g	0.982		0	NR	4		1.188	0.834	
Alanine.....g	1.870		0	NR	4		2.263	1.590	
Aspartic acid.....g	2.802		0	NR	4		3.390	2.382	
Glutamic acid.....g	4.618		0	NR	4		5.588	3.925	
Glycine.....g	1.873		0	NR	4		2.266	1.592	
Proline.....g	1.466		0	NR	4		1.774	1.246	
Serine.....g	1.212		0	NR	4		1.466	1.030	
Hydroxyproline.....g	0.323		0	BFPN	4		0.391	0.275	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 121g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13150

Beef, rib, shortribs, separable lean only, choice, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13149

Beef, rib, shortribs, separable lean only, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.380		0		1		1.242	19.868	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.108	1.724	
17:1.....g									
18:1 undifferentiated.....g	3.790		0		1		1.074	17.191	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.108	1.724	
18:2 undifferentiated.....g	0.300		0		1		0.085	1.361	
18:3 undifferentiated.....g	0.030		0		1		0.009	0.136	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.213		0		1		0.060	0.966	
Threonine.....g	0.832		0		1		0.236	3.774	
Isoleucine.....g	0.856		0		1		0.243	3.883	
Leucine.....g	1.506		0		1		0.427	6.831	
Lysine.....g	1.585		0		1		0.449	7.190	
Methionine.....g	0.488		0		1		0.138	2.214	
Cystine.....g	0.213		0		1		0.060	0.966	
Phenylalanine.....g	0.744		0		1		0.211	3.375	
Tyrosine.....g	0.640		0		1		0.181	2.903	
Valine.....g	0.927		0		1		0.263	4.205	
Arginine.....g	1.204		0		1		0.341	5.461	
Histidine.....g	0.652		0		1		0.185	2.957	
Alanine.....g	1.149		0		1		0.326	5.212	
Aspartic acid.....g	1.740		0		1		0.493	7.893	
Glutamic acid.....g	2.862		0		1		0.811	12.982	
Glycine.....g	1.039		0		1		0.295	4.713	
Proline.....g	0.841		0		1		0.238	3.815	
Serine.....g	0.728		0		1		0.206	3.302	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.034		0	NC	4		14.059	5.129	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.508		0	BFFN	4		1.183	0.431	
17:1.....g									
18:1 undifferentiated.....g	5.509		0	BFFN	4		12.835	4.682	
20:1.....g	0.018		0	BFFN	4		0.041	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.547		0	NC	4		1.275	0.465	
18:2 undifferentiated.....g	0.402		0	BFFN	4		0.936	0.341	
18:3 undifferentiated.....g	0.093		0	BFFN	4		0.216	0.079	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.053		0	BFFN	4		0.123	0.045	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	111		0	BFFN	4		258	94	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	PAK	1		0.418	0.152	
Threonine.....g	1.089		0	PAK	1		2.538	0.926	
Isoleucine.....g	1.241		0	PAK	1		2.890	1.054	
Leucine.....g	2.169		0	PAK	1		5.054	1.844	
Lysine.....g	2.304		0	PAK	1		5.369	1.959	
Methionine.....g	0.710		0	PAK	1		1.654	0.604	
Cystine.....g	0.352		0	PAK	1		0.820	0.299	
Phenylalanine.....g	1.077		0	PAK	1		2.509	0.915	
Tyrosine.....g	0.869		0	PAK	1		2.024	0.739	
Valine.....g	1.353		0	PAK	1		3.152	1.150	
Arginine.....g	1.763		0	PAK	1		4.108	1.499	
Histidine.....g	0.870		0	PAK	1		2.028	0.740	
Alanine.....g	1.658		0	PAK	1		3.862	1.409	
Aspartic acid.....g	2.484		0	PAK	1		5.787	2.111	
Glutamic acid.....g	4.093		0	PAK	1		9.538	3.479	
Glycine.....g	1.660		0	PAK	1		3.869	1.411	
Proline.....g	1.300		0	PAK	1		3.029	1.105	
Serine.....g	1.074		0	PAK	1		2.503	0.913	
Hydroxyproline.....g	0.286		0	PAK	1		0.667	0.243	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 233g: 1 steak (yield from 233 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13391

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13392

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.780		0		1		26.602	8.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.920		0		1		2.502	0.782	
17:1.....g									
18:1 undifferentiated.....g	8.830		0		1		24.018	7.506	
20:1.....g	0.030		0		1		0.082	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		2.122	0.663	
18:2 undifferentiated.....g	0.540		0		1		1.469	0.459	
18:3 undifferentiated.....g	0.210		0		1		0.571	0.179	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.082	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		226	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.277		0		1		0.753	0.235	
Threonine.....g	1.080		0		1		2.938	0.918	
Isoleucine.....g	1.112		0		1		3.025	0.945	
Leucine.....g	1.955		0		1		5.318	1.662	
Lysine.....g	2.058		0		1		5.598	1.749	
Methionine.....g	0.633		0		1		1.722	0.538	
Cystine.....g	0.277		0		1		0.753	0.235	
Phenylalanine.....g	0.966		0		1		2.628	0.821	
Tyrosine.....g	0.831		0		1		2.260	0.706	
Valine.....g	1.203		0		1		3.272	1.023	
Arginine.....g	1.563		0		1		4.251	1.329	
Histidine.....g	0.847		0		1		2.304	0.720	
Alanine.....g	1.492		0		1		4.058	1.268	
Aspartic acid.....g	2.260		0		1		6.147	1.921	
Glutamic acid.....g	3.716		0		1		10.108	3.159	
Glycine.....g	1.349		0		1		3.669	1.147	
Proline.....g	1.092		0		1		2.970	0.928	
Serine.....g	0.946		0		1		2.573	0.804	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13393

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.490		0		1		22.499	7.217	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.810		0		1		2.147	0.689	
17:1.....g									
18:1 undifferentiated.....g	7.650		0		1		20.273	6.503	
20:1.....g	0.030		0		1		0.080	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0		1		1.802	0.578	
18:2 undifferentiated.....g	0.460		0		1		1.219	0.391	
18:3 undifferentiated.....g	0.200		0		1		0.530	0.170	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.053	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		220	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.739	0.237	
Threonine.....g	1.088		0		1		2.883	0.925	
Isoleucine.....g	1.120		0		1		2.968	0.952	
Leucine.....g	1.969		0		1		5.218	1.674	
Lysine.....g	2.072		0		1		5.491	1.761	
Methionine.....g	0.638		0		1		1.691	0.542	
Cystine.....g	0.279		0		1		0.739	0.237	
Phenylalanine.....g	0.972		0		1		2.576	0.826	
Tyrosine.....g	0.837		0		1		2.218	0.711	
Valine.....g	1.212		0		1		3.212	1.030	
Arginine.....g	1.574		0		1		4.171	1.338	
Histidine.....g	0.853		0		1		2.260	0.725	
Alanine.....g	1.502		0		1		3.980	1.277	
Aspartic acid.....g	2.276		0		1		6.031	1.935	
Glutamic acid.....g	3.742		0		1		9.916	3.181	
Glycine.....g	1.359		0		1		3.601	1.155	
Proline.....g	1.100		0		1		2.915	0.935	
Serine.....g	0.952		0		1		2.523	0.809	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13633

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.010		0		1		37.209	11.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.170		0		1		3.346	0.995	
17:1.....g									
18:1 undifferentiated.....g	11.260		0		1		32.204	9.571	
20:1.....g	0.050		0		1		0.143	0.043	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0		1		2.917	0.867	
18:2 undifferentiated.....g	0.680		0		1		1.945	0.578	
18:3 undifferentiated.....g	0.280		0		1		0.801	0.238	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.114	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		240	71	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.761	0.226	
Threonine.....g	1.036		0		1		2.963	0.881	
Isoleucine.....g	1.067		0		1		3.052	0.907	
Leucine.....g	1.875		0		1		5.363	1.594	
Lysine.....g	1.974		0		1		5.646	1.678	
Methionine.....g	0.607		0		1		1.736	0.516	
Cystine.....g	0.266		0		1		0.761	0.226	
Phenylalanine.....g	0.926		0		1		2.648	0.787	
Tyrosine.....g	0.797		0		1		2.279	0.677	
Valine.....g	1.154		0		1		3.300	0.981	
Arginine.....g	1.499		0		1		4.287	1.274	
Histidine.....g	0.812		0		1		2.322	0.690	
Alanine.....g	1.431		0		1		4.093	1.216	
Aspartic acid.....g	2.168		0		1		6.200	1.843	
Glutamic acid.....g	3.564		0		1		10.193	3.029	
Glycine.....g	1.294		0		1		3.701	1.100	
Proline.....g	1.048		0		1		2.997	0.891	
Serine.....g	0.907		0		1		2.594	0.771	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13634

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	16.190		0		1		44.037	13.762	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.460		0		1		3.971	1.241	
17:1.....g									
18:1 undifferentiated.....g	14.020		0		1		38.134	11.917	
20:1.....g	0.060		0		1		0.163	0.051	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		3.454	1.080	
18:2 undifferentiated.....g	0.850		0		1		2.312	0.723	
18:3 undifferentiated.....g	0.350		0		1		0.952	0.298	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.109	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		231	72	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.664	0.207	
Threonine.....g	0.951		0		1		2.587	0.808	
Isoleucine.....g	0.979		0		1		2.663	0.832	
Leucine.....g	1.722		0		1		4.684	1.464	
Lysine.....g	1.812		0		1		4.929	1.540	
Methionine.....g	0.558		0		1		1.518	0.474	
Cystine.....g	0.244		0		1		0.664	0.207	
Phenylalanine.....g	0.850		0		1		2.312	0.723	
Tyrosine.....g	0.732		0		1		1.991	0.622	
Valine.....g	1.059		0		1		2.880	0.900	
Arginine.....g	1.377		0		1		3.745	1.170	
Histidine.....g	0.746		0		1		2.029	0.634	
Alanine.....g	1.314		0		1		3.574	1.117	
Aspartic acid.....g	1.990		0		1		5.413	1.692	
Glutamic acid.....g	3.272		0		1		8.900	2.781	
Glycine.....g	1.188		0		1		3.231	1.010	
Proline.....g	0.962		0		1		2.617	0.818	
Serine.....g	0.833		0		1		2.266	0.708	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13632

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.030		0		1		3.978	63.640	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.520		0		1		0.431	6.895	
17:1.....g									
18:1 undifferentiated.....g	11.860		0		1		3.362	53.797	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.100		0		1		0.312	4.990	
18:2 undifferentiated.....g	0.710		0		1		0.201	3.221	
18:3 undifferentiated.....g	0.350		0		1		0.099	1.588	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.052	0.830	
Threonine.....g	0.716		0		1		0.203	3.248	
Isoleucine.....g	0.737		0		1		0.209	3.343	
Leucine.....g	1.295		0		1		0.367	5.874	
Lysine.....g	1.363		0		1		0.386	6.183	
Methionine.....g	0.419		0		1		0.119	1.901	
Cystine.....g	0.183		0		1		0.052	0.830	
Phenylalanine.....g	0.640		0		1		0.181	2.903	
Tyrosine.....g	0.550		0		1		0.156	2.495	
Valine.....g	0.797		0		1		0.226	3.615	
Arginine.....g	1.035		0		1		0.293	4.695	
Histidine.....g	0.561		0		1		0.159	2.545	
Alanine.....g	0.988		0		1		0.280	4.482	
Aspartic acid.....g	1.497		0		1		0.424	6.790	
Glutamic acid.....g	2.461		0		1		0.698	11.163	
Glycine.....g	0.894		0		1		0.253	4.055	
Proline.....g	0.723		0		1		0.205	3.280	
Serine.....g	0.626		0		1		0.177	2.840	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13125

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.090		0		1		34.215	10.277	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.210		0		1		3.424	1.029	
17:1.....g									
18:1 undifferentiated.....g	10.820		0		1		30.621	9.197	
20:1.....g	0.060		0		1		0.170	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0		1		2.887	0.867	
18:2 undifferentiated.....g	0.670		0		1		1.896	0.570	
18:3 undifferentiated.....g	0.330		0		1		0.934	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.028	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		235	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.708	0.213	
Threonine.....g	0.974		0		1		2.756	0.828	
Isoleucine.....g	1.003		0		1		2.838	0.853	
Leucine.....g	1.763		0		1		4.989	1.499	
Lysine.....g	1.856		0		1		5.252	1.578	
Methionine.....g	0.571		0		1		1.616	0.485	
Cystine.....g	0.250		0		1		0.708	0.213	
Phenylalanine.....g	0.871		0		1		2.465	0.740	
Tyrosine.....g	0.750		0		1		2.123	0.638	
Valine.....g	1.085		0		1		3.071	0.922	
Arginine.....g	1.410		0		1		3.990	1.199	
Histidine.....g	0.764		0		1		2.162	0.649	
Alanine.....g	1.346		0		1		3.809	1.144	
Aspartic acid.....g	2.038		0		1		5.768	1.732	
Glutamic acid.....g	3.352		0		1		9.486	2.849	
Glycine.....g	1.217		0		1		3.444	1.034	
Proline.....g	0.985		0		1		2.788	0.837	
Serine.....g	0.853		0		1		2.414	0.725	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13128

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.080		0		1		36.493	11.118	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.330		0		1		3.711	1.131	
17:1.....g									
18:1 undifferentiated.....g	11.690		0		1		32.615	9.937	
20:1.....g	0.060		0		1		0.167	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		3.097	0.944	
18:2 undifferentiated.....g	0.720		0		1		2.009	0.612	
18:3 undifferentiated.....g	0.370		0		1		1.032	0.315	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.028	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		234	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0		1		0.686	0.209	
Threonine.....g	0.960		0		1		2.678	0.816	
Isoleucine.....g	0.988		0		1		2.757	0.840	
Leucine.....g	1.738		0		1		4.849	1.477	
Lysine.....g	1.829		0		1		5.103	1.555	
Methionine.....g	0.563		0		1		1.571	0.479	
Cystine.....g	0.246		0		1		0.686	0.209	
Phenylalanine.....g	0.858		0		1		2.394	0.729	
Tyrosine.....g	0.739		0		1		2.062	0.628	
Valine.....g	1.069		0		1		2.983	0.909	
Arginine.....g	1.389		0		1		3.875	1.181	
Histidine.....g	0.753		0		1		2.101	0.640	
Alanine.....g	1.326		0		1		3.700	1.127	
Aspartic acid.....g	2.008		0		1		5.602	1.707	
Glutamic acid.....g	3.303		0		1		9.215	2.808	
Glycine.....g	1.199		0		1		3.345	1.019	
Proline.....g	0.971		0		1		2.709	0.825	
Serine.....g	0.841		0		1		2.346	0.715	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13133

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.480		0		1		33.946	10.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.160		0		1		3.155	0.986	
17:1.....g									
18:1 undifferentiated.....g	11.100		0		1		30.192	9.435	
20:1.....g	0.050		0		1		0.136	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		2.720	0.850	
18:2 undifferentiated.....g	0.670		0		1		1.822	0.570	
18:3 undifferentiated.....g	0.270		0		1		0.734	0.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.109	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		228	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.267		0		1		0.726	0.227	
Threonine.....g	1.042		0		1		2.834	0.886	
Isoleucine.....g	1.073		0		1		2.919	0.912	
Leucine.....g	1.886		0		1		5.130	1.603	
Lysine.....g	1.986		0		1		5.402	1.688	
Methionine.....g	0.611		0		1		1.662	0.519	
Cystine.....g	0.267		0		1		0.726	0.227	
Phenylalanine.....g	0.932		0		1		2.535	0.792	
Tyrosine.....g	0.802		0		1		2.181	0.682	
Valine.....g	1.161		0		1		3.158	0.987	
Arginine.....g	1.508		0		1		4.102	1.282	
Histidine.....g	0.817		0		1		2.222	0.694	
Alanine.....g	1.440		0		1		3.917	1.224	
Aspartic acid.....g	2.180		0		1		5.930	1.853	
Glutamic acid.....g	3.585		0		1		9.751	3.047	
Glycine.....g	1.302		0		1		3.541	1.107	
Proline.....g	1.054		0		1		2.867	0.896	
Serine.....g	0.913		0		1		2.483	0.776	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13134

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.600		0		1		43.056	13.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.450		0		1		4.002	1.233	
17:1.....g									
18:1 undifferentiated.....g	13.870		0		1		38.281	11.790	
20:1.....g	0.060		0		1		0.166	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		3.450	1.063	
18:2 undifferentiated.....g	0.840		0		1		2.318	0.714	
18:3 undifferentiated.....g	0.350		0		1		0.966	0.298	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.110	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		232	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.676	0.208	
Threonine.....g	0.957		0		1		2.641	0.813	
Isoleucine.....g	0.985		0		1		2.719	0.837	
Leucine.....g	1.732		0		1		4.780	1.472	
Lysine.....g	1.823		0		1		5.031	1.550	
Methionine.....g	0.561		0		1		1.548	0.477	
Cystine.....g	0.245		0		1		0.676	0.208	
Phenylalanine.....g	0.855		0		1		2.360	0.727	
Tyrosine.....g	0.736		0		1		2.031	0.626	
Valine.....g	1.066		0		1		2.942	0.906	
Arginine.....g	1.385		0		1		3.823	1.177	
Histidine.....g	0.750		0		1		2.070	0.638	
Alanine.....g	1.322		0		1		3.649	1.124	
Aspartic acid.....g	2.002		0		1		5.526	1.702	
Glutamic acid.....g	3.292		0		1		9.086	2.798	
Glycine.....g	1.195		0		1		3.298	1.016	
Proline.....g	0.968		0		1		2.672	0.823	
Serine.....g	0.838		0		1		2.313	0.712	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 276g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13132

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.230		0		1		3.751	60.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.470		0		1		0.417	6.668	
17:1.....g									
18:1 undifferentiated.....g	11.550		0		1		3.274	52.391	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		0.303	4.854	
18:2 undifferentiated.....g	0.700		0		1		0.198	3.175	
18:3 undifferentiated.....g	0.330		0		1		0.094	1.497	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.052	0.839	
Threonine.....g	0.723		0		1		0.205	3.280	
Isoleucine.....g	0.744		0		1		0.211	3.375	
Leucine.....g	1.309		0		1		0.371	5.938	
Lysine.....g	1.377		0		1		0.390	6.246	
Methionine.....g	0.424		0		1		0.120	1.923	
Cystine.....g	0.185		0		1		0.052	0.839	
Phenylalanine.....g	0.646		0		1		0.183	2.930	
Tyrosine.....g	0.556		0		1		0.158	2.522	
Valine.....g	0.805		0		1		0.228	3.651	
Arginine.....g	1.046		0		1		0.297	4.745	
Histidine.....g	0.567		0		1		0.161	2.572	
Alanine.....g	0.999		0		1		0.283	4.531	
Aspartic acid.....g	1.513		0		1		0.429	6.863	
Glutamic acid.....g	2.487		0		1		0.705	11.281	
Glycine.....g	0.903		0		1		0.256	4.096	
Proline.....g	0.731		0		1		0.207	3.316	
Serine.....g	0.633		0		1		0.179	2.871	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13131

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.280		0		1		32.261	9.588	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.120		0		1		3.203	0.952	
17:1.....g									
18:1 undifferentiated.....g	10.110		0		1		28.915	8.594	
20:1.....g	0.060		0		1		0.172	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		2.717	0.808	
18:2 undifferentiated.....g	0.630		0		1		1.802	0.536	
18:3 undifferentiated.....g	0.300		0		1		0.858	0.255	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.029	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		237	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.721	0.214	
Threonine.....g	0.981		0		1		2.806	0.834	
Isoleucine.....g	1.010		0		1		2.889	0.859	
Leucine.....g	1.776		0		1		5.079	1.510	
Lysine.....g	1.869		0		1		5.345	1.589	
Methionine.....g	0.575		0		1		1.645	0.489	
Cystine.....g	0.252		0		1		0.721	0.214	
Phenylalanine.....g	0.877		0		1		2.508	0.745	
Tyrosine.....g	0.755		0		1		2.159	0.642	
Valine.....g	1.093		0		1		3.126	0.929	
Arginine.....g	1.420		0		1		4.061	1.207	
Histidine.....g	0.769		0		1		2.199	0.654	
Alanine.....g	1.355		0		1		3.875	1.152	
Aspartic acid.....g	2.053		0		1		5.872	1.745	
Glutamic acid.....g	3.376		0		1		9.655	2.870	
Glycine.....g	1.226		0		1		3.506	1.042	
Proline.....g	0.992		0		1		2.837	0.843	
Serine.....g	0.859		0		1		2.457	0.730	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.355		0	NC	4		22.391	7.102	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.755		0	BFFN	4		2.023	0.642	
17:1.....g									
18:1 undifferentiated.....g	7.571		0	BFFN	4		20.290	6.435	
20:1.....g	0.029		0	BFFN	4		0.078	0.025	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.742		0	NC	4		1.990	0.631	
18:2 undifferentiated.....g	0.519		0	BFFN	4		1.390	0.441	
18:3 undifferentiated.....g	0.178		0	BFFN	4		0.478	0.152	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	BFFN	4		0.122	0.039	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	105		0	BFFN	4		282	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0	PAK	1		0.455	0.144	
Threonine.....g	1.033		0	PAK	1		2.768	0.878	
Isoleucine.....g	1.176		0	PAK	1		3.152	1.000	
Leucine.....g	2.057		0	PAK	1		5.511	1.748	
Lysine.....g	2.185		0	PAK	1		5.855	1.857	
Methionine.....g	0.673		0	PAK	1		1.804	0.572	
Cystine.....g	0.334		0	PAK	1		0.894	0.284	
Phenylalanine.....g	1.021		0	PAK	1		2.737	0.868	
Tyrosine.....g	0.824		0	PAK	1		2.208	0.700	
Valine.....g	1.283		0	PAK	1		3.437	1.090	
Arginine.....g	1.672		0	PAK	1		4.480	1.421	
Histidine.....g	0.825		0	PAK	1		2.211	0.701	
Alanine.....g	1.572		0	PAK	1		4.212	1.336	
Aspartic acid.....g	2.355		0	PAK	1		6.311	2.002	
Glutamic acid.....g	3.881		0	PAK	1		10.401	3.299	
Glycine.....g	1.574		0	PAK	1		4.219	1.338	
Proline.....g	1.232		0	PAK	1		3.303	1.048	
Serine.....g	1.018		0	PAK	1		2.729	0.866	
Hydroxyproline.....g	0.272		0	BFFN	4		0.728	0.231	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13851

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13852

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.730		0	PAE	4		33.079	9.971	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.180		0	PAE	4		3.328	1.003	
17:1.....g									
18:1 undifferentiated.....g	10.500		0	PAE	4		29.610	8.925	
20:1.....g	0.060		0	PAE	4		0.169	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0	PAE	4		2.792	0.842	
18:2 undifferentiated.....g	0.650		0	PAE	4		1.833	0.553	
18:3 undifferentiated.....g	0.320		0	PAE	4		0.902	0.272	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.056	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	PAE	4		234	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0	PAE	4		0.711	0.214	
Threonine.....g	0.984		0	PAE	4		2.775	0.836	
Isoleucine.....g	1.013		0	PAE	4		2.857	0.861	
Leucine.....g	1.781		0	PAE	4		5.022	1.514	
Lysine.....g	1.875		0	PAE	4		5.288	1.594	
Methionine.....g	0.577		0	PAE	4		1.627	0.490	
Cystine.....g	0.252		0	PAE	4		0.711	0.214	
Phenylalanine.....g	0.880		0	PAE	4		2.482	0.748	
Tyrosine.....g	0.757		0	PAE	4		2.135	0.643	
Valine.....g	1.096		0	PAE	4		3.091	0.932	
Arginine.....g	1.424		0	PAE	4		4.016	1.210	
Histidine.....g	0.772		0	PAE	4		2.177	0.656	
Alanine.....g	1.359		0	PAE	4		3.832	1.155	
Aspartic acid.....g	2.059		0	PAE	4		5.806	1.750	
Glutamic acid.....g	3.386		0	PAE	4		9.549	2.878	
Glycine.....g	1.230		0	PAE	4		3.469	1.046	
Proline.....g	0.995		0	PAE	4		2.806	0.846	
Serine.....g	0.862		0	PAE	4		2.431	0.733	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.162		0	NC	4		2.314	37.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.930		0	BFFN	4		0.264	4.217	
17:1.....g									
18:1 undifferentiated.....g	7.206		0	BFFN	4		2.043	32.684	
20:1.....g	0.027		0	BFFN	4		0.008	0.123	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.725		0	NC	4		0.206	3.290	
18:2 undifferentiated.....g	0.467		0	BFFN	4		0.132	2.116	
18:3 undifferentiated.....g	0.228		0	BFFN	4		0.065	1.035	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN	4		0.009	0.139	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	BFFN	4		20	317	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	PAK	1		0.036	0.576	
Threonine.....g	0.772		0	PAK	1		0.219	3.502	
Isoleucine.....g	0.879		0	PAK	1		0.249	3.988	
Leucine.....g	1.537		0	PAK	1		0.436	6.974	
Lysine.....g	1.633		0	PAK	1		0.463	7.409	
Methionine.....g	0.503		0	PAK	1		0.143	2.283	
Cystine.....g	0.249		0	PAK	1		0.071	1.131	
Phenylalanine.....g	0.763		0	PAK	1		0.216	3.463	
Tyrosine.....g	0.616		0	PAK	1		0.175	2.794	
Valine.....g	0.959		0	PAK	1		0.272	4.349	
Arginine.....g	1.250		0	PAK	1		0.354	5.669	
Histidine.....g	0.617		0	PAK	1		0.175	2.798	
Alanine.....g	1.175		0	PAK	1		0.333	5.330	
Aspartic acid.....g	1.760		0	PAK	1		0.499	7.985	
Glutamic acid.....g	2.901		0	PAK	1		0.823	13.161	
Glycine.....g	1.177		0	PAK	1		0.334	5.338	
Proline.....g	0.921		0	PAK	1		0.261	4.179	
Serine.....g	0.761		0	PAK	1		0.216	3.453	
Hydroxyproline.....g	0.203		0	PAK	1		0.058	0.921	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13850

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.208		0	NC	4		23.571	7.826	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.832		0	BFFN	4		2.130	0.707	
17:1.....g									
18:1 undifferentiated.....g	8.344		0	BFFN	4		21.360	7.092	
20:1.....g	0.032		0	BFFN	4		0.082	0.027	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.818		0	NC	4		2.094	0.695	
18:2 undifferentiated.....g	0.571		0	BFFN	4		1.463	0.486	
18:3 undifferentiated.....g	0.197		0	BFFN	4		0.503	0.167	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	BFFN	4		0.129	0.043	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	116		0	BFFN	4		297	99	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0	PAK	1		0.413	0.137	
Threonine.....g	0.980		0	PAK	1		2.509	0.833	
Isoleucine.....g	1.116		0	PAK	1		2.857	0.949	
Leucine.....g	1.951		0	PAK	1		4.996	1.659	
Lysine.....g	2.073		0	PAK	1		5.307	1.762	
Methionine.....g	0.639		0	PAK	1		1.635	0.543	
Cystine.....g	0.317		0	PAK	1		0.810	0.269	
Phenylalanine.....g	0.969		0	PAK	1		2.481	0.824	
Tyrosine.....g	0.782		0	PAK	1		2.001	0.664	
Valine.....g	1.217		0	PAK	1		3.116	1.034	
Arginine.....g	1.586		0	PAK	1		4.061	1.348	
Histidine.....g	0.783		0	PAK	1		2.004	0.665	
Alanine.....g	1.491		0	PAK	1		3.818	1.268	
Aspartic acid.....g	2.234		0	PAK	1		5.720	1.899	
Glutamic acid.....g	3.683		0	PAK	1		9.428	3.130	
Glycine.....g	1.494		0	PAK	1		3.824	1.270	
Proline.....g	1.169		0	PAK	1		2.994	0.994	
Serine.....g	0.966		0	PAK	1		2.474	0.821	
Hydroxyproline.....g	0.258		0	PAK	1		0.660	0.219	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 256g: 1 steak (yield from 320 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13854

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13855

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.630		0	PAE	4		35.111	10.736	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.280		0	PAE	4		3.558	1.088	
17:1.....g									
18:1 undifferentiated.....g	11.290		0	PAE	4		31.386	9.597	
20:1.....g	0.060		0	PAE	4		0.167	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0	PAE	4		2.975	0.910	
18:2 undifferentiated.....g	0.700		0	PAE	4		1.946	0.595	
18:3 undifferentiated.....g	0.350		0	PAE	4		0.973	0.298	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	PAE	4		0.028	0.009	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	PAE	4		231	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.249		0	PAE	4		0.692	0.212	
Threonine.....g	0.973		0	PAE	4		2.705	0.827	
Isoleucine.....g	1.002		0	PAE	4		2.786	0.852	
Leucine.....g	1.761		0	PAE	4		4.896	1.497	
Lysine.....g	1.853		0	PAE	4		5.151	1.575	
Methionine.....g	0.570		0	PAE	4		1.585	0.485	
Cystine.....g	0.249		0	PAE	4		0.692	0.212	
Phenylalanine.....g	0.870		0	PAE	4		2.419	0.740	
Tyrosine.....g	0.748		0	PAE	4		2.079	0.636	
Valine.....g	1.083		0	PAE	4		3.011	0.921	
Arginine.....g	1.408		0	PAE	4		3.914	1.197	
Histidine.....g	0.763		0	PAE	4		2.121	0.649	
Alanine.....g	1.344		0	PAE	4		3.736	1.142	
Aspartic acid.....g	2.035		0	PAE	4		5.657	1.730	
Glutamic acid.....g	3.347		0	PAE	4		9.305	2.845	
Glycine.....g	1.215		0	PAE	4		3.378	1.033	
Proline.....g	0.984		0	PAE	4		2.736	0.836	
Serine.....g	0.852		0	PAE	4		2.369	0.724	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.617		0	NC	4		2.443	39.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.981		0	BFFN	4		0.278	4.452	
17:1.....g									
18:1 undifferentiated.....g	7.607		0	BFFN	4		2.157	34.505	
20:1.....g	0.029		0	BFFN	4		0.008	0.130	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.766		0	NC	4		0.217	3.473	
18:2 undifferentiated.....g	0.493		0	BFFN	4		0.140	2.234	
18:3 undifferentiated.....g	0.241		0	BFFN	4		0.068	1.092	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.009	0.147	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0	BFFN	4		21	334	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0	PAK	1		0.036	0.569	
Threonine.....g	0.763		0	PAK	1		0.216	3.459	
Isoleucine.....g	0.869		0	PAK	1		0.246	3.940	
Leucine.....g	1.519		0	PAK	1		0.431	6.888	
Lysine.....g	1.613		0	PAK	1		0.457	7.318	
Methionine.....g	0.497		0	PAK	1		0.141	2.255	
Cystine.....g	0.246		0	PAK	1		0.070	1.118	
Phenylalanine.....g	0.754		0	PAK	1		0.214	3.420	
Tyrosine.....g	0.608		0	PAK	1		0.172	2.759	
Valine.....g	0.947		0	PAK	1		0.269	4.296	
Arginine.....g	1.234		0	PAK	1		0.350	5.600	
Histidine.....g	0.609		0	PAK	1		0.173	2.764	
Alanine.....g	1.161		0	PAK	1		0.329	5.265	
Aspartic acid.....g	1.739		0	PAK	1		0.493	7.888	
Glutamic acid.....g	2.866		0	PAK	1		0.812	13.000	
Glycine.....g	1.162		0	PAK	1		0.330	5.273	
Proline.....g	0.910		0	PAK	1		0.258	4.128	
Serine.....g	0.752		0	PAK	1		0.213	3.411	
Hydroxyproline.....g	0.201		0	PAK	1		0.057	0.910	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13853

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13860

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.120		0	PAE	4		32.482	10.302	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.120		0	PAE	4		3.002	0.952	
17:1.....g									
18:1 undifferentiated.....g	10.780		0	PAE	4		28.890	9.163	
20:1.....g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0	PAE	4		2.573	0.816	
18:2 undifferentiated.....g	0.650		0	PAE	4		1.742	0.553	
18:3 undifferentiated.....g	0.260		0	PAE	4		0.697	0.221	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.107	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	PAE	4		222	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0	PAE	4		0.724	0.230	
Threonine.....g	1.054		0	PAE	4		2.825	0.896	
Isoleucine.....g	1.085		0	PAE	4		2.908	0.922	
Leucine.....g	1.907		0	PAE	4		5.111	1.621	
Lysine.....g	2.007		0	PAE	4		5.379	1.706	
Methionine.....g	0.618		0	PAE	4		1.656	0.525	
Cystine.....g	0.270		0	PAE	4		0.724	0.230	
Phenylalanine.....g	0.942		0	PAE	4		2.525	0.801	
Tyrosine.....g	0.811		0	PAE	4		2.173	0.689	
Valine.....g	1.173		0	PAE	4		3.144	0.997	
Arginine.....g	1.525		0	PAE	4		4.087	1.296	
Histidine.....g	0.826		0	PAE	4		2.214	0.702	
Alanine.....g	1.455		0	PAE	4		3.899	1.237	
Aspartic acid.....g	2.204		0	PAE	4		5.907	1.873	
Glutamic acid.....g	3.625		0	PAE	4		9.715	3.081	
Glycine.....g	1.316		0	PAE	4		3.527	1.119	
Proline.....g	1.065		0	PAE	4		2.854	0.905	
Serine.....g	0.923		0	PAE	4		2.474	0.785	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 268g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13861

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.280		0	PAE	4		42.173	12.988	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.410		0	PAE	4		3.892	1.199	
17:1.....g									
18:1 undifferentiated.....g	13.580		0	PAE	4		37.481	11.543	
20:1.....g	0.060		0	PAE	4		0.166	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0	PAE	4		3.367	1.037	
18:2 undifferentiated.....g	0.820		0	PAE	4		2.263	0.697	
18:3 undifferentiated.....g	0.330		0	PAE	4		0.911	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.110	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		232	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0	PAE	4		0.684	0.211	
Threonine.....g	0.968		0	PAE	4		2.672	0.823	
Isoleucine.....g	0.996		0	PAE	4		2.749	0.847	
Leucine.....g	1.751		0	PAE	4		4.833	1.488	
Lysine.....g	1.843		0	PAE	4		5.087	1.567	
Methionine.....g	0.567		0	PAE	4		1.565	0.482	
Cystine.....g	0.248		0	PAE	4		0.684	0.211	
Phenylalanine.....g	0.865		0	PAE	4		2.387	0.735	
Tyrosine.....g	0.744		0	PAE	4		2.053	0.632	
Valine.....g	1.077		0	PAE	4		2.973	0.915	
Arginine.....g	1.400		0	PAE	4		3.864	1.190	
Histidine.....g	0.759		0	PAE	4		2.095	0.645	
Alanine.....g	1.336		0	PAE	4		3.687	1.136	
Aspartic acid.....g	2.024		0	PAE	4		5.586	1.720	
Glutamic acid.....g	3.328		0	PAE	4		9.185	2.829	
Glycine.....g	1.209		0	PAE	4		3.337	1.028	
Proline.....g	0.978		0	PAE	4		2.699	0.831	
Serine.....g	0.847		0	PAE	4		2.338	0.720	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 276g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13859

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.840		0	PAE	4		3.640	58.242	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.420		0	PAE	4		0.403	6.441	
17:1.....g									
18:1 undifferentiated.....g	11.210		0	PAE	4		3.178	50.849	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.040		0	PAE	4		0.295	4.717	
18:2 undifferentiated.....g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated.....g	0.320		0	PAE	4		0.091	1.452	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	PAE	4		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0	PAE	4		0.053	0.848	
Threonine.....g	0.731		0	PAE	4		0.207	3.316	
Isoleucine.....g	0.753		0	PAE	4		0.213	3.416	
Leucine.....g	1.323		0	PAE	4		0.375	6.001	
Lysine.....g	1.393		0	PAE	4		0.395	6.319	
Methionine.....g	0.429		0	PAE	4		0.122	1.946	
Cystine.....g	0.187		0	PAE	4		0.053	0.848	
Phenylalanine.....g	0.653		0	PAE	4		0.185	2.962	
Tyrosine.....g	0.562		0	PAE	4		0.159	2.549	
Valine.....g	0.814		0	PAE	4		0.231	3.692	
Arginine.....g	1.058		0	PAE	4		0.300	4.799	
Histidine.....g	0.573		0	PAE	4		0.162	2.599	
Alanine.....g	1.010		0	PAE	4		0.286	4.581	
Aspartic acid.....g	1.529		0	PAE	4		0.433	6.936	
Glutamic acid.....g	2.515		0	PAE	4		0.713	11.408	
Glycine.....g	0.913		0	PAE	4		0.259	4.141	
Proline.....g	0.739		0	PAE	4		0.210	3.352	
Serine.....g	0.640		0	PAE	4		0.181	2.903	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.502		0	NC	4		18.379	6.377	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.678		0	BFFN	4		1.661	0.576	
17:1.....g									
18:1 undifferentiated.....g	6.798		0	BFFN	4		16.655	5.778	
20:1.....g	0.026		0	BFFN	4		0.064	0.022	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.667		0	NC	4		1.633	0.567	
18:2 undifferentiated.....g	0.466		0	BFFN	4		1.141	0.396	
18:3 undifferentiated.....g	0.160		0	BFFN	4		0.392	0.136	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.100	0.035	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0	BFFN	4		232	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	PAK	1		0.438	0.152	
Threonine.....g	1.086		0	PAK	1		2.660	0.923	
Isoleucine.....g	1.236		0	PAK	1		3.029	1.051	
Leucine.....g	2.162		0	PAK	1		5.296	1.837	
Lysine.....g	2.297		0	PAK	1		5.626	1.952	
Methionine.....g	0.708		0	PAK	1		1.734	0.601	
Cystine.....g	0.351		0	PAK	1		0.859	0.298	
Phenylalanine.....g	1.073		0	PAK	1		2.630	0.912	
Tyrosine.....g	0.866		0	PAK	1		2.121	0.736	
Valine.....g	1.348		0	PAK	1		3.303	1.146	
Arginine.....g	1.757		0	PAK	1		4.305	1.494	
Histidine.....g	0.867		0	PAK	1		2.125	0.737	
Alanine.....g	1.652		0	PAK	1		4.047	1.404	
Aspartic acid.....g	2.475		0	PAK	1		6.064	2.104	
Glutamic acid.....g	4.079		0	PAK	1		9.995	3.468	
Glycine.....g	1.655		0	PAK	1		4.054	1.406	
Proline.....g	1.295		0	PAK	1		3.174	1.101	
Serine.....g	1.070		0	PAK	1		2.623	0.910	
Hydroxyproline.....g	0.285		0	PAK	1		0.699	0.243	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 245g: 1 steak (yield from 1 raw steak weighing 321g)

Measure 2 = 85g: 3 oz

NDB No. 13857

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13858

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	10.810		0	PAE	4		30.809	9.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070		0	PAE	4		3.050	0.910	
17:1.....g									
18:1 undifferentiated.....g	9.690		0	PAE	4		27.617	8.237	
20:1.....g	0.050		0	PAE	4		0.143	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0	PAE	4		2.594	0.774	
18:2 undifferentiated.....g	0.610		0	PAE	4		1.739	0.519	
18:3 undifferentiated.....g	0.290		0	PAE	4		0.827	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.057	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	PAE	4		237	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0	PAE	4		0.727	0.217	
Threonine.....g	0.994		0	PAE	4		2.833	0.845	
Isoleucine.....g	1.023		0	PAE	4		2.916	0.870	
Leucine.....g	1.799		0	PAE	4		5.127	1.529	
Lysine.....g	1.894		0	PAE	4		5.398	1.610	
Methionine.....g	0.583		0	PAE	4		1.662	0.496	
Cystine.....g	0.255		0	PAE	4		0.727	0.217	
Phenylalanine.....g	0.889		0	PAE	4		2.534	0.756	
Tyrosine.....g	0.765		0	PAE	4		2.180	0.650	
Valine.....g	1.107		0	PAE	4		3.155	0.941	
Arginine.....g	1.439		0	PAE	4		4.101	1.223	
Histidine.....g	0.779		0	PAE	4		2.220	0.662	
Alanine.....g	1.373		0	PAE	4		3.913	1.167	
Aspartic acid.....g	2.079		0	PAE	4		5.925	1.767	
Glutamic acid.....g	3.420		0	PAE	4		9.747	2.907	
Glycine.....g	1.242		0	PAE	4		3.540	1.056	
Proline.....g	1.005		0	PAE	4		2.864	0.854	
Serine.....g	0.870		0	PAE	4		2.480	0.740	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.708		0	NC	4		25.820	2.185	34.961
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.878		0	BFFN	4		2.941	0.249	3.982
17:1.....g									
18:1 undifferentiated.....g	6.804		0	BFFN	4		22.793	1.929	30.863
20:1.....g	0.026		0	BFFN	4		0.086	0.007	0.117
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.685		0	NC	4		2.294	0.194	3.106
18:2 undifferentiated.....g	0.441		0	BFFN	4		1.476	0.125	1.998
18:3 undifferentiated.....g	0.215		0	BFFN	4		0.722	0.061	0.977
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.097	0.008	0.131
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		221	19	299
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0	PAK	1		0.431	0.036	0.583
Threonine.....g	0.782		0	PAK	1		2.618	0.222	3.545
Isoleucine.....g	0.890		0	PAK	1		2.982	0.252	4.037
Leucine.....g	1.556		0	PAK	1		5.213	0.441	7.059
Lysine.....g	1.653		0	PAK	1		5.539	0.469	7.499
Methionine.....g	0.509		0	PAK	1		1.707	0.144	2.311
Cystine.....g	0.252		0	PAK	1		0.846	0.072	1.145
Phenylalanine.....g	0.773		0	PAK	1		2.589	0.219	3.505
Tyrosine.....g	0.623		0	PAK	1		2.088	0.177	2.828
Valine.....g	0.971		0	PAK	1		3.251	0.275	4.402
Arginine.....g	1.265		0	PAK	1		4.238	0.359	5.738
Histidine.....g	0.624		0	PAK	1		2.092	0.177	2.832
Alanine.....g	1.189		0	PAK	1		3.984	0.337	5.395
Aspartic acid.....g	1.782		0	PAK	1		5.970	0.505	8.083
Glutamic acid.....g	2.937		0	PAK	1		9.839	0.833	13.322
Glycine.....g	1.191		0	PAK	1		3.991	0.338	5.403
Proline.....g	0.933		0	PAK	1		3.124	0.264	4.230
Serine.....g	0.771		0	PAK	1		2.582	0.218	3.496
Hydroxyproline.....g	0.206		0	PAK	1		0.689	0.058	0.932
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 335g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13856

Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.005		0	NC	4		7.002	2.554	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.226		0	BFFN	4		0.525	0.192	
17:1.....g									
18:1 undifferentiated.....g	2.777		0	BFFN	4		6.470	2.360	
20:1.....g	0.003		0	BFFN	4		0.007	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.277		0	NC	4		0.646	0.236	
18:2 undifferentiated.....g	0.219		0	BFFN	4		0.511	0.186	
18:3 undifferentiated.....g	0.021		0	BFFN	4		0.050	0.018	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.085	0.031	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	BFFN	4		177	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1		0.450	0.164	
Threonine.....g	1.175		0	A	1		2.737	0.999	
Isoleucine.....g	1.338		0	A	1		3.117	1.137	
Leucine.....g	2.339		0	A	1		5.450	1.988	
Lysine.....g	2.485		0	A	1		5.790	2.112	
Methionine.....g	0.766		0	A	1		1.784	0.651	
Cystine.....g	0.379		0	A	1		0.884	0.323	
Phenylalanine.....g	1.162		0	A	1		2.706	0.987	
Tyrosine.....g	0.937		0	A	1		2.183	0.796	
Valine.....g	1.459		0	A	1		3.399	1.240	
Arginine.....g	1.901		0	A	1		4.430	1.616	
Histidine.....g	0.938		0	A	1		2.187	0.798	
Alanine.....g	1.788		0	A	1		4.165	1.520	
Aspartic acid.....g	2.679		0	A	1		6.241	2.277	
Glutamic acid.....g	4.415		0	A	1		10.286	3.752	
Glycine.....g	1.791		0	A	1		4.172	1.522	
Proline.....g	1.402		0	A	1		3.266	1.192	
Serine.....g	1.158		0	A	1		2.699	0.985	
Hydroxyproline.....g	0.295		0	A	1		0.686	0.250	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 233g: 1 steak (yield from 296 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13394

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13395

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.940		0		1		10.868	4.199	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.880	0.340	
17:1.....g									
18:1 undifferentiated.....g	4.540		0		1		9.988	3.859	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		1		0.726	0.281	
18:2 undifferentiated.....g	0.280		0		1		0.616	0.238	
18:3 undifferentiated.....g	0.020		0		1		0.044	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.066	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		176	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.691	0.267	
Threonine.....g	1.225		0		1		2.695	1.041	
Isoleucine.....g	1.261		0		1		2.774	1.072	
Leucine.....g	2.216		0		1		4.875	1.884	
Lysine.....g	2.333		0		1		5.133	1.983	
Methionine.....g	0.718		0		1		1.580	0.610	
Cystine.....g	0.314		0		1		0.691	0.267	
Phenylalanine.....g	1.095		0		1		2.409	0.931	
Tyrosine.....g	0.942		0		1		2.072	0.801	
Valine.....g	1.364		0		1		3.001	1.159	
Arginine.....g	1.772		0		1		3.898	1.506	
Histidine.....g	0.960		0		1		2.112	0.816	
Alanine.....g	1.691		0		1		3.720	1.437	
Aspartic acid.....g	2.562		0		1		5.636	2.178	
Glutamic acid.....g	4.212		0		1		9.266	3.580	
Glycine.....g	1.530		0		1		3.366	1.301	
Proline.....g	1.238		0		1		2.724	1.052	
Serine.....g	1.072		0		1		2.358	0.911	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13396

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.670		0		1		8.074	3.120	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.638	0.247	
17:1.....g									
18:1 undifferentiated.....g	3.380		0		1		7.436	2.873	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.550	0.213	
18:2 undifferentiated.....g	0.210		0		1		0.462	0.179	
18:3 undifferentiated.....g	0.020		0		1		0.044	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.044	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		176	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.691	0.267	
Threonine.....g	1.225		0		1		2.695	1.041	
Isoleucine.....g	1.261		0		1		2.774	1.072	
Leucine.....g	2.216		0		1		4.875	1.884	
Lysine.....g	2.333		0		1		5.133	1.983	
Methionine.....g	0.718		0		1		1.580	0.610	
Cystine.....g	0.314		0		1		0.691	0.267	
Phenylalanine.....g	1.095		0		1		2.409	0.931	
Tyrosine.....g	0.942		0		1		2.072	0.801	
Valine.....g	1.364		0		1		3.001	1.159	
Arginine.....g	1.772		0		1		3.898	1.506	
Histidine.....g	0.960		0		1		2.112	0.816	
Alanine.....g	1.691		0		1		3.720	1.437	
Aspartic acid.....g	2.562		0		1		5.636	2.178	
Glutamic acid.....g	4.212		0		1		9.266	3.580	
Glycine.....g	1.530		0		1		3.366	1.301	
Proline.....g	1.238		0		1		2.724	1.052	
Serine.....g	1.072		0		1		2.358	0.911	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 220g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13645

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.800		0		1		14.620	5.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		1.140	0.451	
17:1.....g									
18:1 undifferentiated.....g	6.030		0		1		12.965	5.126	
20:1.....g	0.010		0		1		0.022	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.011	0.400	
18:2 undifferentiated.....g	0.370		0		1		0.796	0.315	
18:3 undifferentiated.....g	0.030		0		1		0.065	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.108	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		172	68	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.675	0.267	
Threonine.....g	1.225		0		1		2.634	1.041	
Isoleucine.....g	1.261		0		1		2.711	1.072	
Leucine.....g	2.216		0		1		4.764	1.884	
Lysine.....g	2.333		0		1		5.016	1.983	
Methionine.....g	0.718		0		1		1.544	0.610	
Cystine.....g	0.314		0		1		0.675	0.267	
Phenylalanine.....g	1.095		0		1		2.354	0.931	
Tyrosine.....g	0.942		0		1		2.025	0.801	
Valine.....g	1.364		0		1		2.933	1.159	
Arginine.....g	1.772		0		1		3.810	1.506	
Histidine.....g	0.960		0		1		2.064	0.816	
Alanine.....g	1.691		0		1		3.636	1.437	
Aspartic acid.....g	2.562		0		1		5.508	2.178	
Glutamic acid.....g	4.212		0		1		9.056	3.580	
Glycine.....g	1.530		0		1		3.290	1.301	
Proline.....g	1.238		0		1		2.662	1.052	
Serine.....g	1.072		0		1		2.305	0.911	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

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

Common Measures:

Measure 1 = 215g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13646

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.230		0		1		17.352	7.846	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		1.354	0.612	
17:1.....g									
18:1 undifferentiated.....g	8.180		0		1		15.378	6.953	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		1.203	0.544	
18:2 undifferentiated.....g	0.500		0		1		0.940	0.425	
18:3 undifferentiated.....g	0.050		0		1		0.094	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.113	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		150	68	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.299		0		1		0.562	0.254	
Threonine.....g	1.168		0		1		2.196	0.993	
Isoleucine.....g	1.202		0		1		2.260	1.022	
Leucine.....g	2.113		0		1		3.972	1.796	
Lysine.....g	2.225		0		1		4.183	1.891	
Methionine.....g	0.684		0		1		1.286	0.581	
Cystine.....g	0.299		0		1		0.562	0.254	
Phenylalanine.....g	1.044		0		1		1.963	0.887	
Tyrosine.....g	0.898		0		1		1.688	0.763	
Valine.....g	1.301		0		1		2.446	1.106	
Arginine.....g	1.690		0		1		3.177	1.437	
Histidine.....g	0.915		0		1		1.720	0.778	
Alanine.....g	1.613		0		1		3.032	1.371	
Aspartic acid.....g	2.443		0		1		4.593	2.077	
Glutamic acid.....g	4.017		0		1		7.552	3.414	
Glycine.....g	1.459		0		1		2.743	1.240	
Proline.....g	1.181		0		1		2.220	1.004	
Serine.....g	1.022		0		1		1.921	0.869	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 188g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13137

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.950		0		1		10.049	4.208	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.934	0.391	
17:1.....g									
18:1 undifferentiated.....g	4.470		0		1		9.074	3.800	
20:1.....g	0.020		0		1		0.041	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.771	0.323	
18:2 undifferentiated.....g	0.300		0		1		0.609	0.255	
18:3 undifferentiated.....g	0.060		0		1		0.122	0.051	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.041	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		160	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.301		0		1		0.611	0.256	
Threonine.....g	1.172		0		1		2.379	0.996	
Isoleucine.....g	1.207		0		1		2.450	1.026	
Leucine.....g	2.122		0		1		4.308	1.804	
Lysine.....g	2.233		0		1		4.533	1.898	
Methionine.....g	0.687		0		1		1.395	0.584	
Cystine.....g	0.301		0		1		0.611	0.256	
Phenylalanine.....g	1.048		0		1		2.127	0.891	
Tyrosine.....g	0.902		0		1		1.831	0.767	
Valine.....g	1.306		0		1		2.651	1.110	
Arginine.....g	1.696		0		1		3.443	1.442	
Histidine.....g	0.919		0		1		1.866	0.781	
Alanine.....g	1.619		0		1		3.287	1.376	
Aspartic acid.....g	2.452		0		1		4.978	2.084	
Glutamic acid.....g	4.033		0		1		8.187	3.428	
Glycine.....g	1.465		0		1		2.974	1.245	
Proline.....g	1.185		0		1		2.406	1.007	
Serine.....g	1.026		0		1		2.083	0.872	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 203g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13140

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.630		0		1		11.035	4.786	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		1.078	0.468	
17:1.....g									
18:1 undifferentiated.....g	5.070		0		1		9.937	4.310	
20:1.....g	0.020		0		1		0.039	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.862	0.374	
18:2 undifferentiated.....g	0.340		0		1		0.666	0.289	
18:3 undifferentiated.....g	0.080		0		1		0.157	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.039	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		155	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.301		0		1		0.590	0.256	
Threonine.....g	1.172		0		1		2.297	0.996	
Isoleucine.....g	1.207		0		1		2.366	1.026	
Leucine.....g	2.122		0		1		4.159	1.804	
Lysine.....g	2.233		0		1		4.377	1.898	
Methionine.....g	0.687		0		1		1.347	0.584	
Cystine.....g	0.301		0		1		0.590	0.256	
Phenylalanine.....g	1.048		0		1		2.054	0.891	
Tyrosine.....g	0.902		0		1		1.768	0.767	
Valine.....g	1.306		0		1		2.560	1.110	
Arginine.....g	1.696		0		1		3.324	1.442	
Histidine.....g	0.919		0		1		1.801	0.781	
Alanine.....g	1.619		0		1		3.173	1.376	
Aspartic acid.....g	2.452		0		1		4.806	2.084	
Glutamic acid.....g	4.033		0		1		7.905	3.428	
Glycine.....g	1.464		0		1		2.869	1.244	
Proline.....g	1.185		0		1		2.323	1.007	
Serine.....g	1.026		0		1		2.011	0.872	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 196g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13145

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.800		0		1		14.144	5.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		1.102	0.451	
17:1.....g									
18:1 undifferentiated.....g	6.030		0		1		12.542	5.126	
20:1.....g	0.010		0		1		0.021	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		0.978	0.400	
18:2 undifferentiated.....g	0.370		0		1		0.770	0.315	
18:3 undifferentiated.....g	0.030		0		1		0.062	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.104	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		166	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.653	0.267	
Threonine.....g	1.225		0		1		2.548	1.041	
Isoleucine.....g	1.261		0		1		2.623	1.072	
Leucine.....g	2.216		0		1		4.609	1.884	
Lysine.....g	2.333		0		1		4.853	1.983	
Methionine.....g	0.718		0		1		1.493	0.610	
Cystine.....g	0.314		0		1		0.653	0.267	
Phenylalanine.....g	1.095		0		1		2.278	0.931	
Tyrosine.....g	0.942		0		1		1.959	0.801	
Valine.....g	1.364		0		1		2.837	1.159	
Arginine.....g	1.772		0		1		3.686	1.506	
Histidine.....g	0.960		0		1		1.997	0.816	
Alanine.....g	1.691		0		1		3.517	1.437	
Aspartic acid.....g	2.562		0		1		5.329	2.178	
Glutamic acid.....g	4.212		0		1		8.761	3.580	
Glycine.....g	1.530		0		1		3.182	1.301	
Proline.....g	1.238		0		1		2.575	1.052	
Serine.....g	1.072		0		1		2.230	0.911	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

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

Common Measures:

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13146

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.230		0		1		17.722	7.846	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		1.382	0.612	
17:1.....g									
18:1 undifferentiated.....g	8.180		0		1		15.706	6.953	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		1.229	0.544	
18:2 undifferentiated.....g	0.500		0		1		0.960	0.425	
18:3 undifferentiated.....g	0.050		0		1		0.096	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.115	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		154	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.299		0		1		0.574	0.254	
Threonine.....g	1.168		0		1		2.243	0.993	
Isoleucine.....g	1.202		0		1		2.308	1.022	
Leucine.....g	2.113		0		1		4.057	1.796	
Lysine.....g	2.225		0		1		4.272	1.891	
Methionine.....g	0.684		0		1		1.313	0.581	
Cystine.....g	0.299		0		1		0.574	0.254	
Phenylalanine.....g	1.044		0		1		2.004	0.887	
Tyrosine.....g	0.898		0		1		1.724	0.763	
Valine.....g	1.301		0		1		2.498	1.106	
Arginine.....g	1.690		0		1		3.245	1.437	
Histidine.....g	0.915		0		1		1.757	0.778	
Alanine.....g	1.613		0		1		3.097	1.371	
Aspartic acid.....g	2.443		0		1		4.691	2.077	
Glutamic acid.....g	4.017		0		1		7.713	3.414	
Glycine.....g	1.459		0		1		2.801	1.240	
Proline.....g	1.181		0		1		2.268	1.004	
Serine.....g	1.022		0		1		1.962	0.869	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13144

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.640		0		1		1.599	25.583	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		1		1		0.125	1.996	
17:1.....g									
18:1 undifferentiated.....g	4.950		1		1		1.403	22.453	
20:1.....g	0.010		1		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.122	1.950	
18:2 undifferentiated.....g	0.360		1		1		0.102	1.633	
18:3 undifferentiated.....g	0.020		1		1		0.006	0.091	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		1		1		0.011	0.181	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.064	1.021	
Threonine.....g	0.879		0		1		0.249	3.987	
Isoleucine.....g	0.905		0		1		0.257	4.105	
Leucine.....g	1.591		0		1		0.451	7.217	
Lysine.....g	1.675		0		1		0.475	7.598	
Methionine.....g	0.515		0		1		0.146	2.336	
Cystine.....g	0.225		0		1		0.064	1.021	
Phenylalanine.....g	0.786		0		1		0.223	3.565	
Tyrosine.....g	0.676		0		1		0.192	3.066	
Valine.....g	0.979		0		1		0.278	4.441	
Arginine.....g	1.272		0		1		0.361	5.770	
Histidine.....g	0.689		0		1		0.195	3.125	
Alanine.....g	1.214		0		1		0.344	5.507	
Aspartic acid.....g	1.839		0		1		0.521	8.342	
Glutamic acid.....g	3.025		0		1		0.858	13.721	
Glycine.....g	1.098		0		1		0.311	4.981	
Proline.....g	0.889		0		1		0.252	4.033	
Serine.....g	0.770		0		1		0.218	3.493	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13143

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.190		0		1		8.799	3.562	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.777	0.315	
17:1.....g									
18:1 undifferentiated.....g	3.810		0		1		8.001	3.239	
20:1.....g	0.010		0		1		0.021	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.672	0.272	
18:2 undifferentiated.....g	0.270		0		1		0.567	0.230	
18:3 undifferentiated.....g	0.030		0		1		0.063	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.042	0.017	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		166	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0	NR	4		0.370	0.150	
Threonine.....g	1.072		0	NR	4		2.252	0.911	
Isoleucine.....g	1.221		0	NR	4		2.564	1.038	
Leucine.....g	2.135		0	NR	4		4.484	1.815	
Lysine.....g	2.268		0	NR	4		4.763	1.928	
Methionine.....g	0.699		0	NR	4		1.468	0.594	
Cystine.....g	0.346		0	NR	4		0.727	0.294	
Phenylalanine.....g	1.060		0	NR	4		2.226	0.901	
Tyrosine.....g	0.855		0	NR	4		1.796	0.727	
Valine.....g	1.332		0	NR	4		2.796	1.132	
Arginine.....g	1.736		0	NR	4		3.645	1.475	
Histidine.....g	0.857		0	NR	4		1.799	0.728	
Alanine.....g	1.632		0	NR	4		3.427	1.387	
Aspartic acid.....g	2.445		0	NR	4		5.134	2.078	
Glutamic acid.....g	4.029		0	NR	4		8.462	3.425	
Glycine.....g	1.634		0	NR	4		3.432	1.389	
Proline.....g	1.280		0	NR	4		2.687	1.088	
Serine.....g	1.057		0	NR	4		2.220	0.899	
Hydroxyproline.....g	0.282		0	BFPN	4		0.592	0.240	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 210g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13143

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.048		0	NC	4		0.864	13.826	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0	BFFN	4		0.065	1.041	
17:1.....g									
18:1 undifferentiated.....g	2.816		0	BFFN	4		0.798	12.772	
20:1.....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.273		0	NC	4		0.077	1.236	
18:2 undifferentiated.....g	0.218		0	BFFN	4		0.062	0.989	
18:3 undifferentiated.....g	0.020		0	BFFN	4		0.006	0.091	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	BFFN	4		0.010	0.156	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	BFFN	4		20	324	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.055	0.882	
Threonine.....g	1.182		0	A	1		0.335	5.360	
Isoleucine.....g	1.346		0	A	1		0.381	6.104	
Leucine.....g	2.353		0	A	1		0.667	10.672	
Lysine.....g	2.500		0	A	1		0.709	11.338	
Methionine.....g	0.770		0	A	1		0.218	3.494	
Cystine.....g	0.382		0	A	1		0.108	1.731	
Phenylalanine.....g	1.168		0	A	1		0.331	5.299	
Tyrosine.....g	0.943		0	A	1		0.267	4.275	
Valine.....g	1.467		0	A	1		0.416	6.656	
Arginine.....g	1.913		0	A	1		0.542	8.675	
Histidine.....g	0.944		0	A	1		0.268	4.282	
Alanine.....g	1.798		0	A	1		0.510	8.156	
Aspartic acid.....g	2.694		0	A	1		0.764	12.221	
Glutamic acid.....g	4.440		0	A	1		1.259	20.141	
Glycine.....g	1.801		0	A	1		0.511	8.169	
Proline.....g	1.410		0	A	1		0.400	6.396	
Serine.....g	1.165		0	A	1		0.330	5.285	
Hydroxyproline.....g	0.311		0	BFFN	4		0.088	1.410	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23638

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.029		0	NC	4		0.575	9.202	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	BFFN	4		0.044	0.707	
17:1.....g									
18:1 undifferentiated.....g	1.870		0	BFFN	4		0.530	8.483	
20:1.....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0	NC	4		0.062	0.989	
18:2 undifferentiated.....g	0.176		0	BFFN	4		0.050	0.797	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.003	0.051	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN	4		0.009	0.141	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0	BFFN	4		15	234	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1		0.042	0.666	
Threonine.....g	0.892		0	A	1		0.253	4.045	
Isoleucine.....g	1.016		0	A	1		0.288	4.607	
Leucine.....g	1.776		0	A	1		0.503	8.056	
Lysine.....g	1.887		0	A	1		0.535	8.558	
Methionine.....g	0.581		0	A	1		0.165	2.637	
Cystine.....g	0.288		0	A	1		0.082	1.307	
Phenylalanine.....g	0.882		0	A	1		0.250	4.000	
Tyrosine.....g	0.711		0	A	1		0.202	3.227	
Valine.....g	1.108		0	A	1		0.314	5.024	
Arginine.....g	1.444		0	A	1		0.409	6.548	
Histidine.....g	0.712		0	A	1		0.202	3.232	
Alanine.....g	1.357		0	A	1		0.385	6.156	
Aspartic acid.....g	2.034		0	A	1		0.577	9.224	
Glutamic acid.....g	3.352		0	A	1		0.950	15.202	
Glycine.....g	1.359		0	A	1		0.385	6.166	
Proline.....g	1.064		0	A	1		0.302	4.828	
Serine.....g	0.879		0	A	1		0.249	3.989	
Hydroxyproline.....g	0.235		0	A	1		0.066	1.064	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23599

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.376		0	NC	4		0.674	10.777	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.183		0	BFFN	4		0.052	0.828	
17:1.....g									
18:1 undifferentiated.....g	2.190		0	BFFN	4		0.621	9.934	
20:1.....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0	NC	4		0.072	1.159	
18:2 undifferentiated.....g	0.206		0	BFFN	4		0.058	0.933	
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.004	0.060	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	BFFN	4		17	274	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.041	0.660	
Threonine.....g	0.884		0	A	1		0.251	4.009	
Isoleucine.....g	1.006		0	A	1		0.285	4.565	
Leucine.....g	1.760		0	A	1		0.499	7.982	
Lysine.....g	1.870		0	A	1		0.530	8.481	
Methionine.....g	0.576		0	A	1		0.163	2.613	
Cystine.....g	0.285		0	A	1		0.081	1.295	
Phenylalanine.....g	0.874		0	A	1		0.248	3.964	
Tyrosine.....g	0.705		0	A	1		0.200	3.198	
Valine.....g	1.098		0	A	1		0.311	4.978	
Arginine.....g	1.431		0	A	1		0.406	6.489	
Histidine.....g	0.706		0	A	1		0.200	3.203	
Alanine.....g	1.345		0	A	1		0.381	6.101	
Aspartic acid.....g	2.015		0	A	1		0.571	9.140	
Glutamic acid.....g	3.321		0	A	1		0.942	15.065	
Glycine.....g	1.347		0	A	1		0.382	6.110	
Proline.....g	1.055		0	A	1		0.299	4.784	
Serine.....g	0.871		0	A	1		0.247	3.953	
Hydroxyproline.....g	0.232		0	A	1		0.066	1.054	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23623

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.484		0	NC	4		0.704	11.265	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.187		0	BFFN	4		0.053	0.848	
17:1.....g									
18:1 undifferentiated.....g	2.294		0	BFFN	4		0.650	10.406	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	NC	4		0.063	1.007	
18:2 undifferentiated.....g	0.178		0	BFFN	4		0.050	0.806	
18:3 undifferentiated.....g	0.016		0	BFFN	4		0.005	0.074	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.008	0.127	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		17	264	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	A	1		0.058	0.920	
Threonine.....g	1.233		0	A	1		0.350	5.593	
Isoleucine.....g	1.404		0	A	1		0.398	6.370	
Leucine.....g	2.455		0	A	1		0.696	11.137	
Lysine.....g	2.608		0	A	1		0.740	11.832	
Methionine.....g	0.804		0	A	1		0.228	3.646	
Cystine.....g	0.398		0	A	1		0.113	1.807	
Phenylalanine.....g	1.219		0	A	1		0.346	5.530	
Tyrosine.....g	0.984		0	A	1		0.279	4.461	
Valine.....g	1.531		0	A	1		0.434	6.946	
Arginine.....g	1.996		0	A	1		0.566	9.053	
Histidine.....g	0.985		0	A	1		0.279	4.468	
Alanine.....g	1.876		0	A	1		0.532	8.511	
Aspartic acid.....g	2.811		0	A	1		0.797	12.753	
Glutamic acid.....g	4.634		0	A	1		1.314	21.018	
Glycine.....g	1.879		0	A	1		0.533	8.525	
Proline.....g	1.471		0	A	1		0.417	6.674	
Serine.....g	1.216		0	A	1		0.345	5.515	
Hydroxyproline.....g	0.324		0	A	1		0.092	1.471	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23586

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.690		0	NC	4		0.479	7.664	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0	BFFN	4		0.037	0.589	
17:1.....g									
18:1 undifferentiated.....g	1.558		0	BFFN	4		0.442	7.065	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.182		0	NC	4		0.051	0.824	
18:2 undifferentiated.....g	0.146		0	BFFN	4		0.041	0.664	
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.003	0.043	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		0	BFFN	4		12	195	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.148		0	A	1		0.042	0.672	
Threonine.....g	0.900		0	A	1		0.255	4.082	
Isoleucine.....g	1.025		0	A	1		0.291	4.649	
Leucine.....g	1.792		0	A	1		0.508	8.128	
Lysine.....g	1.904		0	A	1		0.540	8.636	
Methionine.....g	0.587		0	A	1		0.166	2.661	
Cystine.....g	0.291		0	A	1		0.082	1.319	
Phenylalanine.....g	0.890		0	A	1		0.252	4.036	
Tyrosine.....g	0.718		0	A	1		0.204	3.256	
Valine.....g	1.118		0	A	1		0.317	5.069	
Arginine.....g	1.457		0	A	1		0.413	6.607	
Histidine.....g	0.719		0	A	1		0.204	3.261	
Alanine.....g	1.370		0	A	1		0.388	6.212	
Aspartic acid.....g	2.052		0	A	1		0.582	9.308	
Glutamic acid.....g	3.382		0	A	1		0.959	15.340	
Glycine.....g	1.372		0	A	1		0.389	6.222	
Proline.....g	1.074		0	A	1		0.304	4.871	
Serine.....g	0.887		0	A	1		0.252	4.025	
Hydroxyproline.....g	0.237		0	A	1		0.067	1.074	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23582

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.612		0	NC	4		1.024	16.384	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.272		0	BFFN	4		0.077	1.234	
17:1.....g									
18:1 undifferentiated.....g	3.337		0	BFFN	4		0.946	15.134	
20:1.....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.323		0	NC	4		0.092	1.466	
18:2 undifferentiated.....g	0.259		0	BFFN	4		0.073	1.173	
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.108	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.012	0.185	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	BFFN	4		24	384	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.186		0	A	1		0.053	0.843	
Threonine.....g	1.130		0	A	1		0.320	5.126	
Isoleucine.....g	1.287		0	A	1		0.365	5.838	
Leucine.....g	2.250		0	A	1		0.638	10.208	
Lysine.....g	2.391		0	A	1		0.678	10.845	
Methionine.....g	0.737		0	A	1		0.209	3.342	
Cystine.....g	0.365		0	A	1		0.104	1.656	
Phenylalanine.....g	1.117		0	A	1		0.317	5.069	
Tyrosine.....g	0.901		0	A	1		0.256	4.089	
Valine.....g	1.404		0	A	1		0.398	6.366	
Arginine.....g	1.829		0	A	1		0.519	8.298	
Histidine.....g	0.903		0	A	1		0.256	4.095	
Alanine.....g	1.720		0	A	1		0.488	7.802	
Aspartic acid.....g	2.577		0	A	1		0.731	11.689	
Glutamic acid.....g	4.247		0	A	1		1.204	19.265	
Glycine.....g	1.723		0	A	1		0.488	7.814	
Proline.....g	1.349		0	A	1		0.382	6.118	
Serine.....g	1.114		0	A	1		0.316	5.055	
Hydroxyproline.....g	0.297		0	A	1		0.084	1.348	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23626

Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13581

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.800		0		1		46.452	13.430	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.450		0		1		4.263	1.233	
17:1.....g									
18:1 undifferentiated.....g	13.640		0		1		40.102	11.594	
20:1.....g	0.060		0		1		0.176	0.051	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0		1		3.616	1.046	
18:2 undifferentiated.....g	0.820		0		1		2.411	0.697	
18:3 undifferentiated.....g	0.360		0		1		1.058	0.306	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.118	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		253	73	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.236		0		1		0.694	0.201	
Threonine.....g	0.865		0		1		2.543	0.735	
Isoleucine.....g	0.861		0		1		2.531	0.732	
Leucine.....g	1.589		0		1		4.672	1.351	
Lysine.....g	1.639		0		1		4.819	1.393	
Methionine.....g	0.497		0		1		1.461	0.422	
Cystine.....g	0.236		0		1		0.694	0.201	
Phenylalanine.....g	0.807		0		1		2.373	0.686	
Tyrosine.....g	0.662		0		1		1.946	0.563	
Valine.....g	0.983		0		1		2.890	0.836	
Arginine.....g	1.333		0		1		3.919	1.133	
Histidine.....g	0.654		0		1		1.923	0.556	
Alanine.....g	1.377		0		1		4.048	1.170	
Aspartic acid.....g	1.855		0		1		5.454	1.577	
Glutamic acid.....g	3.101		0		1		9.117	2.636	
Glycine.....g	1.538		0		1		4.522	1.307	
Proline.....g	0.932		0		1		2.740	0.792	
Serine.....g	0.810		0		1		2.381	0.689	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 294g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13582

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.550		0		1		46.340	14.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.520		0		1		4.256	1.292	
17:1.....g									
18:1 undifferentiated.....g	14.290		0		1		40.012	12.147	
20:1.....g	0.070		0		1		0.196	0.060	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.310		0		1		3.668	1.114	
18:2 undifferentiated.....g	0.860		0		1		2.408	0.731	
18:3 undifferentiated.....g	0.390		0		1		1.092	0.332	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.112	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		241	73	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.675	0.205	
Threonine.....g	0.940		0		1		2.632	0.799	
Isoleucine.....g	0.968		0		1		2.710	0.823	
Leucine.....g	1.701		0		1		4.763	1.446	
Lysine.....g	1.791		0		1		5.015	1.522	
Methionine.....g	0.551		0		1		1.543	0.468	
Cystine.....g	0.241		0		1		0.675	0.205	
Phenylalanine.....g	0.840		0		1		2.352	0.714	
Tyrosine.....g	0.723		0		1		2.024	0.615	
Valine.....g	1.047		0		1		2.932	0.890	
Arginine.....g	1.360		0		1		3.808	1.156	
Histidine.....g	0.737		0		1		2.064	0.626	
Alanine.....g	1.298		0		1		3.634	1.103	
Aspartic acid.....g	1.967		0		1		5.508	1.672	
Glutamic acid.....g	3.234		0		1		9.055	2.749	
Glycine.....g	1.174		0		1		3.287	0.998	
Proline.....g	0.951		0		1		2.663	0.808	
Serine.....g	0.823		0		1		2.304	0.700	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 280g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13580

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.010		0		1		4.255	68.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.700		0		1		0.482	7.711	
17:1.....g									
18:1 undifferentiated.....g	12.680		0		1		3.595	57.516	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0		1		0.357	5.715	
18:2 undifferentiated.....g	0.780		0		1		0.221	3.538	
18:3 undifferentiated.....g	0.430		0		1		0.122	1.950	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.176		0		1		0.050	0.798	
Threonine.....g	0.688		0		1		0.195	3.121	
Isoleucine.....g	0.708		0		1		0.201	3.211	
Leucine.....g	1.245		0		1		0.353	5.647	
Lysine.....g	1.310		0		1		0.371	5.942	
Methionine.....g	0.403		0		1		0.114	1.828	
Cystine.....g	0.176		0		1		0.050	0.798	
Phenylalanine.....g	0.615		0		1		0.174	2.790	
Tyrosine.....g	0.529		0		1		0.150	2.400	
Valine.....g	0.766		0		1		0.217	3.475	
Arginine.....g	0.995		0		1		0.282	4.513	
Histidine.....g	0.539		0		1		0.153	2.445	
Alanine.....g	0.950		0		1		0.269	4.309	
Aspartic acid.....g	1.439		0		1		0.408	6.527	
Glutamic acid.....g	2.366		0		1		0.671	10.732	
Glycine.....g	0.859		0		1		0.244	3.896	
Proline.....g	0.696		0		1		0.197	3.157	
Serine.....g	0.602		0		1		0.171	2.731	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products
 USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13072

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.680		0		1		31.419	9.928	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.160		0		1		3.120	0.986	
17:1.....g									
18:1 undifferentiated.....g	10.470		0		1		28.164	8.900	
20:1.....g	0.050		0		1		0.135	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		2.690	0.850	
18:2 undifferentiated.....g	0.670		0		1		1.802	0.570	
18:3 undifferentiated.....g	0.300		0		1		0.807	0.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.081	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		221	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	NR	4		0.393	0.124	
Threonine.....g	0.888		0	NR	4		2.390	0.755	
Isoleucine.....g	1.012		0	NR	4		2.722	0.860	
Leucine.....g	1.769		0	NR	4		4.759	1.504	
Lysine.....g	1.880		0	NR	4		5.056	1.598	
Methionine.....g	0.579		0	NR	4		1.558	0.492	
Cystine.....g	0.287		0	NR	4		0.772	0.244	
Phenylalanine.....g	0.878		0	NR	4		2.363	0.747	
Tyrosine.....g	0.709		0	NR	4		1.906	0.602	
Valine.....g	1.103		0	NR	4		2.968	0.938	
Arginine.....g	1.438		0	NR	4		3.869	1.222	
Histidine.....g	0.710		0	NR	4		1.909	0.603	
Alanine.....g	1.352		0	NR	4		3.637	1.149	
Aspartic acid.....g	2.026		0	NR	4		5.449	1.722	
Glutamic acid.....g	3.339		0	NR	4		8.981	2.838	
Glycine.....g	1.354		0	NR	4		3.643	1.151	
Proline.....g	1.060		0	NR	4		2.852	0.901	
Serine.....g	0.876		0	NR	4		2.357	0.745	
Hydroxyproline.....g	0.234		0	BFPN	4		0.629	0.199	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13072

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13073

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.470		0		1		36.163	10.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.230		0		1		3.567	1.046	
17:1.....g									
18:1 undifferentiated.....g	11.190		0		1		32.451	9.512	
20:1.....g	0.060		0		1		0.174	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		2.987	0.876	
18:2 undifferentiated.....g	0.680		0		1		1.972	0.578	
18:3 undifferentiated.....g	0.330		0		1		0.957	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		244	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.731	0.214	
Threonine.....g	0.983		0		1		2.851	0.836	
Isoleucine.....g	1.012		0		1		2.935	0.860	
Leucine.....g	1.778		0		1		5.156	1.511	
Lysine.....g	1.872		0		1		5.429	1.591	
Methionine.....g	0.576		0		1		1.670	0.490	
Cystine.....g	0.252		0		1		0.731	0.214	
Phenylalanine.....g	0.878		0		1		2.546	0.746	
Tyrosine.....g	0.756		0		1		2.192	0.643	
Valine.....g	1.094		0		1		3.173	0.930	
Arginine.....g	1.422		0		1		4.124	1.209	
Histidine.....g	0.770		0		1		2.233	0.655	
Alanine.....g	1.357		0		1		3.935	1.153	
Aspartic acid.....g	2.056		0		1		5.962	1.748	
Glutamic acid.....g	3.380		0		1		9.802	2.873	
Glycine.....g	1.228		0		1		3.561	1.044	
Proline.....g	0.994		0		1		2.883	0.845	
Serine.....g	0.860		0		1		2.494	0.731	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13071

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.630		0		1		3.297	52.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.380		0		1		0.391	6.260	
17:1.....g									
18:1 undifferentiated.....g	10.210		0		1		2.895	46.313	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		0.275	4.400	
18:2 undifferentiated.....g	0.620		0		1		0.176	2.812	
18:3 undifferentiated.....g	0.330		0		1		0.094	1.497	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.052	0.830	
Threonine.....g	0.715		0		1		0.203	3.243	
Isoleucine.....g	0.736		0		1		0.209	3.338	
Leucine.....g	1.294		0		1		0.367	5.870	
Lysine.....g	1.362		0		1		0.386	6.178	
Methionine.....g	0.419		0		1		0.119	1.901	
Cystine.....g	0.183		0		1		0.052	0.830	
Phenylalanine.....g	0.639		0		1		0.181	2.899	
Tyrosine.....g	0.550		0		1		0.156	2.495	
Valine.....g	0.796		0		1		0.226	3.611	
Arginine.....g	1.034		0		1		0.293	4.690	
Histidine.....g	0.560		0		1		0.159	2.540	
Alanine.....g	0.987		0		1		0.280	4.477	
Aspartic acid.....g	1.495		0		1		0.424	6.781	
Glutamic acid.....g	2.459		0		1		0.697	11.154	
Glycine.....g	0.893		0		1		0.253	4.051	
Proline.....g	0.723		0		1		0.205	3.280	
Serine.....g	0.626		0		1		0.177	2.840	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13075

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.570		0		1		33.813	10.685	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.250		0		1		3.363	1.063	
17:1.....g									
18:1 undifferentiated.....g	11.260		0		1		30.289	9.571	
20:1.....g	0.050		0		1		0.135	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.080		0		1		2.905	0.918	
18:2 undifferentiated.....g	0.720		0		1		1.937	0.612	
18:3 undifferentiated.....g	0.320		0		1		0.861	0.272	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.081	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		221	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0		1		0.662	0.209	
Threonine.....g	0.960		0		1		2.582	0.816	
Isoleucine.....g	0.988		0		1		2.658	0.840	
Leucine.....g	1.737		0		1		4.673	1.476	
Lysine.....g	1.828		0		1		4.917	1.554	
Methionine.....g	0.563		0		1		1.514	0.479	
Cystine.....g	0.246		0		1		0.662	0.209	
Phenylalanine.....g	0.858		0		1		2.308	0.729	
Tyrosine.....g	0.738		0		1		1.985	0.627	
Valine.....g	1.069		0		1		2.876	0.909	
Arginine.....g	1.389		0		1		3.736	1.181	
Histidine.....g	0.752		0		1		2.023	0.639	
Alanine.....g	1.326		0		1		3.567	1.127	
Aspartic acid.....g	2.008		0		1		5.402	1.707	
Glutamic acid.....g	3.302		0		1		8.882	2.807	
Glycine.....g	1.199		0		1		3.225	1.019	
Proline.....g	0.970		0		1		2.609	0.825	
Serine.....g	0.840		0		1		2.260	0.714	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13076

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.430		0		1		38.947	11.416	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.330		0		1		3.857	1.131	
17:1.....g									
18:1 undifferentiated.....g	12.040		0		1		34.916	10.234	
20:1.....g	0.060		0		1		0.174	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		3.219	0.944	
18:2 undifferentiated.....g	0.730		0		1		2.117	0.621	
18:3 undifferentiated.....g	0.350		0		1		1.015	0.298	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.058	0.017	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		247	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.719	0.211	
Threonine.....g	0.968		0		1		2.807	0.823	
Isoleucine.....g	0.997		0		1		2.891	0.847	
Leucine.....g	1.752		0		1		5.081	1.489	
Lysine.....g	1.844		0		1		5.348	1.567	
Methionine.....g	0.567		0		1		1.644	0.482	
Cystine.....g	0.248		0		1		0.719	0.211	
Phenylalanine.....g	0.865		0		1		2.509	0.735	
Tyrosine.....g	0.745		0		1		2.161	0.633	
Valine.....g	1.078		0		1		3.126	0.916	
Arginine.....g	1.401		0		1		4.063	1.191	
Histidine.....g	0.759		0		1		2.201	0.645	
Alanine.....g	1.337		0		1		3.877	1.136	
Aspartic acid.....g	2.025		0		1		5.873	1.721	
Glutamic acid.....g	3.330		0		1		9.657	2.831	
Glycine.....g	1.209		0		1		3.506	1.028	
Proline.....g	0.979		0		1		2.839	0.832	
Serine.....g	0.848		0		1		2.459	0.721	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13074

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.660		0		1		3.589	57.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500		0		1		0.425	6.804	
17:1.....g									
18:1 undifferentiated.....g	11.120		0		1		3.153	50.440	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		0		1		0.301	4.808	
18:2 undifferentiated.....g	0.670		0		1		0.190	3.039	
18:3 undifferentiated.....g	0.360		0		1		0.102	1.633	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		20	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0		1		0.051	0.816	
Threonine.....g	0.702		0		1		0.199	3.184	
Isoleucine.....g	0.722		0		1		0.205	3.275	
Leucine.....g	1.270		0		1		0.360	5.761	
Lysine.....g	1.336		0		1		0.379	6.060	
Methionine.....g	0.411		0		1		0.117	1.864	
Cystine.....g	0.180		0		1		0.051	0.816	
Phenylalanine.....g	0.627		0		1		0.178	2.844	
Tyrosine.....g	0.540		0		1		0.153	2.449	
Valine.....g	0.781		0		1		0.221	3.543	
Arginine.....g	1.015		0		1		0.288	4.604	
Histidine.....g	0.550		0		1		0.156	2.495	
Alanine.....g	0.969		0		1		0.275	4.395	
Aspartic acid.....g	1.468		0		1		0.416	6.659	
Glutamic acid.....g	2.413		0		1		0.684	10.945	
Glycine.....g	0.876		0		1		0.248	3.974	
Proline.....g	0.709		0		1		0.201	3.216	
Serine.....g	0.614		0		1		0.174	2.785	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13081

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.470		0		1		39.937	12.300	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350		0		1		3.726	1.148	
17:1.....g									
18:1 undifferentiated.....g	12.840		0		1		35.438	10.914	
20:1.....g	0.060		0		1		0.166	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0		1		3.174	0.978	
18:2 undifferentiated.....g	0.780		0		1		2.153	0.663	
18:3 undifferentiated.....g	0.320		0		1		0.883	0.272	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.110	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		235	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.671	0.207	
Threonine.....g	0.949		0		1		2.619	0.807	
Isoleucine.....g	0.977		0		1		2.697	0.830	
Leucine.....g	1.717		0		1		4.739	1.459	
Lysine.....g	1.807		0		1		4.987	1.536	
Methionine.....g	0.556		0		1		1.535	0.473	
Cystine.....g	0.243		0		1		0.671	0.207	
Phenylalanine.....g	0.848		0		1		2.340	0.721	
Tyrosine.....g	0.730		0		1		2.015	0.621	
Valine.....g	1.056		0		1		2.915	0.898	
Arginine.....g	1.373		0		1		3.789	1.167	
Histidine.....g	0.744		0		1		2.053	0.632	
Alanine.....g	1.310		0		1		3.616	1.114	
Aspartic acid.....g	1.984		0		1		5.476	1.686	
Glutamic acid.....g	3.263		0		1		9.006	2.774	
Glycine.....g	1.185		0		1		3.271	1.007	
Proline.....g	0.959		0		1		2.647	0.815	
Serine.....g	0.831		0		1		2.294	0.706	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 276g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13082

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	15.170		0		1		42.324	12.895	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.420		0		1		3.962	1.207	
17:1.....g									
18:1 undifferentiated.....g	13.480		0		1		37.609	11.458	
20:1.....g	0.060		0		1		0.167	0.051	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0		1		3.376	1.029	
18:2 undifferentiated.....g	0.810		0		1		2.260	0.689	
18:3 undifferentiated.....g	0.340		0		1		0.949	0.289	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.112	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		237	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.249		0		1		0.695	0.212	
Threonine.....g	0.970		0		1		2.706	0.825	
Isoleucine.....g	0.998		0		1		2.784	0.848	
Leucine.....g	1.755		0		1		4.896	1.492	
Lysine.....g	1.848		0		1		5.156	1.571	
Methionine.....g	0.568		0		1		1.585	0.483	
Cystine.....g	0.249		0		1		0.695	0.212	
Phenylalanine.....g	0.867		0		1		2.419	0.737	
Tyrosine.....g	0.746		0		1		2.081	0.634	
Valine.....g	1.080		0		1		3.013	0.918	
Arginine.....g	1.403		0		1		3.914	1.193	
Histidine.....g	0.760		0		1		2.120	0.646	
Alanine.....g	1.340		0		1		3.739	1.139	
Aspartic acid.....g	2.029		0		1		5.661	1.725	
Glutamic acid.....g	3.336		0		1		9.307	2.836	
Glycine.....g	1.212		0		1		3.381	1.030	
Proline.....g	0.981		0		1		2.737	0.834	
Serine.....g	0.849		0		1		2.369	0.722	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 279g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13080

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.290		0		1		4.051	64.819	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.640		0		1		0.465	7.439	
17:1.....g									
18:1 undifferentiated.....g	12.430		0		1		3.524	56.382	
20:1.....g	0.050		0		1		0.014	0.227	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0		1		0.340	5.443	
18:2 undifferentiated.....g	0.770		0		1		0.218	3.493	
18:3 undifferentiated.....g	0.390		0		1		0.111	1.769	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	331	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0		1		0.050	0.807	
Threonine.....g	0.695		0		1		0.197	3.153	
Isoleucine.....g	0.715		0		1		0.203	3.243	
Leucine.....g	1.257		0		1		0.356	5.702	
Lysine.....g	1.323		0		1		0.375	6.001	
Methionine.....g	0.407		0		1		0.115	1.846	
Cystine.....g	0.178		0		1		0.050	0.807	
Phenylalanine.....g	0.621		0		1		0.176	2.817	
Tyrosine.....g	0.534		0		1		0.151	2.422	
Valine.....g	0.774		0		1		0.219	3.511	
Arginine.....g	1.005		0		1		0.285	4.559	
Histidine.....g	0.545		0		1		0.155	2.472	
Alanine.....g	0.959		0		1		0.272	4.350	
Aspartic acid.....g	1.453		0		1		0.412	6.591	
Glutamic acid.....g	2.390		0		1		0.678	10.841	
Glycine.....g	0.868		0		1		0.246	3.937	
Proline.....g	0.702		0		1		0.199	3.184	
Serine.....g	0.608		0		1		0.172	2.758	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13078

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.690		0		1		28.329	9.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060		0		1		2.809	0.901	
17:1.....g									
18:1 undifferentiated.....g	9.590		0		1		25.414	8.152	
20:1.....g	0.050		0		1		0.133	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0		1		2.438	0.782	
18:2 undifferentiated.....g	0.620		0		1		1.643	0.527	
18:3 undifferentiated.....g	0.270		0		1		0.716	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.080	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		217	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.668	0.214	
Threonine.....g	0.982		0		1		2.602	0.835	
Isoleucine.....g	1.011		0		1		2.679	0.859	
Leucine.....g	1.778		0		1		4.712	1.511	
Lysine.....g	1.871		0		1		4.958	1.590	
Methionine.....g	0.576		0		1		1.526	0.490	
Cystine.....g	0.252		0		1		0.668	0.214	
Phenylalanine.....g	0.878		0		1		2.327	0.746	
Tyrosine.....g	0.756		0		1		2.003	0.643	
Valine.....g	1.094		0		1		2.899	0.930	
Arginine.....g	1.421		0		1		3.766	1.208	
Histidine.....g	0.770		0		1		2.041	0.655	
Alanine.....g	1.357		0		1		3.596	1.153	
Aspartic acid.....g	2.055		0		1		5.446	1.747	
Glutamic acid.....g	3.379		0		1		8.954	2.872	
Glycine.....g	1.227		0		1		3.252	1.043	
Proline.....g	0.993		0		1		2.631	0.844	
Serine.....g	0.860		0		1		2.279	0.731	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13079

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.380		0		1		33.002	9.673	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		3.219	0.944	
17:1.....g									
18:1 undifferentiated.....g	10.210		0		1		29.609	8.679	
20:1.....g	0.050		0		1		0.145	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.940		0		1		2.726	0.799	
18:2 undifferentiated.....g	0.630		0		1		1.827	0.536	
18:3 undifferentiated.....g	0.300		0		1		0.870	0.255	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		244	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0		1		0.742	0.218	
Threonine.....g	0.999		0		1		2.897	0.849	
Isoleucine.....g	1.028		0		1		2.981	0.874	
Leucine.....g	1.807		0		1		5.240	1.536	
Lysine.....g	1.902		0		1		5.516	1.617	
Methionine.....g	0.585		0		1		1.697	0.497	
Cystine.....g	0.256		0		1		0.742	0.218	
Phenylalanine.....g	0.893		0		1		2.590	0.759	
Tyrosine.....g	0.768		0		1		2.227	0.653	
Valine.....g	1.112		0		1		3.225	0.945	
Arginine.....g	1.445		0		1		4.191	1.228	
Histidine.....g	0.783		0		1		2.271	0.666	
Alanine.....g	1.379		0		1		3.999	1.172	
Aspartic acid.....g	2.089		0		1		6.058	1.776	
Glutamic acid.....g	3.435		0		1		9.962	2.920	
Glycine.....g	1.247		0		1		3.616	1.060	
Proline.....g	1.010		0		1		2.929	0.859	
Serine.....g	0.874		0		1		2.535	0.743	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13077

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.810		0		1		3.065	49.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.280		0		1		0.363	5.806	
17:1.....g									
18:1 undifferentiated.....g	9.490		0		1		2.690	43.047	
20:1.....g	0.040		0		1		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		0.255	4.082	
18:2 undifferentiated.....g	0.570		0		1		0.162	2.586	
18:3 undifferentiated.....g	0.310		0		1		0.088	1.406	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.052	0.839	
Threonine.....g	0.723		0		1		0.205	3.280	
Isoleucine.....g	0.744		0		1		0.211	3.375	
Leucine.....g	1.308		0		1		0.371	5.933	
Lysine.....g	1.377		0		1		0.390	6.246	
Methionine.....g	0.424		0		1		0.120	1.923	
Cystine.....g	0.185		0		1		0.052	0.839	
Phenylalanine.....g	0.646		0		1		0.183	2.930	
Tyrosine.....g	0.556		0		1		0.158	2.522	
Valine.....g	0.805		0		1		0.228	3.651	
Arginine.....g	1.046		0		1		0.297	4.745	
Histidine.....g	0.567		0		1		0.161	2.572	
Alanine.....g	0.998		0		1		0.283	4.527	
Aspartic acid.....g	1.512		0		1		0.429	6.858	
Glutamic acid.....g	2.487		0		1		0.705	11.281	
Glycine.....g	0.903		0		1		0.256	4.096	
Proline.....g	0.731		0		1		0.207	3.316	
Serine.....g	0.633		0		1		0.179	2.871	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13825

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.380		0	PAE	4		30.385	9.673	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.130		0	PAE	4		3.017	0.961	
17:1.....g									
18:1 undifferentiated.....g	10.200		0	PAE	4		27.234	8.670	
20:1.....g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.980		0	PAE	4		2.617	0.833	
18:2 undifferentiated.....g	0.660		0	PAE	4		1.762	0.561	
18:3 undifferentiated.....g	0.290		0	PAE	4		0.774	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.080	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	PAE	4		219	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0	PAE	4		0.670	0.213	
Threonine.....g	0.979		0	PAE	4		2.614	0.832	
Isoleucine.....g	1.008		0	PAE	4		2.691	0.857	
Leucine.....g	1.772		0	PAE	4		4.731	1.506	
Lysine.....g	1.865		0	PAE	4		4.980	1.585	
Methionine.....g	0.574		0	PAE	4		1.533	0.488	
Cystine.....g	0.251		0	PAE	4		0.670	0.213	
Phenylalanine.....g	0.875		0	PAE	4		2.336	0.744	
Tyrosine.....g	0.753		0	PAE	4		2.011	0.640	
Valine.....g	1.090		0	PAE	4		2.910	0.927	
Arginine.....g	1.417		0	PAE	4		3.783	1.204	
Histidine.....g	0.768		0	PAE	4		2.051	0.653	
Alanine.....g	1.352		0	PAE	4		3.610	1.149	
Aspartic acid.....g	2.048		0	PAE	4		5.468	1.741	
Glutamic acid.....g	3.368		0	PAE	4		8.993	2.863	
Glycine.....g	1.223		0	PAE	4		3.265	1.040	
Proline.....g	0.990		0	PAE	4		2.643	0.842	
Serine.....g	0.857		0	PAE	4		2.288	0.728	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13826

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.080		0	PAE	4		34.911	10.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.190		0	PAE	4		3.439	1.012	
17:1.....g									
18:1 undifferentiated.....g	10.840		0	PAE	4		31.328	9.214	
20:1.....g	0.050		0	PAE	4		0.145	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	PAE	4		2.890	0.850	
18:2 undifferentiated.....g	0.660		0	PAE	4		1.907	0.561	
18:3 undifferentiated.....g	0.310		0	PAE	4		0.896	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		243	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0	PAE	4		0.737	0.217	
Threonine.....g	0.994		0	PAE	4		2.873	0.845	
Isoleucine.....g	1.024		0	PAE	4		2.959	0.870	
Leucine.....g	1.800		0	PAE	4		5.202	1.530	
Lysine.....g	1.894		0	PAE	4		5.474	1.610	
Methionine.....g	0.583		0	PAE	4		1.685	0.496	
Cystine.....g	0.255		0	PAE	4		0.737	0.217	
Phenylalanine.....g	0.889		0	PAE	4		2.569	0.756	
Tyrosine.....g	0.765		0	PAE	4		2.211	0.650	
Valine.....g	1.107		0	PAE	4		3.199	0.941	
Arginine.....g	1.439		0	PAE	4		4.159	1.223	
Histidine.....g	0.780		0	PAE	4		2.254	0.663	
Alanine.....g	1.373		0	PAE	4		3.968	1.167	
Aspartic acid.....g	2.080		0	PAE	4		6.011	1.768	
Glutamic acid.....g	3.421		0	PAE	4		9.887	2.908	
Glycine.....g	1.242		0	PAE	4		3.589	1.056	
Proline.....g	1.005		0	PAE	4		2.904	0.854	
Serine.....g	0.871		0	PAE	4		2.517	0.740	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13824

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.240		0	PAE	4		3.187	50.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.320		0	PAE	4		0.374	5.988	
17:1.....g									
18:1 undifferentiated.....g	9.870		0	PAE	4		2.798	44.770	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.940		0	PAE	4		0.266	4.264	
18:2 undifferentiated.....g	0.600		0	PAE	4		0.170	2.722	
18:3 undifferentiated.....g	0.320		0	PAE	4		0.091	1.452	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	PAE	4		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	PAE	4		0.052	0.839	
Threonine.....g	0.722		0	PAE	4		0.205	3.275	
Isoleucine.....g	0.743		0	PAE	4		0.211	3.370	
Leucine.....g	1.306		0	PAE	4		0.370	5.924	
Lysine.....g	1.375		0	PAE	4		0.390	6.237	
Methionine.....g	0.423		0	PAE	4		0.120	1.919	
Cystine.....g	0.185		0	PAE	4		0.052	0.839	
Phenylalanine.....g	0.645		0	PAE	4		0.183	2.926	
Tyrosine.....g	0.555		0	PAE	4		0.157	2.517	
Valine.....g	0.804		0	PAE	4		0.228	3.647	
Arginine.....g	1.045		0	PAE	4		0.296	4.740	
Histidine.....g	0.566		0	PAE	4		0.160	2.567	
Alanine.....g	0.997		0	PAE	4		0.283	4.522	
Aspartic acid.....g	1.510		0	PAE	4		0.428	6.849	
Glutamic acid.....g	2.483		0	PAE	4		0.704	11.263	
Glycine.....g	0.902		0	PAE	4		0.256	4.091	
Proline.....g	0.730		0	PAE	4		0.207	3.311	
Serine.....g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13828

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.120		0	PAE	4		32.360	10.302	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200		0	PAE	4		3.204	1.020	
17:1.....g									
18:1 undifferentiated.....g	10.860		0	PAE	4		28.996	9.231	
20:1.....g	0.050		0	PAE	4		0.134	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.040		0	PAE	4		2.777	0.884	
18:2 undifferentiated.....g	0.700		0	PAE	4		1.869	0.595	
18:3 undifferentiated.....g	0.310		0	PAE	4		0.828	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.080	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	PAE	4		219	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.249		0	PAE	4		0.665	0.212	
Threonine.....g	0.972		0	PAE	4		2.595	0.826	
Isoleucine.....g	1.001		0	PAE	4		2.673	0.851	
Leucine.....g	1.760		0	PAE	4		4.699	1.496	
Lysine.....g	1.852		0	PAE	4		4.945	1.574	
Methionine.....g	0.570		0	PAE	4		1.522	0.485	
Cystine.....g	0.249		0	PAE	4		0.665	0.212	
Phenylalanine.....g	0.869		0	PAE	4		2.320	0.739	
Tyrosine.....g	0.748		0	PAE	4		1.997	0.636	
Valine.....g	1.083		0	PAE	4		2.892	0.921	
Arginine.....g	1.407		0	PAE	4		3.757	1.196	
Histidine.....g	0.762		0	PAE	4		2.035	0.648	
Alanine.....g	1.343		0	PAE	4		3.586	1.142	
Aspartic acid.....g	2.034		0	PAE	4		5.431	1.729	
Glutamic acid.....g	3.345		0	PAE	4		8.931	2.843	
Glycine.....g	1.215		0	PAE	4		3.244	1.033	
Proline.....g	0.983		0	PAE	4		2.625	0.836	
Serine.....g	0.851		0	PAE	4		2.272	0.723	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13829

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	12.800		0	PAE	4		36.992	10.880	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.260		0	PAE	4		3.641	1.071	
17:1.....g									
18:1 undifferentiated.....g	11.480		0	PAE	4		33.177	9.758	
20:1.....g	0.060		0	PAE	4		0.173	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0	PAE	4		3.035	0.893	
18:2 undifferentiated.....g	0.700		0	PAE	4		2.023	0.595	
18:3 undifferentiated.....g	0.330		0	PAE	4		0.954	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		243	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.253		0	PAE	4		0.731	0.215	
Threonine.....g	0.987		0	PAE	4		2.852	0.839	
Isoleucine.....g	1.016		0	PAE	4		2.936	0.864	
Leucine.....g	1.786		0	PAE	4		5.162	1.518	
Lysine.....g	1.880		0	PAE	4		5.433	1.598	
Methionine.....g	0.579		0	PAE	4		1.673	0.492	
Cystine.....g	0.253		0	PAE	4		0.731	0.215	
Phenylalanine.....g	0.882		0	PAE	4		2.549	0.750	
Tyrosine.....g	0.759		0	PAE	4		2.194	0.645	
Valine.....g	1.099		0	PAE	4		3.176	0.934	
Arginine.....g	1.428		0	PAE	4		4.127	1.214	
Histidine.....g	0.774		0	PAE	4		2.237	0.658	
Alanine.....g	1.363		0	PAE	4		3.939	1.159	
Aspartic acid.....g	2.065		0	PAE	4		5.968	1.755	
Glutamic acid.....g	3.396		0	PAE	4		9.814	2.887	
Glycine.....g	1.233		0	PAE	4		3.563	1.048	
Proline.....g	0.998		0	PAE	4		2.884	0.848	
Serine.....g	0.864		0	PAE	4		2.497	0.734	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13827

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.020		0	PAE	4		3.408	54.523	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.410		0	PAE	4		0.400	6.396	
17:1.....g									
18:1 undifferentiated.....g	10.570		0	PAE	4		2.997	47.946	
20:1.....g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.010		0	PAE	4		0.286	4.581	
18:2 undifferentiated.....g	0.640		0	PAE	4		0.181	2.903	
18:3 undifferentiated.....g	0.340		0	PAE	4		0.096	1.542	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	PAE	4		20	322	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0	PAE	4		0.052	0.830	
Threonine.....g	0.714		0	PAE	4		0.202	3.239	
Isoleucine.....g	0.734		0	PAE	4		0.208	3.329	
Leucine.....g	1.291		0	PAE	4		0.366	5.856	
Lysine.....g	1.359		0	PAE	4		0.385	6.164	
Methionine.....g	0.418		0	PAE	4		0.119	1.896	
Cystine.....g	0.183		0	PAE	4		0.052	0.830	
Phenylalanine.....g	0.638		0	PAE	4		0.181	2.894	
Tyrosine.....g	0.549		0	PAE	4		0.156	2.490	
Valine.....g	0.795		0	PAE	4		0.225	3.606	
Arginine.....g	1.032		0	PAE	4		0.293	4.681	
Histidine.....g	0.559		0	PAE	4		0.158	2.536	
Alanine.....g	0.985		0	PAE	4		0.279	4.468	
Aspartic acid.....g	1.492		0	PAE	4		0.423	6.768	
Glutamic acid.....g	2.454		0	PAE	4		0.696	11.131	
Glycine.....g	0.891		0	PAE	4		0.253	4.042	
Proline.....g	0.721		0	PAE	4		0.204	3.270	
Serine.....g	0.625		0	PAE	4		0.177	2.835	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13834

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	14.130		0	PAE	4		38.716	12.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.310		0	PAE	4		3.589	1.114	
17:1.....g									
18:1 undifferentiated.....g	12.550		0	PAE	4		34.387	10.668	
20:1.....g	0.060		0	PAE	4		0.164	0.051	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.120		0	PAE	4		3.069	0.952	
18:2 undifferentiated.....g	0.760		0	PAE	4		2.082	0.646	
18:3 undifferentiated.....g	0.310		0	PAE	4		0.849	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.110	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		233	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0	PAE	4		0.674	0.209	
Threonine.....g	0.959		0	PAE	4		2.628	0.815	
Isoleucine.....g	0.987		0	PAE	4		2.704	0.839	
Leucine.....g	1.735		0	PAE	4		4.754	1.475	
Lysine.....g	1.826		0	PAE	4		5.003	1.552	
Methionine.....g	0.562		0	PAE	4		1.540	0.478	
Cystine.....g	0.246		0	PAE	4		0.674	0.209	
Phenylalanine.....g	0.857		0	PAE	4		2.348	0.728	
Tyrosine.....g	0.738		0	PAE	4		2.022	0.627	
Valine.....g	1.068		0	PAE	4		2.926	0.908	
Arginine.....g	1.387		0	PAE	4		3.800	1.179	
Histidine.....g	0.752		0	PAE	4		2.060	0.639	
Alanine.....g	1.324		0	PAE	4		3.628	1.125	
Aspartic acid.....g	2.005		0	PAE	4		5.494	1.704	
Glutamic acid.....g	3.298		0	PAE	4		9.037	2.803	
Glycine.....g	1.198		0	PAE	4		3.283	1.018	
Proline.....g	0.969		0	PAE	4		2.655	0.824	
Serine.....g	0.839		0	PAE	4		2.299	0.713	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13835

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.690		0	PAE	4		40.838	12.487	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.370		0	PAE	4		3.809	1.165	
17:1.....g									
18:1 undifferentiated.....g	13.040		0	PAE	4		36.251	11.084	
20:1.....g	0.050		0	PAE	4		0.139	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0	PAE	4		3.253	0.995	
18:2 undifferentiated.....g	0.790		0	PAE	4		2.196	0.672	
18:3 undifferentiated.....g	0.320		0	PAE	4		0.890	0.272	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.111	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		236	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.253		0	PAE	4		0.703	0.215	
Threonine.....g	0.986		0	PAE	4		2.741	0.838	
Isoleucine.....g	1.015		0	PAE	4		2.822	0.863	
Leucine.....g	1.784		0	PAE	4		4.960	1.516	
Lysine.....g	1.878		0	PAE	4		5.221	1.596	
Methionine.....g	0.578		0	PAE	4		1.607	0.491	
Cystine.....g	0.253		0	PAE	4		0.703	0.215	
Phenylalanine.....g	0.881		0	PAE	4		2.449	0.749	
Tyrosine.....g	0.758		0	PAE	4		2.107	0.644	
Valine.....g	1.098		0	PAE	4		3.052	0.933	
Arginine.....g	1.427		0	PAE	4		3.967	1.213	
Histidine.....g	0.773		0	PAE	4		2.149	0.657	
Alanine.....g	1.361		0	PAE	4		3.784	1.157	
Aspartic acid.....g	2.062		0	PAE	4		5.732	1.753	
Glutamic acid.....g	3.391		0	PAE	4		9.427	2.882	
Glycine.....g	1.231		0	PAE	4		3.422	1.046	
Proline.....g	0.997		0	PAE	4		2.772	0.847	
Serine.....g	0.863		0	PAE	4		2.399	0.734	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13833

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.770		0	PAE	4		3.904	62.461	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.570		0	PAE	4		0.445	7.122	
17:1.....g									
18:1 undifferentiated.....g	11.970		0	PAE	4		3.393	54.296	
20:1.....g	0.050		0	PAE	4		0.014	0.227	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.150		0	PAE	4		0.326	5.216	
18:2 undifferentiated.....g	0.750		0	PAE	4		0.213	3.402	
18:3 undifferentiated.....g	0.370		0	PAE	4		0.105	1.678	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	PAE	4		20	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	PAE	4		0.051	0.821	
Threonine.....g	0.705		0	PAE	4		0.200	3.198	
Isoleucine.....g	0.726		0	PAE	4		0.206	3.293	
Leucine.....g	1.276		0	PAE	4		0.362	5.788	
Lysine.....g	1.344		0	PAE	4		0.381	6.096	
Methionine.....g	0.413		0	PAE	4		0.117	1.873	
Cystine.....g	0.181		0	PAE	4		0.051	0.821	
Phenylalanine.....g	0.630		0	PAE	4		0.179	2.858	
Tyrosine.....g	0.543		0	PAE	4		0.154	2.463	
Valine.....g	0.785		0	PAE	4		0.223	3.561	
Arginine.....g	1.021		0	PAE	4		0.289	4.631	
Histidine.....g	0.553		0	PAE	4		0.157	2.508	
Alanine.....g	0.974		0	PAE	4		0.276	4.418	
Aspartic acid.....g	1.475		0	PAE	4		0.418	6.691	
Glutamic acid.....g	2.426		0	PAE	4		0.688	11.004	
Glycine.....g	0.881		0	PAE	4		0.250	3.996	
Proline.....g	0.713		0	PAE	4		0.202	3.234	
Serine.....g	0.618		0	PAE	4		0.175	2.803	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13831

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.280		0	PAE	4		27.139	8.738	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		0	PAE	4		2.666	0.859	
17:1.....g									
18:1 undifferentiated.....g	9.220		0	PAE	4		24.341	7.837	
20:1.....g	0.040		0	PAE	4		0.106	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0	PAE	4		2.350	0.757	
18:2 undifferentiated.....g	0.600		0	PAE	4		1.584	0.510	
18:3 undifferentiated.....g	0.260		0	PAE	4		0.686	0.221	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.079	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0	PAE	4		214	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0	PAE	4		0.673	0.217	
Threonine.....g	0.993		0	PAE	4		2.622	0.844	
Isoleucine.....g	1.022		0	PAE	4		2.698	0.869	
Leucine.....g	1.796		0	PAE	4		4.741	1.527	
Lysine.....g	1.891		0	PAE	4		4.992	1.607	
Methionine.....g	0.582		0	PAE	4		1.536	0.495	
Cystine.....g	0.255		0	PAE	4		0.673	0.217	
Phenylalanine.....g	0.887		0	PAE	4		2.342	0.754	
Tyrosine.....g	0.764		0	PAE	4		2.017	0.649	
Valine.....g	1.105		0	PAE	4		2.917	0.939	
Arginine.....g	1.436		0	PAE	4		3.791	1.221	
Histidine.....g	0.778		0	PAE	4		2.054	0.661	
Alanine.....g	1.371		0	PAE	4		3.619	1.165	
Aspartic acid.....g	2.076		0	PAE	4		5.481	1.765	
Glutamic acid.....g	3.414		0	PAE	4		9.013	2.902	
Glycine.....g	1.240		0	PAE	4		3.274	1.054	
Proline.....g	1.004		0	PAE	4		2.651	0.853	
Serine.....g	0.869		0	PAE	4		2.294	0.739	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13832

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.010		0	PAE	4		31.819	9.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.080		0	PAE	4		3.121	0.918	
17:1.....g									
18:1 undifferentiated.....g	9.890		0	PAE	4		28.582	8.407	
20:1.....g	0.050		0	PAE	4		0.145	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0	PAE	4		2.630	0.774	
18:2 undifferentiated.....g	0.610		0	PAE	4		1.763	0.519	
18:3 undifferentiated.....g	0.280		0	PAE	4		0.809	0.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.058	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		243	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0	PAE	4		0.749	0.220	
Threonine.....g	1.009		0	PAE	4		2.916	0.858	
Isoleucine.....g	1.039		0	PAE	4		3.003	0.883	
Leucine.....g	1.826		0	PAE	4		5.277	1.552	
Lysine.....g	1.922		0	PAE	4		5.555	1.634	
Methionine.....g	0.591		0	PAE	4		1.708	0.502	
Cystine.....g	0.259		0	PAE	4		0.749	0.220	
Phenylalanine.....g	0.902		0	PAE	4		2.607	0.767	
Tyrosine.....g	0.776		0	PAE	4		2.243	0.660	
Valine.....g	1.124		0	PAE	4		3.248	0.955	
Arginine.....g	1.460		0	PAE	4		4.219	1.241	
Histidine.....g	0.791		0	PAE	4		2.286	0.672	
Alanine.....g	1.393		0	PAE	4		4.026	1.184	
Aspartic acid.....g	2.110		0	PAE	4		6.098	1.794	
Glutamic acid.....g	3.471		0	PAE	4		10.031	2.950	
Glycine.....g	1.260		0	PAE	4		3.641	1.071	
Proline.....g	1.020		0	PAE	4		2.948	0.867	
Serine.....g	0.883		0	PAE	4		2.552	0.751	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13830

Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	10.320		0	PAE	4		2.926	46.812	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.220		0	PAE	4		0.346	5.534	
17:1.....g									
18:1 undifferentiated.....g	9.070		0	PAE	4		2.571	41.142	
20:1.....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0	PAE	4		0.244	3.901	
18:2 undifferentiated.....g	0.550		0	PAE	4		0.156	2.495	
18:3 undifferentiated.....g	0.300		0	PAE	4		0.085	1.361	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	PAE	4		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0	PAE	4		0.053	0.853	
Threonine.....g	0.732		0	PAE	4		0.208	3.320	
Isoleucine.....g	0.753		0	PAE	4		0.213	3.416	
Leucine.....g	1.324		0	PAE	4		0.375	6.006	
Lysine.....g	1.394		0	PAE	4		0.395	6.323	
Methionine.....g	0.429		0	PAE	4		0.122	1.946	
Cystine.....g	0.188		0	PAE	4		0.053	0.853	
Phenylalanine.....g	0.654		0	PAE	4		0.185	2.967	
Tyrosine.....g	0.563		0	PAE	4		0.160	2.554	
Valine.....g	0.815		0	PAE	4		0.231	3.697	
Arginine.....g	1.059		0	PAE	4		0.300	4.804	
Histidine.....g	0.574		0	PAE	4		0.163	2.604	
Alanine.....g	1.011		0	PAE	4		0.287	4.586	
Aspartic acid.....g	1.531		0	PAE	4		0.434	6.945	
Glutamic acid.....g	2.517		0	PAE	4		0.714	11.417	
Glycine.....g	0.914		0	PAE	4		0.259	4.146	
Proline.....g	0.740		0	PAE	4		0.210	3.357	
Serine.....g	0.641		0	PAE	4		0.182	2.908	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13593

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.250		0		1		16.583	7.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		1.307	0.553	
17:1.....g									
18:1 undifferentiated.....g	7.280		0		1		14.633	6.188	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		1.126	0.476	
18:2 undifferentiated.....g	0.450		0		1		0.905	0.383	
18:3 undifferentiated.....g	0.040		0		1		0.080	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.101	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		165	70	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.585	0.247	
Threonine.....g	1.136		0		1		2.283	0.966	
Isoleucine.....g	1.170		0		1		2.352	0.995	
Leucine.....g	2.057		0		1		4.135	1.748	
Lysine.....g	2.165		0		1		4.352	1.840	
Methionine.....g	0.666		0		1		1.339	0.566	
Cystine.....g	0.291		0		1		0.585	0.247	
Phenylalanine.....g	1.016		0		1		2.042	0.864	
Tyrosine.....g	0.874		0		1		1.757	0.743	
Valine.....g	1.266		0		1		2.545	1.076	
Arginine.....g	1.644		0		1		3.304	1.397	
Histidine.....g	0.891		0		1		1.791	0.757	
Alanine.....g	1.569		0		1		3.154	1.334	
Aspartic acid.....g	2.377		0		1		4.778	2.020	
Glutamic acid.....g	3.909		0		1		7.857	3.323	
Glycine.....g	1.420		0		1		2.854	1.207	
Proline.....g	1.149		0		1		2.309	0.977	
Serine.....g	0.995		0		1		2.000	0.846	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 201g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13594

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.580		0		1		15.787	7.293	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		1.251	0.578	
17:1.....g									
18:1 undifferentiated.....g	7.570		0		1		13.929	6.435	
20:1.....g	0.010		0		1		0.018	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		1.067	0.493	
18:2 undifferentiated.....g	0.470		0		1		0.865	0.400	
18:3 undifferentiated.....g	0.040		0		1		0.074	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.092	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		149	69	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.561	0.259	
Threonine.....g	1.188		0		1		2.186	1.010	
Isoleucine.....g	1.223		0		1		2.250	1.040	
Leucine.....g	2.150		0		1		3.956	1.828	
Lysine.....g	2.263		0		1		4.164	1.924	
Methionine.....g	0.696		0		1		1.281	0.592	
Cystine.....g	0.305		0		1		0.561	0.259	
Phenylalanine.....g	1.062		0		1		1.954	0.903	
Tyrosine.....g	0.914		0		1		1.682	0.777	
Valine.....g	1.323		0		1		2.434	1.125	
Arginine.....g	1.719		0		1		3.163	1.461	
Histidine.....g	0.931		0		1		1.713	0.791	
Alanine.....g	1.641		0		1		3.019	1.395	
Aspartic acid.....g	2.485		0		1		4.572	2.112	
Glutamic acid.....g	4.087		0		1		7.520	3.474	
Glycine.....g	1.484		0		1		2.731	1.261	
Proline.....g	1.201		0		1		2.210	1.021	
Serine.....g	1.040		0		1		1.914	0.884	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 184g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13084

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.030		0		1		9.909	4.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.906	0.391	
17:1.....g									
18:1 undifferentiated.....g	4.550		0		1		8.964	3.868	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.827	0.357	
18:2 undifferentiated.....g	0.330		0		1		0.650	0.281	
18:3 undifferentiated.....g	0.040		0		1		0.079	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.079	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		152	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.581	0.251	
Threonine.....g	1.151		0		1		2.267	0.978	
Isoleucine.....g	1.184		0		1		2.332	1.006	
Leucine.....g	2.082		0		1		4.102	1.770	
Lysine.....g	2.192		0		1		4.318	1.863	
Methionine.....g	0.674		0		1		1.328	0.573	
Cystine.....g	0.295		0		1		0.581	0.251	
Phenylalanine.....g	1.028		0		1		2.025	0.874	
Tyrosine.....g	0.885		0		1		1.743	0.752	
Valine.....g	1.281		0		1		2.524	1.089	
Arginine.....g	1.665		0		1		3.280	1.415	
Histidine.....g	0.902		0		1		1.777	0.767	
Alanine.....g	1.589		0		1		3.130	1.351	
Aspartic acid.....g	2.407		0		1		4.742	2.046	
Glutamic acid.....g	3.958		0		1		7.797	3.364	
Glycine.....g	1.437		0		1		2.831	1.221	
Proline.....g	1.163		0		1		2.291	0.989	
Serine.....g	1.007		0		1		1.984	0.856	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 197g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13085

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.280		0		1		10.877	4.488	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.948	0.391	
17:1.....g									
18:1 undifferentiated.....g	4.810		0		1		9.909	4.089	
20:1.....g	0.010		0		1		0.021	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0		1		0.783	0.323	
18:2 undifferentiated.....g	0.310		0		1		0.639	0.264	
18:3 undifferentiated.....g	0.040		0		1		0.082	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.062	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		165	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.628	0.259	
Threonine.....g	1.190		0		1		2.451	1.012	
Isoleucine.....g	1.225		0		1		2.524	1.041	
Leucine.....g	2.154		0		1		4.437	1.831	
Lysine.....g	2.267		0		1		4.670	1.927	
Methionine.....g	0.698		0		1		1.438	0.593	
Cystine.....g	0.305		0		1		0.628	0.259	
Phenylalanine.....g	1.064		0		1		2.192	0.904	
Tyrosine.....g	0.916		0		1		1.887	0.779	
Valine.....g	1.325		0		1		2.730	1.126	
Arginine.....g	1.722		0		1		3.547	1.464	
Histidine.....g	0.933		0		1		1.922	0.793	
Alanine.....g	1.644		0		1		3.387	1.397	
Aspartic acid.....g	2.490		0		1		5.129	2.117	
Glutamic acid.....g	4.094		0		1		8.434	3.480	
Glycine.....g	1.487		0		1		3.063	1.264	
Proline.....g	1.203		0		1		2.478	1.023	
Serine.....g	1.042		0		1		2.147	0.886	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13083

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.420		0		1		0.970	15.513	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.088	1.406	
17:1.....g									
18:1 undifferentiated.....g	3.100		0		1		0.879	14.062	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.085	1.361	
18:2 undifferentiated.....g	0.250		0		1		0.071	1.134	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.063	1.007	
Threonine.....g	0.866		0		1		0.246	3.928	
Isoleucine.....g	0.891		0		1		0.253	4.042	
Leucine.....g	1.567		0		1		0.444	7.108	
Lysine.....g	1.650		0		1		0.468	7.484	
Methionine.....g	0.508		0		1		0.144	2.304	
Cystine.....g	0.222		0		1		0.063	1.007	
Phenylalanine.....g	0.774		0		1		0.219	3.511	
Tyrosine.....g	0.666		0		1		0.189	3.021	
Valine.....g	0.964		0		1		0.273	4.373	
Arginine.....g	1.253		0		1		0.355	5.684	
Histidine.....g	0.679		0		1		0.192	3.080	
Alanine.....g	1.196		0		1		0.339	5.425	
Aspartic acid.....g	1.811		0		1		0.513	8.215	
Glutamic acid.....g	2.979		0		1		0.845	13.513	
Glycine.....g	1.082		0		1		0.307	4.908	
Proline.....g	0.876		0		1		0.248	3.974	
Serine.....g	0.758		0		1		0.215	3.438	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13087

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.680		0		1		11.019	4.828	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		1.028	0.451	
17:1.....g									
18:1 undifferentiated.....g	5.150		0		1		9.991	4.378	
20:1.....g	0.010		0		1		0.019	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		0.912	0.400	
18:2 undifferentiated.....g	0.380		0		1		0.737	0.323	
18:3 undifferentiated.....g	0.050		0		1		0.097	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.097	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		149	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.572	0.251	
Threonine.....g	1.151		0		1		2.233	0.978	
Isoleucine.....g	1.184		0		1		2.297	1.006	
Leucine.....g	2.082		0		1		4.039	1.770	
Lysine.....g	2.192		0		1		4.252	1.863	
Methionine.....g	0.674		0		1		1.308	0.573	
Cystine.....g	0.295		0		1		0.572	0.251	
Phenylalanine.....g	1.028		0		1		1.994	0.874	
Tyrosine.....g	0.885		0		1		1.717	0.752	
Valine.....g	1.281		0		1		2.485	1.089	
Arginine.....g	1.665		0		1		3.230	1.415	
Histidine.....g	0.902		0		1		1.750	0.767	
Alanine.....g	1.589		0		1		3.083	1.351	
Aspartic acid.....g	2.407		0		1		4.670	2.046	
Glutamic acid.....g	3.958		0		1		7.679	3.364	
Glycine.....g	1.437		0		1		2.788	1.221	
Proline.....g	1.163		0		1		2.256	0.989	
Serine.....g	1.007		0		1		1.954	0.856	
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13088

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.940		0		1		12.058	5.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		1.076	0.451	
17:1.....g									
18:1 undifferentiated.....g	5.390		0		1		10.942	4.582	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.873	0.366	
18:2 undifferentiated.....g	0.340		0		1		0.690	0.289	
18:3 undifferentiated.....g	0.050		0		1		0.102	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.061	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		162	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	NR	4		0.364	0.152	
Threonine.....g	1.089		0	NR	4		2.210	0.925	
Isoleucine.....g	1.240		0	NR	4		2.517	1.054	
Leucine.....g	2.168		0	NR	4		4.400	1.843	
Lysine.....g	2.303		0	NR	4		4.675	1.958	
Methionine.....g	0.710		0	NR	4		1.441	0.603	
Cystine.....g	0.352		0	NR	4		0.714	0.299	
Phenylalanine.....g	1.076		0	NR	4		2.185	0.915	
Tyrosine.....g	0.868		0	NR	4		1.763	0.738	
Valine.....g	1.352		0	NR	4		2.744	1.149	
Arginine.....g	1.762		0	NR	4		3.577	1.498	
Histidine.....g	0.870		0	NR	4		1.765	0.739	
Alanine.....g	1.657		0	NR	4		3.363	1.408	
Aspartic acid.....g	2.482		0	NR	4		5.039	2.110	
Glutamic acid.....g	4.091		0	NR	4		8.304	3.477	
Glycine.....g	1.659		0	NR	4		3.368	1.410	
Proline.....g	1.299		0	NR	4		2.637	1.104	
Serine.....g	1.073		0	NR	4		2.179	0.912	
Hydroxyproline.....g	0.286		0	BFPN	4		0.581	0.243	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 203g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13088

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13086

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.880		0		1		1.100	17.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0		1		0.099	1.588	
17:1.....g									
18:1 undifferentiated.....g	3.510		0		1		0.995	15.921	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0		1		0.096	1.542	
18:2 undifferentiated.....g	0.280		0		1		0.079	1.270	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.063	1.007	
Threonine.....g	0.866		0		1		0.246	3.928	
Isoleucine.....g	0.892		0		1		0.253	4.046	
Leucine.....g	1.568		0		1		0.445	7.112	
Lysine.....g	1.650		0		1		0.468	7.484	
Methionine.....g	0.508		0		1		0.144	2.304	
Cystine.....g	0.222		0		1		0.063	1.007	
Phenylalanine.....g	0.774		0		1		0.219	3.511	
Tyrosine.....g	0.666		0		1		0.189	3.021	
Valine.....g	0.965		0		1		0.274	4.377	
Arginine.....g	1.253		0		1		0.355	5.684	
Histidine.....g	0.679		0		1		0.192	3.080	
Alanine.....g	1.196		0		1		0.339	5.425	
Aspartic acid.....g	1.812		0		1		0.514	8.219	
Glutamic acid.....g	2.980		0		1		0.845	13.517	
Glycine.....g	1.082		0		1		0.307	4.908	
Proline.....g	0.876		0		1		0.248	3.974	
Serine.....g	0.758		0		1		0.215	3.438	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13093

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.250		0		1		16.253	7.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		1.281	0.553	
17:1.....g									
18:1 undifferentiated.....g	7.290		0		1		14.361	6.197	
20:1.....g	0.020		0		1		0.039	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		1.103	0.476	
18:2 undifferentiated.....g	0.450		0		1		0.887	0.383	
18:3 undifferentiated.....g	0.040		0		1		0.079	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.099	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		160	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.573	0.247	
Threonine.....g	1.137		0		1		2.240	0.966	
Isoleucine.....g	1.170		0		1		2.305	0.995	
Leucine.....g	2.057		0		1		4.052	1.748	
Lysine.....g	2.165		0		1		4.265	1.840	
Methionine.....g	0.666		0		1		1.312	0.566	
Cystine.....g	0.291		0		1		0.573	0.247	
Phenylalanine.....g	1.016		0		1		2.002	0.864	
Tyrosine.....g	0.874		0		1		1.722	0.743	
Valine.....g	1.266		0		1		2.494	1.076	
Arginine.....g	1.645		0		1		3.241	1.398	
Histidine.....g	0.891		0		1		1.755	0.757	
Alanine.....g	1.570		0		1		3.093	1.335	
Aspartic acid.....g	2.378		0		1		4.685	2.021	
Glutamic acid.....g	3.910		0		1		7.703	3.324	
Glycine.....g	1.420		0		1		2.797	1.207	
Proline.....g	1.149		0		1		2.264	0.977	
Serine.....g	0.995		0		1		1.960	0.846	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 197g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13094

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.560		0		1		16.863	7.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		1.340	0.578	
17:1.....g									
18:1 undifferentiated.....g	7.560		0		1		14.893	6.426	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		1		1.162	0.502	
18:2 undifferentiated.....g	0.460		0		1		0.906	0.391	
18:3 undifferentiated.....g	0.040		0		1		0.079	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.099	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		160	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.601	0.259	
Threonine.....g	1.188		0		1		2.340	1.010	
Isoleucine.....g	1.223		0		1		2.409	1.040	
Leucine.....g	2.150		0		1		4.236	1.828	
Lysine.....g	2.264		0		1		4.460	1.924	
Methionine.....g	0.697		0		1		1.373	0.592	
Cystine.....g	0.305		0		1		0.601	0.259	
Phenylalanine.....g	1.062		0		1		2.092	0.903	
Tyrosine.....g	0.914		0		1		1.801	0.777	
Valine.....g	1.323		0		1		2.606	1.125	
Arginine.....g	1.720		0		1		3.388	1.462	
Histidine.....g	0.932		0		1		1.836	0.792	
Alanine.....g	1.641		0		1		3.233	1.395	
Aspartic acid.....g	2.486		0		1		4.897	2.113	
Glutamic acid.....g	4.088		0		1		8.053	3.475	
Glycine.....g	1.484		0		1		2.923	1.261	
Proline.....g	1.201		0		1		2.366	1.021	
Serine.....g	1.040		0		1		2.049	0.884	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 197g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13092

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.800		0		1		1.644	26.309	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.142	2.268	
17:1.....g									
18:1 undifferentiated.....g	5.020		0		1		1.423	22.771	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		0.142	2.268	
18:2 undifferentiated.....g	0.400		0		1		0.113	1.814	
18:3 undifferentiated.....g	0.040		0		1		0.011	0.181	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	NR	4		0.037	0.591	
Threonine.....g	0.792		0	NR	4		0.225	3.593	
Isoleucine.....g	0.902		0	NR	4		0.256	4.092	
Leucine.....g	1.577		0	NR	4		0.447	7.155	
Lysine.....g	1.676		0	NR	4		0.475	7.602	
Methionine.....g	0.516		0	NR	4		0.146	2.342	
Cystine.....g	0.256		0	NR	4		0.073	1.161	
Phenylalanine.....g	0.783		0	NR	4		0.222	3.553	
Tyrosine.....g	0.632		0	NR	4		0.179	2.866	
Valine.....g	0.984		0	NR	4		0.279	4.462	
Arginine.....g	1.282		0	NR	4		0.364	5.816	
Histidine.....g	0.633		0	NR	4		0.179	2.871	
Alanine.....g	1.206		0	NR	4		0.342	5.468	
Aspartic acid.....g	1.806		0	NR	4		0.512	8.193	
Glutamic acid.....g	2.977		0	NR	4		0.844	13.503	
Glycine.....g	1.207		0	NR	4		0.342	5.477	
Proline.....g	0.945		0	NR	4		0.268	4.288	
Serine.....g	0.781		0	NR	4		0.221	3.543	
Hydroxyproline.....g	0.208		0	A	1		0.059	0.945	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13092

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, prime, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13090

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.250		0		1		8.543	3.613	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.764	0.323	
17:1.....g									
18:1 undifferentiated.....g	3.860		0		1		7.759	3.281	
20:1.....g	0.010		0		1		0.020	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0		1		0.724	0.306	
18:2 undifferentiated.....g	0.300		0		1		0.603	0.255	
18:3 undifferentiated.....g	0.020		0		1		0.040	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.080	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		155	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.593	0.251	
Threonine.....g	1.150		0		1		2.312	0.978	
Isoleucine.....g	1.184		0		1		2.380	1.006	
Leucine.....g	2.081		0		1		4.183	1.769	
Lysine.....g	2.191		0		1		4.404	1.862	
Methionine.....g	0.674		0		1		1.355	0.573	
Cystine.....g	0.295		0		1		0.593	0.251	
Phenylalanine.....g	1.028		0		1		2.066	0.874	
Tyrosine.....g	0.885		0		1		1.779	0.752	
Valine.....g	1.281		0		1		2.575	1.089	
Arginine.....g	1.664		0		1		3.345	1.414	
Histidine.....g	0.902		0		1		1.813	0.767	
Alanine.....g	1.588		0		1		3.192	1.350	
Aspartic acid.....g	2.406		0		1		4.836	2.045	
Glutamic acid.....g	3.956		0		1		7.952	3.363	
Glycine.....g	1.437		0		1		2.888	1.221	
Proline.....g	1.163		0		1		2.338	0.989	
Serine.....g	1.007		0		1		2.024	0.856	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 201g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13091

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.530		0		1		9.649	3.851	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.831	0.332	
17:1.....g									
18:1 undifferentiated.....g	4.140		0		1		8.818	3.519	
20:1.....g	0.010		0		1		0.021	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.682	0.272	
18:2 undifferentiated.....g	0.270		0		1		0.575	0.230	
18:3 undifferentiated.....g	0.030		0		1		0.064	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.064	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		170	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.650	0.259	
Threonine.....g	1.190		0		1		2.535	1.012	
Isoleucine.....g	1.225		0		1		2.609	1.041	
Leucine.....g	2.154		0		1		4.588	1.831	
Lysine.....g	2.267		0		1		4.829	1.927	
Methionine.....g	0.698		0		1		1.487	0.593	
Cystine.....g	0.305		0		1		0.650	0.259	
Phenylalanine.....g	1.064		0		1		2.266	0.904	
Tyrosine.....g	0.916		0		1		1.951	0.779	
Valine.....g	1.325		0		1		2.822	1.126	
Arginine.....g	1.722		0		1		3.668	1.464	
Histidine.....g	0.933		0		1		1.987	0.793	
Alanine.....g	1.644		0		1		3.502	1.397	
Aspartic acid.....g	2.490		0		1		5.304	2.117	
Glutamic acid.....g	4.094		0		1		8.720	3.480	
Glycine.....g	1.487		0		1		3.167	1.264	
Proline.....g	1.203		0		1		2.562	1.023	
Serine.....g	1.042		0		1		2.219	0.886	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13089

Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.890		0		1		0.819	13.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.074	1.179	
17:1.....g									
18:1 undifferentiated.....g	2.620		0		1		0.743	11.884	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.071	1.134	
18:2 undifferentiated.....g	0.210		0		1		0.060	0.953	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.063	1.007	
Threonine.....g	0.866		0		1		0.246	3.928	
Isoleucine.....g	0.892		0		1		0.253	4.046	
Leucine.....g	1.568		0		1		0.445	7.112	
Lysine.....g	1.650		0		1		0.468	7.484	
Methionine.....g	0.508		0		1		0.144	2.304	
Cystine.....g	0.222		0		1		0.063	1.007	
Phenylalanine.....g	0.774		0		1		0.219	3.511	
Tyrosine.....g	0.666		0		1		0.189	3.021	
Valine.....g	0.965		0		1		0.274	4.377	
Arginine.....g	1.254		0		1		0.356	5.688	
Histidine.....g	0.679		0		1		0.192	3.080	
Alanine.....g	1.196		0		1		0.339	5.425	
Aspartic acid.....g	1.812		0		1		0.514	8.219	
Glutamic acid.....g	2.980		0		1		0.845	13.517	
Glycine.....g	1.082		0		1		0.307	4.908	
Proline.....g	0.876		0		1		0.248	3.974	
Serine.....g	0.758		0		1		0.215	3.438	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23590

Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.951		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.184		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	1.766		0	BFFN		4			
20:1.....g	0.001		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0	NC		4			
18:2 undifferentiated.....g	0.147		0	BFFN		4			
18:3 undifferentiated.....g	0.014		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0	A		1			
Threonine.....g	1.136		0	A		1			
Isoleucine.....g	1.294		0	A		1			
Leucine.....g	2.263		0	A		1			
Lysine.....g	2.404		0	A		1			
Methionine.....g	0.741		0	A		1			
Cystine.....g	0.367		0	A		1			
Phenylalanine.....g	1.124		0	A		1			
Tyrosine.....g	0.906		0	A		1			
Valine.....g	1.411		0	A		1			
Arginine.....g	1.840		0	A		1			
Histidine.....g	0.908		0	A		1			
Alanine.....g	1.729		0	A		1			
Aspartic acid.....g	2.591		0	A		1			
Glutamic acid.....g	4.271		0	A		1			
Glycine.....g	1.732		0	A		1			
Proline.....g	1.356		0	A		1			
Serine.....g	1.121		0	A		1			
Hydroxyproline.....g	0.299		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 23590

Beef, round, bottom round , separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.247		0	NC	4		10.424	1.910	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.208		0	BFFN	4		0.965	0.177	
17:1.....g									
18:1 undifferentiated.....g	2.039		0	BFFN	4		9.459	1.733	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0	NC	4		0.923	0.169	
18:2 undifferentiated.....g	0.155		0	BFFN	4		0.720	0.132	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.068	0.012	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.135	0.025	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	BFFN	4		334	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.186		0	A	1		0.863	0.158	
Threonine.....g	1.130		0	A	1		5.243	0.960	
Isoleucine.....g	1.287		0	A	1		5.971	1.094	
Leucine.....g	2.250		0	A	1		10.440	1.913	
Lysine.....g	2.390		0	A	1		11.092	2.032	
Methionine.....g	0.737		0	A	1		3.418	0.626	
Cystine.....g	0.365		0	A	1		1.694	0.310	
Phenylalanine.....g	1.117		0	A	1		5.184	0.950	
Tyrosine.....g	0.901		0	A	1		4.182	0.766	
Valine.....g	1.403		0	A	1		6.511	1.193	
Arginine.....g	1.829		0	A	1		8.487	1.555	
Histidine.....g	0.903		0	A	1		4.189	0.767	
Alanine.....g	1.720		0	A	1		7.979	1.462	
Aspartic acid.....g	2.576		0	A	1		11.955	2.190	
Glutamic acid.....g	4.246		0	A	1		19.703	3.609	
Glycine.....g	1.722		0	A	1		7.992	1.464	
Proline.....g	1.348		0	A	1		6.257	1.146	
Serine.....g	1.114		0	A	1		5.170	0.947	
Hydroxyproline.....g	0.297		0	A	1		1.379	0.253	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 464g: 1 roast (yield from 572 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13414

Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13398

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.751		0	NC	4		6.940	3.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.354		0	BFFN	4		0.655	0.301	
17:1.....g									
18:1 undifferentiated.....g	3.393		0	BFFN	4		6.278	2.884	
20:1.....g	0.004		0	BFFN	4		0.007	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.334		0	NC	4		0.617	0.284	
18:2 undifferentiated.....g	0.249		0	BFFN	4		0.461	0.212	
18:3 undifferentiated.....g	0.044		0	BFFN	4		0.082	0.038	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.074	0.034	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		0	BFFN	4		183	84	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	PAK	1		0.408	0.187	
Threonine.....g	1.341		0	PAK	1		2.480	1.140	
Isoleucine.....g	1.527		0	PAK	1		2.825	1.298	
Leucine.....g	2.670		0	PAK	1		4.939	2.269	
Lysine.....g	2.836		0	PAK	1		5.247	2.411	
Methionine.....g	0.874		0	PAK	1		1.617	0.743	
Cystine.....g	0.433		0	PAK	1		0.801	0.368	
Phenylalanine.....g	1.326		0	PAK	1		2.452	1.127	
Tyrosine.....g	1.069		0	PAK	1		1.978	0.909	
Valine.....g	1.665		0	PAK	1		3.080	1.415	
Arginine.....g	2.170		0	PAK	1		4.015	1.845	
Histidine.....g	1.071		0	PAK	1		1.981	0.910	
Alanine.....g	2.040		0	PAK	1		3.774	1.734	
Aspartic acid.....g	3.057		0	PAK	1		5.655	2.598	
Glutamic acid.....g	5.038		0	PAK	1		9.320	4.282	
Glycine.....g	2.043		0	PAK	1		3.780	1.737	
Proline.....g	1.600		0	PAK	1		2.960	1.360	
Serine.....g	1.322		0	PAK	1		2.446	1.124	
Hydroxyproline.....g	0.353		0	PAK	1		0.652	0.300	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 185g: 1 steak (yield from 290 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13398

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13399

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.266		0	NC	4		15.972		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.308		0	BFFN	4		1.506		
17:1.....g									
18:1 undifferentiated.....g	2.955		0	BFFN	4		14.448		
20:1.....g	0.004		0	BFFN	4		0.017		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0	NC	4		1.421		
18:2 undifferentiated.....g	0.217		0	BFFN	4		1.061		
18:3 undifferentiated.....g	0.039		0	BFFN	4		0.188		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.171		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	BFFN	4		421		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	PAK	1		0.881		
Threonine.....g	1.096		0	PAK	1		5.357		
Isoleucine.....g	1.248		0	PAK	1		6.101		
Leucine.....g	2.182		0	PAK	1		10.668		
Lysine.....g	2.318		0	PAK	1		11.333		
Methionine.....g	0.714		0	PAK	1		3.492		
Cystine.....g	0.354		0	PAK	1		1.731		
Phenylalanine.....g	1.083		0	PAK	1		5.297		
Tyrosine.....g	0.874		0	PAK	1		4.273		
Valine.....g	1.361		0	PAK	1		6.653		
Arginine.....g	1.773		0	PAK	1		8.671		
Histidine.....g	0.875		0	PAK	1		4.280		
Alanine.....g	1.667		0	PAK	1		8.153		
Aspartic acid.....g	2.498		0	PAK	1		12.215		
Glutamic acid.....g	4.117		0	PAK	1		20.132		
Glycine.....g	1.670		0	PAK	1		8.166		
Proline.....g	1.307		0	PAK	1		6.393		
Serine.....g	1.080		0	PAK	1		5.283		
Hydroxyproline.....g	0.288		0	PAK	1		1.409		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 489g: 1 roast (yield from 600 g raw meat)

NDB No. 13399

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13401

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.233		0	NC	4		8.085		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.399		0	BFFN	4		0.762		
17:1.....g									
18:1 undifferentiated.....g	3.829		0	BFFN	4		7.314		
20:1.....g	0.005		0	BFFN	4		0.009		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.377		0	NC	4		0.719		
18:2 undifferentiated.....g	0.281		0	BFFN	4		0.537		
18:3 undifferentiated.....g	0.050		0	BFFN	4		0.095		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4		0.087		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	112		0	BFFN	4		213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.215		0	PAK	1		0.411		
Threonine.....g	1.308		0	PAK	1		2.497		
Isoleucine.....g	1.489		0	PAK	1		2.844		
Leucine.....g	2.604		0	PAK	1		4.973		
Lysine.....g	2.766		0	PAK	1		5.283		
Methionine.....g	0.852		0	PAK	1		1.628		
Cystine.....g	0.422		0	PAK	1		0.807		
Phenylalanine.....g	1.293		0	PAK	1		2.469		
Tyrosine.....g	1.043		0	PAK	1		1.992		
Valine.....g	1.624		0	PAK	1		3.101		
Arginine.....g	2.116		0	PAK	1		4.042		
Histidine.....g	1.045		0	PAK	1		1.995		
Alanine.....g	1.990		0	PAK	1		3.801		
Aspartic acid.....g	2.981		0	PAK	1		5.694		
Glutamic acid.....g	4.914		0	PAK	1		9.385		
Glycine.....g	1.993		0	PAK	1		3.807		
Proline.....g	1.560		0	PAK	1		2.980		
Serine.....g	1.289		0	PAK	1		2.463		
Hydroxyproline.....g	0.344		0	PAK	1		0.657		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 191g: 1 steak (yield from 299 g raw meat)

NDB No. 13401

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13402

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.966		0	NC	4		20.423		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.374		0	BFFN	4		1.926		
17:1.....g									
18:1 undifferentiated.....g	3.588		0	BFFN	4		18.476		
20:1.....g	0.004		0	BFFN	4		0.022		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.353		0	NC	4		1.816		
18:2 undifferentiated.....g	0.264		0	BFFN	4		1.357		
18:3 undifferentiated.....g	0.047		0	BFFN	4		0.241		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		0	BFFN	4		0.219		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	105		0	BFFN	4		539		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0	PAK	1		0.906		
Threonine.....g	1.069		0	PAK	1		5.506		
Isoleucine.....g	1.218		0	PAK	1		6.271		
Leucine.....g	2.129		0	PAK	1		10.964		
Lysine.....g	2.262		0	PAK	1		11.649		
Methionine.....g	0.697		0	PAK	1		3.589		
Cystine.....g	0.345		0	PAK	1		1.779		
Phenylalanine.....g	1.057		0	PAK	1		5.444		
Tyrosine.....g	0.853		0	PAK	1		4.392		
Valine.....g	1.328		0	PAK	1		6.838		
Arginine.....g	1.731		0	PAK	1		8.913		
Histidine.....g	0.854		0	PAK	1		4.399		
Alanine.....g	1.627		0	PAK	1		8.380		
Aspartic acid.....g	2.438		0	PAK	1		12.555		
Glutamic acid.....g	4.018		0	PAK	1		20.692		
Glycine.....g	1.630		0	PAK	1		8.393		
Proline.....g	1.276		0	PAK	1		6.571		
Serine.....g	1.054		0	PAK	1		5.430		
Hydroxyproline.....g	0.281		0	PAK	1		1.448		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 515g: 1 roast (yield from 627 g raw meat)

NDB No. 13402

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13404

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.269		0	NC	4		5.852		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.308		0	BFFN	4		0.552		
17:1.....g									
18:1 undifferentiated.....g	2.957		0	BFFN	4		5.294		
20:1.....g	0.004		0	BFFN	4		0.006		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0	NC	4		0.520		
18:2 undifferentiated.....g	0.217		0	BFFN	4		0.389		
18:3 undifferentiated.....g	0.039		0	BFFN	4		0.069		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.063		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	BFFN	4		154		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0	PAK	1		0.405		
Threonine.....g	1.374		0	PAK	1		2.459		
Isoleucine.....g	1.565		0	PAK	1		2.801		
Leucine.....g	2.736		0	PAK	1		4.897		
Lysine.....g	2.906		0	PAK	1		5.202		
Methionine.....g	0.896		0	PAK	1		1.603		
Cystine.....g	0.444		0	PAK	1		0.794		
Phenylalanine.....g	1.358		0	PAK	1		2.431		
Tyrosine.....g	1.096		0	PAK	1		1.962		
Valine.....g	1.706		0	PAK	1		3.054		
Arginine.....g	2.224		0	PAK	1		3.980		
Histidine.....g	1.098		0	PAK	1		1.965		
Alanine.....g	2.091		0	PAK	1		3.742		
Aspartic acid.....g	3.132		0	PAK	1		5.607		
Glutamic acid.....g	5.163		0	PAK	1		9.241		
Glycine.....g	2.094		0	PAK	1		3.748		
Proline.....g	1.639		0	PAK	1		2.935		
Serine.....g	1.355		0	PAK	1		2.425		
Hydroxyproline.....g	0.361		0	PAK	1		0.647		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 179g: 1 steak (yield from 281 g raw meat)

NDB No. 13404

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13405

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.567		0	NC	4		11.909		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0	BFFN	4		1.123		
17:1.....g									
18:1 undifferentiated.....g	2.322		0	BFFN	4		10.774		
20:1.....g	0.003		0	BFFN	4		0.013		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0	NC	4		1.059		
18:2 undifferentiated.....g	0.171		0	BFFN	4		0.791		
18:3 undifferentiated.....g	0.030		0	BFFN	4		0.140		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.128		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	BFFN	4		314		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	PAK	1		0.856		
Threonine.....g	1.122		0	PAK	1		5.206		
Isoleucine.....g	1.278		0	PAK	1		5.929		
Leucine.....g	2.234		0	PAK	1		10.366		
Lysine.....g	2.373		0	PAK	1		11.013		
Methionine.....g	0.731		0	PAK	1		3.393		
Cystine.....g	0.362		0	PAK	1		1.682		
Phenylalanine.....g	1.109		0	PAK	1		5.147		
Tyrosine.....g	0.895		0	PAK	1		4.152		
Valine.....g	1.393		0	PAK	1		6.465		
Arginine.....g	1.816		0	PAK	1		8.426		
Histidine.....g	0.896		0	PAK	1		4.159		
Alanine.....g	1.707		0	PAK	1		7.922		
Aspartic acid.....g	2.558		0	PAK	1		11.870		
Glutamic acid.....g	4.216		0	PAK	1		19.562		
Glycine.....g	1.710		0	PAK	1		7.935		
Proline.....g	1.339		0	PAK	1		6.212		
Serine.....g	1.106		0	PAK	1		5.133		
Hydroxyproline.....g	0.295		0	PAK	1		1.369		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 464g: 1 roast (yield from 572 g raw meat)

NDB No. 13405

Beef, round, bottom round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13666

Beef, round, bottom round, separable lean and fat, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.690		0		1		24.940	7.387	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0		1		2.440	0.723	
17:1.....g									
18:1 undifferentiated.....g	7.450		0		1		21.382	6.333	
20:1.....g	0.020		0		1		0.057	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		2.181	0.646	
18:2 undifferentiated.....g	0.510		0		1		1.464	0.434	
18:3 undifferentiated.....g	0.150		0		1		0.431	0.128	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.201	0.060	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		276	82	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.327		0		1		0.938	0.278	
Threonine.....g	1.277		0		1		3.665	1.085	
Isoleucine.....g	1.315		0		1		3.774	1.118	
Leucine.....g	2.311		0		1		6.633	1.964	
Lysine.....g	2.433		0		1		6.983	2.068	
Methionine.....g	0.748		0		1		2.147	0.636	
Cystine.....g	0.327		0		1		0.938	0.278	
Phenylalanine.....g	1.141		0		1		3.275	0.970	
Tyrosine.....g	0.982		0		1		2.818	0.835	
Valine.....g	1.422		0		1		4.081	1.209	
Arginine.....g	1.848		0		1		5.304	1.571	
Histidine.....g	1.001		0		1		2.873	0.851	
Alanine.....g	1.764		0		1		5.063	1.499	
Aspartic acid.....g	2.671		0		1		7.666	2.270	
Glutamic acid.....g	4.393		0		1		12.608	3.734	
Glycine.....g	1.595		0		1		4.578	1.356	
Proline.....g	1.291		0		1		3.705	1.097	
Serine.....g	1.118		0		1		3.209	0.950	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 287g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13665

Beef, round, bottom round, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.140		0		1		2.024	32.387	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820		0		1		0.232	3.720	
17:1.....g									
18:1 undifferentiated.....g	5.960		0		1		1.690	27.035	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.164	2.631	
18:2 undifferentiated.....g	0.380		0		1		0.108	1.724	
18:3 undifferentiated.....g	0.150		0		1		0.043	0.680	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		18	290	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.064	1.021	
Threonine.....g	0.879		0		1		0.249	3.987	
Isoleucine.....g	0.905		0		1		0.257	4.105	
Leucine.....g	1.591		0		1		0.451	7.217	
Lysine.....g	1.675		0		1		0.475	7.598	
Methionine.....g	0.515		0		1		0.146	2.336	
Cystine.....g	0.225		0		1		0.064	1.021	
Phenylalanine.....g	0.786		0		1		0.223	3.565	
Tyrosine.....g	0.676		0		1		0.192	3.066	
Valine.....g	0.979		0		1		0.278	4.441	
Arginine.....g	1.272		0		1		0.361	5.770	
Histidine.....g	0.689		0		1		0.195	3.125	
Alanine.....g	1.214		0		1		0.344	5.507	
Aspartic acid.....g	1.839		0		1		0.521	8.342	
Glutamic acid.....g	3.025		0		1		0.858	13.721	
Glycine.....g	1.098		0		1		0.311	4.981	
Proline.....g	0.889		0		1		0.252	4.033	
Serine.....g	0.770		0		1		0.218	3.493	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13869

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.064		0	NC	4		14.229	4.304	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.501		0	BFFN	4		1.409	0.426	
17:1.....g									
18:1 undifferentiated.....g	4.544		0	BFFN	4		12.769	3.863	
20:1.....g	0.018		0	BFFN	4		0.051	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.458		0	NC	4		1.286	0.389	
18:2 undifferentiated.....g	0.315		0	BFFN	4		0.884	0.267	
18:3 undifferentiated.....g	0.114		0	BFFN	4		0.321	0.097	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.080	0.024	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	BFFN	4		214	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.215		0	PAK	1		0.605	0.183	
Threonine.....g	1.309		0	PAK	1		3.677	1.112	
Isoleucine.....g	1.490		0	PAK	1		4.188	1.267	
Leucine.....g	2.606		0	PAK	1		7.323	2.215	
Lysine.....g	2.769		0	PAK	1		7.780	2.353	
Methionine.....g	0.853		0	PAK	1		2.397	0.725	
Cystine.....g	0.423		0	PAK	1		1.188	0.359	
Phenylalanine.....g	1.294		0	PAK	1		3.636	1.100	
Tyrosine.....g	1.044		0	PAK	1		2.933	0.887	
Valine.....g	1.625		0	PAK	1		4.567	1.381	
Arginine.....g	2.118		0	PAK	1		5.953	1.801	
Histidine.....g	1.046		0	PAK	1		2.938	0.889	
Alanine.....g	1.992		0	PAK	1		5.596	1.693	
Aspartic acid.....g	2.984		0	PAK	1		8.385	2.536	
Glutamic acid.....g	4.918		0	PAK	1		13.820	4.180	
Glycine.....g	1.995		0	PAK	1		5.605	1.696	
Proline.....g	1.562		0	PAK	1		4.389	1.328	
Serine.....g	1.290		0	PAK	1		3.626	1.097	
Hydroxyproline.....g	0.344		0	BFFN	4		0.967	0.293	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 281g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13869

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13870

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.964		0	NC	4		31.375	16.780	4.220
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.492		0	BFFN	4		3.106	1.661	0.418
17:1.....g									
18:1 undifferentiated.....g	4.455		0	BFFN	4		28.157	15.059	3.787
20:1.....g	0.018		0	BFFN	4		0.112	0.060	0.015
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.449		0	NC	4		2.835	1.516	0.381
18:2 undifferentiated.....g	0.309		0	BFFN	4		1.950	1.043	0.262
18:3 undifferentiated.....g	0.112		0	BFFN	4		0.708	0.379	0.095
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.177	0.095	0.024
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	BFFN	4		471	252	63
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	NR	4		1.134	0.606	0.153
Threonine.....g	1.091		0	NR	4		6.892	3.686	0.927
Isoleucine.....g	1.242		0	NR	4		7.850	4.198	1.056
Leucine.....g	2.172		0	NR	4		13.725	7.340	1.846
Lysine.....g	2.307		0	NR	4		14.581	7.798	1.961
Methionine.....g	0.711		0	NR	4		4.493	2.403	0.604
Cystine.....g	0.352		0	NR	4		2.227	1.191	0.299
Phenylalanine.....g	1.078		0	NR	4		6.815	3.645	0.917
Tyrosine.....g	0.870		0	NR	4		5.498	2.940	0.739
Valine.....g	1.354		0	NR	4		8.560	4.578	1.151
Arginine.....g	1.765		0	NR	4		11.157	5.967	1.501
Histidine.....g	0.871		0	NR	4		5.506	2.945	0.741
Alanine.....g	1.660		0	NR	4		10.489	5.610	1.411
Aspartic acid.....g	2.487		0	NR	4		15.716	8.405	2.114
Glutamic acid.....g	4.098		0	NR	4		25.902	13.853	3.484
Glycine.....g	1.662		0	NR	4		10.506	5.619	1.413
Proline.....g	1.301		0	NR	4		8.225	4.399	1.106
Serine.....g	1.075		0	NR	4		6.797	3.635	0.914
Hydroxyproline.....g	0.287		0	NR	4		1.813	0.969	0.244
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 632g: 1 roast (yield frm 1 raw roast weighing 776g)

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 85g: 3 oz

NDB No. 13870

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13868

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.987		0	NC	4		1.414	22.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.587		0	BFFN	4		0.167	2.664	
17:1.....g									
18:1 undifferentiated.....g	4.383		0	BFFN	4		1.243	19.882	
20:1.....g	0.016		0	BFFN	4		0.005	0.073	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.441		0	NC	4		0.125	1.998	
18:2 undifferentiated.....g	0.287		0	BFFN	4		0.081	1.301	
18:3 undifferentiated.....g	0.131		0	BFFN	4		0.037	0.593	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		16	261	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	PAK	1		0.039	0.617	
Threonine.....g	0.827		0	PAK	1		0.234	3.750	
Isoleucine.....g	0.942		0	PAK	1		0.267	4.271	
Leucine.....g	1.646		0	PAK	1		0.467	7.468	
Lysine.....g	1.749		0	PAK	1		0.496	7.934	
Methionine.....g	0.539		0	PAK	1		0.153	2.445	
Cystine.....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine.....g	0.818		0	PAK	1		0.232	3.708	
Tyrosine.....g	0.660		0	PAK	1		0.187	2.992	
Valine.....g	1.027		0	PAK	1		0.291	4.658	
Arginine.....g	1.338		0	PAK	1		0.379	6.071	
Histidine.....g	0.661		0	PAK	1		0.187	2.996	
Alanine.....g	1.258		0	PAK	1		0.357	5.707	
Aspartic acid.....g	1.885		0	PAK	1		0.534	8.551	
Glutamic acid.....g	3.107		0	PAK	1		0.881	14.094	
Glycine.....g	1.260		0	PAK	1		0.357	5.716	
Proline.....g	0.987		0	PAK	1		0.280	4.476	
Serine.....g	0.815		0	PAK	1		0.231	3.698	
Hydroxyproline.....g	0.217		0	PAK	1		0.062	0.986	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13868

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13872

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.355		0	NC	4		12.156		4.552
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0	BFFN	4		1.204		0.451
17:1.....g									
18:1 undifferentiated.....g	4.806		0	BFFN	4		10.909		4.085
20:1.....g	0.019		0	BFFN	4		0.043		0.016
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.484		0	NC	4		1.099		0.411
18:2 undifferentiated.....g	0.333		0	BFFN	4		0.755		0.283
18:3 undifferentiated.....g	0.121		0	BFFN	4		0.275		0.103
18:4.....g	0.000		0	BFFN	4		0.000		0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4		0.069		0.026
20:5 n-3.....g	0.000		0	BFFN	4		0.000		0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000		0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000		0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	BFFN	4		183		68
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0	PAK	1		0.490		0.184
Threonine.....g	1.312		0	PAK	1		2.979		1.115
Isoleucine.....g	1.495		0	PAK	1		3.393		1.270
Leucine.....g	2.613		0	PAK	1		5.932		2.221
Lysine.....g	2.776		0	PAK	1		6.302		2.360
Methionine.....g	0.855		0	PAK	1		1.942		0.727
Cystine.....g	0.424		0	PAK	1		0.962		0.360
Phenylalanine.....g	1.298		0	PAK	1		2.945		1.103
Tyrosine.....g	1.047		0	PAK	1		2.376		0.890
Valine.....g	1.630		0	PAK	1		3.700		1.385
Arginine.....g	2.124		0	PAK	1		4.822		1.806
Histidine.....g	1.048		0	PAK	1		2.380		0.891
Alanine.....g	1.997		0	PAK	1		4.534		1.698
Aspartic acid.....g	2.992		0	PAK	1		6.793		2.543
Glutamic acid.....g	4.932		0	PAK	1		11.195		4.192
Glycine.....g	2.000		0	PAK	1		4.541		1.700
Proline.....g	1.566		0	PAK	1		3.555		1.331
Serine.....g	1.294		0	PAK	1		2.937		1.100
Hydroxyproline.....g	0.345		0	BFFN	4		0.783		0.293
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		0.0
Caffeine.....mg	0		0	Z	7		0		0
Theobromine.....mg	0		0	Z	7		0		0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000		0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		0.000
Lycopene.....mcg	0		0	Z	7		0.000		0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		0.000

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Common Measures:

Measure 1 = 227g: 1 steak (yield from 341 g raw meat)

NDB No. 13872

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13873

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.304		0	NC	4		33.257	4.509	17.928
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.525		0	BFFN	4		3.293	0.446	1.775
17:1.....g									
18:1 undifferentiated.....g	4.760		0	BFFN	4		29.846	4.046	16.089
20:1.....g	0.019		0	BFFN	4		0.119	0.016	0.064
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.479		0	NC	4		3.005	0.407	1.620
18:2 undifferentiated.....g	0.330		0	BFFN	4		2.067	0.280	1.114
18:3 undifferentiated.....g	0.120		0	BFFN	4		0.751	0.102	0.405
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4		0.187	0.025	0.101
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	BFFN	4		499	68	269
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	NR	4		1.118	0.152	0.603
Threonine.....g	1.084		0	NR	4		6.798	0.922	3.665
Isoleucine.....g	1.235		0	NR	4		7.742	1.050	4.173
Leucine.....g	2.159		0	NR	4		13.537	1.835	7.297
Lysine.....g	2.294		0	NR	4		14.381	1.950	7.753
Methionine.....g	0.707		0	NR	4		4.431	0.601	2.389
Cystine.....g	0.350		0	NR	4		2.196	0.298	1.184
Phenylalanine.....g	1.072		0	NR	4		6.721	0.911	3.623
Tyrosine.....g	0.865		0	NR	4		5.423	0.735	2.923
Valine.....g	1.346		0	NR	4		8.442	1.144	4.551
Arginine.....g	1.755		0	NR	4		11.004	1.492	5.932
Histidine.....g	0.866		0	NR	4		5.431	0.736	2.928
Alanine.....g	1.650		0	NR	4		10.345	1.402	5.577
Aspartic acid.....g	2.472		0	NR	4		15.500	2.101	8.356
Glutamic acid.....g	4.074		0	NR	4		25.546	3.463	13.771
Glycine.....g	1.653		0	NR	4		10.362	1.405	5.586
Proline.....g	1.294		0	NR	4		8.112	1.100	4.373
Serine.....g	1.069		0	NR	4		6.703	0.909	3.614
Hydroxyproline.....g	0.285		0	NR	4		1.788	0.242	0.964
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 627g: 1 roast (yield from raw roast weighing 766g)

Measure 2 = 85g: 3 oz

Measure 3 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13873

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13871

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.251		0	NC	4		1.489	23.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.619		0	BFFN	4		0.175	2.806	
17:1.....g									
18:1 undifferentiated.....g	4.615		0	BFFN	4		1.308	20.934	
20:1.....g	0.017		0	BFFN	4		0.005	0.077	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.464		0	NC	4		0.131	2.104	
18:2 undifferentiated.....g	0.302		0	BFFN	4		0.086	1.370	
18:3 undifferentiated.....g	0.138		0	BFFN	4		0.039	0.625	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.109	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFFN	4		17	275	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	PAK	1		0.039	0.617	
Threonine.....g	0.827		0	PAK	1		0.235	3.753	
Isoleucine.....g	0.942		0	PAK	1		0.267	4.274	
Leucine.....g	1.648		0	PAK	1		0.467	7.473	
Lysine.....g	1.750		0	PAK	1		0.496	7.940	
Methionine.....g	0.539		0	PAK	1		0.153	2.446	
Cystine.....g	0.267		0	PAK	1		0.076	1.212	
Phenylalanine.....g	0.818		0	PAK	1		0.232	3.711	
Tyrosine.....g	0.660		0	PAK	1		0.187	2.994	
Valine.....g	1.028		0	PAK	1		0.291	4.661	
Arginine.....g	1.339		0	PAK	1		0.380	6.075	
Histidine.....g	0.661		0	PAK	1		0.187	2.998	
Alanine.....g	1.259		0	PAK	1		0.357	5.711	
Aspartic acid.....g	1.887		0	PAK	1		0.535	8.557	
Glutamic acid.....g	3.109		0	PAK	1		0.881	14.104	
Glycine.....g	1.261		0	PAK	1		0.358	5.721	
Proline.....g	0.987		0	PAK	1		0.280	4.479	
Serine.....g	0.816		0	PAK	1		0.231	3.701	
Hydroxyproline.....g	0.218		0	BFFN	4		0.062	0.987	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13871

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13875

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.772		0	NC	4		10.785	4.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.473		0	BFFN	4		1.068	0.402	
17:1.....g									
18:1 undifferentiated.....g	4.283		0	BFFN	4		9.678	3.640	
20:1.....g	0.017		0	BFFN	4		0.038	0.014	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.431		0	NC	4		0.975	0.367	
18:2 undifferentiated.....g	0.297		0	BFFN	4		0.670	0.252	
18:3 undifferentiated.....g	0.108		0	BFFN	4		0.244	0.092	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN	4		0.061	0.023	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	BFFN	4		162	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	NR	4		0.438	0.165	
Threonine.....g	1.178		0	NR	4		2.662	1.001	
Isoleucine.....g	1.342		0	NR	4		3.032	1.140	
Leucine.....g	2.346		0	NR	4		5.302	1.994	
Lysine.....g	2.492		0	NR	4		5.633	2.118	
Methionine.....g	0.768		0	NR	4		1.736	0.653	
Cystine.....g	0.381		0	NR	4		0.860	0.323	
Phenylalanine.....g	1.165		0	NR	4		2.633	0.990	
Tyrosine.....g	0.940		0	NR	4		2.124	0.799	
Valine.....g	1.463		0	NR	4		3.306	1.244	
Arginine.....g	1.907		0	NR	4		4.310	1.621	
Histidine.....g	0.941		0	NR	4		2.127	0.800	
Alanine.....g	1.793		0	NR	4		4.052	1.524	
Aspartic acid.....g	2.686		0	NR	4		6.071	2.283	
Glutamic acid.....g	4.427		0	NR	4		10.005	3.763	
Glycine.....g	1.796		0	NR	4		4.058	1.526	
Proline.....g	1.406		0	NR	4		3.177	1.195	
Serine.....g	1.162		0	NR	4		2.625	0.987	
Hydroxyproline.....g	0.310		0	NR	4		0.700	0.263	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 226g: 1 steak (yield from raw steak weighing 340g)

Measure 2 = 85g: 3 oz

NDB No. 13875

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13876

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.625		0	NC	4		29.414	15.632	3.931
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.458		0	BFFN	4		2.912	1.548	0.389
17:1.....g									
18:1 undifferentiated.....g	4.150		0	BFFN	4		26.397	14.028	3.528
20:1.....g	0.017		0	BFFN	4		0.105	0.056	0.014
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.418		0	NC	4		2.658	1.413	0.355
18:2 undifferentiated.....g	0.287		0	BFFN	4		1.828	0.971	0.244
18:3 undifferentiated.....g	0.105		0	BFFN	4		0.665	0.353	0.089
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.166	0.088	0.022
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	BFFN	4		442	235	59
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	NR	4		1.142	0.607	0.153
Threonine.....g	1.091		0	NR	4		6.941	3.689	0.928
Isoleucine.....g	1.243		0	NR	4		7.905	4.201	1.057
Leucine.....g	2.173		0	NR	4		13.822	7.346	1.847
Lysine.....g	2.309		0	NR	4		14.684	7.804	1.963
Methionine.....g	0.711		0	NR	4		4.525	2.405	0.605
Cystine.....g	0.353		0	NR	4		2.242	1.192	0.300
Phenylalanine.....g	1.079		0	NR	4		6.863	3.647	0.917
Tyrosine.....g	0.871		0	NR	4		5.537	2.943	0.740
Valine.....g	1.355		0	NR	4		8.620	4.581	1.152
Arginine.....g	1.767		0	NR	4		11.236	5.971	1.502
Histidine.....g	0.872		0	NR	4		5.545	2.947	0.741
Alanine.....g	1.661		0	NR	4		10.563	5.614	1.412
Aspartic acid.....g	2.489		0	NR	4		15.827	8.411	2.115
Glutamic acid.....g	4.101		0	NR	4		26.085	13.863	3.486
Glycine.....g	1.664		0	NR	4		10.580	5.623	1.414
Proline.....g	1.302		0	NR	4		8.283	4.402	1.107
Serine.....g	1.076		0	NR	4		6.845	3.638	0.915
Hydroxyproline.....g	0.287		0	NR	4		1.825	0.970	0.244
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 636g: 1 roast (yield from 1 raw roast weighing 786g)

Measure 2 = 338g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 3 = 85g: 3 oz

NDB No. 13876

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13874

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.723		0	NC	4		1.339	21.422	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		0	BFFN	4		0.158	2.523	
17:1.....g									
18:1 undifferentiated.....g	4.151		0	BFFN	4		1.177	18.829	
20:1.....g	0.015		0	BFFN	4		0.004	0.069	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.417		0	NC	4		0.118	1.892	
18:2 undifferentiated.....g	0.272		0	BFFN	4		0.077	1.232	
18:3 undifferentiated.....g	0.124		0	BFFN	4		0.035	0.562	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.006	0.098	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		15	247	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	PAK	1		0.039	0.617	
Threonine.....g	0.826		0	PAK	1		0.234	3.748	
Isoleucine.....g	0.941		0	PAK	1		0.267	4.268	
Leucine.....g	1.645		0	PAK	1		0.466	7.463	
Lysine.....g	1.748		0	PAK	1		0.496	7.929	
Methionine.....g	0.539		0	PAK	1		0.153	2.443	
Cystine.....g	0.267		0	PAK	1		0.076	1.211	
Phenylalanine.....g	0.817		0	PAK	1		0.232	3.706	
Tyrosine.....g	0.659		0	PAK	1		0.187	2.990	
Valine.....g	1.026		0	PAK	1		0.291	4.654	
Arginine.....g	1.337		0	PAK	1		0.379	6.067	
Histidine.....g	0.660		0	PAK	1		0.187	2.994	
Alanine.....g	1.257		0	PAK	1		0.356	5.704	
Aspartic acid.....g	1.884		0	PAK	1		0.534	8.546	
Glutamic acid.....g	3.105		0	PAK	1		0.880	14.084	
Glycine.....g	1.259		0	PAK	1		0.357	5.713	
Proline.....g	0.986		0	PAK	1		0.280	4.473	
Serine.....g	0.815		0	PAK	1		0.231	3.696	
Hydroxyproline.....g	0.217		0	PAK	1		0.062	0.986	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13874

Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13407

Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.231		0	NC	4		5.977	2.746	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.299		0	BFFN	4		0.553	0.254	
17:1.....g									
18:1 undifferentiated.....g	2.932		0	BFFN	4		5.424	2.492	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.286		0	NC	4		0.530	0.243	
18:2 undifferentiated.....g	0.223		0	BFFN	4		0.413	0.190	
18:3 undifferentiated.....g	0.021		0	BFFN	4		0.039	0.018	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0	BFFN	4		0.078	0.036	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0	BFFN	4		192	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0	A	1		0.413	0.190	
Threonine.....g	1.358		0	A	1		2.513	1.155	
Isoleucine.....g	1.547		0	A	1		2.862	1.315	
Leucine.....g	2.705		0	A	1		5.004	2.299	
Lysine.....g	2.874		0	A	1		5.316	2.443	
Methionine.....g	0.886		0	A	1		1.638	0.753	
Cystine.....g	0.439		0	A	1		0.812	0.373	
Phenylalanine.....g	1.343		0	A	1		2.485	1.142	
Tyrosine.....g	1.084		0	A	1		2.005	0.921	
Valine.....g	1.687		0	A	1		3.121	1.434	
Arginine.....g	2.199		0	A	1		4.068	1.869	
Histidine.....g	1.085		0	A	1		2.008	0.922	
Alanine.....g	2.067		0	A	1		3.824	1.757	
Aspartic acid.....g	3.097		0	A	1		5.730	2.633	
Glutamic acid.....g	5.105		0	A	1		9.444	4.339	
Glycine.....g	2.071		0	A	1		3.831	1.760	
Proline.....g	1.621		0	A	1		2.999	1.378	
Serine.....g	1.339		0	A	1		2.478	1.139	
Hydroxyproline.....g	0.357		0	A	1		0.661	0.304	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 185g: 1 steak (yield from 290 g raw meat)

NDB No. 13407

Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13408

Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.730		0	NC	4		13.351	2.321	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.253		0	BFFN	4		1.236	0.215	
17:1.....g									
18:1 undifferentiated.....g	2.478		0	BFFN	4		12.115	2.106	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.242		0	NC	4		1.182	0.206	
18:2 undifferentiated.....g	0.189		0	BFFN	4		0.922	0.160	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.087	0.015	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFFN	4		0.174	0.030	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	BFFN	4		428	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	A	1		0.892	0.155	
Threonine.....g	1.109		0	A	1		5.422	0.943	
Isoleucine.....g	1.263		0	A	1		6.175	1.073	
Leucine.....g	2.208		0	A	1		10.797	1.877	
Lysine.....g	2.346		0	A	1		11.471	1.994	
Methionine.....g	0.723		0	A	1		3.535	0.614	
Cystine.....g	0.358		0	A	1		1.752	0.304	
Phenylalanine.....g	1.096		0	A	1		5.361	0.932	
Tyrosine.....g	0.885		0	A	1		4.325	0.752	
Valine.....g	1.377		0	A	1		6.734	1.171	
Arginine.....g	1.795		0	A	1		8.777	1.526	
Histidine.....g	0.886		0	A	1		4.332	0.753	
Alanine.....g	1.688		0	A	1		8.252	1.434	
Aspartic acid.....g	2.528		0	A	1		12.364	2.149	
Glutamic acid.....g	4.167		0	A	1		20.377	3.542	
Glycine.....g	1.690		0	A	1		8.265	1.437	
Proline.....g	1.323		0	A	1		6.471	1.125	
Serine.....g	1.093		0	A	1		5.347	0.929	
Hydroxyproline.....g	0.292		0	A	1		1.426	0.248	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 489g: 1 roast (yield from 600 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13408

Beef, round, bottom round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13410

Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.807		0	NC	4		7.271	3.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.352		0	BFFN	4		0.673	0.299	
17:1.....g									
18:1 undifferentiated.....g	3.454		0	BFFN	4		6.598	2.936	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0	NC	4		0.644	0.287	
18:2 undifferentiated.....g	0.263		0	BFFN	4		0.502	0.224	
18:3 undifferentiated.....g	0.025		0	BFFN	4		0.047	0.021	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	BFFN	4		0.095	0.042	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	122		0	BFFN	4		233	104	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0	A	1		0.415	0.185	
Threonine.....g	1.321		0	A	1		2.524	1.123	
Isoleucine.....g	1.505		0	A	1		2.874	1.279	
Leucine.....g	2.631		0	A	1		5.026	2.237	
Lysine.....g	2.796		0	A	1		5.340	2.376	
Methionine.....g	0.861		0	A	1		1.645	0.732	
Cystine.....g	0.427		0	A	1		0.815	0.363	
Phenylalanine.....g	1.307		0	A	1		2.496	1.111	
Tyrosine.....g	1.054		0	A	1		2.013	0.896	
Valine.....g	1.641		0	A	1		3.134	1.395	
Arginine.....g	2.139		0	A	1		4.085	1.818	
Histidine.....g	1.056		0	A	1		2.016	0.897	
Alanine.....g	2.011		0	A	1		3.841	1.709	
Aspartic acid.....g	3.013		0	A	1		5.755	2.561	
Glutamic acid.....g	4.966		0	A	1		9.485	4.221	
Glycine.....g	2.014		0	A	1		3.847	1.712	
Proline.....g	1.577		0	A	1		3.012	1.340	
Serine.....g	1.303		0	A	1		2.489	1.108	
Hydroxyproline.....g	0.348		0	A	1		0.664	0.295	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 191g: 1 steak (yield from 299 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13410

Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13411

Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.214		0	NC	4		16.553	2.732	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.298		0	BFFN	4		1.532	0.253	
17:1.....g									
18:1 undifferentiated.....g	2.917		0	BFFN	4		15.020	2.479	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0	NC	4		1.467	0.242	
18:2 undifferentiated.....g	0.222		0	BFFN	4		1.144	0.189	
18:3 undifferentiated.....g	0.021		0	BFFN	4		0.108	0.018	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0	BFFN	4		0.216	0.036	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0	BFFN	4		531	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	A	1		0.922	0.152	
Threonine.....g	1.088		0	A	1		5.602	0.925	
Isoleucine.....g	1.239		0	A	1		6.380	1.053	
Leucine.....g	2.166		0	A	1		11.155	1.841	
Lysine.....g	2.301		0	A	1		11.852	1.956	
Methionine.....g	0.709		0	A	1		3.652	0.603	
Cystine.....g	0.351		0	A	1		1.810	0.299	
Phenylalanine.....g	1.076		0	A	1		5.539	0.914	
Tyrosine.....g	0.868		0	A	1		4.469	0.738	
Valine.....g	1.351		0	A	1		6.957	1.148	
Arginine.....g	1.761		0	A	1		9.068	1.497	
Histidine.....g	0.869		0	A	1		4.475	0.739	
Alanine.....g	1.655		0	A	1		8.526	1.407	
Aspartic acid.....g	2.480		0	A	1		12.774	2.108	
Glutamic acid.....g	4.088		0	A	1		21.053	3.475	
Glycine.....g	1.658		0	A	1		8.539	1.409	
Proline.....g	1.298		0	A	1		6.685	1.103	
Serine.....g	1.073		0	A	1		5.524	0.912	
Hydroxyproline.....g	0.286		0	A	1		1.473	0.243	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 515g: 1 roast (yield from 627 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13411

Beef, round, bottom round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13413

Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.655		0	NC	4		4.753	2.257	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.246		0	BFFN	4		0.440	0.209	
17:1.....g									
18:1 undifferentiated.....g	2.410		0	BFFN	4		4.313	2.048	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0	NC	4		0.421	0.200	
18:2 undifferentiated.....g	0.183		0	BFFN	4		0.328	0.156	
18:3 undifferentiated.....g	0.017		0	BFFN	4		0.031	0.015	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.062	0.029	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	BFFN	4		152	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0	A	1		0.411	0.195	
Threonine.....g	1.395		0	A	1		2.498	1.186	
Isoleucine.....g	1.589		0	A	1		2.845	1.351	
Leucine.....g	2.779		0	A	1		4.974	2.362	
Lysine.....g	2.952		0	A	1		5.284	2.509	
Methionine.....g	0.910		0	A	1		1.628	0.773	
Cystine.....g	0.451		0	A	1		0.807	0.383	
Phenylalanine.....g	1.380		0	A	1		2.470	1.173	
Tyrosine.....g	1.113		0	A	1		1.992	0.946	
Valine.....g	1.733		0	A	1		3.102	1.473	
Arginine.....g	2.259		0	A	1		4.043	1.920	
Histidine.....g	1.115		0	A	1		1.995	0.948	
Alanine.....g	2.124		0	A	1		3.801	1.805	
Aspartic acid.....g	3.182		0	A	1		5.695	2.704	
Glutamic acid.....g	5.244		0	A	1		9.386	4.457	
Glycine.....g	2.127		0	A	1		3.807	1.808	
Proline.....g	1.665		0	A	1		2.981	1.415	
Serine.....g	1.376		0	A	1		2.463	1.170	
Hydroxyproline.....g	0.367		0	A	1		0.657	0.312	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 179g: 1 steak (yield from 281 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13413

Beef, round, bottom round, separable lean only, trimmed to 0" fat, select, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13674

Beef, round, bottom round, separable lean only, trimmed to 1/2" fat, prime, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.780		0		1		14.450	4.913	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		0		1		1.400	0.476	
17:1.....g									
18:1 undifferentiated.....g	4.970		0		1		12.425	4.225	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		1.300	0.442	
18:2 undifferentiated.....g	0.370		0		1		0.925	0.315	
18:3 undifferentiated.....g	0.030		0		1		0.075	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.200	0.068	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		240	82	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.354		0		1		0.885	0.301	
Threonine.....g	1.380		0		1		3.450	1.173	
Isoleucine.....g	1.420		0		1		3.550	1.207	
Leucine.....g	2.497		0		1		6.243	2.122	
Lysine.....g	2.628		0		1		6.570	2.234	
Methionine.....g	0.809		0		1		2.023	0.688	
Cystine.....g	0.354		0		1		0.885	0.301	
Phenylalanine.....g	1.233		0		1		3.083	1.048	
Tyrosine.....g	1.061		0		1		2.653	0.902	
Valine.....g	1.536		0		1		3.840	1.306	
Arginine.....g	1.996		0		1		4.990	1.697	
Histidine.....g	1.082		0		1		2.705	0.920	
Alanine.....g	1.905		0		1		4.763	1.619	
Aspartic acid.....g	2.886		0		1		7.215	2.453	
Glutamic acid.....g	4.746		0		1		11.865	4.034	
Glycine.....g	1.723		0		1		4.308	1.465	
Proline.....g	1.395		0		1		3.488	1.186	
Serine.....g	1.208		0		1		3.020	1.027	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13673

Beef, round, bottom round, separable lean only, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.470		0		1		0.984	15.740	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.108	1.724	
17:1.....g									
18:1 undifferentiated.....g	2.910		0		1		0.825	13.200	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.082	1.315	
18:2 undifferentiated.....g	0.220		0		1		0.062	0.998	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.091	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.069	1.111	
Threonine.....g	0.955		0		1		0.271	4.332	
Isoleucine.....g	0.983		0		1		0.279	4.459	
Leucine.....g	1.729		0		1		0.490	7.843	
Lysine.....g	1.819		0		1		0.516	8.251	
Methionine.....g	0.560		0		1		0.159	2.540	
Cystine.....g	0.245		0		1		0.069	1.111	
Phenylalanine.....g	0.854		0		1		0.242	3.874	
Tyrosine.....g	0.735		0		1		0.208	3.334	
Valine.....g	1.064		0		1		0.302	4.826	
Arginine.....g	1.382		0		1		0.392	6.269	
Histidine.....g	0.749		0		1		0.212	3.397	
Alanine.....g	1.319		0		1		0.374	5.983	
Aspartic acid.....g	1.998		0		1		0.566	9.063	
Glutamic acid.....g	3.286		0		1		0.932	14.905	
Glycine.....g	1.193		0		1		0.338	5.411	
Proline.....g	0.966		0		1		0.274	4.382	
Serine.....g	0.836		0		1		0.237	3.792	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23594

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	1.816		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.178		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	1.636		0	BFFN	4				
20:1.....g	0.003		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0	NC	4				
18:2 undifferentiated.....g	0.145		0	BFFN	4				
18:3 undifferentiated.....g	0.010		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.148		0	A	1				
Threonine.....g	0.902		0	A	1				
Isoleucine.....g	1.027		0	A	1				
Leucine.....g	1.795		0	A	1				
Lysine.....g	1.907		0	A	1				
Methionine.....g	0.588		0	A	1				
Cystine.....g	0.291		0	A	1				
Phenylalanine.....g	0.891		0	A	1				
Tyrosine.....g	0.719		0	A	1				
Valine.....g	1.120		0	A	1				
Arginine.....g	1.459		0	A	1				
Histidine.....g	0.720		0	A	1				
Alanine.....g	1.372		0	A	1				
Aspartic acid.....g	2.056		0	A	1				
Glutamic acid.....g	3.388		0	A	1				
Glycine.....g	1.374		0	A	1				
Proline.....g	1.076		0	A	1				
Serine.....g	0.889		0	A	1				
Hydroxyproline.....g	0.237		0	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

NDB No. 23594

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23622

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.771		0	NC	4		1.069	17.106	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.355		0	BFFN	4		0.101	1.610	
17:1.....g									
18:1 undifferentiated.....g	3.414		0	BFFN	4		0.968	15.485	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.364		0	NC	4		0.103	1.653	
18:2 undifferentiated.....g	0.284		0	BFFN	4		0.080	1.286	
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.007	0.119	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055		0	BFFN	4		0.016	0.248	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	119		0	BFFN	4		34	538	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0	A	1		0.064	1.020	
Threonine.....g	1.367		0	A	1		0.388	6.201	
Isoleucine.....g	1.557		0	A	1		0.441	7.062	
Leucine.....g	2.722		0	A	1		0.772	12.348	
Lysine.....g	2.892		0	A	1		0.820	13.119	
Methionine.....g	0.891		0	A	1		0.253	4.042	
Cystine.....g	0.442		0	A	1		0.125	2.003	
Phenylalanine.....g	1.352		0	A	1		0.383	6.131	
Tyrosine.....g	1.091		0	A	1		0.309	4.947	
Valine.....g	1.698		0	A	1		0.481	7.701	
Arginine.....g	2.213		0	A	1		0.627	10.038	
Histidine.....g	1.092		0	A	1		0.310	4.954	
Alanine.....g	2.081		0	A	1		0.590	9.437	
Aspartic acid.....g	3.117		0	A	1		0.884	14.140	
Glutamic acid.....g	5.138		0	A	1		1.456	23.304	
Glycine.....g	2.084		0	A	1		0.591	9.452	
Proline.....g	1.631		0	A	1		0.463	7.400	
Serine.....g	1.348		0	A	1		0.382	6.115	
Hydroxyproline.....g	0.360		0	AR	1		0.102	1.631	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23622

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, braised

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23619

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.831		0	NC	4		0.803	12.843	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	BFFN	4		0.076	1.209	
17:1.....g									
18:1 undifferentiated.....g	2.563		0	BFFN	4		0.727	11.627	
20:1.....g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.274		0	NC	4		0.078	1.241	
18:2 undifferentiated.....g	0.213		0	BFFN	4		0.060	0.965	
18:3 undifferentiated.....g	0.020		0	BFFN	4		0.006	0.089	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0	BFFN	4		25	404	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.051	0.821	
Threonine.....g	1.101		0	A	1		0.312	4.993	
Isoleucine.....g	1.254		0	A	1		0.355	5.687	
Leucine.....g	2.192		0	A	1		0.621	9.943	
Lysine.....g	2.329		0	A	1		0.660	10.563	
Methionine.....g	0.718		0	A	1		0.203	3.255	
Cystine.....g	0.356		0	A	1		0.101	1.613	
Phenylalanine.....g	1.088		0	A	1		0.309	4.937	
Tyrosine.....g	0.878		0	A	1		0.249	3.983	
Valine.....g	1.367		0	A	1		0.388	6.201	
Arginine.....g	1.782		0	A	1		0.505	8.082	
Histidine.....g	0.879		0	A	1		0.249	3.989	
Alanine.....g	1.675		0	A	1		0.475	7.599	
Aspartic acid.....g	2.510		0	A	1		0.712	11.385	
Glutamic acid.....g	4.137		0	A	1		1.173	18.764	
Glycine.....g	1.678		0	A	1		0.476	7.611	
Proline.....g	1.314		0	A	1		0.372	5.959	
Serine.....g	1.085		0	A	1		0.308	4.924	
Hydroxyproline.....g	0.289		0	A	1		0.082	1.313	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23619

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23618

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.090		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.204		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	1.882		0	BFFN		4			
20:1.....g	0.003		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	NC		4			
18:2 undifferentiated.....g	0.166		0	BFFN		4			
18:3 undifferentiated.....g	0.012		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A		1			
Threonine.....g	0.887		0	A		1			
Isoleucine.....g	1.011		0	A		1			
Leucine.....g	1.767		0	A		1			
Lysine.....g	1.877		0	A		1			
Methionine.....g	0.579		0	A		1			
Cystine.....g	0.287		0	A		1			
Phenylalanine.....g	0.877		0	A		1			
Tyrosine.....g	0.708		0	A		1			
Valine.....g	1.102		0	A		1			
Arginine.....g	1.436		0	A		1			
Histidine.....g	0.709		0	A		1			
Alanine.....g	1.351		0	A		1			
Aspartic acid.....g	2.024		0	A		1			
Glutamic acid.....g	3.335		0	A		1			
Glycine.....g	1.353		0	A		1			
Proline.....g	1.059		0	A		1			
Serine.....g	0.875		0	A		1			
Hydroxyproline.....g	0.233		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 23618

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, choice, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23593

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.688		0	NC	4		0.762	12.195	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.253		0	BFFN	4		0.072	1.148	
17:1.....g									
18:1 undifferentiated.....g	2.434		0	BFFN	4		0.690	11.040	
20:1.....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0	NC	4		0.074	1.178	
18:2 undifferentiated.....g	0.202		0	BFFN	4		0.057	0.917	
18:3 undifferentiated.....g	0.019		0	BFFN	4		0.005	0.084	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		0	BFFN	4		0.011	0.177	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	BFFN	4		24	384	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0	A	1		0.064	1.027	
Threonine.....g	1.377		0	A	1		0.390	6.245	
Isoleucine.....g	1.568		0	A	1		0.444	7.112	
Leucine.....g	2.741		0	A	1		0.777	12.435	
Lysine.....g	2.912		0	A	1		0.826	13.211	
Methionine.....g	0.897		0	A	1		0.254	4.071	
Cystine.....g	0.445		0	A	1		0.126	2.017	
Phenylalanine.....g	1.361		0	A	1		0.386	6.174	
Tyrosine.....g	1.098		0	A	1		0.311	4.981	
Valine.....g	1.710		0	A	1		0.485	7.755	
Arginine.....g	2.228		0	A	1		0.632	10.108	
Histidine.....g	1.100		0	A	1		0.312	4.989	
Alanine.....g	2.095		0	A	1		0.594	9.503	
Aspartic acid.....g	3.139		0	A	1		0.890	14.239	
Glutamic acid.....g	5.174		0	A	1		1.467	23.467	
Glycine.....g	2.098		0	A	1		0.595	9.518	
Proline.....g	1.643		0	A	1		0.466	7.452	
Serine.....g	1.358		0	A	1		0.385	6.158	
Hydroxyproline.....g	0.362		0	A	1		0.103	1.642	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23593

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, cooked, braised

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23637

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.542		0	NC	4		0.437	6.994	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		0	BFFN	4		0.043	0.684	
17:1.....g									
18:1 undifferentiated.....g	1.389		0	BFFN	4		0.394	6.301	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0	NC	4		0.045	0.713	
18:2 undifferentiated.....g	0.123		0	BFFN	4		0.035	0.557	
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.002	0.039	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0	BFFN	4		14	225	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A	1		0.041	0.661	
Threonine.....g	0.886		0	A	1		0.251	4.019	
Isoleucine.....g	1.009		0	A	1		0.286	4.578	
Leucine.....g	1.764		0	A	1		0.500	8.004	
Lysine.....g	1.875		0	A	1		0.531	8.503	
Methionine.....g	0.578		0	A	1		0.164	2.620	
Cystine.....g	0.286		0	A	1		0.081	1.298	
Phenylalanine.....g	0.876		0	A	1		0.248	3.974	
Tyrosine.....g	0.707		0	A	1		0.200	3.206	
Valine.....g	1.100		0	A	1		0.312	4.992	
Arginine.....g	1.434		0	A	1		0.407	6.506	
Histidine.....g	0.708		0	A	1		0.201	3.211	
Alanine.....g	1.349		0	A	1		0.382	6.117	
Aspartic acid.....g	2.020		0	A	1		0.573	9.165	
Glutamic acid.....g	3.330		0	A	1		0.944	15.105	
Glycine.....g	1.351		0	A	1		0.383	6.126	
Proline.....g	1.057		0	A	1		0.300	4.797	
Serine.....g	0.874		0	A	1		0.248	3.963	
Hydroxyproline.....g	0.233		0	A	1		0.066	1.057	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23637

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23604

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.391		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.225		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.165		0	BFFN		4			
20:1.....g	0.002		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0	NC		4			
18:2 undifferentiated.....g	0.180		0	BFFN		4			
18:3 undifferentiated.....g	0.017		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	A		1			
Threonine.....g	1.119		0	A		1			
Isoleucine.....g	1.274		0	A		1			
Leucine.....g	2.227		0	A		1			
Lysine.....g	2.366		0	A		1			
Methionine.....g	0.729		0	A		1			
Cystine.....g	0.361		0	A		1			
Phenylalanine.....g	1.106		0	A		1			
Tyrosine.....g	0.892		0	A		1			
Valine.....g	1.389		0	A		1			
Arginine.....g	1.811		0	A		1			
Histidine.....g	0.894		0	A		1			
Alanine.....g	1.702		0	A		1			
Aspartic acid.....g	2.551		0	A		1			
Glutamic acid.....g	4.204		0	A		1			
Glycine.....g	1.705		0	A		1			
Proline.....g	1.335		0	A		1			
Serine.....g	1.103		0	A		1			
Hydroxyproline.....g	0.294		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 23604

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23605

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.230		0	NC	4		0.916	14.650	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.304		0	BFFN	4		0.086	1.379	
17:1.....g									
18:1 undifferentiated.....g	2.924		0	BFFN	4		0.829	13.262	
20:1.....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.312		0	NC	4		0.088	1.416	
18:2 undifferentiated.....g	0.243		0	BFFN	4		0.069	1.101	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.006	0.102	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.047		0	BFFN	4		0.013	0.213	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0	BFFN	4		29	461	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0	A	1		0.064	1.024	
Threonine.....g	1.372		0	A	1		0.389	6.223	
Isoleucine.....g	1.562		0	A	1		0.443	7.087	
Leucine.....g	2.732		0	A	1		0.774	12.392	
Lysine.....g	2.902		0	A	1		0.823	13.165	
Methionine.....g	0.894		0	A	1		0.254	4.057	
Cystine.....g	0.443		0	A	1		0.126	2.010	
Phenylalanine.....g	1.356		0	A	1		0.385	6.153	
Tyrosine.....g	1.094		0	A	1		0.310	4.964	
Valine.....g	1.704		0	A	1		0.483	7.728	
Arginine.....g	2.221		0	A	1		0.630	10.073	
Histidine.....g	1.096		0	A	1		0.311	4.971	
Alanine.....g	2.088		0	A	1		0.592	9.470	
Aspartic acid.....g	3.128		0	A	1		0.887	14.189	
Glutamic acid.....g	5.156		0	A	1		1.462	23.385	
Glycine.....g	2.091		0	A	1		0.593	9.485	
Proline.....g	1.637		0	A	1		0.464	7.426	
Serine.....g	1.353		0	A	1		0.384	6.136	
Hydroxyproline.....g	0.361		0	BFFN	4		0.102	1.637	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23605

Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23620

Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.217		0	NC	4		0.629	10.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.209		0	BFFN	4		0.059	0.946	
17:1.....g									
18:1 undifferentiated.....g	2.007		0	BFFN	4		0.569	9.104	
20:1.....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.214		0	NC	4		0.061	0.972	
18:2 undifferentiated.....g	0.167		0	BFFN	4		0.047	0.756	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.070	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.009	0.146	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	BFFN	4		20	316	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0	A	1		0.056	0.891	
Threonine.....g	1.193		0	A	1		0.338	5.413	
Isoleucine.....g	1.359		0	A	1		0.385	6.165	
Leucine.....g	2.376		0	A	1		0.674	10.779	
Lysine.....g	2.525		0	A	1		0.716	11.452	
Methionine.....g	0.778		0	A	1		0.221	3.529	
Cystine.....g	0.386		0	A	1		0.109	1.749	
Phenylalanine.....g	1.180		0	A	1		0.335	5.352	
Tyrosine.....g	0.952		0	A	1		0.270	4.318	
Valine.....g	1.482		0	A	1		0.420	6.722	
Arginine.....g	1.932		0	A	1		0.548	8.762	
Histidine.....g	0.953		0	A	1		0.270	4.324	
Alanine.....g	1.816		0	A	1		0.515	8.238	
Aspartic acid.....g	2.721		0	A	1		0.771	12.343	
Glutamic acid.....g	4.485		0	A	1		1.271	20.342	
Glycine.....g	1.819		0	A	1		0.516	8.251	
Proline.....g	1.424		0	A	1		0.404	6.460	
Serine.....g	1.177		0	A	1		0.334	5.338	
Hydroxyproline.....g	0.314		0	A	1		0.089	1.424	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23620

Beef, round, eye of round , separable lean only, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23591

Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.718		0	NC	4		0.487	7.792	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.162		0	BFFN	4		0.046	0.733	
17:1.....g									
18:1 undifferentiated.....g	1.555		0	BFFN	4		0.441	7.054	
20:1.....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0	NC	4		0.047	0.753	
18:2 undifferentiated.....g	0.129		0	BFFN	4		0.037	0.586	
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.003	0.054	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	BFFN	4		0.007	0.113	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0	BFFN	4		15	245	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.055	0.882	
Threonine.....g	1.182		0	A	1		0.335	5.362	
Isoleucine.....g	1.346		0	A	1		0.382	6.107	
Leucine.....g	2.354		0	A	1		0.667	10.678	
Lysine.....g	2.501		0	A	1		0.709	11.344	
Methionine.....g	0.771		0	A	1		0.218	3.495	
Cystine.....g	0.382		0	A	1		0.108	1.732	
Phenylalanine.....g	1.169		0	A	1		0.331	5.302	
Tyrosine.....g	0.943		0	A	1		0.267	4.277	
Valine.....g	1.468		0	A	1		0.416	6.659	
Arginine.....g	1.914		0	A	1		0.542	8.680	
Histidine.....g	0.944		0	A	1		0.268	4.284	
Alanine.....g	1.799		0	A	1		0.510	8.160	
Aspartic acid.....g	2.695		0	A	1		0.764	12.227	
Glutamic acid.....g	4.442		0	A	1		1.259	20.151	
Glycine.....g	1.802		0	A	1		0.511	8.173	
Proline.....g	1.411		0	A	1		0.400	6.399	
Serine.....g	1.166		0	A	1		0.330	5.288	
Hydroxyproline.....g	0.311		0	A	1		0.088	1.410	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23591

Beef, round, eye of round roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13415

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.031		0	NC	4		7.027	1.726	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.192		0	BFFN	4		0.663	0.163	
17:1.....g									
18:1 undifferentiated.....g	1.837		0	BFFN	4		6.357	1.562	
20:1.....g	0.002		0	BFFN	4		0.007	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.181		0	NC	4		0.625	0.153	
18:2 undifferentiated.....g	0.135		0	BFFN	4		0.467	0.115	
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.083	0.020	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.075	0.018	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0	BFFN	4		185	46	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	PAK	1		0.662	0.163	
Threonine.....g	1.164		0	PAK	1		4.026	0.989	
Isoleucine.....g	1.325		0	PAK	1		4.585	1.126	
Leucine.....g	2.317		0	PAK	1		8.016	1.969	
Lysine.....g	2.461		0	PAK	1		8.517	2.092	
Methionine.....g	0.758		0	PAK	1		2.624	0.645	
Cystine.....g	0.376		0	PAK	1		1.300	0.319	
Phenylalanine.....g	1.150		0	PAK	1		3.981	0.978	
Tyrosine.....g	0.928		0	PAK	1		3.211	0.789	
Valine.....g	1.445		0	PAK	1		5.000	1.228	
Arginine.....g	1.883		0	PAK	1		6.516	1.601	
Histidine.....g	0.930		0	PAK	1		3.216	0.790	
Alanine.....g	1.771		0	PAK	1		6.127	1.505	
Aspartic acid.....g	2.653		0	PAK	1		9.179	2.255	
Glutamic acid.....g	4.372		0	PAK	1		15.129	3.717	
Glycine.....g	1.773		0	PAK	1		6.136	1.507	
Proline.....g	1.389		0	PAK	1		4.804	1.180	
Serine.....g	1.147		0	PAK	1		3.970	0.975	
Hydroxyproline.....g	0.306		0	PAK	1		1.059	0.260	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 346g: 1 roast (yield from 436 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13415

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13416

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.062		0	NC	4		7.321		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.195		0	BFFN	4		0.690		
17:1.....g									
18:1 undifferentiated.....g	1.866		0	BFFN	4		6.623		
20:1.....g	0.002		0	BFFN	4		0.008		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.183		0	NC	4		0.651		
18:2 undifferentiated.....g	0.137		0	BFFN	4		0.486		
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.086		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.078		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0	BFFN	4		193		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0	PAK	1		0.667		
Threonine.....g	1.142		0	PAK	1		4.053		
Isoleucine.....g	1.300		0	PAK	1		4.616		
Leucine.....g	2.273		0	PAK	1		8.070		
Lysine.....g	2.415		0	PAK	1		8.574		
Methionine.....g	0.744		0	PAK	1		2.642		
Cystine.....g	0.369		0	PAK	1		1.309		
Phenylalanine.....g	1.129		0	PAK	1		4.007		
Tyrosine.....g	0.911		0	PAK	1		3.233		
Valine.....g	1.418		0	PAK	1		5.033		
Arginine.....g	1.848		0	PAK	1		6.560		
Histidine.....g	0.912		0	PAK	1		3.238		
Alanine.....g	1.737		0	PAK	1		6.168		
Aspartic acid.....g	2.603		0	PAK	1		9.241		
Glutamic acid.....g	4.290		0	PAK	1		15.230		
Glycine.....g	1.740		0	PAK	1		6.178		
Proline.....g	1.362		0	PAK	1		4.837		
Serine.....g	1.126		0	PAK	1		3.996		
Hydroxyproline.....g	0.300		0	PAK	1		1.066		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 355g: 1 roast (yield from 445 g raw meat)

NDB No. 13416

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13417

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.000		0	NC	4		6.739		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.189		0	BFFN	4		0.636		
17:1.....g									
18:1 undifferentiated.....g	1.809		0	BFFN	4		6.096		
20:1.....g	0.002		0	BFFN	4		0.007		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0	NC	4		0.599		
18:2 undifferentiated.....g	0.133		0	BFFN	4		0.448		
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.079		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.072		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	BFFN	4		178		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0	PAK	1		0.657		
Threonine.....g	1.185		0	PAK	1		3.995		
Isoleucine.....g	1.350		0	PAK	1		4.550		
Leucine.....g	2.360		0	PAK	1		7.955		
Lysine.....g	2.508		0	PAK	1		8.451		
Methionine.....g	0.773		0	PAK	1		2.604		
Cystine.....g	0.383		0	PAK	1		1.290		
Phenylalanine.....g	1.172		0	PAK	1		3.950		
Tyrosine.....g	0.946		0	PAK	1		3.187		
Valine.....g	1.472		0	PAK	1		4.961		
Arginine.....g	1.919		0	PAK	1		6.466		
Histidine.....g	0.947		0	PAK	1		3.191		
Alanine.....g	1.804		0	PAK	1		6.079		
Aspartic acid.....g	2.703		0	PAK	1		9.109		
Glutamic acid.....g	4.455		0	PAK	1		15.012		
Glycine.....g	1.807		0	PAK	1		6.089		
Proline.....g	1.415		0	PAK	1		4.767		
Serine.....g	1.169		0	PAK	1		3.939		
Hydroxyproline.....g	0.312		0	PAK	1		1.051		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 337g: 1 roast (yield from 426 g raw meat)

NDB No. 13417

Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13682

Beef, round, eye of round, separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.670		0		1		23.679	5.670	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		2.166	0.519	
17:1.....g									
18:1 undifferentiated.....g	5.780		0		1		20.519	4.913	
20:1.....g	0.020		0		1		0.071	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		1.917	0.459	
18:2 undifferentiated.....g	0.370		0		1		1.314	0.315	
18:3 undifferentiated.....g	0.130		0		1		0.462	0.111	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.107	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		256	61	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.302		0		1		1.072	0.257	
Threonine.....g	1.180		0		1		4.189	1.003	
Isoleucine.....g	1.214		0		1		4.310	1.032	
Leucine.....g	2.135		0		1		7.579	1.815	
Lysine.....g	2.247		0		1		7.977	1.910	
Methionine.....g	0.691		0		1		2.453	0.587	
Cystine.....g	0.302		0		1		1.072	0.257	
Phenylalanine.....g	1.054		0		1		3.742	0.896	
Tyrosine.....g	0.907		0		1		3.220	0.771	
Valine.....g	1.314		0		1		4.665	1.117	
Arginine.....g	1.707		0		1		6.060	1.451	
Histidine.....g	0.925		0		1		3.284	0.786	
Alanine.....g	1.629		0		1		5.783	1.385	
Aspartic acid.....g	2.467		0		1		8.758	2.097	
Glutamic acid.....g	4.057		0		1		14.402	3.448	
Glycine.....g	1.473		0		1		5.229	1.252	
Proline.....g	1.193		0		1		4.235	1.014	
Serine.....g	1.033		0		1		3.667	0.878	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 355g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13681

Beef, round, eye of round, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.740		0		1		1.911	30.573	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		0.210	3.357	
17:1.....g									
18:1 undifferentiated.....g	5.690		0		1		1.613	25.810	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		1		0.167	2.676	
18:2 undifferentiated.....g	0.380		0		1		0.108	1.724	
18:3 undifferentiated.....g	0.160		0		1		0.045	0.726	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		17	272	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.223		0		1		0.063	1.012	
Threonine.....g	0.870		0		1		0.247	3.946	
Isoleucine.....g	0.895		0		1		0.254	4.060	
Leucine.....g	1.573		0		1		0.446	7.135	
Lysine.....g	1.656		0		1		0.469	7.512	
Methionine.....g	0.510		0		1		0.145	2.313	
Cystine.....g	0.223		0		1		0.063	1.012	
Phenylalanine.....g	0.777		0		1		0.220	3.524	
Tyrosine.....g	0.669		0		1		0.190	3.035	
Valine.....g	0.968		0		1		0.274	4.391	
Arginine.....g	1.258		0		1		0.357	5.706	
Histidine.....g	0.682		0		1		0.193	3.094	
Alanine.....g	1.201		0		1		0.340	5.448	
Aspartic acid.....g	1.819		0		1		0.516	8.251	
Glutamic acid.....g	2.991		0		1		0.848	13.567	
Glycine.....g	1.086		0		1		0.308	4.926	
Proline.....g	0.879		0		1		0.249	3.987	
Serine.....g	0.761		0		1		0.216	3.452	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13878

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.117		0	NC	4		13.709	3.499	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.408		0	BFFN	4		1.357	0.346	
17:1.....g									
18:1 undifferentiated.....g	3.695		0	BFFN	4		12.303	3.140	
20:1.....g	0.015		0	BFFN	4		0.049	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.372		0	NC	4		1.239	0.316	
18:2 undifferentiated.....g	0.256		0	BFFN	4		0.852	0.217	
18:3 undifferentiated.....g	0.093		0	BFFN	4		0.310	0.079	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFFN	4		0.077	0.020	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	BFFN	4		206	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.186		0	PAK	1		0.619	0.158	
Threonine.....g	1.131		0	PAK	1		3.765	0.961	
Isoleucine.....g	1.288		0	PAK	1		4.288	1.095	
Leucine.....g	2.252		0	PAK	1		7.498	1.914	
Lysine.....g	2.392		0	PAK	1		7.966	2.033	
Methionine.....g	0.737		0	PAK	1		2.455	0.627	
Cystine.....g	0.365		0	PAK	1		1.216	0.310	
Phenylalanine.....g	1.118		0	PAK	1		3.723	0.950	
Tyrosine.....g	0.902		0	PAK	1		3.004	0.767	
Valine.....g	1.404		0	PAK	1		4.676	1.194	
Arginine.....g	1.830		0	PAK	1		6.095	1.556	
Histidine.....g	0.903		0	PAK	1		3.008	0.768	
Alanine.....g	1.721		0	PAK	1		5.730	1.463	
Aspartic acid.....g	2.578		0	PAK	1		8.586	2.192	
Glutamic acid.....g	4.249		0	PAK	1		14.150	3.612	
Glycine.....g	1.724		0	PAK	1		5.739	1.465	
Proline.....g	1.349		0	PAK	1		4.493	1.147	
Serine.....g	1.115		0	PAK	1		3.713	0.948	
Hydroxyproline.....g	0.295		0	BFFN	4		0.982	0.251	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13878

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13877

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.561		0	NC	4		1.010	16.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	BFFN	4		0.119	1.903	
17:1.....g									
18:1 undifferentiated.....g	3.130		0	BFFN	4		0.887	14.198	
20:1.....g	0.011		0	BFFN	4		0.003	0.052	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.315		0	NC	4		0.089	1.427	
18:2 undifferentiated.....g	0.205		0	BFFN	4		0.058	0.929	
18:3 undifferentiated.....g	0.093		0	BFFN	4		0.026	0.424	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	BFFN	4		0.005	0.074	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	BFFN	4		12	187	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0	PAK	1		0.040	0.641	
Threonine.....g	0.859		0	PAK	1		0.243	3.894	
Isoleucine.....g	0.978		0	PAK	1		0.277	4.435	
Leucine.....g	1.710		0	PAK	1		0.485	7.755	
Lysine.....g	1.816		0	PAK	1		0.515	8.239	
Methionine.....g	0.560		0	PAK	1		0.159	2.539	
Cystine.....g	0.277		0	PAK	1		0.079	1.258	
Phenylalanine.....g	0.849		0	PAK	1		0.241	3.851	
Tyrosine.....g	0.685		0	PAK	1		0.194	3.106	
Valine.....g	1.066		0	PAK	1		0.302	4.836	
Arginine.....g	1.390		0	PAK	1		0.394	6.304	
Histidine.....g	0.686		0	PAK	1		0.194	3.111	
Alanine.....g	1.307		0	PAK	1		0.370	5.927	
Aspartic acid.....g	1.958		0	PAK	1		0.555	8.880	
Glutamic acid.....g	3.226		0	PAK	1		0.915	14.635	
Glycine.....g	1.309		0	PAK	1		0.371	5.936	
Proline.....g	1.025		0	PAK	1		0.290	4.648	
Serine.....g	0.847		0	PAK	1		0.240	3.840	
Hydroxyproline.....g	0.226		0	PAK	1		0.064	1.024	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13877

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13880

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.285		0	NC	4		14.267	3.642	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.424		0	BFFN	4		1.413	0.361	
17:1.....g									
18:1 undifferentiated.....g	3.845		0	BFFN	4		12.804	3.268	
20:1.....g	0.015		0	BFFN	4		0.051	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0	NC	4		1.289	0.329	
18:2 undifferentiated.....g	0.266		0	BFFN	4		0.886	0.226	
18:3 undifferentiated.....g	0.097		0	BFFN	4		0.322	0.082	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.081	0.021	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	BFFN	4		214	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	NR	4		0.614	0.157	
Threonine.....g	1.121		0	NR	4		3.734	0.953	
Isoleucine.....g	1.277		0	NR	4		4.253	1.086	
Leucine.....g	2.233		0	NR	4		7.436	1.898	
Lysine.....g	2.372		0	NR	4		7.900	2.016	
Methionine.....g	0.731		0	NR	4		2.434	0.621	
Cystine.....g	0.362		0	NR	4		1.206	0.308	
Phenylalanine.....g	1.109		0	NR	4		3.692	0.942	
Tyrosine.....g	0.894		0	NR	4		2.979	0.760	
Valine.....g	1.393		0	NR	4		4.637	1.184	
Arginine.....g	1.815		0	NR	4		6.044	1.543	
Histidine.....g	0.896		0	NR	4		2.983	0.761	
Alanine.....g	1.707		0	NR	4		5.683	1.451	
Aspartic acid.....g	2.557		0	NR	4		8.514	2.173	
Glutamic acid.....g	4.214		0	NR	4		14.033	3.582	
Glycine.....g	1.709		0	NR	4		5.692	1.453	
Proline.....g	1.338		0	NR	4		4.456	1.137	
Serine.....g	1.106		0	NR	4		3.682	0.940	
Hydroxyproline.....g	0.295		0	NR	4		0.982	0.251	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 333g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13880

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13879

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.851		0	NC	4		1.092	17.470	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.454		0	BFFN	4		0.129	2.058	
17:1.....g									
18:1 undifferentiated.....g	3.385		0	BFFN	4		0.960	15.356	
20:1.....g	0.012		0	BFFN	4		0.004	0.056	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0	NC	4		0.096	1.543	
18:2 undifferentiated.....g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated.....g	0.101		0	BFFN	4		0.029	0.458	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	BFFN	4		0.005	0.080	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44		0	BFFN	4		13	202	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	PAK	1		0.040	0.646	
Threonine.....g	0.866		0	PAK	1		0.246	3.929	
Isoleucine.....g	0.987		0	PAK	1		0.280	4.475	
Leucine.....g	1.725		0	PAK	1		0.489	7.824	
Lysine.....g	1.833		0	PAK	1		0.520	8.313	
Methionine.....g	0.565		0	PAK	1		0.160	2.561	
Cystine.....g	0.280		0	PAK	1		0.079	1.269	
Phenylalanine.....g	0.857		0	PAK	1		0.243	3.885	
Tyrosine.....g	0.691		0	PAK	1		0.196	3.134	
Valine.....g	1.076		0	PAK	1		0.305	4.880	
Arginine.....g	1.402		0	PAK	1		0.398	6.360	
Histidine.....g	0.692		0	PAK	1		0.196	3.139	
Alanine.....g	1.318		0	PAK	1		0.374	5.980	
Aspartic acid.....g	1.975		0	PAK	1		0.560	8.959	
Glutamic acid.....g	3.255		0	PAK	1		0.923	14.766	
Glycine.....g	1.320		0	PAK	1		0.374	5.989	
Proline.....g	1.034		0	PAK	1		0.293	4.689	
Serine.....g	0.854		0	PAK	1		0.242	3.875	
Hydroxyproline.....g	0.219		0	PAK	1		0.062	0.994	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13879

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13882

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.949		0	NC	4		16.468	3.357	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.391		0	BFFN	4		1.630	0.332	
17:1.....g									
18:1 undifferentiated.....g	3.544		0	BFFN	4		14.779	3.013	
20:1.....g	0.014		0	BFFN	4		0.058	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		0	NC	4		1.488	0.303	
18:2 undifferentiated.....g	0.245		0	BFFN	4		1.023	0.209	
18:3 undifferentiated.....g	0.089		0	BFFN	4		0.372	0.076	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.093	0.019	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	BFFN	4		247	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	PAK	1		0.771	0.157	
Threonine.....g	1.124		0	PAK	1		4.686	0.955	
Isoleucine.....g	1.280		0	PAK	1		5.337	1.088	
Leucine.....g	2.238		0	PAK	1		9.332	1.902	
Lysine.....g	2.377		0	PAK	1		9.914	2.021	
Methionine.....g	0.733		0	PAK	1		3.055	0.623	
Cystine.....g	0.363		0	PAK	1		1.514	0.309	
Phenylalanine.....g	1.111		0	PAK	1		4.634	0.945	
Tyrosine.....g	0.896		0	PAK	1		3.738	0.762	
Valine.....g	1.396		0	PAK	1		5.820	1.186	
Arginine.....g	1.819		0	PAK	1		7.586	1.546	
Histidine.....g	0.898		0	PAK	1		3.744	0.763	
Alanine.....g	1.710		0	PAK	1		7.132	1.454	
Aspartic acid.....g	2.562		0	PAK	1		10.686	2.178	
Glutamic acid.....g	4.223		0	PAK	1		17.611	3.590	
Glycine.....g	1.713		0	PAK	1		7.143	1.456	
Proline.....g	1.341		0	PAK	1		5.593	1.140	
Serine.....g	1.108		0	PAK	1		4.621	0.942	
Hydroxyproline.....g	0.296		0	PAK	1		1.232	0.251	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 417g: 1 roast (yield from 530 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13882

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13881

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.271		0	NC	4		0.927	14.835	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.385		0	BFFN	4		0.109	1.748	
17:1.....g									
18:1 undifferentiated.....g	2.875		0	BFFN	4		0.815	13.040	
20:1.....g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0	NC	4		0.082	1.310	
18:2 undifferentiated.....g	0.188		0	BFFN	4		0.053	0.853	
18:3 undifferentiated.....g	0.086		0	BFFN	4		0.024	0.389	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.068	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0	BFFN	4		11	171	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0	PAK	1		0.040	0.635	
Threonine.....g	0.851		0	PAK	1		0.241	3.860	
Isoleucine.....g	0.969		0	PAK	1		0.275	4.396	
Leucine.....g	1.694		0	PAK	1		0.480	7.685	
Lysine.....g	1.800		0	PAK	1		0.510	8.165	
Methionine.....g	0.555		0	PAK	1		0.157	2.516	
Cystine.....g	0.275		0	PAK	1		0.078	1.247	
Phenylalanine.....g	0.841		0	PAK	1		0.239	3.816	
Tyrosine.....g	0.679		0	PAK	1		0.192	3.079	
Valine.....g	1.057		0	PAK	1		0.300	4.793	
Arginine.....g	1.377		0	PAK	1		0.390	6.247	
Histidine.....g	0.680		0	PAK	1		0.193	3.083	
Alanine.....g	1.295		0	PAK	1		0.367	5.874	
Aspartic acid.....g	1.940		0	PAK	1		0.550	8.800	
Glutamic acid.....g	3.198		0	PAK	1		0.907	14.504	
Glycine.....g	1.297		0	PAK	1		0.368	5.883	
Proline.....g	1.015		0	PAK	1		0.288	4.606	
Serine.....g	0.839		0	PAK	1		0.238	3.806	
Hydroxyproline.....g	0.224		0	PAK	1		0.063	1.015	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13881

Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13418

Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.722		0	NC	4		5.957	1.464	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0	BFFN	4		0.551	0.135	
17:1.....g									
18:1 undifferentiated.....g	1.563		0	BFFN	4		5.406	1.328	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0	NC	4		0.528	0.130	
18:2 undifferentiated.....g	0.119		0	BFFN	4		0.411	0.101	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.039	0.010	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.078	0.019	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		191	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1		0.667	0.164	
Threonine.....g	1.172		0	A	1		4.054	0.996	
Isoleucine.....g	1.334		0	A	1		4.617	1.134	
Leucine.....g	2.333		0	A	1		8.072	1.983	
Lysine.....g	2.479		0	A	1		8.576	2.107	
Methionine.....g	0.764		0	A	1		2.642	0.649	
Cystine.....g	0.378		0	A	1		1.310	0.322	
Phenylalanine.....g	1.158		0	A	1		4.008	0.985	
Tyrosine.....g	0.935		0	A	1		3.234	0.794	
Valine.....g	1.455		0	A	1		5.034	1.237	
Arginine.....g	1.896		0	A	1		6.562	1.612	
Histidine.....g	0.936		0	A	1		3.238	0.796	
Alanine.....g	1.783		0	A	1		6.169	1.516	
Aspartic acid.....g	2.671		0	A	1		9.243	2.271	
Glutamic acid.....g	4.403		0	A	1		15.234	3.742	
Glycine.....g	1.786		0	A	1		6.179	1.518	
Proline.....g	1.398		0	A	1		4.838	1.188	
Serine.....g	1.155		0	A	1		3.997	0.982	
Hydroxyproline.....g	0.308		0	A	1		1.066	0.262	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 346g: 1 roast (yield from 436 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13418

Beef, round, eye of round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13419

Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.814		0	NC	4		6.439	1.542	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.168		0	BFFN	4		0.596	0.143	
17:1.....g									
18:1 undifferentiated.....g	1.646		0	BFFN	4		5.843	1.399	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0	NC	4		0.570	0.137	
18:2 undifferentiated.....g	0.125		0	BFFN	4		0.445	0.107	
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.042	0.010	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.084	0.020	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		207	49	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	A	1		0.670	0.161	
Threonine.....g	1.148		0	A	1		4.075	0.976	
Isoleucine.....g	1.307		0	A	1		4.641	1.111	
Leucine.....g	2.286		0	A	1		8.115	1.943	
Lysine.....g	2.429		0	A	1		8.621	2.064	
Methionine.....g	0.748		0	A	1		2.656	0.636	
Cystine.....g	0.371		0	A	1		1.316	0.315	
Phenylalanine.....g	1.135		0	A	1		4.029	0.965	
Tyrosine.....g	0.916		0	A	1		3.251	0.778	
Valine.....g	1.426		0	A	1		5.061	1.212	
Arginine.....g	1.858		0	A	1		6.596	1.579	
Histidine.....g	0.917		0	A	1		3.256	0.780	
Alanine.....g	1.747		0	A	1		6.202	1.485	
Aspartic acid.....g	2.617		0	A	1		9.292	2.225	
Glutamic acid.....g	4.314		0	A	1		15.314	3.667	
Glycine.....g	1.750		0	A	1		6.212	1.487	
Proline.....g	1.370		0	A	1		4.863	1.164	
Serine.....g	1.132		0	A	1		4.018	0.962	
Hydroxyproline.....g	0.302		0	A	1		1.072	0.257	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 355g: 1 roast (yield from 445 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13419

Beef, round, eye of round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13420

Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.630		0	NC	4		5.493	1.385	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		0	BFFN	4		0.508	0.128	
17:1.....g									
18:1 undifferentiated.....g	1.479		0	BFFN	4		4.985	1.257	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.144		0	NC	4		0.487	0.123	
18:2 undifferentiated.....g	0.113		0	BFFN	4		0.379	0.096	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.036	0.009	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.071	0.018	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0	BFFN	4		176	44	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.197		0	A	1		0.663	0.167	
Threonine.....g	1.195		0	A	1		4.028	1.016	
Isoleucine.....g	1.361		0	A	1		4.587	1.157	
Leucine.....g	2.380		0	A	1		8.021	2.023	
Lysine.....g	2.528		0	A	1		8.521	2.149	
Methionine.....g	0.779		0	A	1		2.626	0.662	
Cystine.....g	0.386		0	A	1		1.301	0.328	
Phenylalanine.....g	1.182		0	A	1		3.983	1.004	
Tyrosine.....g	0.953		0	A	1		3.213	0.810	
Valine.....g	1.484		0	A	1		5.002	1.262	
Arginine.....g	1.935		0	A	1		6.520	1.644	
Histidine.....g	0.955		0	A	1		3.218	0.812	
Alanine.....g	1.819		0	A	1		6.130	1.546	
Aspartic acid.....g	2.725		0	A	1		9.184	2.316	
Glutamic acid.....g	4.492		0	A	1		15.136	3.818	
Glycine.....g	1.822		0	A	1		6.139	1.549	
Proline.....g	1.426		0	A	1		4.807	1.212	
Serine.....g	1.179		0	A	1		3.972	1.002	
Hydroxyproline.....g	0.314		0	A	1		1.059	0.267	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 337g: 1 roast (yield from 426 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13420

Beef, round, eye of round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13690

Beef, round, eye of round, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.630		0		1		11.507	3.086	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.951	0.255	
17:1.....g									
18:1 undifferentiated.....g	3.200		0		1		10.144	2.720	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.919	0.247	
18:2 undifferentiated.....g	0.220		0		1		0.697	0.187	
18:3 undifferentiated.....g	0.020		0		1		0.063	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.095	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		219	59	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.325		0		1		1.030	0.276	
Threonine.....g	1.266		0		1		4.013	1.076	
Isoleucine.....g	1.303		0		1		4.131	1.108	
Leucine.....g	2.291		0		1		7.262	1.947	
Lysine.....g	2.412		0		1		7.646	2.050	
Methionine.....g	0.742		0		1		2.352	0.631	
Cystine.....g	0.325		0		1		1.030	0.276	
Phenylalanine.....g	1.132		0		1		3.588	0.962	
Tyrosine.....g	0.974		0		1		3.088	0.828	
Valine.....g	1.410		0		1		4.470	1.199	
Arginine.....g	1.832		0		1		5.807	1.557	
Histidine.....g	0.993		0		1		3.148	0.844	
Alanine.....g	1.749		0		1		5.544	1.487	
Aspartic acid.....g	2.648		0		1		8.394	2.251	
Glutamic acid.....g	4.355		0		1		13.805	3.702	
Glycine.....g	1.582		0		1		5.015	1.345	
Proline.....g	1.280		0		1		4.058	1.088	
Serine.....g	1.108		0		1		3.512	0.942	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 317g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13689

Beef, round, eye of round, separable lean only, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.710		0		1		0.768	12.293	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.071	1.134	
17:1.....g									
18:1 undifferentiated.....g	2.350		0		1		0.666	10.660	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.079	1.270	
18:2 undifferentiated.....g	0.210		0		1		0.060	0.953	
18:3 undifferentiated.....g	0.010		0		1		0.003	0.045	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0		1		15	245	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.069	1.107	
Threonine.....g	0.950		0		1		0.269	4.309	
Isoleucine.....g	0.978		0		1		0.277	4.436	
Leucine.....g	1.719		0		1		0.487	7.797	
Lysine.....g	1.810		0		1		0.513	8.210	
Methionine.....g	0.557		0		1		0.158	2.527	
Cystine.....g	0.244		0		1		0.069	1.107	
Phenylalanine.....g	0.849		0		1		0.241	3.851	
Tyrosine.....g	0.731		0		1		0.207	3.316	
Valine.....g	1.058		0		1		0.300	4.799	
Arginine.....g	1.375		0		1		0.390	6.237	
Histidine.....g	0.745		0		1		0.211	3.379	
Alanine.....g	1.312		0		1		0.372	5.951	
Aspartic acid.....g	1.987		0		1		0.563	9.013	
Glutamic acid.....g	3.268		0		1		0.926	14.824	
Glycine.....g	1.187		0		1		0.337	5.384	
Proline.....g	0.960		0		1		0.272	4.355	
Serine.....g	0.832		0		1		0.236	3.774	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23598

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.970		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.185		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	1.784		0	BFFN		4			
20:1.....g	0.001		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0	NC		4			
18:2 undifferentiated.....g	0.148		0	BFFN		4			
18:3 undifferentiated.....g	0.014		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0	A		1			
Threonine.....g	1.188		0	A		1			
Isoleucine.....g	1.353		0	A		1			
Leucine.....g	2.365		0	A		1			
Lysine.....g	2.513		0	A		1			
Methionine.....g	0.774		0	A		1			
Cystine.....g	0.384		0	A		1			
Phenylalanine.....g	1.174		0	A		1			
Tyrosine.....g	0.947		0	A		1			
Valine.....g	1.475		0	A		1			
Arginine.....g	1.923		0	A		1			
Histidine.....g	0.949		0	A		1			
Alanine.....g	1.808		0	A		1			
Aspartic acid.....g	2.708		0	A		1			
Glutamic acid.....g	4.464		0	A		1			
Glycine.....g	1.810		0	A		1			
Proline.....g	1.417		0	A		1			
Serine.....g	1.171		0	A		1			
Hydroxyproline.....g	0.312		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

NDB No. 23598

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23597

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.263		0	NC	4		0.358	5.731	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.124		0	BFFN	4		0.035	0.560	
17:1.....g									
18:1 undifferentiated.....g	1.138		0	BFFN	4		0.323	5.163	
20:1.....g	0.002		0	BFFN	4		0.000	0.008	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0	NC	4		0.036	0.583	
18:2 undifferentiated.....g	0.101		0	BFFN	4		0.028	0.456	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.002	0.032	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.006	0.096	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	BFFN	4		12	184	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0	A	1		0.042	0.674	
Threonine.....g	0.903		0	A	1		0.256	4.094	
Isoleucine.....g	1.028		0	A	1		0.291	4.663	
Leucine.....g	1.797		0	A	1		0.510	8.153	
Lysine.....g	1.910		0	A	1		0.541	8.662	
Methionine.....g	0.588		0	A	1		0.167	2.669	
Cystine.....g	0.292		0	A	1		0.083	1.323	
Phenylalanine.....g	0.892		0	A	1		0.253	4.048	
Tyrosine.....g	0.720		0	A	1		0.204	3.266	
Valine.....g	1.121		0	A	1		0.318	5.085	
Arginine.....g	1.461		0	A	1		0.414	6.627	
Histidine.....g	0.721		0	A	1		0.204	3.271	
Alanine.....g	1.374		0	A	1		0.389	6.231	
Aspartic acid.....g	2.058		0	A	1		0.583	9.336	
Glutamic acid.....g	3.392		0	A	1		0.962	15.386	
Glycine.....g	1.376		0	A	1		0.390	6.241	
Proline.....g	1.077		0	A	1		0.305	4.886	
Serine.....g	0.890		0	A	1		0.252	4.037	
Hydroxyproline.....g	0.237		0	A	1		0.067	1.077	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23597

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23616

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.425		0	NC	4		0.404	6.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.139		0	BFFN	4		0.039	0.632	
17:1.....g									
18:1 undifferentiated.....g	1.284		0	BFFN	4		0.364	5.822	
20:1.....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.041	0.658	
18:2 undifferentiated.....g	0.113		0	BFFN	4		0.032	0.514	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.002	0.036	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0	BFFN	4		13	208	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0	A	1		0.043	0.682	
Threonine.....g	0.914		0	A	1		0.259	4.146	
Isoleucine.....g	1.041		0	A	1		0.295	4.721	
Leucine.....g	1.820		0	A	1		0.516	8.255	
Lysine.....g	1.933		0	A	1		0.548	8.770	
Methionine.....g	0.596		0	A	1		0.169	2.702	
Cystine.....g	0.295		0	A	1		0.084	1.339	
Phenylalanine.....g	0.904		0	A	1		0.256	4.099	
Tyrosine.....g	0.729		0	A	1		0.207	3.307	
Valine.....g	1.135		0	A	1		0.322	5.148	
Arginine.....g	1.479		0	A	1		0.419	6.710	
Histidine.....g	0.730		0	A	1		0.207	3.312	
Alanine.....g	1.391		0	A	1		0.394	6.309	
Aspartic acid.....g	2.084		0	A	1		0.591	9.452	
Glutamic acid.....g	3.434		0	A	1		0.974	15.579	
Glycine.....g	1.393		0	A	1		0.395	6.319	
Proline.....g	1.091		0	A	1		0.309	4.947	
Serine.....g	0.901		0	A	1		0.255	4.088	
Hydroxyproline.....g	0.240		0	A	1		0.068	1.090	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23616

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23635

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.105		0	NC	4		0.313	5.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.108		0	BFFN	4		0.031	0.490	
17:1.....g									
18:1 undifferentiated.....g	0.996		0	BFFN	4		0.282	4.516	
20:1.....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0	NC	4		0.032	0.510	
18:2 undifferentiated.....g	0.088		0	BFFN	4		0.025	0.399	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.002	0.028	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	BFFN	4		0.005	0.084	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0	BFFN	4		10	161	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1		0.042	0.665	
Threonine.....g	0.891		0	A	1		0.253	4.043	
Isoleucine.....g	1.015		0	A	1		0.288	4.605	
Leucine.....g	1.775		0	A	1		0.503	8.051	
Lysine.....g	1.886		0	A	1		0.535	8.553	
Methionine.....g	0.581		0	A	1		0.165	2.636	
Cystine.....g	0.288		0	A	1		0.082	1.306	
Phenylalanine.....g	0.881		0	A	1		0.250	3.998	
Tyrosine.....g	0.711		0	A	1		0.202	3.225	
Valine.....g	1.107		0	A	1		0.314	5.021	
Arginine.....g	1.443		0	A	1		0.409	6.545	
Histidine.....g	0.712		0	A	1		0.202	3.230	
Alanine.....g	1.356		0	A	1		0.385	6.153	
Aspartic acid.....g	2.032		0	A	1		0.576	9.219	
Glutamic acid.....g	3.350		0	A	1		0.950	15.194	
Glycine.....g	1.359		0	A	1		0.385	6.163	
Proline.....g	1.064		0	A	1		0.302	4.825	
Serine.....g	0.879		0	A	1		0.249	3.987	
Hydroxyproline.....g	0.234		0	A	1		0.066	1.063	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23635

Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13152

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.840		0		1	18.279	4.964	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.600		0		1	1.878	0.510	
17:1.....g								
18:1 undifferentiated.....g	5.210		0		1	16.307	4.429	
20:1.....g	0.020		0		1	0.063	0.017	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.540		0		1	1.690	0.459	
18:2 undifferentiated.....g	0.370		0		1	1.158	0.315	
18:3 undifferentiated.....g	0.130		0		1	0.407	0.111	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.040		0		1	0.125	0.034	
20:5 n-3.....g	0.000		0		1	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	80		0		1	250	68	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.180		0	NR	4	0.563	0.153	
Threonine.....g	1.093		0	NR	4	3.420	0.929	
Isoleucine.....g	1.244		0	NR	4	3.895	1.058	
Leucine.....g	2.176		0	NR	4	6.810	1.849	
Lysine.....g	2.311		0	NR	4	7.235	1.965	
Methionine.....g	0.712		0	NR	4	2.229	0.605	
Cystine.....g	0.353		0	NR	4	1.105	0.300	
Phenylalanine.....g	1.080		0	NR	4	3.381	0.918	
Tyrosine.....g	0.872		0	NR	4	2.728	0.741	
Valine.....g	1.357		0	NR	4	4.247	1.153	
Arginine.....g	1.769		0	NR	4	5.536	1.503	
Histidine.....g	0.873		0	NR	4	2.732	0.742	
Alanine.....g	1.663		0	NR	4	5.204	1.413	
Aspartic acid.....g	2.491		0	NR	4	7.798	2.118	
Glutamic acid.....g	4.106		0	NR	4	12.851	3.490	
Glycine.....g	1.665		0	NR	4	5.213	1.416	
Proline.....g	1.304		0	NR	4	4.081	1.108	
Serine.....g	1.077		0	NR	4	3.372	0.916	
Hydroxyproline.....g	0.287		0	BFPN	4	0.899	0.244	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	

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

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13152

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13151

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.530		0		1		1.568	25.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		0.184	2.948	
17:1.....g									
18:1 undifferentiated.....g	4.870		0		1		1.381	22.090	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		0.139	2.223	
18:2 undifferentiated.....g	0.320		0		1		0.091	1.452	
18:3 undifferentiated.....g	0.140		0		1		0.040	0.635	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		18	286	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0	NR	4		0.038	0.607	
Threonine.....g	0.814		0	NR	4		0.231	3.691	
Isoleucine.....g	0.927		0	NR	4		0.263	4.204	
Leucine.....g	1.620		0	NR	4		0.459	7.350	
Lysine.....g	1.722		0	NR	4		0.488	7.809	
Methionine.....g	0.530		0	NR	4		0.150	2.406	
Cystine.....g	0.263		0	NR	4		0.075	1.192	
Phenylalanine.....g	0.805		0	NR	4		0.228	3.650	
Tyrosine.....g	0.649		0	NR	4		0.184	2.944	
Valine.....g	1.011		0	NR	4		0.286	4.584	
Arginine.....g	1.317		0	NR	4		0.373	5.975	
Histidine.....g	0.650		0	NR	4		0.184	2.949	
Alanine.....g	1.238		0	NR	4		0.351	5.617	
Aspartic acid.....g	1.855		0	NR	4		0.526	8.416	
Glutamic acid.....g	3.058		0	NR	4		0.867	13.871	
Glycine.....g	1.240		0	NR	4		0.352	5.626	
Proline.....g	0.971		0	NR	4		0.275	4.405	
Serine.....g	0.802		0	NR	4		0.227	3.640	
Hydroxyproline.....g	0.214		0	BFPN	4		0.061	0.971	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13151

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, choice, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13154

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.630		0		1		14.492	3.936	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		1.534	0.417	
17:1.....g									
18:1 undifferentiated.....g	4.130		0		1		12.927	3.511	
20:1.....g	0.020		0		1		0.063	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		1.283	0.349	
18:2 undifferentiated.....g	0.280		0		1		0.876	0.238	
18:3 undifferentiated.....g	0.120		0		1		0.376	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.063	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		172	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0		1		0.961	0.261	
Threonine.....g	1.197		0		1		3.747	1.017	
Isoleucine.....g	1.232		0		1		3.856	1.047	
Leucine.....g	2.165		0		1		6.776	1.840	
Lysine.....g	2.279		0		1		7.133	1.937	
Methionine.....g	0.701		0		1		2.194	0.596	
Cystine.....g	0.307		0		1		0.961	0.261	
Phenylalanine.....g	1.069		0		1		3.346	0.909	
Tyrosine.....g	0.920		0		1		2.880	0.782	
Valine.....g	1.332		0		1		4.169	1.132	
Arginine.....g	1.731		0		1		5.418	1.471	
Histidine.....g	0.938		0		1		2.936	0.797	
Alanine.....g	1.652		0		1		5.171	1.404	
Aspartic acid.....g	2.503		0		1		7.834	2.128	
Glutamic acid.....g	4.116		0		1		12.883	3.499	
Glycine.....g	1.495		0		1		4.679	1.271	
Proline.....g	1.210		0		1		3.787	1.029	
Serine.....g	1.048		0		1		3.280	0.891	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13153

Beef, round, full cut, separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.020		0		1		1.423	22.771	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600		0		1		0.170	2.722	
17:1.....g									
18:1 undifferentiated.....g	4.410		0		1		1.250	20.004	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.125	1.996	
18:2 undifferentiated.....g	0.280		0		1		0.079	1.270	
18:3 undifferentiated.....g	0.130		0		1		0.037	0.590	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		18	286	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.065	1.034	
Threonine.....g	0.890		0		1		0.252	4.037	
Isoleucine.....g	0.916		0		1		0.260	4.155	
Leucine.....g	1.610		0		1		0.456	7.303	
Lysine.....g	1.695		0		1		0.481	7.689	
Methionine.....g	0.521		0		1		0.148	2.363	
Cystine.....g	0.228		0		1		0.065	1.034	
Phenylalanine.....g	0.795		0		1		0.225	3.606	
Tyrosine.....g	0.684		0		1		0.194	3.103	
Valine.....g	0.991		0		1		0.281	4.495	
Arginine.....g	1.287		0		1		0.365	5.838	
Histidine.....g	0.697		0		1		0.198	3.162	
Alanine.....g	1.229		0		1		0.348	5.575	
Aspartic acid.....g	1.861		0		1		0.528	8.441	
Glutamic acid.....g	3.060		0		1		0.868	13.880	
Glycine.....g	1.111		0		1		0.315	5.039	
Proline.....g	0.899		0		1		0.255	4.078	
Serine.....g	0.779		0		1		0.221	3.534	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13865

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.560		0	PAE	4		17.403	4.726	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0	PAE	4		1.784	0.485	
17:1.....g									
18:1 undifferentiated.....g	4.970		0	PAE	4		15.556	4.225	
20:1.....g	0.020		0	PAE	4		0.063	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0	PAE	4		1.628	0.442	
18:2 undifferentiated.....g	0.360		0	PAE	4		1.127	0.306	
18:3 undifferentiated.....g	0.120		0	PAE	4		0.376	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.125	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	PAE	4		247	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0	PAE	4		0.964	0.262	
Threonine.....g	1.203		0	PAE	4		3.765	1.023	
Isoleucine.....g	1.238		0	PAE	4		3.875	1.052	
Leucine.....g	2.177		0	PAE	4		6.814	1.850	
Lysine.....g	2.291		0	PAE	4		7.171	1.947	
Methionine.....g	0.705		0	PAE	4		2.207	0.599	
Cystine.....g	0.308		0	PAE	4		0.964	0.262	
Phenylalanine.....g	1.075		0	PAE	4		3.365	0.914	
Tyrosine.....g	0.925		0	PAE	4		2.895	0.786	
Valine.....g	1.339		0	PAE	4		4.191	1.138	
Arginine.....g	1.740		0	PAE	4		5.446	1.479	
Histidine.....g	0.943		0	PAE	4		2.952	0.802	
Alanine.....g	1.661		0	PAE	4		5.199	1.412	
Aspartic acid.....g	2.516		0	PAE	4		7.875	2.139	
Glutamic acid.....g	4.137		0	PAE	4		12.949	3.516	
Glycine.....g	1.503		0	PAE	4		4.704	1.278	
Proline.....g	1.216		0	PAE	4		3.806	1.034	
Serine.....g	1.053		0	PAE	4		3.296	0.895	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13864

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.140		0	PAE	4		1.457	23.315	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600		0	PAE	4		0.170	2.722	
17:1.....g									
18:1 undifferentiated.....g	4.530		0	PAE	4		1.284	20.548	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated.....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated.....g	0.120		0	PAE	4		0.034	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PAE	4		18	281	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0	PAE	4		0.065	1.043	
Threonine.....g	0.898		0	PAE	4		0.255	4.073	
Isoleucine.....g	0.924		0	PAE	4		0.262	4.191	
Leucine.....g	1.625		0	PAE	4		0.461	7.371	
Lysine.....g	1.711		0	PAE	4		0.485	7.761	
Methionine.....g	0.526		0	PAE	4		0.149	2.386	
Cystine.....g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine.....g	0.803		0	PAE	4		0.228	3.642	
Tyrosine.....g	0.691		0	PAE	4		0.196	3.134	
Valine.....g	1.000		0	PAE	4		0.284	4.536	
Arginine.....g	1.299		0	PAE	4		0.368	5.892	
Histidine.....g	0.704		0	PAE	4		0.200	3.193	
Alanine.....g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid.....g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid.....g	3.089		0	PAE	4		0.876	14.012	
Glycine.....g	1.122		0	PAE	4		0.318	5.089	
Proline.....g	0.908		0	PAE	4		0.257	4.119	
Serine.....g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13867

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.760		0	PAE	4		14.899	4.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0	PAE	4		1.534	0.417	
17:1.....g									
18:1 undifferentiated.....g	4.250		0	PAE	4		13.303	3.613	
20:1.....g	0.020		0	PAE	4		0.063	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	PAE	4		1.377	0.374	
18:2 undifferentiated.....g	0.300		0	PAE	4		0.939	0.255	
18:3 undifferentiated.....g	0.110		0	PAE	4		0.344	0.094	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.094	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	PAE	4		247	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.309		0	PAE	4		0.967	0.263	
Threonine.....g	1.205		0	PAE	4		3.772	1.024	
Isoleucine.....g	1.240		0	PAE	4		3.881	1.054	
Leucine.....g	2.180		0	PAE	4		6.823	1.853	
Lysine.....g	2.295		0	PAE	4		7.183	1.951	
Methionine.....g	0.706		0	PAE	4		2.210	0.600	
Cystine.....g	0.309		0	PAE	4		0.967	0.263	
Phenylalanine.....g	1.077		0	PAE	4		3.371	0.915	
Tyrosine.....g	0.927		0	PAE	4		2.902	0.788	
Valine.....g	1.341		0	PAE	4		4.197	1.140	
Arginine.....g	1.743		0	PAE	4		5.456	1.482	
Histidine.....g	0.944		0	PAE	4		2.955	0.802	
Alanine.....g	1.664		0	PAE	4		5.208	1.414	
Aspartic acid.....g	2.520		0	PAE	4		7.888	2.142	
Glutamic acid.....g	4.144		0	PAE	4		12.971	3.522	
Glycine.....g	1.505		0	PAE	4		4.711	1.279	
Proline.....g	1.218		0	PAE	4		3.812	1.035	
Serine.....g	1.055		0	PAE	4		3.302	0.897	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 313g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13866

Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.620		0	PAE	4		1.310	20.956	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0	PAE	4		0.156	2.495	
17:1.....g									
18:1 undifferentiated.....g	4.060		0	PAE	4		1.151	18.416	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated.....g	0.260		0	PAE	4		0.074	1.179	
18:3 undifferentiated.....g	0.120		0	PAE	4		0.034	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PAE	4		18	281	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0	PAE	4		0.065	1.043	
Threonine.....g	0.898		0	PAE	4		0.255	4.073	
Isoleucine.....g	0.924		0	PAE	4		0.262	4.191	
Leucine.....g	1.625		0	PAE	4		0.461	7.371	
Lysine.....g	1.710		0	PAE	4		0.485	7.757	
Methionine.....g	0.526		0	PAE	4		0.149	2.386	
Cystine.....g	0.230		0	PAE	4		0.065	1.043	
Phenylalanine.....g	0.802		0	PAE	4		0.227	3.638	
Tyrosine.....g	0.691		0	PAE	4		0.196	3.134	
Valine.....g	1.000		0	PAE	4		0.284	4.536	
Arginine.....g	1.299		0	PAE	4		0.368	5.892	
Histidine.....g	0.704		0	PAE	4		0.200	3.193	
Alanine.....g	1.240		0	PAE	4		0.352	5.625	
Aspartic acid.....g	1.878		0	PAE	4		0.532	8.519	
Glutamic acid.....g	3.088		0	PAE	4		0.875	14.007	
Glycine.....g	1.121		0	PAE	4		0.318	5.085	
Proline.....g	0.908		0	PAE	4		0.257	4.119	
Serine.....g	0.786		0	PAE	4		0.223	3.565	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.100		0		1		8.835	2.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.912	0.272	
17:1.....g									
18:1 undifferentiated.....g	2.780		0		1		7.923	2.363	
20:1.....g	0.010		0		1		0.029	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.884	0.264	
18:2 undifferentiated.....g	0.240		0		1		0.684	0.204	
18:3 undifferentiated.....g	0.030		0		1		0.086	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.114	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		222	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	NR	4		0.547	0.163	
Threonine.....g	1.167		0	NR	4		3.326	0.992	
Isoleucine.....g	1.329		0	NR	4		3.787	1.130	
Leucine.....g	2.324		0	NR	4		6.622	1.975	
Lysine.....g	2.469		0	NR	4		7.036	2.098	
Methionine.....g	0.761		0	NR	4		2.168	0.647	
Cystine.....g	0.377		0	NR	4		1.074	0.320	
Phenylalanine.....g	1.154		0	NR	4		3.288	0.981	
Tyrosine.....g	0.931		0	NR	4		2.653	0.791	
Valine.....g	1.449		0	NR	4		4.130	1.232	
Arginine.....g	1.889		0	NR	4		5.383	1.605	
Histidine.....g	0.932		0	NR	4		2.657	0.792	
Alanine.....g	1.776		0	NR	4		5.061	1.509	
Aspartic acid.....g	2.661		0	NR	4		7.583	2.262	
Glutamic acid.....g	4.385		0	NR	4		12.498	3.727	
Glycine.....g	1.779		0	NR	4		5.069	1.512	
Proline.....g	1.393		0	NR	4		3.969	1.184	
Serine.....g	1.151		0	NR	4		3.279	0.978	
Hydroxyproline.....g	0.307		0	BFPN	4		0.875	0.261	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 285g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13156

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13155

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.070		0		1		0.587	9.390	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.057	0.907	
17:1.....g									
18:1 undifferentiated.....g	1.860		0		1		0.527	8.437	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.060	0.953	
18:2 undifferentiated.....g	0.160		0		1		0.045	0.726	
18:3 undifferentiated.....g	0.010		0		1		0.003	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		16	263	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.145		0	NR	4		0.041	0.657	
Threonine.....g	0.880		0	NR	4		0.249	3.992	
Isoleucine.....g	1.002		0	NR	4		0.284	4.546	
Leucine.....g	1.752		0	NR	4		0.497	7.949	
Lysine.....g	1.862		0	NR	4		0.528	8.445	
Methionine.....g	0.574		0	NR	4		0.163	2.602	
Cystine.....g	0.284		0	NR	4		0.081	1.290	
Phenylalanine.....g	0.870		0	NR	4		0.247	3.947	
Tyrosine.....g	0.702		0	NR	4		0.199	3.184	
Valine.....g	1.093		0	NR	4		0.310	4.958	
Arginine.....g	1.425		0	NR	4		0.404	6.462	
Histidine.....g	0.703		0	NR	4		0.199	3.189	
Alanine.....g	1.339		0	NR	4		0.380	6.075	
Aspartic acid.....g	2.007		0	NR	4		0.569	9.102	
Glutamic acid.....g	3.307		0	NR	4		0.938	15.002	
Glycine.....g	1.341		0	NR	4		0.380	6.085	
Proline.....g	1.050		0	NR	4		0.298	4.764	
Serine.....g	0.868		0	NR	4		0.246	3.936	
Hydroxyproline.....g	0.231		0	BFPN	4		0.066	1.050	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 13155

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13158

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.220		0		1		6.260	1.887	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.649	0.196	
17:1.....g									
18:1 undifferentiated.....g	1.990		0		1		5.612	1.692	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.620	0.187	
18:2 undifferentiated.....g	0.170		0		1		0.479	0.145	
18:3 undifferentiated.....g	0.020		0		1		0.056	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.085	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		220	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.328		0		1		0.925	0.279	
Threonine.....g	1.278		0		1		3.604	1.086	
Isoleucine.....g	1.315		0		1		3.708	1.118	
Leucine.....g	2.312		0		1		6.520	1.965	
Lysine.....g	2.434		0		1		6.864	2.069	
Methionine.....g	0.749		0		1		2.112	0.637	
Cystine.....g	0.328		0		1		0.925	0.279	
Phenylalanine.....g	1.142		0		1		3.220	0.971	
Tyrosine.....g	0.983		0		1		2.772	0.836	
Valine.....g	1.423		0		1		4.013	1.210	
Arginine.....g	1.849		0		1		5.214	1.572	
Histidine.....g	1.002		0		1		2.826	0.852	
Alanine.....g	1.765		0		1		4.977	1.500	
Aspartic acid.....g	2.673		0		1		7.538	2.272	
Glutamic acid.....g	4.395		0		1		12.394	3.736	
Glycine.....g	1.596		0		1		4.501	1.357	
Proline.....g	1.292		0		1		3.643	1.098	
Serine.....g	1.119		0		1		3.156	0.951	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13157

Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.480		0		1		0.420	6.713	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.043	0.680	
17:1.....g									
18:1 undifferentiated.....g	1.330		0		1		0.377	6.033	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.043	0.680	
18:2 undifferentiated.....g	0.120		0		1		0.034	0.544	
18:3 undifferentiated.....g	0.010		0		1		0.003	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		16	263	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.070	1.120	
Threonine.....g	0.962		0		1		0.273	4.364	
Isoleucine.....g	0.990		0		1		0.281	4.491	
Leucine.....g	1.741		0		1		0.494	7.897	
Lysine.....g	1.833		0		1		0.520	8.314	
Methionine.....g	0.564		0		1		0.160	2.558	
Cystine.....g	0.247		0		1		0.070	1.120	
Phenylalanine.....g	0.860		0		1		0.244	3.901	
Tyrosine.....g	0.740		0		1		0.210	3.357	
Valine.....g	1.071		0		1		0.304	4.858	
Arginine.....g	1.392		0		1		0.395	6.314	
Histidine.....g	0.754		0		1		0.214	3.420	
Alanine.....g	1.329		0		1		0.377	6.028	
Aspartic acid.....g	2.012		0		1		0.570	9.126	
Glutamic acid.....g	3.309		0		1		0.938	15.010	
Glycine.....g	1.202		0		1		0.341	5.452	
Proline.....g	0.973		0		1		0.276	4.414	
Serine.....g	0.842		0		1		0.239	3.819	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.46		16	A	1		98.19	55.64	
Energy.....kcal	177		0	NC	4		265	150	
Energy.....kj	740		0	NC	4		1110	629	
Protein (N x 6.25).....g	27.12		16	A	1		40.67	23.05	
Total lipid (fat).....g	6.78		16	A	1		10.17	5.76	
Ash.....g	1.00		16	A	1		1.50	0.85	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		8	4	
Iron, Fe.....mg	2.51		3	A	1		3.76	2.13	
Magnesium, Mg.....mg	26		3	A	1		39	22	
Phosphorus, P.....mg	240		3	A	1		360	204	
Potassium, K.....mg	377		3	A	1		566	321	
Sodium, Na.....mg	52		3	A	1		77	44	
Zinc, Zn.....mg	6.84		3	A	1		10.26	5.82	
Copper, Cu.....mg	0.089		3	A	1		0.134	0.076	
Manganese, Mn.....mg	0.011		3	A	1		0.017	0.009	
Selenium, Se.....mcg	39.0		3	A	1		58.5	33.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.059		3	A	1		0.088	0.050	
Riboflavin.....mg	0.217		3	A	1		0.326	0.185	
Niacin.....mg	5.177		3	A	1		7.765	4.400	
Pantothenic acid.....mg	0.751		3	A	1		1.126	0.638	
Vitamin B-6.....mg	0.496		3	A	1		0.743	0.421	
Folate, total.....mcg	10		1	A	1		15	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		1	A	1		15	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		15	9	
Vitamin B-12.....mcg	3.23		3	A	1		4.84	2.74	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.30	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.04	0.03	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.527		0	NC	4		3.791	2.148	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.184		3	A	1		0.275	0.156	
15:0.....g	0.027		3	A	1		0.040	0.023	
16:0.....g	1.531		3	A	1		2.296	1.301	
17:0.....g	0.064		3	A	1		0.096	0.054	
18:0.....g	0.703		3	A	1		1.054	0.597	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.020		3	A	1		0.030	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.712		0	NC	4		4.069	2.306	
14:1.....g	0.045		3	A	1		0.068	0.038	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.200		3	A	1		0.300	0.170	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.467		0	AS	1		3.700	2.097	
18:1 c.....g	2.282		3	A	1		3.422	1.939	
18:1 t.....g	0.185		3	A	1		0.278	0.157	
20:1.....g	0.000		3	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.358		0	NC	4		0.537	0.304	
18:2 undifferentiated.....g	0.293		0	AS	1		0.439	0.249	
18:2 n-6 c,c.....g	0.244		3	A	1		0.365	0.207	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.049		3	A	1		0.074	0.042	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.017	0.010	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		3	A	1		0.080	0.046	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.235		0	NC	4		0.352	0.199	
Fatty acids, total trans-monoenoic.....g	0.185		0	NC	4		0.278	0.157	
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.074	0.042	
Cholesterol.....mg	77		13	A	1		115	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	A	1		0.267	0.151	
Threonine.....g	1.083		0	A	1		1.625	0.921	
Isoleucine.....g	1.234		0	A	1		1.850	1.049	
Leucine.....g	2.157		0	A	1		3.235	1.833	
Lysine.....g	2.292		0	A	1		3.437	1.948	
Methionine.....g	0.706		0	A	1		1.059	0.600	
Cystine.....g	0.350		0	A	1		0.525	0.297	
Phenylalanine.....g	1.071		0	A	1		1.607	0.910	
Tyrosine.....g	0.864		0	A	1		1.296	0.734	
Valine.....g	1.345		0	A	1		2.018	1.143	
Arginine.....g	1.753		0	A	1		2.630	1.490	
Histidine.....g	0.865		0	A	1		1.298	0.736	
Alanine.....g	1.648		0	A	1		2.473	1.401	
Aspartic acid.....g	2.470		0	A	1		3.705	2.099	
Glutamic acid.....g	4.071		0	A	1		6.106	3.460	
Glycine.....g	1.651		0	A	1		2.477	1.403	
Proline.....g	1.293		0	A	1		1.939	1.099	
Serine.....g	1.068		0	A	1		1.602	0.908	
Hydroxyproline.....g	0.285		0	A	1		0.427	0.242	
Others:									

NDB No. 23062

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 150g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.45		16	A	1		142.72		
Energy.....kcal	143		0	NC	4		281		
Energy.....kj	596		0	NC	4		1175		
Protein (N x 6.25).....g	20.93		16	A	1		41.24		
Total lipid (fat).....g	5.89		16	A	1		11.61		
Ash.....g	0.96		16	A	1		1.90		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		9		
Iron, Fe.....mg	1.96		3	A	1		3.87		
Magnesium, Mg.....mg	24		3	A	1		47		
Phosphorus, P.....mg	215		3	A	1		423		
Potassium, K.....mg	363		3	A	1		715		
Sodium, Na.....mg	54		3	A	1		106		
Zinc, Zn.....mg	5.32		3	A	1		10.48		
Copper, Cu.....mg	0.074		3	A	1		0.146		
Manganese, Mn.....mg	0.011		3	A	1		0.022		
Selenium, Se.....mcg	30.0		3	A	1		59.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.071		3	A	1		0.140		
Riboflavin.....mg	0.185		3	A	1		0.364		
Niacin.....mg	5.010		3	A	1		9.870		
Pantothenic acid.....mg	0.733		3	A	1		1.443		
Vitamin B-6.....mg	0.527		3	A	1		1.037		
Folate, total.....mcg	11		1	A	1		22		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1	A	1		22		
Folate, DFE.....mcg_DFE	11		0	NC	4		22		
Vitamin B-12.....mcg	4.49		3	A	1		8.85		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.21		1	A	1		0.41		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.03		1	A	1		0.06		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.163		0	NC	4		4.261		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.160		3	A	1		0.314		
15:0.....g	0.023		3	A	1		0.045		
16:0.....g	1.304		3	A	1		2.569		
17:0.....g	0.054		3	A	1		0.107		
18:0.....g	0.605		3	A	1		1.191		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		3	A	1		0.034		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.336		0	NC	4		4.603		
14:1.....g	0.040		3	A	1		0.078		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.172		3	A	1		0.339		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	2.123		0	AS	1		4.182		
18:1 c.....g	1.960		3	A	1		3.860		
18:1 t.....g	0.163		3	A	1		0.321		
20:1.....g	0.002		3	A	1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.312		0	NC	4		0.615		
18:2 undifferentiated.....g	0.253		0	AS	1		0.498		
18:2 n-6 c,c.....g	0.207		3	A	1		0.408		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.046		3	A	1		0.090		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.022		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049		3	A	1		0.096		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.209		0	NC	4		0.411		
Fatty acids, total trans-monoenoic.....g	0.163		0	NC	4		0.321		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.090		
Cholesterol.....mg	59		13	A	1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.271		
Threonine.....g	0.836		0	A	1		1.648		
Isoleucine.....g	0.952		0	A	1		1.876		
Leucine.....g	1.665		0	A	1		3.281		
Lysine.....g	1.769		0	A	1		3.485		
Methionine.....g	0.545		0	A	1		1.074		
Cystine.....g	0.270		0	A	1		0.532		
Phenylalanine.....g	0.827		0	A	1		1.629		
Tyrosine.....g	0.667		0	A	1		1.314		
Valine.....g	1.039		0	A	1		2.046		
Arginine.....g	1.354		0	A	1		2.667		
Histidine.....g	0.668		0	A	1		1.316		
Alanine.....g	1.273		0	A	1		2.507		
Aspartic acid.....g	1.907		0	A	1		3.757		
Glutamic acid.....g	3.143		0	A	1		6.191		
Glycine.....g	1.275		0	A	1		2.511		
Proline.....g	0.998		0	A	1		1.966		
Serine.....g	0.825		0	A	1		1.625		
Hydroxyproline.....g	0.108		2	A	1		0.214		

Others:

NDB No. 23061

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 197g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.53		8	A	1		100.67	54.85	
Energy.....kcal	188		0	NC	4		293	160	
Energy.....kj	787		0	NC	4		1228	669	
Protein (N x 6.25).....g	26.88		8	A	1		41.94	22.85	
Total lipid (fat).....g	8.13		8	A	1		12.68	6.91	
Ash.....g	0.97		8	A	1		1.51	0.82	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		8	4	
Iron, Fe.....mg	2.51		2	A	1		3.92	2.14	
Magnesium, Mg.....mg	26		2	A	1		40	22	
Phosphorus, P.....mg	238		2	A	1		371	202	
Potassium, K.....mg	373		2	A	1		582	317	
Sodium, Na.....mg	51		2	A	1		80	43	
Zinc, Zn.....mg	6.56		2	A	1		10.23	5.58	
Copper, Cu.....mg	0.090		2	A	1		0.140	0.076	
Manganese, Mn.....mg	0.011		2	A	1		0.017	0.009	
Selenium, Se.....mcg	39.8		2	A	1		62.0	33.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.054		2	A	1		0.085	0.046	
Riboflavin.....mg	0.213		2	A	1		0.333	0.181	
Niacin.....mg	5.435		2	A	1		8.479	4.620	
Pantothenic acid.....mg	0.702		2	A	1		1.095	0.597	
Vitamin B-6.....mg	0.515		2	A	1		0.803	0.438	
Folate, total.....mcg	10		1	A	1		16	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		1	A	1		16	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12.....mcg	2.92		2	A	1		4.56	2.49	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.31	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.05	0.03	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.759		0	NC	4		4.304	2.345	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.198		2	A	1		0.309	0.168	
15:0.....g	0.028		2	A	1		0.044	0.024	
16:0.....g	1.686		2	A	1		2.630	1.433	
17:0.....g	0.069		2	A	1		0.107	0.058	
18:0.....g	0.758		2	A	1		1.182	0.644	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.021		2	A	1		0.033	0.018	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.983		0	NC	4		4.653	2.535	
14:1.....g	0.047		2	A	1		0.074	0.040	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.218		2	A	1		0.341	0.186	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.717		0	AS	1		4.238	2.309	
18:1 c.....g	2.522		2	A	1		3.935	2.144	
18:1 t.....g	0.194		2	A	1		0.303	0.165	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0	NC	4		0.572	0.312	
18:2 undifferentiated.....g	0.300		0	AS	1		0.468	0.255	
18:2 n-6 c,c.....g	0.248		2	A	1		0.388	0.211	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.052		2	A	1		0.080	0.044	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.018	0.010	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		2	A	1		0.087	0.047	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.246		0	NC	4		0.384	0.209	
Fatty acids, total trans-monoenoic.....g	0.194		0	NC	4		0.303	0.165	
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.080	0.044	
Cholesterol.....mg	75		6	A	1		117	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	A	1		0.276	0.150	
Threonine.....g	1.074		0	A	1		1.675	0.913	
Isoleucine.....g	1.223		0	A	1		1.908	1.040	
Leucine.....g	2.139		0	A	1		3.336	1.818	
Lysine.....g	2.272		0	A	1		3.544	1.931	
Methionine.....g	0.700		0	A	1		1.092	0.595	
Cystine.....g	0.347		0	A	1		0.541	0.295	
Phenylalanine.....g	1.062		0	A	1		1.657	0.903	
Tyrosine.....g	0.857		0	A	1		1.336	0.728	
Valine.....g	1.334		0	A	1		2.081	1.134	
Arginine.....g	1.738		0	A	1		2.712	1.478	
Histidine.....g	0.858		0	A	1		1.338	0.729	
Alanine.....g	1.634		0	A	1		2.550	1.389	
Aspartic acid.....g	2.449		0	A	1		3.820	2.081	
Glutamic acid.....g	4.036		0	A	1		6.296	3.430	
Glycine.....g	1.637		0	A	1		2.554	1.391	
Proline.....g	1.282		0	A	1		1.999	1.089	
Serine.....g	1.059		0	A	1		1.652	0.900	
Hydroxyproline.....g	0.282		0	A	1		0.441	0.240	

Others:

NDB No. 23046

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 156g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.05		8	A	1		150.59		
Energy.....kcal	150		0	NC	4		314		
Energy.....kj	629		0	NC	4		1315		
Protein (N x 6.24).....g	20.74		8	A	1		43.34		
Total lipid (fat).....g	6.85		8	A	1		14.32		
Ash.....g	0.96		8	A	1		2.02		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		10		
Iron, Fe.....mg	1.94		2	A	1		4.05		
Magnesium, Mg.....mg	24		2	A	1		50		
Phosphorus, P.....mg	214		2	A	1		447		
Potassium, K.....mg	365		2	A	1		762		
Sodium, Na.....mg	54		2	A	1		112		
Zinc, Zn.....mg	5.15		2	A	1		10.77		
Copper, Cu.....mg	0.077		2	A	1		0.161		
Manganese, Mn.....mg	0.011		2	A	1		0.023		
Selenium, Se.....mcg	30.6		2	A	1		64.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.073		2	A	1		0.152		
Riboflavin.....mg	0.176		2	A	1		0.369		
Niacin.....mg	4.895		2	A	1		10.230		
Pantothenic acid.....mg	0.711		2	A	1		1.486		
Vitamin B-6.....mg	0.526		2	A	1		1.100		
Folate, total.....mcg	11		1	A	1		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1	A	1		23		
Folate, DFE.....mcg_DFE	11		0	NC	4		23		
Vitamin B-12.....mcg	4.04		2	A	1		8.45		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.21		1	A	1		0.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.03		1	A	1		0.06		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.300		0	NC	4		4.806		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.164		2	A	1		0.344		
15:0.....g	0.023		2	A	1		0.048		
16:0.....g	1.392		2	A	1		2.909		
17:0.....g	0.056		2	A	1		0.118		
18:0.....g	0.645		2	A	1		1.349		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.018		2	A	1		0.038		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.497		0	NC	4		5.220		
14:1.....g	0.039		2	A	1		0.082		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.180		2	A	1		0.375		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.279		0	AS	1		4.763		
18:1 c.....g	2.115		2	A	1		4.421		
18:1 t.....g	0.164		2	A	1		0.342		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.672		
18:2 undifferentiated.....g	0.259		0	AS	1		0.542		
18:2 n-6 c,c.....g	0.213		2	A	1		0.445		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.047		2	A	1		0.097		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.023		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		2	A	1		0.106		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.210		0	NC	4		0.439		
Fatty acids, total trans-monoenoic.....g	0.164		0	NC	4		0.342		
Fatty acids, total trans-polyenoic.....g	0.047		0	NC	4		0.097		
Cholesterol.....mg	58		6	A	1		121		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		0.285		
Threonine.....g	0.828		0	A	1		1.731		
Isoleucine.....g	0.943		0	A	1		1.972		
Leucine.....g	1.649		0	A	1		3.447		
Lysine.....g	1.752		0	A	1		3.663		
Methionine.....g	0.540		0	A	1		1.129		
Cystine.....g	0.268		0	A	1		0.559		
Phenylalanine.....g	0.819		0	A	1		1.712		
Tyrosine.....g	0.661		0	A	1		1.381		
Valine.....g	1.029		0	A	1		2.150		
Arginine.....g	1.341		0	A	1		2.802		
Histidine.....g	0.662		0	A	1		1.383		
Alanine.....g	1.261		0	A	1		2.635		
Aspartic acid.....g	1.889		0	A	1		3.947		
Glutamic acid.....g	3.113		0	A	1		6.506		
Glycine.....g	1.263		0	A	1		2.639		
Proline.....g	0.989		0	A	1		2.066		
Serine.....g	0.817		0	A	1		1.707		
Hydroxyproline.....g	0.100		1	A	1		0.209		

Others:

NDB No. 23045

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 209g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.13		5	A	1		107.40	57.06	
Energy.....kcal	162		0	NC	4		259	137	
Energy.....kj	676		0	NC	4		1082	575	
Protein (N x 6.25).....g	26.61		5	A	1		42.58	22.62	
Total lipid (fat).....g	5.32		5	A	1		8.51	4.52	
Ash.....g	0.97		5	A	1		1.54	0.82	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		8	4	
Iron, Fe.....mg	2.49		1	A	1		3.98	2.12	
Magnesium, Mg.....mg	26		1	A	1		42	22	
Phosphorus, P.....mg	243		1	A	1		389	207	
Potassium, K.....mg	386		1	A	1		618	328	
Sodium, Na.....mg	53		1	A	1		84	45	
Zinc, Zn.....mg	7.41		1	A	1		11.86	6.30	
Copper, Cu.....mg	0.088		1	A	1		0.141	0.075	
Manganese, Mn.....mg	0.011		1	A	1		0.018	0.009	
Selenium, Se.....mcg	37.5		1	A	1		60.0	31.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.067		1	A	1		0.107	0.057	
Riboflavin.....mg	0.225		1	A	1		0.360	0.191	
Niacin.....mg	4.660		1	A	1		7.456	3.961	
Pantothenic acid.....mg	0.848		1	A	1		1.357	0.721	
Vitamin B-6.....mg	0.457		1	A	1		0.731	0.388	
Folate, total.....mcg	10		0	BFPN	4		16	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		16	8	
Folate, DFE.....mcg_DFE	10		0	NC	4		16	8	
Vitamin B-12.....mcg	3.83		1	A	1		6.13	3.26	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFSN	4		0.30	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.04	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.063		0	NC	4		3.301	1.753	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.155		1	A	1		0.248	0.132	
15:0.....g	0.024		1	A	1		0.038	0.020	
16:0.....g	1.220		1	A	1		1.952	1.037	
17:0.....g	0.054		1	A	1		0.086	0.046	
18:0.....g	0.592		1	A	1		0.947	0.503	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.018		1	A	1		0.029	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.172		0	NC	4		3.475	1.846	
14:1.....g	0.041		1	A	1		0.066	0.035	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.164		1	A	1		0.262	0.139	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.967		0	AS	1		3.147	1.672	
18:1 c.....g	1.800		1	A	1		2.880	1.530	
18:1 t.....g	0.167		1	A	1		0.267	0.142	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.341		0	NC	4		0.545	0.290	
18:2 undifferentiated.....g	0.279		0	AS	1		0.446	0.237	
18:2 n-6 c,c.....g	0.234		1	A	1		0.374	0.199	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.045		1	A	1		0.072	0.038	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.019	0.010	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		1	A	1		0.080	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.212		0	NC	4		0.339	0.180	
Fatty acids, total trans-monoenoic.....g	0.167		0	NC	4		0.267	0.142	
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.072	0.038	
Cholesterol.....mg	74		4	A	1		119	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0	A	1		0.280	0.149	
Threonine.....g	1.063		0	A	1		1.701	0.904	
Isoleucine.....g	1.211		0	A	1		1.937	1.029	
Leucine.....g	2.117		0	A	1		3.387	1.799	
Lysine.....g	2.249		0	A	1		3.598	1.912	
Methionine.....g	0.693		0	A	1		1.109	0.589	
Cystine.....g	0.343		0	A	1		0.549	0.292	
Phenylalanine.....g	1.051		0	A	1		1.682	0.893	
Tyrosine.....g	0.848		0	A	1		1.357	0.721	
Valine.....g	1.320		0	A	1		2.112	1.122	
Arginine.....g	1.721		0	A	1		2.753	1.463	
Histidine.....g	0.849		0	A	1		1.359	0.722	
Alanine.....g	1.618		0	A	1		2.588	1.375	
Aspartic acid.....g	2.424		0	A	1		3.878	2.060	
Glutamic acid.....g	3.995		0	A	1		6.392	3.396	
Glycine.....g	1.620		0	A	1		2.592	1.377	
Proline.....g	1.269		0	A	1		2.030	1.078	
Serine.....g	1.048		0	A	1		1.677	0.891	
Hydroxyproline.....g	0.280		0	A	1		0.447	0.238	
Others:									

NDB No. 23048

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 160g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.72		5	A	1		147.63		
Energy.....kcal	137		0	NC	4		279		
Energy.....kj	574		0	NC	4		1165		
Protein (N x 6.25).....g	20.98		5	A	1		42.58		
Total lipid (fat).....g	5.21		5	A	1		10.57		
Ash.....g	0.92		5	A	1		1.87		
Carbohydrate, by difference.....g	0.17		0	NC	4		0.35		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		10		
Iron, Fe.....mg	2.01		1	A	1		4.08		
Magnesium, Mg.....mg	24		1	A	1		49		
Phosphorus, P.....mg	216		1	A	1		438		
Potassium, K.....mg	360		1	A	1		731		
Sodium, Na.....mg	53		1	A	1		108		
Zinc, Zn.....mg	5.65		1	A	1		11.47		
Copper, Cu.....mg	0.068		1	A	1		0.138		
Manganese, Mn.....mg	0.011		1	A	1		0.023		
Selenium, Se.....mcg	28.8		1	A	1		58.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.067		1	A	1		0.136		
Riboflavin.....mg	0.201		1	A	1		0.408		
Niacin.....mg	5.240		1	A	1		10.637		
Pantothenic acid.....mg	0.776		1	A	1		1.575		
Vitamin B-6.....mg	0.527		1	A	1		1.070		
Folate, total.....mcg	11		0	BFPN	4		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		0	BFPN	4		23		
Folate, DFE.....mcg_DFE	11		0	NC	4		23		
Vitamin B-12.....mcg	5.39		1	A	1		10.94		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.20		0	BFSN	4		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.06		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.890		0	NC	4		3.836		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.150		1	A	1		0.305		
15:0.....g	0.023		1	A	1		0.047		
16:0.....g	1.129		1	A	1		2.292		
17:0.....g	0.050		1	A	1		0.102		
18:0.....g	0.523		1	A	1		1.062		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.015		1	A	1		0.030		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.014		0	NC	4		4.088		
14:1.....g	0.041		1	A	1		0.083		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.157		1	A	1		0.319		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.810		0	AS	1		3.674		
18:1 c.....g	1.648		1	A	1		3.345		
18:1 t.....g	0.162		1	A	1		0.329		
20:1.....g	0.006		1	A	1		0.012		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		0	NC	4		0.598		
18:2 undifferentiated.....g	0.239		0	AS	1		0.485		
18:2 n-6 c,c.....g	0.195		1	A	1		0.396		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.044		1	A	1		0.089		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.024		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.044		1	A	1		0.089		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.206		0	NC	4		0.418		
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.329		
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.089		
Cholesterol.....mg	59		4	A	1		119		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.280		
Threonine.....g	0.838		0	A	1		1.701		
Isoleucine.....g	0.954		0	A	1		1.937		
Leucine.....g	1.669		0	A	1		3.387		
Lysine.....g	1.773		0	A	1		3.599		
Methionine.....g	0.546		0	A	1		1.109		
Cystine.....g	0.271		0	A	1		0.550		
Phenylalanine.....g	0.829		0	A	1		1.682		
Tyrosine.....g	0.668		0	A	1		1.357		
Valine.....g	1.041		0	A	1		2.113		
Arginine.....g	1.356		0	A	1		2.754		
Histidine.....g	0.669		0	A	1		1.359		
Alanine.....g	1.275		0	A	1		2.589		
Aspartic acid.....g	1.911		0	A	1		3.879		
Glutamic acid.....g	3.149		0	A	1		6.393		
Glycine.....g	1.277		0	A	1		2.593		
Proline.....g	1.000		0	A	1		2.030		
Serine.....g	0.826		0	A	1		1.677		
Hydroxyproline.....g	0.117		1	A	1		0.237		

Others:

NDB No. 23047

Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 203g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23027

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.46		16	A	1		98.19	55.64	
Energy.....kcal	177		0	NC	4		265	150	
Energy.....kj	740		0	NC	4		1110	629	
Protein (N x 6.25).....g	27.12		16	A	1		40.67	23.05	
Total lipid (fat).....g	6.78		16	A	1		10.17	5.76	
Ash.....g	1.00		16	A	1		1.50	0.85	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		8	4	
Iron, Fe.....mg	2.51		3	A	1		3.76	2.13	
Magnesium, Mg.....mg	26		3	A	1		39	22	
Phosphorus, P.....mg	240		3	A	1		360	204	
Potassium, K.....mg	377		3	A	1		566	321	
Sodium, Na.....mg	52		3	A	1		77	44	
Zinc, Zn.....mg	6.84		3	A	1		10.26	5.82	
Copper, Cu.....mg	0.089		3	A	1		0.134	0.076	
Manganese, Mn.....mg	0.011		3	A	1		0.017	0.009	
Selenium, Se.....mcg	39.0		3	A	1		58.5	33.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.059		3	A	1		0.088	0.050	
Riboflavin.....mg	0.217		3	A	1		0.326	0.185	
Niacin.....mg	5.177		3	A	1		7.765	4.400	
Pantothenic acid.....mg	0.751		3	A	1		1.126	0.638	
Vitamin B-6.....mg	0.496		3	A	1		0.743	0.421	
Folate, total.....mcg	10		1	A	1		15	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		1	A	1		15	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		15	9	
Vitamin B-12.....mcg	3.23		3	A	1		4.84	2.74	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.30	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.04	0.03	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.527		0	NC	4		3.791	2.148	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.184		3	A	1		0.275	0.156	
15:0.....g	0.027		3	A	1		0.040	0.023	
16:0.....g	1.531		3	A	1		2.296	1.301	
17:0.....g	0.064		3	A	1		0.096	0.054	
18:0.....g	0.703		3	A	1		1.054	0.597	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23027

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.020		3	A	1		0.030	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.712		0	NC	4		4.069	2.306	
14:1.....g	0.045		3	A	1		0.068	0.038	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.200		3	A	1		0.300	0.170	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.467		0	AS	1		3.700	2.097	
18:1 c.....g	2.282		3	A	1		3.422	1.939	
18:1 t.....g	0.185		3	A	1		0.278	0.157	
20:1.....g	0.000		3	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.358		0	NC	4		0.537	0.304	
18:2 undifferentiated.....g	0.293		0	AS	1		0.439	0.249	
18:2 n-6 c,c.....g	0.244		3	A	1		0.365	0.207	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.049		3	A	1		0.074	0.042	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.017	0.010	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		3	A	1		0.080	0.046	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.235		0	NC	4		0.352	0.199	
Fatty acids, total trans-monoenoic.....g	0.185		0	NC	4		0.278	0.157	
Fatty acids, total trans-polyenoic.....g	0.049		0	NC	4		0.074	0.042	
Cholesterol.....mg	77		13	A	1		115	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	A	1		0.267	0.151	
Threonine.....g	1.083		0	A	1		1.625	0.921	
Isoleucine.....g	1.234		0	A	1		1.850	1.049	
Leucine.....g	2.157		0	A	1		3.235	1.833	
Lysine.....g	2.292		0	A	1		3.437	1.948	
Methionine.....g	0.706		0	A	1		1.059	0.600	
Cystine.....g	0.350		0	A	1		0.525	0.297	
Phenylalanine.....g	1.071		0	A	1		1.607	0.910	
Tyrosine.....g	0.864		0	A	1		1.296	0.734	
Valine.....g	1.345		0	A	1		2.018	1.143	
Arginine.....g	1.753		0	A	1		2.630	1.490	
Histidine.....g	0.865		0	A	1		1.298	0.736	
Alanine.....g	1.648		0	A	1		2.473	1.401	
Aspartic acid.....g	2.470		0	A	1		3.705	2.099	
Glutamic acid.....g	4.071		0	A	1		6.106	3.460	
Glycine.....g	1.651		0	A	1		2.477	1.403	
Proline.....g	1.293		0	A	1		1.939	1.099	
Serine.....g	1.068		0	A	1		1.602	0.908	
Hydroxyproline.....g	0.285		0	A	1		0.427	0.242	

Others:

NDB No. 23027

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 150g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13998

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.53		8	A	1		100.67	54.85	
Energy.....kcal	188		0	NC	4		293	160	
Energy.....kj	787		0	NC	4		1228	669	
Protein (N x 6.25).....g	26.88		8	A	1		41.94	22.85	
Total lipid (fat).....g	8.13		8	A	1		12.68	6.91	
Ash.....g	0.97		8	A	1		1.51	0.82	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		8	4	
Iron, Fe.....mg	2.51		2	A	1		3.92	2.14	
Magnesium, Mg.....mg	26		2	A	1		40	22	
Phosphorus, P.....mg	238		2	A	1		371	202	
Potassium, K.....mg	373		2	A	1		582	317	
Sodium, Na.....mg	51		2	A	1		80	43	
Zinc, Zn.....mg	6.56		2	A	1		10.23	5.58	
Copper, Cu.....mg	0.090		2	A	1		0.140	0.076	
Manganese, Mn.....mg	0.011		2	A	1		0.017	0.009	
Selenium, Se.....mcg	39.8		2	A	1		62.0	33.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.054		2	A	1		0.085	0.046	
Riboflavin.....mg	0.213		2	A	1		0.333	0.181	
Niacin.....mg	5.435		2	A	1		8.479	4.620	
Pantothenic acid.....mg	0.702		2	A	1		1.095	0.597	
Vitamin B-6.....mg	0.515		2	A	1		0.803	0.438	
Folate, total.....mcg	10		1	A	1		16	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		1	A	1		16	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12.....mcg	2.92		2	A	1		4.56	2.49	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.31	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.05	0.03	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.759		0	NC	4		4.304	2.345	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.198		2	A	1		0.309	0.168	
15:0.....g	0.028		2	A	1		0.044	0.024	
16:0.....g	1.686		2	A	1		2.630	1.433	
17:0.....g	0.069		2	A	1		0.107	0.058	
18:0.....g	0.758		2	A	1		1.182	0.644	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 13998

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.021		2	A	1		0.033	0.018	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.983		0	NC	4		4.653	2.535	
14:1.....g	0.047		2	A	1		0.074	0.040	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.218		2	A	1		0.341	0.186	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.717		0	AS	1		4.238	2.309	
18:1 c.....g	2.522		2	A	1		3.935	2.144	
18:1 t.....g	0.194		2	A	1		0.303	0.165	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0	NC	4		0.572	0.312	
18:2 undifferentiated.....g	0.300		0	AS	1		0.468	0.255	
18:2 n-6 c,c.....g	0.248		2	A	1		0.388	0.211	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.052		2	A	1		0.080	0.044	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.018	0.010	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.055		2	A	1		0.087	0.047	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.246		0	NC	4		0.384	0.209	
Fatty acids, total trans-monoenoic.....g	0.194		0	NC	4		0.303	0.165	
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.080	0.044	
Cholesterol.....mg	75		6	A	1		117	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	A	1		0.276	0.150	
Threonine.....g	1.074		0	A	1		1.675	0.913	
Isoleucine.....g	1.223		0	A	1		1.908	1.040	
Leucine.....g	2.139		0	A	1		3.336	1.818	
Lysine.....g	2.272		0	A	1		3.544	1.931	
Methionine.....g	0.700		0	A	1		1.092	0.595	
Cystine.....g	0.347		0	A	1		0.541	0.295	
Phenylalanine.....g	1.062		0	A	1		1.657	0.903	
Tyrosine.....g	0.857		0	A	1		1.336	0.728	
Valine.....g	1.334		0	A	1		2.081	1.134	
Arginine.....g	1.738		0	A	1		2.712	1.478	
Histidine.....g	0.858		0	A	1		1.338	0.729	
Alanine.....g	1.634		0	A	1		2.550	1.389	
Aspartic acid.....g	2.449		0	A	1		3.820	2.081	
Glutamic acid.....g	4.036		0	A	1		6.296	3.430	
Glycine.....g	1.637		0	A	1		2.554	1.391	
Proline.....g	1.282		0	A	1		1.999	1.089	
Serine.....g	1.059		0	A	1		1.652	0.900	
Hydroxyproline.....g	0.282		0	A	1		0.441	0.240	

Others:

NDB No. 13998

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 156g: 1 steak
 Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products
 USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13997

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.05		8	A	1		150.59		
Energy.....kcal	150		0	NC	4		314		
Energy.....kj	629		0	NC	4		1315		
Protein (N x 6.25).....g	20.74		8	A	1		43.34		
Total lipid (fat).....g	6.85		8	A	1		14.32		
Ash.....g	0.96		8	A	1		2.02		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		10		
Iron, Fe.....mg	1.94		2	A	1		4.05		
Magnesium, Mg.....mg	24		2	A	1		50		
Phosphorus, P.....mg	214		2	A	1		447		
Potassium, K.....mg	365		2	A	1		762		
Sodium, Na.....mg	54		2	A	1		112		
Zinc, Zn.....mg	5.15		2	A	1		10.77		
Copper, Cu.....mg	0.077		2	A	1		0.161		
Manganese, Mn.....mg	0.011		2	A	1		0.023		
Selenium, Se.....mcg	30.6		2	A	1		64.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.073		2	A	1		0.152		
Riboflavin.....mg	0.176		2	A	1		0.369		
Niacin.....mg	4.895		2	A	1		10.230		
Pantothenic acid.....mg	0.711		2	A	1		1.486		
Vitamin B-6.....mg	0.526		2	A	1		1.100		
Folate, total.....mcg	11		1	A	1		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1	A	1		23		
Folate, DFE.....mcg_DFE	11		0	NC	4		23		
Vitamin B-12.....mcg	4.04		2	A	1		8.45		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.21		1	A	1		0.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.03		1	A	1		0.06		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.300		0	NC	4		4.806		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.164		2	A	1		0.344		
15:0.....g	0.023		2	A	1		0.048		
16:0.....g	1.392		2	A	1		2.909		
17:0.....g	0.056		2	A	1		0.118		
18:0.....g	0.645		2	A	1		1.349		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 13997

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.018		2	A	1		0.038		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.497		0	NC	4		5.220		
14:1.....g	0.039		2	A	1		0.082		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.180		2	A	1		0.375		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.279		0	AS	1		4.763		
18:1 c.....g	2.115		2	A	1		4.421		
18:1 t.....g	0.164		2	A	1		0.342		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.672		
18:2 undifferentiated.....g	0.259		0	AS	1		0.542		
18:2 n-6 c,c.....g	0.213		2	A	1		0.445		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.047		2	A	1		0.097		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011		0	AS	1		0.023		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		2	A	1		0.106		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.210		0	NC	4		0.439		
Fatty acids, total trans-monoenoic.....g	0.164		0	NC	4		0.342		
Fatty acids, total trans-polyenoic.....g	0.047		0	NC	4		0.097		
Cholesterol.....mg	58		6	A	1		121		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		0.285		
Threonine.....g	0.828		0	A	1		1.731		
Isoleucine.....g	0.943		0	A	1		1.972		
Leucine.....g	1.649		0	A	1		3.447		
Lysine.....g	1.752		0	A	1		3.663		
Methionine.....g	0.540		0	A	1		1.129		
Cystine.....g	0.268		0	A	1		0.559		
Phenylalanine.....g	0.819		0	A	1		1.712		
Tyrosine.....g	0.661		0	A	1		1.381		
Valine.....g	1.029		0	A	1		2.150		
Arginine.....g	1.341		0	A	1		2.802		
Histidine.....g	0.662		0	A	1		1.383		
Alanine.....g	1.261		0	A	1		2.635		
Aspartic acid.....g	1.889		0	A	1		3.947		
Glutamic acid.....g	3.113		0	A	1		6.506		
Glycine.....g	1.263		0	A	1		2.639		
Proline.....g	0.989		0	A	1		2.066		
Serine.....g	0.817		0	A	1		1.707		
Hydroxyproline.....g	0.100		1	A	1		0.209		

Others:

NDB No. 13997

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 209g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23010

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.13		5	A	1		107.40	57.06	
Energy.....kcal	162		0	NC	4		259	137	
Energy.....kj	676		0	NC	4		1082	575	
Protein (N x 6.25).....g	26.61		5	A	1		42.58	22.62	
Total lipid (fat).....g	5.32		5	A	1		8.51	4.52	
Ash.....g	0.97		5	A	1		1.54	0.82	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		8	4	
Iron, Fe.....mg	2.49		1	A	1		3.98	2.12	
Magnesium, Mg.....mg	26		1	A	1		42	22	
Phosphorus, P.....mg	243		1	A	1		389	207	
Potassium, K.....mg	386		1	A	1		618	328	
Sodium, Na.....mg	53		1	A	1		84	45	
Zinc, Zn.....mg	7.41		1	A	1		11.86	6.30	
Copper, Cu.....mg	0.088		1	A	1		0.141	0.075	
Manganese, Mn.....mg	0.011		1	A	1		0.018	0.009	
Selenium, Se.....mcg	37.5		1	A	1		60.0	31.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.067		1	A	1		0.107	0.057	
Riboflavin.....mg	0.225		1	A	1		0.360	0.191	
Niacin.....mg	4.660		1	A	1		7.456	3.961	
Pantothenic acid.....mg	0.848		1	A	1		1.357	0.721	
Vitamin B-6.....mg	0.457		1	A	1		0.731	0.388	
Folate, total.....mcg	10		0	BFPN	4		16	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		16	8	
Folate, DFE.....mcg_DFE	10		0	NC	4		16	8	
Vitamin B-12.....mcg	3.83		1	A	1		6.13	3.26	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFSN	4		0.30	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.04	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.063		0	NC	4		3.301	1.753	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.155		1	A	1		0.248	0.132	
15:0.....g	0.024		1	A	1		0.038	0.020	
16:0.....g	1.220		1	A	1		1.952	1.037	
17:0.....g	0.054		1	A	1		0.086	0.046	
18:0.....g	0.592		1	A	1		0.947	0.503	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23010

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.018		1	A	1		0.029	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.172		0	NC	4		3.475	1.846	
14:1.....g	0.041		1	A	1		0.066	0.035	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.164		1	A	1		0.262	0.139	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.967		0	AS	1		3.147	1.672	
18:1 c.....g	1.800		1	A	1		2.880	1.530	
18:1 t.....g	0.167		1	A	1		0.267	0.142	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.341		0	NC	4		0.545	0.290	
18:2 undifferentiated.....g	0.279		0	AS	1		0.446	0.237	
18:2 n-6 c,c.....g	0.234		1	A	1		0.374	0.199	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.045		1	A	1		0.072	0.038	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.019	0.010	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		1	A	1		0.080	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.212		0	NC	4		0.339	0.180	
Fatty acids, total trans-monoenoic.....g	0.167		0	NC	4		0.267	0.142	
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.072	0.038	
Cholesterol.....mg	74		4	A	1		119	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0	A	1		0.280	0.149	
Threonine.....g	1.063		0	A	1		1.701	0.904	
Isoleucine.....g	1.211		0	A	1		1.937	1.029	
Leucine.....g	2.117		0	A	1		3.387	1.799	
Lysine.....g	2.249		0	A	1		3.598	1.912	
Methionine.....g	0.693		0	A	1		1.109	0.589	
Cystine.....g	0.343		0	A	1		0.549	0.292	
Phenylalanine.....g	1.051		0	A	1		1.682	0.893	
Tyrosine.....g	0.848		0	A	1		1.357	0.721	
Valine.....g	1.320		0	A	1		2.112	1.122	
Arginine.....g	1.721		0	A	1		2.753	1.463	
Histidine.....g	0.849		0	A	1		1.359	0.722	
Alanine.....g	1.618		0	A	1		2.588	1.375	
Aspartic acid.....g	2.424		0	A	1		3.878	2.060	
Glutamic acid.....g	3.995		0	A	1		6.392	3.396	
Glycine.....g	1.620		0	A	1		2.592	1.377	
Proline.....g	1.269		0	A	1		2.030	1.078	
Serine.....g	1.048		0	A	1		1.677	0.891	
Hydroxyproline.....g	0.280		0	A	1		0.447	0.238	

Others:

NDB No. 23010

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 160g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23009

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw

Sirloin Tip Steak, Rectus Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.72		5	A	1		147.63		
Energy.....kcal	137		0	NC	4		277		
Energy.....kj	571		0	NC	4		1160		
Protein (N x 6.25).....g	20.98		5	A	1		42.58		
Total lipid (fat).....g	5.21		5	A	1		10.57		
Ash.....g	0.92		5	A	1		1.87		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		10		
Iron, Fe.....mg	2.01		1	A	1		4.08		
Magnesium, Mg.....mg	24		1	A	1		49		
Phosphorus, P.....mg	216		1	A	1		438		
Potassium, K.....mg	360		1	A	1		731		
Sodium, Na.....mg	53		1	A	1		108		
Zinc, Zn.....mg	5.65		1	A	1		11.47		
Copper, Cu.....mg	0.068		1	A	1		0.138		
Manganese, Mn.....mg	0.011		1	A	1		0.023		
Selenium, Se.....mcg	28.8		1	A	1		58.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.067		1	A	1		0.136		
Riboflavin.....mg	0.201		1	A	1		0.408		
Niacin.....mg	5.240		1	A	1		10.637		
Pantothenic acid.....mg	0.776		1	A	1		1.575		
Vitamin B-6.....mg	0.527		1	A	1		1.070		
Folate, total.....mcg	11		0	BFPN	4		23		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		0	BFPN	4		23		
Folate, DFE.....mcg_DFE	11		0	NC	4		23		
Vitamin B-12.....mcg	5.39		1	A	1		10.94		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.20		0	BFSN	4		0.42		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.03		0	BFSN	4		0.06		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.890		0	NC	4		3.836		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.150		1	A	1		0.305		
15:0.....g	0.023		1	A	1		0.047		
16:0.....g	1.129		1	A	1		2.292		
17:0.....g	0.050		1	A	1		0.102		
18:0.....g	0.523		1	A	1		1.062		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23009

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.015		1	A	1		0.030		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.014		0	NC	4		4.088		
14:1.....g	0.041		1	A	1		0.083		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.157		1	A	1		0.319		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.810		0	AS	1		3.674		
18:1 c.....g	1.648		1	A	1		3.345		
18:1 t.....g	0.162		1	A	1		0.329		
20:1.....g	0.006		1	A	1		0.012		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		0	NC	4		0.598		
18:2 undifferentiated.....g	0.239		0	AS	1		0.485		
18:2 n-6 c,c.....g	0.195		1	A	1		0.396		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.044		1	A	1		0.089		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1		0.024		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.044		1	A	1		0.089		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.206		0	NC	4		0.418		
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.329		
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.089		
Cholesterol.....mg	59		4	A	1		119		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		0.280		
Threonine.....g	0.838		0	A	1		1.701		
Isoleucine.....g	0.954		0	A	1		1.937		
Leucine.....g	1.669		0	A	1		3.387		
Lysine.....g	1.773		0	A	1		3.599		
Methionine.....g	0.546		0	A	1		1.109		
Cystine.....g	0.271		0	A	1		0.550		
Phenylalanine.....g	0.829		0	A	1		1.682		
Tyrosine.....g	0.668		0	A	1		1.357		
Valine.....g	1.041		0	A	1		2.113		
Arginine.....g	1.356		0	A	1		2.754		
Histidine.....g	0.669		0	A	1		1.359		
Alanine.....g	1.275		0	A	1		2.589		
Aspartic acid.....g	1.911		0	A	1		3.879		
Glutamic acid.....g	3.149		0	A	1		6.393		
Glycine.....g	1.277		0	A	1		2.593		
Proline.....g	1.000		0	A	1		2.030		
Serine.....g	0.826		0	A	1		1.677		
Hydroxyproline.....g	0.117		1	A	1		0.237		

Others:

NDB No. 23009

Beef, round, knuckle, tip center, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 203g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23012

Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.52		5	A	1		147.05		
Energy.....kcal	123		0	NC	4		246		
Energy.....kj	514		0	NC	4		1029		
Protein (N x 6.25).....g	21.96		5	A	1		43.92		
Total lipid (fat).....g	3.24		5	A	1		6.47		
Ash.....g	1.12		5	A	1		2.23		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9		
Iron, Fe.....mg	2.38		1	A	1		4.76		
Magnesium, Mg.....mg	25		1	A	1		49		
Phosphorus, P.....mg	219		1	A	1		438		
Potassium, K.....mg	386		1	A	1		772		
Sodium, Na.....mg	57		1	A	1		114		
Zinc, Zn.....mg	5.74		1	A	1		11.48		
Copper, Cu.....mg	0.098		1	A	1		0.196		
Manganese, Mn.....mg	0.011		1	A	1		0.022		
Selenium, Se.....mcg	31.3		1	A	1		62.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.080		1	A	1		0.160		
Riboflavin.....mg	0.204		1	A	1		0.408		
Niacin.....mg	5.760		1	A	1		11.520		
Pantothenic acid.....mg	0.820		1	A	1		1.640		
Vitamin B-6.....mg	0.622		1	A	1		1.244		
Folate, total.....mcg	7		0	BFPN	4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		14		
Folate, DFE.....mcg_DFE	7		0	NC	4		14		
Vitamin B-12.....mcg	2.87		1	A	1		5.74		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFSN	4		0.33		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.225		0	NC	4		2.449		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.084		1	A	1		0.168		
15:0.....g	0.013		1	A	1		0.026		
16:0.....g	0.712		1	A	1		1.424		
17:0.....g	0.031		1	A	1		0.062		
18:0.....g	0.370		1	A	1		0.740		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23012

Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.015		1	A	1		0.030		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.338		0	NC	4		2.675		
14:1.....g	0.022		1	A	1		0.044		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.095		1	A	1		0.190		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.216		0	AS	1		2.432		
18:1 c.....g	1.125		1	A	1		2.250		
18:1 t.....g	0.091		1	A	1		0.182		
20:1.....g	0.005		1	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269		0	NC	4		0.538		
18:2 undifferentiated.....g	0.211		0	AS	1		0.422		
18:2 n-6 c,c.....g	0.185		1	A	1		0.370		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.026		1	A	1		0.052		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.018		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049		1	A	1		0.098		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.117		0	NC	4		0.234		
Fatty acids, total trans-monoenoic.....g	0.091		0	NC	4		0.182		
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.052		
Cholesterol.....mg	61		4	A	1		123		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0	A	1		0.289		
Threonine.....g	0.877		0	A	1		1.754		
Isoleucine.....g	0.999		0	A	1		1.998		
Leucine.....g	1.747		0	A	1		3.493		
Lysine.....g	1.856		0	A	1		3.711		
Methionine.....g	0.572		0	A	1		1.144		
Cystine.....g	0.283		0	A	1		0.567		
Phenylalanine.....g	0.867		0	A	1		1.735		
Tyrosine.....g	0.700		0	A	1		1.399		
Valine.....g	1.089		0	A	1		2.179		
Arginine.....g	1.420		0	A	1		2.840		
Histidine.....g	0.701		0	A	1		1.402		
Alanine.....g	1.335		0	A	1		2.670		
Aspartic acid.....g	2.000		0	A	1		4.000		
Glutamic acid.....g	3.296		0	A	1		6.593		
Glycine.....g	1.337		0	A	1		2.674		
Proline.....g	1.047		0	A	1		2.094		
Serine.....g	0.865		0	A	1		1.730		
Hydroxyproline.....g	0.087		1	A	1		0.174		

Others:

NDB No. 23012

Beef, round, knuckle, tip side, separable lean only, steak, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 200g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.52		5	A	1		147.05		
Energy.....kcal	124		0	NC	4		247		
Energy.....kj	517		0	NC	4		1034		
Protein (N x 6.25).....g	21.96		5	A	1		43.92		
Total lipid (fat).....g	3.24		5	A	1		6.47		
Ash.....g	1.12		5	A	1		2.23		
Carbohydrate, by difference.....g	0.17		0	NC	4		0.33		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9		
Iron, Fe.....mg	2.38		1	A	1		4.76		
Magnesium, Mg.....mg	25		1	A	1		49		
Phosphorus, P.....mg	219		1	A	1		438		
Potassium, K.....mg	386		1	A	1		772		
Sodium, Na.....mg	57		1	A	1		114		
Zinc, Zn.....mg	5.74		1	A	1		11.48		
Copper, Cu.....mg	0.098		1	A	1		0.196		
Manganese, Mn.....mg	0.011		1	A	1		0.022		
Selenium, Se.....mcg	31.3		1	A	1		62.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.080		1	A	1		0.160		
Riboflavin.....mg	0.204		1	A	1		0.408		
Niacin.....mg	5.760		1	A	1		11.520		
Pantothenic acid.....mg	0.820		1	A	1		1.640		
Vitamin B-6.....mg	0.622		1	A	1		1.244		
Folate, total.....mcg	7		0	BFPN	4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	BFPN	4		14		
Folate, DFE.....mcg_DFE	7		0	NC	4		14		
Vitamin B-12.....mcg	2.87		1	A	1		5.74		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.17		0	BFSN	4		0.33		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.03		
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.04		
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.225		0	NC	4		2.449		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.084		1	A	1		0.168		
15:0.....g	0.013		1	A	1		0.026		
16:0.....g	0.712		1	A	1		1.424		
17:0.....g	0.031		1	A	1		0.062		
18:0.....g	0.370		1	A	1		0.740		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.015		1	A	1		0.030		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.338		0	NC	4		2.675		
14:1.....g	0.022		1	A	1		0.044		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.095		1	A	1		0.190		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.216		0	AS	1		2.432		
18:1 c.....g	1.125		1	A	1		2.250		
18:1 t.....g	0.091		1	A	1		0.182		
20:1.....g	0.005		1	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269		0	NC	4		0.538		
18:2 undifferentiated.....g	0.211		0	AS	1		0.422		
18:2 n-6 c,c.....g	0.185		1	A	1		0.370		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.026		1	A	1		0.052		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.018		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.049		1	A	1		0.098		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.117		0	NC	4		0.234		
Fatty acids, total trans-monoenoic.....g	0.091		0	NC	4		0.182		
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.052		
Cholesterol.....mg	61		4	A	1		123		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0	A	1		0.289		
Threonine.....g	0.877		0	A	1		1.754		
Isoleucine.....g	0.999		0	A	1		1.998		
Leucine.....g	1.747		0	A	1		3.493		
Lysine.....g	1.856		0	A	1		3.711		
Methionine.....g	0.572		0	A	1		1.144		
Cystine.....g	0.283		0	A	1		0.567		
Phenylalanine.....g	0.867		0	A	1		1.735		
Tyrosine.....g	0.700		0	A	1		1.399		
Valine.....g	1.089		0	A	1		2.179		
Arginine.....g	1.420		0	A	1		2.840		
Histidine.....g	0.701		0	A	1		1.402		
Alanine.....g	1.335		0	A	1		2.670		
Aspartic acid.....g	2.000		0	A	1		4.000		
Glutamic acid.....g	3.296		0	A	1		6.593		
Glycine.....g	1.337		0	A	1		2.674		
Proline.....g	1.047		0	A	1		2.094		
Serine.....g	0.865		0	A	1		1.730		
Hydroxyproline.....g	0.087		1	A	1		0.174		

Others:

NDB No. 23032

Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 200g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	65.68		10	A	1		110.34	55.83	
Energy.....kcal	168		0	NC	4		282	143	
Energy.....kj	702		0	NC	4		1180	597	
Protein (N x 6.25).....g	29.08		10	A	1		48.85	24.72	
Total lipid (fat).....g	4.84		10	A	1		8.13	4.11	
Ash.....g	1.16		10	A	1		1.94	0.98	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		9	4	
Iron, Fe.....mg	2.77		3	A	1		4.65	2.35	
Magnesium, Mg.....mg	26		3	A	1		44	22	
Phosphorus, P.....mg	239		3	A	1		401	203	
Potassium, K.....mg	365		3	A	1		613	310	
Sodium, Na.....mg	54		3	A	1		91	46	
Zinc, Zn.....mg	7.25		3	A	1		12.18	6.16	
Copper, Cu.....mg	0.112		3	A	1		0.189	0.095	
Manganese, Mn.....mg	0.014		3	A	1		0.023	0.012	
Selenium, Se.....mcg	42.1		3	A	1		70.8	35.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.066		3	A	1		0.111	0.056	
Riboflavin.....mg	0.198		3	A	1		0.332	0.168	
Niacin.....mg	5.873		3	A	1		9.867	4.992	
Pantothenic acid.....mg	0.797		3	A	1		1.339	0.678	
Vitamin B-6.....mg	0.559		3	A	1		0.940	0.475	
Folate, total.....mcg	8		1	A	1		13	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		13	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		13	7	
Vitamin B-12.....mcg	4.18		3	A	1		7.02	3.55	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.34	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.901		0	NC	4		3.193	1.616	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.127		3	A	1		0.213	0.108	
15:0.....g	0.019		3	A	1		0.032	0.016	
16:0.....g	1.159		3	A	1		1.947	0.985	
17:0.....g	0.046		3	A	1		0.078	0.039	
18:0.....g	0.533		3	A	1		0.895	0.453	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.017		3	A	1		0.029	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.239		0	NC	4		3.761	1.903	
14:1.....g	0.036		3	A	1		0.061	0.031	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.174		3	A	1		0.293	0.148	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.023		0	AS	1		3.399	1.720	
18:1 c.....g	1.893		3	A	1		3.180	1.609	
18:1 t.....g	0.131		3	A	1		0.219	0.111	
20:1.....g	0.005		3	A	1		0.008	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.301		0	NC	4		0.506	0.256	
18:2 undifferentiated.....g	0.246		0	AS	1		0.414	0.209	
18:2 n-6 c,c.....g	0.209		3	A	1		0.350	0.177	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.038		3	A	1		0.063	0.032	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.006		0	AS	1		0.009	0.005	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		3	A	1		0.083	0.042	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.168		0	NC	4		0.283	0.143	
Fatty acids, total trans-monoenoic.....g	0.131		0	NC	4		0.219	0.111	
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.063	0.032	
Cholesterol.....mg	80		7	A	1		134	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	A	1		0.321	0.162	
Threonine.....g	1.162		0	A	1		1.952	0.987	
Isoleucine.....g	1.323		0	A	1		2.223	1.125	
Leucine.....g	2.313		0	A	1		3.886	1.966	
Lysine.....g	2.458		0	A	1		4.129	2.089	
Methionine.....g	0.757		0	A	1		1.272	0.644	
Cystine.....g	0.375		0	A	1		0.630	0.319	
Phenylalanine.....g	1.149		0	A	1		1.930	0.976	
Tyrosine.....g	0.927		0	A	1		1.557	0.788	
Valine.....g	1.443		0	A	1		2.424	1.226	
Arginine.....g	1.880		0	A	1		3.159	1.598	
Histidine.....g	0.928		0	A	1		1.559	0.789	
Alanine.....g	1.768		0	A	1		2.970	1.503	
Aspartic acid.....g	2.649		0	A	1		4.450	2.252	
Glutamic acid.....g	4.366		0	A	1		7.334	3.711	
Glycine.....g	1.771		0	A	1		2.975	1.505	
Proline.....g	1.386		0	A	1		2.329	1.178	
Serine.....g	1.146		0	A	1		1.924	0.974	
Hydroxyproline.....g	0.306		0	A	1		0.513	0.260	

Others:

NDB No. 23056

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 168g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.25		10	A	1		151.63		
Energy.....kcal	129		0	NC	4		266		
Energy.....kj	539		0	NC	4		1115		
Protein (N x 6.25).....g	21.69		10	A	1		44.90		
Total lipid (fat).....g	4.00		10	A	1		8.29		
Ash.....g	1.09		10	A	1		2.26		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		10		
Iron, Fe.....mg	2.22		3	A	1		4.60		
Magnesium, Mg.....mg	24		3	A	1		51		
Phosphorus, P.....mg	215		3	A	1		444		
Potassium, K.....mg	381		3	A	1		788		
Sodium, Na.....mg	61		3	A	1		125		
Zinc, Zn.....mg	5.23		3	A	1		10.83		
Copper, Cu.....mg	0.095		3	A	1		0.196		
Manganese, Mn.....mg	0.011		3	A	1		0.023		
Selenium, Se.....mcg	31.4		3	A	1		64.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.066		3	A	1		0.137		
Riboflavin.....mg	0.181		3	A	1		0.375		
Niacin.....mg	5.557		3	A	1		11.502		
Pantothenic acid.....mg	0.758		3	A	1		1.570		
Vitamin B-6.....mg	0.616		3	A	1		1.274		
Folate, total.....mcg	7		1	A	1		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		14		
Folate, DFE.....mcg_DFE	7		0	NC	4		14		
Vitamin B-12.....mcg	3.07		3	A	1		6.35		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.35		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.02		1	A	1		0.04		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.578		0	NC	4		3.267		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.110		3	A	1		0.227		
15:0.....g	0.016		3	A	1		0.033		
16:0.....g	0.958		3	A	1		1.984		
17:0.....g	0.039		3	A	1		0.081		
18:0.....g	0.440		3	A	1		0.910		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.016		3	A	1		0.033		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.881		0	NC	4		3.893		
14:1.....g	0.032		3	A	1		0.065		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.149		3	A	1		0.308		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	1.694		0	AS	1		3.507		
18:1 c.....g	1.587		3	A	1		3.285		
18:1 t.....g	0.107		3	A	1		0.222		
20:1.....g	0.006		3	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0	NC	4		0.568		
18:2 undifferentiated.....g	0.215		0	AS	1		0.444		
18:2 n-6 c,c.....g	0.183		3	A	1		0.378		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.032		3	A	1		0.066		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.018		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		3	A	1		0.106		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.139		0	NC	4		0.288		
Fatty acids, total trans-monoenoic.....g	0.107		0	NC	4		0.222		
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.066		
Cholesterol.....mg	61		7	A	1		127		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1		0.295		
Threonine.....g	0.866		0	A	1		1.794		
Isoleucine.....g	0.987		0	A	1		2.043		
Leucine.....g	1.725		0	A	1		3.571		
Lysine.....g	1.833		0	A	1		3.794		
Methionine.....g	0.565		0	A	1		1.169		
Cystine.....g	0.280		0	A	1		0.579		
Phenylalanine.....g	0.857		0	A	1		1.773		
Tyrosine.....g	0.691		0	A	1		1.431		
Valine.....g	1.076		0	A	1		2.227		
Arginine.....g	1.402		0	A	1		2.903		
Histidine.....g	0.692		0	A	1		1.433		
Alanine.....g	1.319		0	A	1		2.729		
Aspartic acid.....g	1.976		0	A	1		4.090		
Glutamic acid.....g	3.256		0	A	1		6.740		
Glycine.....g	1.321		0	A	1		2.734		
Proline.....g	1.034		0	A	1		2.140		
Serine.....g	0.854		0	A	1		1.769		
Hydroxyproline.....g	0.093		2	A	1		0.193		

Others:

NDB No. 23055

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 207g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.10		8	A	1		91.80	55.34	
Energy.....kcal	174		0	NC	4		246	148	
Energy.....kj	730		0	NC	4		1029	620	
Protein (N x 6.25).....g	28.79		8	A	1		40.59	24.47	
Total lipid (fat).....g	5.71		8	A	1		8.05	4.85	
Ash.....g	1.15		8	A	1		1.62	0.97	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		7	4	
Iron, Fe.....mg	2.67		2	A	1		3.76	2.27	
Magnesium, Mg.....mg	26		2	A	1		36	22	
Phosphorus, P.....mg	236		2	A	1		332	200	
Potassium, K.....mg	365		2	A	1		515	310	
Sodium, Na.....mg	55		2	A	1		77	46	
Zinc, Zn.....mg	6.84		2	A	1		9.65	5.82	
Copper, Cu.....mg	0.097		2	A	1		0.137	0.083	
Manganese, Mn.....mg	0.011		2	A	1		0.016	0.009	
Selenium, Se.....mcg	42.8		2	A	1		60.3	36.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.067		2	A	1		0.094	0.057	
Riboflavin.....mg	0.192		2	A	1		0.271	0.163	
Niacin.....mg	5.815		2	A	1		8.199	4.943	
Pantothenic acid.....mg	0.766		2	A	1		1.081	0.651	
Vitamin B-6.....mg	0.577		2	A	1		0.813	0.490	
Folate, total.....mcg	8		1	A	1		11	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		11	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		11	7	
Vitamin B-12.....mcg	4.25		2	A	1		5.99	3.61	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.28	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.218		0	NC	4		3.127	1.885	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.148		2	A	1		0.209	0.126	
15:0.....g	0.022		2	A	1		0.031	0.019	
16:0.....g	1.368		2	A	1		1.930	1.163	
17:0.....g	0.054		2	A	1		0.075	0.045	
18:0.....g	0.606		2	A	1		0.855	0.515	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.019		2	A	1		0.027	0.016	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.666		0	NC	4		3.759	2.266	
14:1.....g	0.043		2	A	1		0.061	0.037	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.211		2	A	1		0.298	0.179	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.406		0	AS	1		3.393	2.045	
18:1 c.....g	2.254		2	A	1		3.179	1.916	
18:1 t.....g	0.152		2	A	1		0.214	0.129	
20:1.....g	0.005		2	A	1		0.007	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4		0.458	0.276	
18:2 undifferentiated.....g	0.265		0	AS	1		0.374	0.226	
18:2 n-6 c,c.....g	0.222		2	A	1		0.313	0.189	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.044		2	A	1		0.061	0.037	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.005		0	AS	1		0.007	0.004	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		2	A	1		0.077	0.046	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.195		0	NC	4		0.276	0.166	
Fatty acids, total trans-monoenoic.....g	0.152		0	NC	4		0.214	0.129	
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.061	0.037	
Cholesterol.....mg	82		6	A	1		116	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	A	1		0.267	0.161	
Threonine.....g	1.150		0	A	1		1.622	0.978	
Isoleucine.....g	1.310		0	A	1		1.847	1.113	
Leucine.....g	2.290		0	A	1		3.229	1.947	
Lysine.....g	2.433		0	A	1		3.431	2.068	
Methionine.....g	0.750		0	A	1		1.057	0.637	
Cystine.....g	0.372		0	A	1		0.524	0.316	
Phenylalanine.....g	1.137		0	A	1		1.603	0.967	
Tyrosine.....g	0.917		0	A	1		1.294	0.780	
Valine.....g	1.428		0	A	1		2.014	1.214	
Arginine.....g	1.862		0	A	1		2.625	1.582	
Histidine.....g	0.919		0	A	1		1.296	0.781	
Alanine.....g	1.750		0	A	1		2.468	1.488	
Aspartic acid.....g	2.622		0	A	1		3.698	2.229	
Glutamic acid.....g	4.322		0	A	1		6.094	3.674	
Glycine.....g	1.753		0	A	1		2.472	1.490	
Proline.....g	1.373		0	A	1		1.935	1.167	
Serine.....g	1.134		0	A	1		1.599	0.964	
Hydroxyproline.....g	0.302		0	A	1		0.426	0.257	

Others:

NDB No. 23031

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 141g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		8	A	1		139.43		
Energy.....kcal	133		0	NC	4		255		
Energy.....kj	558		0	NC	4		1066		
Protein (N x 6.25).....g	21.41		8	A	1		40.89		
Total lipid (fat).....g	4.66		8	A	1		8.90		
Ash.....g	1.05		8	A	1		2.01		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		9		
Iron, Fe.....mg	2.14		2	A	1		4.09		
Magnesium, Mg.....mg	24		2	A	1		46		
Phosphorus, P.....mg	213		2	A	1		406		
Potassium, K.....mg	378		2	A	1		722		
Sodium, Na.....mg	62		2	A	1		119		
Zinc, Zn.....mg	4.97		2	A	1		9.50		
Copper, Cu.....mg	0.093		2	A	1		0.178		
Manganese, Mn.....mg	0.011		2	A	1		0.021		
Selenium, Se.....mcg	31.4		2	A	1		60.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.059		2	A	1		0.114		
Riboflavin.....mg	0.170		2	A	1		0.325		
Niacin.....mg	5.455		2	A	1		10.419		
Pantothenic acid.....mg	0.727		2	A	1		1.389		
Vitamin B-6.....mg	0.612		2	A	1		1.170		
Folate, total.....mcg	7		1	A	1		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		13		
Folate, DFE.....mcg_DFE	7		0	NC	4		13		
Vitamin B-12.....mcg	3.17		2	A	1		6.05		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.32		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.02		1	A	1		0.04		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.755		0	NC	4		3.352		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.123		2	A	1		0.234		
15:0.....g	0.017		2	A	1		0.033		
16:0.....g	1.081		2	A	1		2.066		
17:0.....g	0.043		2	A	1		0.082		
18:0.....g	0.474		2	A	1		0.906		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		2	A	1		0.032		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.152		0	NC	4		4.111		
14:1.....g	0.036		2	A	1		0.070		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.175		2	A	1		0.335		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	1.933		0	AS	1		3.693		
18:1 c.....g	1.818		2	A	1		3.472		
18:1 t.....g	0.115		2	A	1		0.221		
20:1.....g	0.007		2	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.277		0	NC	4		0.530		
18:2 undifferentiated.....g	0.216		0	AS	1		0.413		
18:2 n-6 c,c.....g	0.182		2	A	1		0.347		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.035		2	A	1		0.067		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1		0.016		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.052		2	A	1		0.100		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.150		0	NC	4		0.287		
Fatty acids, total trans-monoenoic.....g	0.115		0	NC	4		0.221		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.067		
Cholesterol.....mg	61		6	A	1		117		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0	A	1		0.269		
Threonine.....g	0.855		0	A	1		1.634		
Isoleucine.....g	0.974		0	A	1		1.861		
Leucine.....g	1.703		0	A	1		3.253		
Lysine.....g	1.809		0	A	1		3.456		
Methionine.....g	0.558		0	A	1		1.065		
Cystine.....g	0.276		0	A	1		0.528		
Phenylalanine.....g	0.846		0	A	1		1.615		
Tyrosine.....g	0.682		0	A	1		1.303		
Valine.....g	1.062		0	A	1		2.029		
Arginine.....g	1.384		0	A	1		2.644		
Histidine.....g	0.683		0	A	1		1.305		
Alanine.....g	1.302		0	A	1		2.486		
Aspartic acid.....g	1.950		0	A	1		3.725		
Glutamic acid.....g	3.214		0	A	1		6.139		
Glycine.....g	1.304		0	A	1		2.490		
Proline.....g	1.021		0	A	1		1.950		
Serine.....g	0.843		0	A	1		1.611		
Hydroxyproline.....g	0.100		1	A	1		0.191		

Others:

NDB No. 23030

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 191g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.28		5	A	1		115.33	56.34	
Energy.....kcal	160		0	NC	4		279	136	
Energy.....kj	670		0	NC	4		1166	570	
Protein (N x 6.25).....g	29.24		5	A	1		50.88	24.85	
Total lipid (fat).....g	3.91		5	A	1		6.81	3.33	
Ash.....g	1.17		5	A	1		2.04	1.00	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9	5	
Iron, Fe.....mg	2.98		1	A	1		5.19	2.53	
Magnesium, Mg.....mg	27		1	A	1		46	23	
Phosphorus, P.....mg	245		1	A	1		426	208	
Potassium, K.....mg	365		1	A	1		635	310	
Sodium, Na.....mg	52		1	A	1		91	44	
Zinc, Zn.....mg	8.06		1	A	1		14.02	6.85	
Copper, Cu.....mg	0.142		1	A	1		0.247	0.121	
Manganese, Mn.....mg	0.019		1	A	1		0.033	0.016	
Selenium, Se.....mcg	40.8		1	A	1		71.0	34.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.065		1	A	1		0.113	0.055	
Riboflavin.....mg	0.210		1	A	1		0.365	0.178	
Niacin.....mg	5.990		1	A	1		10.422	5.091	
Pantothenic acid.....mg	0.859		1	A	1		1.495	0.730	
Vitamin B-6.....mg	0.524		1	A	1		0.912	0.445	
Folate, total.....mcg	8		0	BFPN	4		14	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		14	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		14	7	
Vitamin B-12.....mcg	4.04		1	A	1		7.03	3.43	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFSN	4		0.34	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.02	0.01	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.03	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.267		0	NC	4		2.204	1.077	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.083		1	A	1		0.144	0.070	
15:0.....g	0.013		1	A	1		0.023	0.011	
16:0.....g	0.740		1	A	1		1.288	0.629	
17:0.....g	0.032		1	A	1		0.056	0.027	
18:0.....g	0.385		1	A	1		0.670	0.327	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.014		1	A	1		0.024	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.385		0	NC	4		2.409	1.177	
14:1.....g	0.022		1	A	1		0.038	0.019	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.101		1	A	1		0.176	0.086	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.257		0	AS	1		2.187	1.068	
18:1 c.....g	1.169		1	A	1		2.034	0.994	
18:1 t.....g	0.088		1	A	1		0.153	0.075	
20:1.....g	0.005		1	A	1		0.009	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255		0	NC	4		0.443	0.217	
18:2 undifferentiated.....g	0.208		0	AS	1		0.362	0.177	
18:2 n-6 c,c.....g	0.182		1	A	1		0.317	0.155	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.026		1	A	1		0.045	0.022	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.007		0	AS	1		0.012	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.040		1	A	1		0.069	0.034	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.114		0	NC	4		0.198	0.097	
Fatty acids, total trans-monoenoic.....g	0.088		0	NC	4		0.153	0.075	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.045	0.022	
Cholesterol.....mg	78		4	A	1		136	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.334	0.163	
Threonine.....g	1.168		0	A	1		2.033	0.993	
Isoleucine.....g	1.330		0	A	1		2.315	1.131	
Leucine.....g	2.326		0	A	1		4.047	1.977	
Lysine.....g	2.471		0	A	1		4.300	2.101	
Methionine.....g	0.761		0	A	1		1.325	0.647	
Cystine.....g	0.377		0	A	1		0.657	0.321	
Phenylalanine.....g	1.155		0	A	1		2.010	0.982	
Tyrosine.....g	0.932		0	A	1		1.621	0.792	
Valine.....g	1.451		0	A	1		2.524	1.233	
Arginine.....g	1.891		0	A	1		3.290	1.607	
Histidine.....g	0.933		0	A	1		1.624	0.793	
Alanine.....g	1.778		0	A	1		3.093	1.511	
Aspartic acid.....g	2.663		0	A	1		4.634	2.264	
Glutamic acid.....g	4.390		0	A	1		7.638	3.731	
Glycine.....g	1.781		0	A	1		3.098	1.513	
Proline.....g	1.394		0	A	1		2.426	1.185	
Serine.....g	1.152		0	A	1		2.004	0.979	
Hydroxyproline.....g	0.307		0	A	1		0.535	0.261	

Others:

NDB No. 23033

Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 174g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23021

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.68		10	A	1		110.34	55.83	
Energy.....kcal	168		0	NC	4		282	143	
Energy.....kj	702		0	NC	4		1180	597	
Protein (N x 6.25).....g	29.08		10	A	1		48.85	24.72	
Total lipid (fat).....g	4.84		10	A	1		8.13	4.11	
Ash.....g	1.16		10	A	1		1.94	0.98	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		9	4	
Iron, Fe.....mg	2.77		3	A	1		4.65	2.35	
Magnesium, Mg.....mg	26		3	A	1		44	22	
Phosphorus, P.....mg	239		3	A	1		401	203	
Potassium, K.....mg	365		3	A	1		613	310	
Sodium, Na.....mg	54		3	A	1		91	46	
Zinc, Zn.....mg	7.25		3	A	1		12.18	6.16	
Copper, Cu.....mg	0.112		3	A	1		0.189	0.095	
Manganese, Mn.....mg	0.014		3	A	1		0.023	0.012	
Selenium, Se.....mcg	42.1		3	A	1		70.8	35.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.066		3	A	1		0.111	0.056	
Riboflavin.....mg	0.198		3	A	1		0.332	0.168	
Niacin.....mg	5.873		3	A	1		9.867	4.992	
Pantothenic acid.....mg	0.797		3	A	1		1.339	0.678	
Vitamin B-6.....mg	0.559		3	A	1		0.940	0.475	
Folate, total.....mcg	8		1	A	1		13	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1	A	1		13	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		13	7	
Vitamin B-12.....mcg	4.18		3	A	1		7.02	3.55	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.34	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.02		1	A	1		0.03	0.02	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.901		0	NC	4		3.193	1.616	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.127		3	A	1		0.213	0.108	
15:0.....g	0.019		3	A	1		0.032	0.016	
16:0.....g	1.159		3	A	1		1.947	0.985	
17:0.....g	0.046		3	A	1		0.078	0.039	
18:0.....g	0.533		3	A	1		0.895	0.453	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23021

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.017		3	A	1		0.029	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.239		0	NC	4		3.761	1.903	
14:1.....g	0.036		3	A	1		0.061	0.031	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.174		3	A	1		0.293	0.148	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.023		0	AS	1		3.399	1.720	
18:1 c.....g	1.893		3	A	1		3.180	1.609	
18:1 t.....g	0.131		3	A	1		0.219	0.111	
20:1.....g	0.005		3	A	1		0.008	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.301		0	NC	4		0.506	0.256	
18:2 undifferentiated.....g	0.246		0	AS	1		0.414	0.209	
18:2 n-6 c,c.....g	0.209		3	A	1		0.350	0.177	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.038		3	A	1		0.063	0.032	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.006		0	AS	1		0.009	0.005	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		3	A	1		0.083	0.042	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.168		0	NC	4		0.283	0.143	
Fatty acids, total trans-monoenoic.....g	0.131		0	NC	4		0.219	0.111	
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.063	0.032	
Cholesterol.....mg	80		7	A	1		134	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	A	1		0.321	0.162	
Threonine.....g	1.162		0	A	1		1.952	0.987	
Isoleucine.....g	1.323		0	A	1		2.223	1.125	
Leucine.....g	2.313		0	A	1		3.886	1.966	
Lysine.....g	2.458		0	A	1		4.129	2.089	
Methionine.....g	0.757		0	A	1		1.272	0.644	
Cystine.....g	0.375		0	A	1		0.630	0.319	
Phenylalanine.....g	1.149		0	A	1		1.930	0.976	
Tyrosine.....g	0.927		0	A	1		1.557	0.788	
Valine.....g	1.443		0	A	1		2.424	1.226	
Arginine.....g	1.880		0	A	1		3.159	1.598	
Histidine.....g	0.928		0	A	1		1.559	0.789	
Alanine.....g	1.768		0	A	1		2.970	1.503	
Aspartic acid.....g	2.649		0	A	1		4.450	2.252	
Glutamic acid.....g	4.366		0	A	1		7.334	3.711	
Glycine.....g	1.771		0	A	1		2.975	1.505	
Proline.....g	1.386		0	A	1		2.329	1.178	
Serine.....g	1.146		0	A	1		1.924	0.974	
Hydroxyproline.....g	0.306		0	A	1		0.513	0.260	

Others:

NDB No. 23021

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 168g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23020

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.25		10	A	1		151.63		
Energy.....kcal	129		0	NC	4		266		
Energy.....kj	539		0	NC	4		1115		
Protein (N x 6.25).....g	21.69		10	A	1		44.90		
Total lipid (fat).....g	4.00		10	A	1		8.29		
Ash.....g	1.09		10	A	1		2.26		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		10		
Iron, Fe.....mg	2.22		3	A	1		4.60		
Magnesium, Mg.....mg	24		3	A	1		51		
Phosphorus, P.....mg	215		3	A	1		444		
Potassium, K.....mg	381		3	A	1		788		
Sodium, Na.....mg	61		3	A	1		125		
Zinc, Zn.....mg	5.23		3	A	1		10.83		
Copper, Cu.....mg	0.095		3	A	1		0.196		
Manganese, Mn.....mg	0.011		3	A	1		0.023		
Selenium, Se.....mcg	31.4		3	A	1		64.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.066		3	A	1		0.137		
Riboflavin.....mg	0.181		3	A	1		0.375		
Niacin.....mg	5.557		3	A	1		11.502		
Pantothenic acid.....mg	0.758		3	A	1		1.570		
Vitamin B-6.....mg	0.616		3	A	1		1.274		
Folate, total.....mcg	7		1	A	1		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		14		
Folate, DFE.....mcg_DFE	7		0	NC	4		14		
Vitamin B-12.....mcg	3.07		3	A	1		6.35		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.35		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.02		1	A	1		0.04		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.5		
Lipids:									
Fatty acids, total saturated.....g	1.578		0	NC	4		3.267		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.110		3	A	1		0.227		
15:0.....g	0.016		3	A	1		0.033		
16:0.....g	0.958		3	A	1		1.984		
17:0.....g	0.039		3	A	1		0.081		
18:0.....g	0.440		3	A	1		0.910		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23020

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.016		3	A	1		0.033		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.881		0	NC	4		3.893		
14:1.....g	0.032		3	A	1		0.065		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.149		3	A	1		0.308		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	1.694		0	AS	1		3.507		
18:1 c.....g	1.587		3	A	1		3.285		
18:1 t.....g	0.107		3	A	1		0.222		
20:1.....g	0.006		3	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0	NC	4		0.568		
18:2 undifferentiated.....g	0.215		0	AS	1		0.444		
18:2 n-6 c,c.....g	0.183		3	A	1		0.378		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.032		3	A	1		0.066		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.009		0	AS	1		0.018		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.051		3	A	1		0.106		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.139		0	NC	4		0.288		
Fatty acids, total trans-monoenoic.....g	0.107		0	NC	4		0.222		
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.066		
Cholesterol.....mg	61		7	A	1		127		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0	A	1		0.295		
Threonine.....g	0.866		0	A	1		1.794		
Isoleucine.....g	0.987		0	A	1		2.043		
Leucine.....g	1.725		0	A	1		3.571		
Lysine.....g	1.833		0	A	1		3.794		
Methionine.....g	0.565		0	A	1		1.169		
Cystine.....g	0.280		0	A	1		0.579		
Phenylalanine.....g	0.857		0	A	1		1.773		
Tyrosine.....g	0.691		0	A	1		1.431		
Valine.....g	1.076		0	A	1		2.227		
Arginine.....g	1.402		0	A	1		2.903		
Histidine.....g	0.692		0	A	1		1.433		
Alanine.....g	1.319		0	A	1		2.729		
Aspartic acid.....g	1.976		0	A	1		4.090		
Glutamic acid.....g	3.256		0	A	1		6.740		
Glycine.....g	1.321		0	A	1		2.734		
Proline.....g	1.034		0	A	1		2.140		
Serine.....g	0.854		0	A	1		1.769		
Hydroxyproline.....g	0.093		2	A	1		0.193		

Others:

NDB No. 23020

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 207g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23011

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.10		8	A	1		91.80		
Energy.....kcal	174		0	NC	4		246		
Energy.....kj	730		0	NC	4		1029		
Protein (N x 6.25).....g	28.79		8	A	1		40.59		
Total lipid (fat).....g	5.71		8	A	1		8.05		
Ash.....g	1.15		8	A	1		1.62		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		7		
Iron, Fe.....mg	2.67		2	A	1		3.76		
Magnesium, Mg.....mg	26		2	A	1		36		
Phosphorus, P.....mg	236		2	A	1		332		
Potassium, K.....mg	365		2	A	1		515		
Sodium, Na.....mg	55		2	A	1		77		
Zinc, Zn.....mg	6.84		2	A	1		9.65		
Copper, Cu.....mg	0.097		2	A	1		0.137		
Manganese, Mn.....mg	0.011		2	A	1		0.016		
Selenium, Se.....mcg	42.8		2	A	1		60.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.067		2	A	1		0.094		
Riboflavin.....mg	0.192		2	A	1		0.271		
Niacin.....mg	5.815		2	A	1		8.199		
Pantothenic acid.....mg	0.766		2	A	1		1.081		
Vitamin B-6.....mg	0.577		2	A	1		0.813		
Folate, total.....mcg	8		1	A	1		11		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		1	A	1		11		
Folate, DFE.....mcg_DFE	8		0	NC	4		11		
Vitamin B-12.....mcg	4.25		2	A	1		5.99		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.02		
Tocopherol, gamma.....mg	0.02		1	A	1		0.03		
Tocopherol, delta.....mg	0.01		1	A	1		0.02		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.218		0	NC	4		3.127		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.148		2	A	1		0.209		
15:0.....g	0.022		2	A	1		0.031		
16:0.....g	1.368		2	A	1		1.930		
17:0.....g	0.054		2	A	1		0.075		
18:0.....g	0.606		2	A	1		0.855		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23011

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.019		2	A	1		0.027		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.666		0	NC	4		3.759		
14:1.....g	0.043		2	A	1		0.061		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.211		2	A	1		0.298		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.406		0	AS	1		3.393		
18:1 c.....g	2.254		2	A	1		3.179		
18:1 t.....g	0.152		2	A	1		0.214		
20:1.....g	0.005		2	A	1		0.007		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4		0.458		
18:2 undifferentiated.....g	0.265		0	AS	1		0.374		
18:2 n-6 c,c.....g	0.222		2	A	1		0.313		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.044		2	A	1		0.061		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.005		0	AS	1		0.007		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		2	A	1		0.077		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.195		0	NC	4		0.276		
Fatty acids, total trans-monoenoic.....g	0.152		0	NC	4		0.214		
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.061		
Cholesterol.....mg	82		6	A	1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	A	1		0.267		
Threonine.....g	1.150		0	A	1		1.622		
Isoleucine.....g	1.310		0	A	1		1.847		
Leucine.....g	2.290		0	A	1		3.229		
Lysine.....g	2.433		0	A	1		3.431		
Methionine.....g	0.750		0	A	1		1.057		
Cystine.....g	0.372		0	A	1		0.524		
Phenylalanine.....g	1.137		0	A	1		1.603		
Tyrosine.....g	0.917		0	A	1		1.294		
Valine.....g	1.428		0	A	1		2.014		
Arginine.....g	1.862		0	A	1		2.625		
Histidine.....g	0.919		0	A	1		1.296		
Alanine.....g	1.750		0	A	1		2.468		
Aspartic acid.....g	2.622		0	A	1		3.698		
Glutamic acid.....g	4.322		0	A	1		6.094		
Glycine.....g	1.753		0	A	1		2.472		
Proline.....g	1.373		0	A	1		1.935		
Serine.....g	1.134		0	A	1		1.599		
Hydroxyproline.....g	0.302		0	A	1		0.426		

Others:

NDB No. 23011

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 141g: 1 steak

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13565

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		8	A	1		139.43		
Energy.....kcal	133		0	NC	4		255		
Energy.....kj	558		0	NC	4		1066		
Protein (N x 6.25).....g	21.41		8	A	1		40.89		
Total lipid (fat).....g	4.66		8	A	1		8.90		
Ash.....g	1.05		8	A	1		2.01		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		9		
Iron, Fe.....mg	2.14		2	A	1		4.09		
Magnesium, Mg.....mg	24		2	A	1		46		
Phosphorus, P.....mg	213		2	A	1		406		
Potassium, K.....mg	378		2	A	1		722		
Sodium, Na.....mg	62		2	A	1		119		
Zinc, Zn.....mg	4.97		2	A	1		9.50		
Copper, Cu.....mg	0.093		2	A	1		0.178		
Manganese, Mn.....mg	0.011		2	A	1		0.021		
Selenium, Se.....mcg	31.4		2	A	1		60.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.059		2	A	1		0.114		
Riboflavin.....mg	0.170		2	A	1		0.325		
Niacin.....mg	5.455		2	A	1		10.419		
Pantothenic acid.....mg	0.727		2	A	1		1.389		
Vitamin B-6.....mg	0.612		2	A	1		1.170		
Folate, total.....mcg	7		1	A	1		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		13		
Folate, DFE.....mcg_DFE	7		0	NC	4		13		
Vitamin B-12.....mcg	3.17		2	A	1		6.05		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.17		1	A	1		0.32		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.03		
Tocopherol, gamma.....mg	0.02		1	A	1		0.04		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		1	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.755		0	NC	4		3.352		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.123		2	A	1		0.234		
15:0.....g	0.017		2	A	1		0.033		
16:0.....g	1.081		2	A	1		2.066		
17:0.....g	0.043		2	A	1		0.082		
18:0.....g	0.474		2	A	1		0.906		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 13565

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		2	A	1		0.032		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.152		0	NC	4		4.111		
14:1.....g	0.036		2	A	1		0.070		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.175		2	A	1		0.335		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	1.933		0	AS	1		3.693		
18:1 c.....g	1.818		2	A	1		3.472		
18:1 t.....g	0.115		2	A	1		0.221		
20:1.....g	0.007		2	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.277		0	NC	4		0.530		
18:2 undifferentiated.....g	0.216		0	AS	1		0.413		
18:2 n-6 c,c.....g	0.182		2	A	1		0.347		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.035		2	A	1		0.067		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1		0.016		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.052		2	A	1		0.100		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.150		0	NC	4		0.287		
Fatty acids, total trans-monoenoic.....g	0.115		0	NC	4		0.221		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.067		
Cholesterol.....mg	61		6	A	1		117		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0	A	1		0.269		
Threonine.....g	0.855		0	A	1		1.634		
Isoleucine.....g	0.974		0	A	1		1.861		
Leucine.....g	1.703		0	A	1		3.253		
Lysine.....g	1.809		0	A	1		3.456		
Methionine.....g	0.558		0	A	1		1.065		
Cystine.....g	0.276		0	A	1		0.528		
Phenylalanine.....g	0.846		0	A	1		1.615		
Tyrosine.....g	0.682		0	A	1		1.303		
Valine.....g	1.062		0	A	1		2.029		
Arginine.....g	1.384		0	A	1		2.644		
Histidine.....g	0.683		0	A	1		1.305		
Alanine.....g	1.302		0	A	1		2.486		
Aspartic acid.....g	1.950		0	A	1		3.725		
Glutamic acid.....g	3.214		0	A	1		6.139		
Glycine.....g	1.304		0	A	1		2.490		
Proline.....g	1.021		0	A	1		1.950		
Serine.....g	0.843		0	A	1		1.611		
Hydroxyproline.....g	0.100		1	A	1		0.191		

Others:

NDB No. 13565

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 191g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23013

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Sirloin Tip Steak, Vastus Lateralis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.28		5	A	1		115.33	56.34	
Energy.....kcal	160		0	NC	4		279	136	
Energy.....kj	670		0	NC	4		1166	570	
Protein (N x 6.25).....g	29.24		5	A	1		50.88	24.85	
Total lipid (fat).....g	3.91		5	A	1		6.81	3.33	
Ash.....g	1.17		5	A	1		2.04	1.00	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		9	5	
Iron, Fe.....mg	2.98		1	A	1		5.19	2.53	
Magnesium, Mg.....mg	27		1	A	1		46	23	
Phosphorus, P.....mg	245		1	A	1		426	208	
Potassium, K.....mg	365		1	A	1		635	310	
Sodium, Na.....mg	52		1	A	1		91	44	
Zinc, Zn.....mg	8.06		1	A	1		14.02	6.85	
Copper, Cu.....mg	0.142		1	A	1		0.247	0.121	
Manganese, Mn.....mg	0.019		1	A	1		0.033	0.016	
Selenium, Se.....mcg	40.8		1	A	1		71.0	34.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.065		1	A	1		0.113	0.055	
Riboflavin.....mg	0.210		1	A	1		0.365	0.178	
Niacin.....mg	5.990		1	A	1		10.422	5.091	
Pantothenic acid.....mg	0.859		1	A	1		1.495	0.730	
Vitamin B-6.....mg	0.524		1	A	1		0.912	0.445	
Folate, total.....mcg	8		0	BFPN	4		14	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		14	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		14	7	
Vitamin B-12.....mcg	4.04		1	A	1		7.03	3.43	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.19		0	BFSN	4		0.34	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		0	BFSN	4		0.02	0.01	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.03	0.02	
Tocopherol, delta.....mg	0.01		0	BFSN	4		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.267		0	NC	4		2.204	1.077	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.083		1	A	1		0.144	0.070	
15:0.....g	0.013		1	A	1		0.023	0.011	
16:0.....g	0.740		1	A	1		1.288	0.629	
17:0.....g	0.032		1	A	1		0.056	0.027	
18:0.....g	0.385		1	A	1		0.670	0.327	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23013

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.014		1	A	1		0.024	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.385		0	NC	4		2.409	1.177	
14:1.....g	0.022		1	A	1		0.038	0.019	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.101		1	A	1		0.176	0.086	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.257		0	AS	1		2.187	1.068	
18:1 c.....g	1.169		1	A	1		2.034	0.994	
18:1 t.....g	0.088		1	A	1		0.153	0.075	
20:1.....g	0.005		1	A	1		0.009	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255		0	NC	4		0.443	0.217	
18:2 undifferentiated.....g	0.208		0	AS	1		0.362	0.177	
18:2 n-6 c,c.....g	0.182		1	A	1		0.317	0.155	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.026		1	A	1		0.045	0.022	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.007		0	AS	1		0.012	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.040		1	A	1		0.069	0.034	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.114		0	NC	4		0.198	0.097	
Fatty acids, total trans-monoenoic.....g	0.088		0	NC	4		0.153	0.075	
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.045	0.022	
Cholesterol.....mg	78		4	A	1		136	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.334	0.163	
Threonine.....g	1.168		0	A	1		2.033	0.993	
Isoleucine.....g	1.330		0	A	1		2.315	1.131	
Leucine.....g	2.326		0	A	1		4.047	1.977	
Lysine.....g	2.471		0	A	1		4.300	2.101	
Methionine.....g	0.761		0	A	1		1.325	0.647	
Cystine.....g	0.377		0	A	1		0.657	0.321	
Phenylalanine.....g	1.155		0	A	1		2.010	0.982	
Tyrosine.....g	0.932		0	A	1		1.621	0.792	
Valine.....g	1.451		0	A	1		2.524	1.233	
Arginine.....g	1.891		0	A	1		3.290	1.607	
Histidine.....g	0.933		0	A	1		1.624	0.793	
Alanine.....g	1.778		0	A	1		3.093	1.511	
Aspartic acid.....g	2.663		0	A	1		4.634	2.264	
Glutamic acid.....g	4.390		0	A	1		7.638	3.731	
Glycine.....g	1.781		0	A	1		3.098	1.513	
Proline.....g	1.394		0	A	1		2.426	1.185	
Serine.....g	1.152		0	A	1		2.004	0.979	
Hydroxyproline.....g	0.307		0	A	1		0.535	0.261	

Others:

NDB No. 23013

Beef, round, knuckle, tip side, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 174g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.28		13	A	1		151.70	54.64	
Energy.....kcal	182		0	NC	4		428	154	
Energy.....kj	760		0	NC	4		1793	646	
Protein (N x 6.25).....g	27.52		13	A	1		64.96	23.40	
Total lipid (fat).....g	7.10		13	A	1		16.76	6.03	
Ash.....g	1.16		13	A	1		2.75	0.99	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		11	4	
Iron, Fe.....mg	2.99		3	A	1		7.05	2.54	
Magnesium, Mg.....mg	25		3	A	1		60	22	
Phosphorus, P.....mg	233		3	A	1		551	198	
Potassium, K.....mg	363		3	A	1		857	309	
Sodium, Na.....mg	58		3	A	1		136	49	
Zinc, Zn.....mg	5.10		3	A	1		12.04	4.34	
Copper, Cu.....mg	0.115		3	A	1		0.271	0.098	
Manganese, Mn.....mg	0.020		3	A	1		0.046	0.017	
Selenium, Se.....mcg	43.6		3	A	1		102.9	37.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.066		3	A	1		0.156	0.056	
Riboflavin.....mg	0.212		3	A	1		0.499	0.180	
Niacin.....mg	7.557		3	A	1		17.834	6.423	
Pantothenic acid.....mg	0.792		3	A	1		1.870	0.673	
Vitamin B-6.....mg	0.673		3	A	1		1.588	0.572	
Folate, total.....mcg	7		1	A	1		17	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		1	A	1		17	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		17	6	
Vitamin B-12.....mcg	4.03		3	A	1		9.50	3.42	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		1	A	1		0.24	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.05	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.541		0	NC	4		5.997	2.160	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.195		3	A	1		0.461	0.166	
15:0.....g	0.028		3	A	1		0.066	0.024	
16:0.....g	1.562		3	A	1		3.685	1.327	
17:0.....g	0.065		3	A	1		0.152	0.055	
18:0.....g	0.675		3	A	1		1.592	0.573	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.017		3	A	1		0.040	0.014	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.174		0	NC	4		7.492	2.698	
14:1.....g	0.063		3	A	1		0.148	0.053	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.298		3	A	1		0.704	0.254	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.802		0	AS	1		6.613	2.382	
18:1 c.....g	2.639		3	A	1		6.229	2.243	
18:1 t.....g	0.163		3	A	1		0.385	0.138	
20:1.....g	0.011		3	A	1		0.027	0.010	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.757	0.273	
18:2 undifferentiated.....g	0.269		0	AS	1		0.635	0.229	
18:2 n-6 c,c.....g	0.221		3	A	1		0.522	0.188	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.048		3	A	1		0.112	0.040	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.006		0	AS	1		0.014	0.005	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.046		3	A	1		0.108	0.039	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.211		0	NC	4		0.497	0.179	
Fatty acids, total trans-monoenoic.....g	0.163		0	NC	4		0.385	0.138	
Fatty acids, total trans-polyenoic.....g	0.048		0	NC	4		0.112	0.040	
Cholesterol.....mg	77		10	A	1		182	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.427	0.154	
Threonine.....g	1.100		0	A	1		2.595	0.935	
Isoleucine.....g	1.252		0	A	1		2.955	1.064	
Leucine.....g	2.190		0	A	1		5.167	1.861	
Lysine.....g	2.326		0	A	1		5.490	1.977	
Methionine.....g	0.717		0	A	1		1.692	0.609	
Cystine.....g	0.355		0	A	1		0.838	0.302	
Phenylalanine.....g	1.087		0	A	1		2.566	0.924	
Tyrosine.....g	0.877		0	A	1		2.070	0.746	
Valine.....g	1.365		0	A	1		3.223	1.161	
Arginine.....g	1.780		0	A	1		4.200	1.513	
Histidine.....g	0.878		0	A	1		2.073	0.747	
Alanine.....g	1.673		0	A	1		3.949	1.422	
Aspartic acid.....g	2.507		0	A	1		5.917	2.131	
Glutamic acid.....g	4.132		0	A	1		9.752	3.512	
Glycine.....g	1.676		0	A	1		3.955	1.425	
Proline.....g	1.312		0	A	1		3.097	1.115	
Serine.....g	1.084		0	A	1		2.559	0.922	
Hydroxyproline.....g	0.289		0	A	1		0.682	0.246	

Others:

NDB No. 23064

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 236g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.19		13	A	1		220.18		
Energy.....kcal	142		0	NC	4		433		
Energy.....kj	594		0	NC	4		1812		
Protein (N x 6.25).....g	21.59		13	A	1		65.84		
Total lipid (fat).....g	5.53		13	A	1		16.86		
Ash.....g	1.05		13	A	1		3.19		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		15		
Iron, Fe.....mg	2.53		3	A	1		7.72		
Magnesium, Mg.....mg	24		3	A	1		74		
Phosphorus, P.....mg	211		3	A	1		645		
Potassium, K.....mg	345		3	A	1		1052		
Sodium, Na.....mg	62		3	A	1		190		
Zinc, Zn.....mg	3.94		3	A	1		12.03		
Copper, Cu.....mg	0.134		3	A	1		0.410		
Manganese, Mn.....mg	0.019		3	A	1		0.057		
Selenium, Se.....mcg	32.3		3	A	1		98.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.073		3	A	1		0.222		
Riboflavin.....mg	0.204		3	A	1		0.622		
Niacin.....mg	6.380		3	A	1		19.459		
Pantothenic acid.....mg	0.690		3	A	1		2.103		
Vitamin B-6.....mg	0.721		3	A	1		2.199		
Folate, total.....mcg	6		1	A	1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1	A	1		18		
Folate, DFE.....mcg_DFE	6		0	NC	4		18		
Vitamin B-12.....mcg	4.34		3	A	1		13.24		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.05		
Tocopherol, gamma.....mg	0.02		1	A	1		0.06		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.000		0	NC	4		6.101		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.155		3	A	1		0.473		
15:0.....g	0.022		3	A	1		0.066		
16:0.....g	1.227		3	A	1		3.742		
17:0.....g	0.050		3	A	1		0.152		
18:0.....g	0.529		3	A	1		1.614		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.018		3	A	1		0.054		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.503		0	NC	4		7.635		
14:1.....g	0.050		3	A	1		0.151		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.235		3	A	1		0.718		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	2.213		0	AS	1		6.748		
18:1 c.....g	2.081		3	A	1		6.346		
18:1 t.....g	0.132		3	A	1		0.402		
20:1.....g	0.006		3	A	1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4		0.943		
18:2 undifferentiated.....g	0.249		0	AS	1		0.759		
18:2 n-6 c,c.....g	0.212		3	A	1		0.647		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.037		3	A	1		0.112		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.003		0	AS	1		0.008		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.058		3	A	1		0.176		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.169		0	NC	4		0.514		
Fatty acids, total trans-monoenoic.....g	0.132		0	NC	4		0.402		
Fatty acids, total trans-polyenoic.....g	0.037		0	NC	4		0.112		
Cholesterol.....mg	61		10	A	1		185		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0	A	1		0.433		
Threonine.....g	0.862		0	A	1		2.630		
Isoleucine.....g	0.982		0	A	1		2.995		
Leucine.....g	1.717		0	A	1		5.237		
Lysine.....g	1.824		0	A	1		5.564		
Methionine.....g	0.562		0	A	1		1.714		
Cystine.....g	0.279		0	A	1		0.850		
Phenylalanine.....g	0.853		0	A	1		2.601		
Tyrosine.....g	0.688		0	A	1		2.098		
Valine.....g	1.071		0	A	1		3.266		
Arginine.....g	1.396		0	A	1		4.257		
Histidine.....g	0.689		0	A	1		2.101		
Alanine.....g	1.312		0	A	1		4.003		
Aspartic acid.....g	1.966		0	A	1		5.997		
Glutamic acid.....g	3.241		0	A	1		9.884		
Glycine.....g	1.314		0	A	1		4.009		
Proline.....g	1.029		0	A	1		3.139		
Serine.....g	0.850		0	A	1		2.593		
Hydroxyproline.....g	0.098		2	A	1		0.300		

Others:

NDB No. 23063

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 305g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.35		8	A	1		142.55	53.85	
Energy.....kcal	191		0	NC	4		430	162	
Energy.....kj	800		0	NC	4		1799	680	
Protein (N x 6.25).....g	27.22		8	A	1		61.25	23.14	
Total lipid (fat).....g	8.30		8	A	1		18.68	7.06	
Ash.....g	1.14		8	A	1		2.58	0.97	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		11	4	
Iron, Fe.....mg	2.92		2	A	1		6.57	2.48	
Magnesium, Mg.....mg	25		2	A	1		57	22	
Phosphorus, P.....mg	232		2	A	1		521	197	
Potassium, K.....mg	361		2	A	1		811	306	
Sodium, Na.....mg	57		2	A	1		127	48	
Zinc, Zn.....mg	4.81		2	A	1		10.83	4.09	
Copper, Cu.....mg	0.109		2	A	1		0.245	0.093	
Manganese, Mn.....mg	0.014		2	A	1		0.030	0.012	
Selenium, Se.....mcg	44.8		2	A	1		100.7	38.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.058		2	A	1		0.132	0.050	
Riboflavin.....mg	0.196		2	A	1		0.442	0.167	
Niacin.....mg	7.310		2	A	1		16.447	6.213	
Pantothenic acid.....mg	0.763		2	A	1		1.718	0.649	
Vitamin B-6.....mg	0.680		2	A	1		1.529	0.578	
Folate, total.....mcg	7		1	A	1		16	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		1	A	1		16	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		16	6	
Vitamin B-12.....mcg	3.83		2	A	1		8.63	3.26	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		1	A	1		0.23	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.954		0	NC	4		6.646	2.511	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.225		2	A	1		0.506	0.191	
15:0.....g	0.033		2	A	1		0.073	0.028	
16:0.....g	1.834		2	A	1		4.126	1.559	
17:0.....g	0.076		2	A	1		0.171	0.065	
18:0.....g	0.768		2	A	1		1.728	0.653	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.018		2	A	1		0.042	0.016	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.759		0	NC	4		8.457	3.195	
14:1.....g	0.074		2	A	1		0.167	0.063	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.354		2	A	1		0.797	0.301	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.317		0	AS	1		7.463	2.819	
18:1 c.....g	3.133		2	A	1		7.049	2.663	
18:1 t.....g	0.184		2	A	1		0.414	0.156	
20:1.....g	0.013		2	A	1		0.029	0.011	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.338		0	NC	4		0.761	0.288	
18:2 undifferentiated.....g	0.282		0	AS	1		0.635	0.240	
18:2 n-6 c,c.....g	0.227		2	A	1		0.512	0.193	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.055		2	A	1		0.124	0.047	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.005		0	AS	1		0.012	0.005	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.114	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.239		0	NC	4		0.538	0.203	
Fatty acids, total trans-monoenoic.....g	0.184		0	NC	4		0.414	0.156	
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.124	0.047	
Cholesterol.....mg	78		6	A	1		176	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	A	1		0.403	0.152	
Threonine.....g	1.087		0	A	1		2.447	0.924	
Isoleucine.....g	1.238		0	A	1		2.786	1.053	
Leucine.....g	2.165		0	A	1		4.872	1.841	
Lysine.....g	2.300		0	A	1		5.176	1.955	
Methionine.....g	0.709		0	A	1		1.595	0.603	
Cystine.....g	0.351		0	A	1		0.790	0.299	
Phenylalanine.....g	1.075		0	A	1		2.419	0.914	
Tyrosine.....g	0.867		0	A	1		1.952	0.737	
Valine.....g	1.350		0	A	1		3.038	1.148	
Arginine.....g	1.760		0	A	1		3.960	1.496	
Histidine.....g	0.869		0	A	1		1.955	0.738	
Alanine.....g	1.655		0	A	1		3.723	1.407	
Aspartic acid.....g	2.479		0	A	1		5.579	2.108	
Glutamic acid.....g	4.086		0	A	1		9.194	3.473	
Glycine.....g	1.657		0	A	1		3.729	1.409	
Proline.....g	1.298		0	A	1		2.920	1.103	
Serine.....g	1.072		0	A	1		2.413	0.911	
Hydroxyproline.....g	0.286		0	A	1		0.643	0.243	
Others:									

NDB No. 23050

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 225g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.51		8	A	1		209.53		
Energy.....kcal	150		0	NC	4		440		
Energy.....kj	628		0	NC	4		1840		
Protein (N x 6.25).....g	21.24		8	A	1		62.22		
Total lipid (fat).....g	6.59		8	A	1		19.30		
Ash.....g	1.04		8	A	1		3.04		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		14		
Iron, Fe.....mg	2.34		2	A	1		6.86		
Magnesium, Mg.....mg	24		2	A	1		70		
Phosphorus, P.....mg	209		2	A	1		611		
Potassium, K.....mg	338		2	A	1		989		
Sodium, Na.....mg	63		2	A	1		183		
Zinc, Zn.....mg	3.76		2	A	1		11.02		
Copper, Cu.....mg	0.136		2	A	1		0.397		
Manganese, Mn.....mg	0.018		2	A	1		0.053		
Selenium, Se.....mcg	33.3		2	A	1		97.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.064		2	A	1		0.189		
Riboflavin.....mg	0.186		2	A	1		0.544		
Niacin.....mg	6.390		2	A	1		18.723		
Pantothenic acid.....mg	0.650		2	A	1		1.906		
Vitamin B-6.....mg	0.720		2	A	1		2.108		
Folate, total.....mcg	6		1	A	1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1	A	1		18		
Folate, DFE.....mcg_DFE	6		0	NC	4		18		
Vitamin B-12.....mcg	4.70		2	A	1		13.79		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.02		1	A	1		0.06		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.301		0	NC	4		6.741		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.176		2	A	1		0.517		
15:0.....g	0.025		2	A	1		0.073		
16:0.....g	1.428		2	A	1		4.185		
17:0.....g	0.058		2	A	1		0.170		
18:0.....g	0.594		2	A	1		1.740		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.019		2	A	1		0.055		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.940		0	NC	4		8.615		
14:1.....g	0.059		2	A	1		0.173		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.280		2	A	1		0.820		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.595		0	AS	1		7.604		
18:1 c.....g	2.451		2	A	1		7.183		
18:1 t.....g	0.144		2	A	1		0.422		
20:1.....g	0.006		2	A	1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4		0.906		
18:2 undifferentiated.....g	0.250		0	AS	1		0.732		
18:2 n-6 c,c.....g	0.209		2	A	1		0.612		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.041		2	A	1		0.120		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060		2	A	1		0.174		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.185		0	NC	4		0.542		
Fatty acids, total trans-monoenoic.....g	0.144		0	NC	4		0.422		
Fatty acids, total trans-polyenoic.....g	0.041		0	NC	4		0.120		
Cholesterol.....mg	61		6	A	1		178		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0	A	1		0.409		
Threonine.....g	0.848		0	A	1		2.486		
Isoleucine.....g	0.966		0	A	1		2.831		
Leucine.....g	1.689		0	A	1		4.949		
Lysine.....g	1.795		0	A	1		5.258		
Methionine.....g	0.553		0	A	1		1.620		
Cystine.....g	0.274		0	A	1		0.803		
Phenylalanine.....g	0.839		0	A	1		2.458		
Tyrosine.....g	0.677		0	A	1		1.983		
Valine.....g	1.054		0	A	1		3.087		
Arginine.....g	1.373		0	A	1		4.023		
Histidine.....g	0.678		0	A	1		1.986		
Alanine.....g	1.291		0	A	1		3.783		
Aspartic acid.....g	1.934		0	A	1		5.667		
Glutamic acid.....g	3.188		0	A	1		9.341		
Glycine.....g	1.293		0	A	1		3.789		
Proline.....g	1.012		0	A	1		2.966		
Serine.....g	0.837		0	A	1		2.451		
Hydroxyproline.....g	0.109		1	A	1		0.319		

Others:

NDB No. 23049

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 293g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.76		5	A	1		166.36	55.89	
Energy.....kcal	166		0	NC	4		421	141	
Energy.....kj	696		0	NC	4		1760	591	
Protein (N x 6.25).....g	28.01		5	A	1		70.87	23.81	
Total lipid (fat).....g	5.17		5	A	1		13.09	4.40	
Ash.....g	1.20		5	A	1		3.02	1.02	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		12	4	
Iron, Fe.....mg	3.12		1	A	1		7.89	2.65	
Magnesium, Mg.....mg	26		1	A	1		65	22	
Phosphorus, P.....mg	237		1	A	1		600	201	
Potassium, K.....mg	368		1	A	1		931	313	
Sodium, Na.....mg	60		1	A	1		152	51	
Zinc, Zn.....mg	5.68		1	A	1		14.37	4.83	
Copper, Cu.....mg	0.127		1	A	1		0.321	0.108	
Manganese, Mn.....mg	0.032		1	A	1		0.081	0.027	
Selenium, Se.....mcg	41.3		1	A	1		104.5	35.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.081		1	A	1		0.205	0.069	
Riboflavin.....mg	0.242		1	A	1		0.612	0.206	
Niacin.....mg	8.050		1	A	1		20.367	6.843	
Pantothenic acid.....mg	0.850		1	A	1		2.151	0.723	
Vitamin B-6.....mg	0.660		1	A	1		1.670	0.561	
Folate, total.....mcg	8		0	BFPN	4		20	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		20	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		20	7	
Vitamin B-12.....mcg	4.41		1	A	1		11.16	3.75	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFSN	4		0.24	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.02		0	BFSN	4		0.05	0.02	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.06	0.02	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.716		0	NC	4		4.341	1.458	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.136		1	A	1		0.344	0.116	
15:0.....g	0.019		1	A	1		0.048	0.016	
16:0.....g	1.017		1	A	1		2.573	0.864	
17:0.....g	0.042		1	A	1		0.106	0.036	
18:0.....g	0.488		1	A	1		1.235	0.415	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.014		1	A	1		0.035	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.006		0	NC	4		5.075	1.705	
14:1.....g	0.039		1	A	1		0.099	0.033	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.186		1	A	1		0.471	0.158	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.773		0	AS	1		4.485	1.507	
18:1 c.....g	1.652		1	A	1		4.179	1.404	
18:1 t.....g	0.121		1	A	1		0.306	0.103	
20:1.....g	0.008		1	A	1		0.020	0.007	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.286		0	NC	4		0.723	0.243	
18:2 undifferentiated.....g	0.242		0	AS	1		0.612	0.206	
18:2 n-6 c,c.....g	0.209		1	A	1		0.529	0.178	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.033		1	A	1		0.083	0.028	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.007		0	AS	1		0.018	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.037		1	A	1		0.094	0.031	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.154		0	NC	4		0.389	0.131	
Fatty acids, total trans-monoenoic.....g	0.121		0	NC	4		0.306	0.103	
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4		0.083	0.028	
Cholesterol.....mg	75		4	A	1		190	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	A	1		0.466	0.156	
Threonine.....g	1.119		0	A	1		2.831	0.951	
Isoleucine.....g	1.274		0	A	1		3.224	1.083	
Leucine.....g	2.228		0	A	1		5.637	1.894	
Lysine.....g	2.367		0	A	1		5.989	2.012	
Methionine.....g	0.729		0	A	1		1.845	0.620	
Cystine.....g	0.361		0	A	1		0.915	0.307	
Phenylalanine.....g	1.106		0	A	1		2.799	0.940	
Tyrosine.....g	0.893		0	A	1		2.258	0.759	
Valine.....g	1.390		0	A	1		3.516	1.181	
Arginine.....g	1.811		0	A	1		4.583	1.540	
Histidine.....g	0.894		0	A	1		2.262	0.760	
Alanine.....g	1.703		0	A	1		4.308	1.447	
Aspartic acid.....g	2.551		0	A	1		6.455	2.169	
Glutamic acid.....g	4.205		0	A	1		10.639	3.574	
Glycine.....g	1.706		0	A	1		4.315	1.450	
Proline.....g	1.335		0	A	1		3.378	1.135	
Serine.....g	1.103		0	A	1		2.792	0.938	
Hydroxyproline.....g	0.294		0	A	1		0.745	0.250	

Others:

NDB No. 23052

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 253g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.28		5	A	1				
Energy.....kcal	129		0	NC	4				
Energy.....kj	540		0	NC	4				
Protein (N x 6.25).....g	22.15		5	A	1				
Total lipid (fat).....g	3.83		5	A	1				
Ash.....g	1.06		5	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	2.91		1	A	1				
Magnesium, Mg.....mg	24		1	A	1				
Phosphorus, P.....mg	217		1	A	1				
Potassium, K.....mg	360		1	A	1				
Sodium, Na.....mg	62		1	A	1				
Zinc, Zn.....mg	4.31		1	A	1				
Copper, Cu.....mg	0.132		1	A	1				
Manganese, Mn.....mg	0.020		1	A	1				
Selenium, Se.....mcg	30.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.089		1	A	1				
Riboflavin.....mg	0.241		1	A	1				
Niacin.....mg	6.360		1	A	1				
Pantothenic acid.....mg	0.768		1	A	1				
Vitamin B-6.....mg	0.724		1	A	1				
Folate, total.....mcg	6		0	BFPN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		0	BFPN	4				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Vitamin B-12.....mcg	3.61		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		0	BFSN	4				
Tocopherol, gamma.....mg	0.01		0	BFSN	4				
Tocopherol, delta.....mg	0.00		0	BFSN	4				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4				
Lipids:									
Fatty acids, total saturated.....g	1.400		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.112		1	A	1				
15:0.....g	0.015		1	A	1				
16:0.....g	0.824		1	A	1				
17:0.....g	0.034		1	A	1				
18:0.....g	0.400		1	A	1				
20:0.....g	0.000		1	A	1				

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.015		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.630		0	NC	4				
14:1.....g	0.031		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.146		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	1.447		0	AS	1				
18:1 c.....g	1.339		1	A	1				
18:1 t.....g	0.108		1	A	1				
20:1.....g	0.006		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4				
18:2 undifferentiated.....g	0.247		0	AS	1				
18:2 n-6 c,c.....g	0.219		1	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.028		1	A	1				
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.136		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.108		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.028		0	NC	4				
Cholesterol.....mg	61		4	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A	1				
Threonine.....g	0.885		0	A	1				
Isoleucine.....g	1.008		0	A	1				
Leucine.....g	1.762		0	A	1				
Lysine.....g	1.872		0	A	1				
Methionine.....g	0.577		0	A	1				
Cystine.....g	0.286		0	A	1				
Phenylalanine.....g	0.875		0	A	1				
Tyrosine.....g	0.706		0	A	1				
Valine.....g	1.099		0	A	1				
Arginine.....g	1.432		0	A	1				
Histidine.....g	0.707		0	A	1				
Alanine.....g	1.346		0	A	1				
Aspartic acid.....g	2.017		0	A	1				
Glutamic acid.....g	3.325		0	A	1				
Glycine.....g	1.349		0	A	1				
Proline.....g	1.056		0	A	1				
Serine.....g	0.872		0	A	1				
Hydroxyproline.....g	0.088		1	A	1				

Others:

NDB No. 23051

Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23029

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.28		13	A	1		151.70	54.64	
Energy.....kcal	182		0	NC	4		428	154	
Energy.....kj	760		0	NC	4		1793	646	
Protein (N x 6.25).....g	27.52		13	A	1		64.96	23.40	
Total lipid (fat).....g	7.10		13	A	1		16.76	6.03	
Ash.....g	1.16		13	A	1		2.75	0.99	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		11	4	
Iron, Fe.....mg	2.99		3	A	1		7.05	2.54	
Magnesium, Mg.....mg	25		3	A	1		60	22	
Phosphorus, P.....mg	233		3	A	1		551	198	
Potassium, K.....mg	363		3	A	1		857	309	
Sodium, Na.....mg	58		3	A	1		136	49	
Zinc, Zn.....mg	5.10		3	A	1		12.04	4.34	
Copper, Cu.....mg	0.115		3	A	1		0.271	0.098	
Manganese, Mn.....mg	0.020		3	A	1		0.046	0.017	
Selenium, Se.....mcg	43.6		3	A	1		102.9	37.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.066		3	A	1		0.156	0.056	
Riboflavin.....mg	0.212		3	A	1		0.499	0.180	
Niacin.....mg	7.557		3	A	1		17.834	6.423	
Pantothenic acid.....mg	0.792		3	A	1		1.870	0.673	
Vitamin B-6.....mg	0.673		3	A	1		1.588	0.572	
Folate, total.....mcg	7		1	A	1		17	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		1	A	1		17	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		17	6	
Vitamin B-12.....mcg	4.03		3	A	1		9.50	3.42	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		1	A	1		0.24	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.05	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.541		0	NC	4		5.997	2.160	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.000		3	A	1		0.000	0.000	
12:0.....g	0.000		3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.195		3	A	1		0.461	0.166	
15:0.....g	0.028		3	A	1		0.066	0.024	
16:0.....g	1.562		3	A	1		3.685	1.327	
17:0.....g	0.065		3	A	1		0.152	0.055	
18:0.....g	0.675		3	A	1		1.592	0.573	
20:0.....g	0.000		3	A	1		0.000	0.000	

NDB No. 23029

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.017		3	A	1		0.040	0.014	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.174		0	NC	4		7.492	2.698	
14:1.....g	0.063		3	A	1		0.148	0.053	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.298		3	A	1		0.704	0.254	
17:1.....g	0.000		3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.802		0	AS	1		6.613	2.382	
18:1 c.....g	2.639		3	A	1		6.229	2.243	
18:1 t.....g	0.163		3	A	1		0.385	0.138	
20:1.....g	0.011		3	A	1		0.027	0.010	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0	NC	4		0.757	0.273	
18:2 undifferentiated.....g	0.269		0	AS	1		0.635	0.229	
18:2 n-6 c,c.....g	0.221		3	A	1		0.522	0.188	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.048		3	A	1		0.112	0.040	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.006		0	AS	1		0.014	0.005	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.046		3	A	1		0.108	0.039	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.211		0	NC	4		0.497	0.179	
Fatty acids, total trans-monoenoic.....g	0.163		0	NC	4		0.385	0.138	
Fatty acids, total trans-polyenoic.....g	0.048		0	NC	4		0.112	0.040	
Cholesterol.....mg	77		10	A	1		182	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.427	0.154	
Threonine.....g	1.100		0	A	1		2.595	0.935	
Isoleucine.....g	1.252		0	A	1		2.955	1.064	
Leucine.....g	2.190		0	A	1		5.167	1.861	
Lysine.....g	2.326		0	A	1		5.490	1.977	
Methionine.....g	0.717		0	A	1		1.692	0.609	
Cystine.....g	0.355		0	A	1		0.838	0.302	
Phenylalanine.....g	1.087		0	A	1		2.566	0.924	
Tyrosine.....g	0.877		0	A	1		2.070	0.746	
Valine.....g	1.365		0	A	1		3.223	1.161	
Arginine.....g	1.780		0	A	1		4.200	1.513	
Histidine.....g	0.878		0	A	1		2.073	0.747	
Alanine.....g	1.673		0	A	1		3.949	1.422	
Aspartic acid.....g	2.507		0	A	1		5.917	2.131	
Glutamic acid.....g	4.132		0	A	1		9.752	3.512	
Glycine.....g	1.676		0	A	1		3.955	1.425	
Proline.....g	1.312		0	A	1		3.097	1.115	
Serine.....g	1.084		0	A	1		2.559	0.922	
Hydroxyproline.....g	0.289		0	A	1		0.682	0.246	

Others:

NDB No. 23029

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 236g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23028

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.19		13	A	1		220.18		
Energy.....kcal	142		0	NC	4		433		
Energy.....kj	594		0	NC	4		1812		
Protein (N x 6.25).....g	21.59		13	A	1		65.84		
Total lipid (fat).....g	5.53		13	A	1		16.86		
Ash.....g	1.05		13	A	1		3.19		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		3	A	1		15		
Iron, Fe.....mg	2.53		3	A	1		7.72		
Magnesium, Mg.....mg	24		3	A	1		74		
Phosphorus, P.....mg	211		3	A	1		645		
Potassium, K.....mg	345		3	A	1		1052		
Sodium, Na.....mg	62		3	A	1		190		
Zinc, Zn.....mg	3.94		3	A	1		12.03		
Copper, Cu.....mg	0.134		3	A	1		0.410		
Manganese, Mn.....mg	0.019		3	A	1		0.057		
Selenium, Se.....mcg	32.3		3	A	1		98.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.073		3	A	1		0.222		
Riboflavin.....mg	0.204		3	A	1		0.622		
Niacin.....mg	6.380		3	A	1		19.459		
Pantothenic acid.....mg	0.690		3	A	1		2.103		
Vitamin B-6.....mg	0.721		3	A	1		2.199		
Folate, total.....mcg	6		1	A	1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1	A	1		18		
Folate, DFE.....mcg_DFE	6		0	NC	4		18		
Vitamin B-12.....mcg	4.34		3	A	1		13.24		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.05		
Tocopherol, gamma.....mg	0.02		1	A	1		0.06		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.000		0	NC	4		6.101		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		3	A	1		0.000		
10:0.....g	0.000		3	A	1		0.000		
12:0.....g	0.000		3	A	1		0.000		
13:0.....g									
14:0.....g	0.155		3	A	1		0.473		
15:0.....g	0.022		3	A	1		0.066		
16:0.....g	1.227		3	A	1		3.742		
17:0.....g	0.050		3	A	1		0.152		
18:0.....g	0.529		3	A	1		1.614		
20:0.....g	0.000		3	A	1		0.000		

NDB No. 23028

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.018		3	A	1		0.054		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.503		0	NC	4		7.635		
14:1.....g	0.050		3	A	1		0.151		
15:1.....g	0.000		3	A	1		0.000		
16:1 undifferentiated.....g	0.235		3	A	1		0.718		
17:1.....g	0.000		3	A	1		0.000		
18:1 undifferentiated.....g	2.213		0	AS	1		6.748		
18:1 c.....g	2.081		3	A	1		6.346		
18:1 t.....g	0.132		3	A	1		0.402		
20:1.....g	0.006		3	A	1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4		0.943		
18:2 undifferentiated.....g	0.249		0	AS	1		0.759		
18:2 n-6 c,c.....g	0.212		3	A	1		0.647		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.037		3	A	1		0.112		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.003		0	AS	1		0.008		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.000		3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.058		3	A	1		0.176		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.169		0	NC	4		0.514		
Fatty acids, total trans-monoenoic.....g	0.132		0	NC	4		0.402		
Fatty acids, total trans-polyenoic.....g	0.037		0	NC	4		0.112		
Cholesterol.....mg	61		10	A	1		185		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0	A	1		0.433		
Threonine.....g	0.862		0	A	1		2.630		
Isoleucine.....g	0.982		0	A	1		2.995		
Leucine.....g	1.717		0	A	1		5.237		
Lysine.....g	1.824		0	A	1		5.564		
Methionine.....g	0.562		0	A	1		1.714		
Cystine.....g	0.279		0	A	1		0.850		
Phenylalanine.....g	0.853		0	A	1		2.601		
Tyrosine.....g	0.688		0	A	1		2.098		
Valine.....g	1.071		0	A	1		3.266		
Arginine.....g	1.396		0	A	1		4.257		
Histidine.....g	0.689		0	A	1		2.101		
Alanine.....g	1.312		0	A	1		4.003		
Aspartic acid.....g	1.966		0	A	1		5.997		
Glutamic acid.....g	3.241		0	A	1		9.884		
Glycine.....g	1.314		0	A	1		4.009		
Proline.....g	1.029		0	A	1		3.139		
Serine.....g	0.850		0	A	1		2.593		
Hydroxyproline.....g	0.098		2	A	1		0.300		

Others:

NDB No. 23028

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, steak, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 305g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23015

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.35		8	A	1		142.55	53.85	
Energy.....kcal	191		0	NC	4		430	162	
Energy.....kj	800		0	NC	4		1799	680	
Protein (N x 6.25).....g	27.22		8	A	1		61.25	23.14	
Total lipid (fat).....g	8.30		8	A	1		18.68	7.06	
Ash.....g	1.14		8	A	1		2.58	0.97	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		11	4	
Iron, Fe.....mg	2.92		2	A	1		6.57	2.48	
Magnesium, Mg.....mg	25		2	A	1		57	22	
Phosphorus, P.....mg	232		2	A	1		521	197	
Potassium, K.....mg	361		2	A	1		811	306	
Sodium, Na.....mg	57		2	A	1		127	48	
Zinc, Zn.....mg	4.81		2	A	1		10.83	4.09	
Copper, Cu.....mg	0.109		2	A	1		0.245	0.093	
Manganese, Mn.....mg	0.014		2	A	1		0.030	0.012	
Selenium, Se.....mcg	44.8		2	A	1		100.7	38.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.058		2	A	1		0.132	0.050	
Riboflavin.....mg	0.196		2	A	1		0.442	0.167	
Niacin.....mg	7.310		2	A	1		16.447	6.213	
Pantothenic acid.....mg	0.763		2	A	1		1.718	0.649	
Vitamin B-6.....mg	0.680		2	A	1		1.529	0.578	
Folate, total.....mcg	7		1	A	1		16	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		1	A	1		16	6	
Folate, DFE.....mcg_DFE	7		0	NC	4		16	6	
Vitamin B-12.....mcg	3.83		2	A	1		8.63	3.26	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		1	A	1		0.23	0.09	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		1	A	1		0.04	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.954		0	NC	4		6.646	2.511	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.225		2	A	1		0.506	0.191	
15:0.....g	0.033		2	A	1		0.073	0.028	
16:0.....g	1.834		2	A	1		4.126	1.559	
17:0.....g	0.076		2	A	1		0.171	0.065	
18:0.....g	0.768		2	A	1		1.728	0.653	
20:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 23015

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.018		2	A	1		0.042	0.016	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.759		0	NC	4		8.457	3.195	
14:1.....g	0.074		2	A	1		0.167	0.063	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.354		2	A	1		0.797	0.301	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.317		0	AS	1		7.463	2.819	
18:1 c.....g	3.133		2	A	1		7.049	2.663	
18:1 t.....g	0.184		2	A	1		0.414	0.156	
20:1.....g	0.013		2	A	1		0.029	0.011	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.338		0	NC	4		0.761	0.288	
18:2 undifferentiated.....g	0.282		0	AS	1		0.635	0.240	
18:2 n-6 c,c.....g	0.227		2	A	1		0.512	0.193	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.055		2	A	1		0.124	0.047	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.005		0	AS	1		0.012	0.005	
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.050		2	A	1		0.114	0.043	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.239		0	NC	4		0.538	0.203	
Fatty acids, total trans-monoenoic.....g	0.184		0	NC	4		0.414	0.156	
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.124	0.047	
Cholesterol.....mg	78		6	A	1		176	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	A	1		0.403	0.152	
Threonine.....g	1.087		0	A	1		2.447	0.924	
Isoleucine.....g	1.238		0	A	1		2.786	1.053	
Leucine.....g	2.165		0	A	1		4.872	1.841	
Lysine.....g	2.300		0	A	1		5.176	1.955	
Methionine.....g	0.709		0	A	1		1.595	0.603	
Cystine.....g	0.351		0	A	1		0.790	0.299	
Phenylalanine.....g	1.075		0	A	1		2.419	0.914	
Tyrosine.....g	0.867		0	A	1		1.952	0.737	
Valine.....g	1.350		0	A	1		3.038	1.148	
Arginine.....g	1.760		0	A	1		3.960	1.496	
Histidine.....g	0.869		0	A	1		1.955	0.738	
Alanine.....g	1.655		0	A	1		3.723	1.407	
Aspartic acid.....g	2.479		0	A	1		5.579	2.108	
Glutamic acid.....g	4.086		0	A	1		9.194	3.473	
Glycine.....g	1.657		0	A	1		3.729	1.409	
Proline.....g	1.298		0	A	1		2.920	1.103	
Serine.....g	1.072		0	A	1		2.413	0.911	
Hydroxyproline.....g	0.286		0	A	1		0.643	0.243	
Others:									

NDB No. 23015

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 225g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23014

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.51		8	A	1		209.53		
Energy.....kcal	150		0	NC	4		440		
Energy.....kj	628		0	NC	4		1840		
Protein (N x 6.25).....g	21.24		8	A	1		62.22		
Total lipid (fat).....g	6.59		8	A	1		19.30		
Ash.....g	1.04		8	A	1		3.04		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2	A	1		14		
Iron, Fe.....mg	2.34		2	A	1		6.86		
Magnesium, Mg.....mg	24		2	A	1		70		
Phosphorus, P.....mg	209		2	A	1		611		
Potassium, K.....mg	338		2	A	1		989		
Sodium, Na.....mg	63		2	A	1		183		
Zinc, Zn.....mg	3.76		2	A	1		11.02		
Copper, Cu.....mg	0.136		2	A	1		0.397		
Manganese, Mn.....mg	0.018		2	A	1		0.053		
Selenium, Se.....mcg	33.3		2	A	1		97.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.064		2	A	1		0.189		
Riboflavin.....mg	0.186		2	A	1		0.544		
Niacin.....mg	6.390		2	A	1		18.723		
Pantothenic acid.....mg	0.650		2	A	1		1.906		
Vitamin B-6.....mg	0.720		2	A	1		2.108		
Folate, total.....mcg	6		1	A	1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1	A	1		18		
Folate, DFE.....mcg_DFE	6		0	NC	4		18		
Vitamin B-12.....mcg	4.70		2	A	1		13.79		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.04		
Tocopherol, gamma.....mg	0.02		1	A	1		0.06		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.301		0	NC	4		6.741		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.176		2	A	1		0.517		
15:0.....g	0.025		2	A	1		0.073		
16:0.....g	1.428		2	A	1		4.185		
17:0.....g	0.058		2	A	1		0.170		
18:0.....g	0.594		2	A	1		1.740		
20:0.....g	0.000		2	A	1		0.000		

NDB No. 23014

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.019		2	A	1		0.055		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.940		0	NC	4		8.615		
14:1.....g	0.059		2	A	1		0.173		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.280		2	A	1		0.820		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	2.595		0	AS	1		7.604		
18:1 c.....g	2.451		2	A	1		7.183		
18:1 t.....g	0.144		2	A	1		0.422		
20:1.....g	0.006		2	A	1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4		0.906		
18:2 undifferentiated.....g	0.250		0	AS	1		0.732		
18:2 n-6 c,c.....g	0.209		2	A	1		0.612		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.041		2	A	1		0.120		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060		2	A	1		0.174		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.185		0	NC	4		0.542		
Fatty acids, total trans-monoenoic.....g	0.144		0	NC	4		0.422		
Fatty acids, total trans-polyenoic.....g	0.041		0	NC	4		0.120		
Cholesterol.....mg	61		6	A	1		178		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0	A	1		0.409		
Threonine.....g	0.848		0	A	1		2.486		
Isoleucine.....g	0.966		0	A	1		2.831		
Leucine.....g	1.689		0	A	1		4.949		
Lysine.....g	1.795		0	A	1		5.258		
Methionine.....g	0.553		0	A	1		1.620		
Cystine.....g	0.274		0	A	1		0.803		
Phenylalanine.....g	0.839		0	A	1		2.458		
Tyrosine.....g	0.677		0	A	1		1.983		
Valine.....g	1.054		0	A	1		3.087		
Arginine.....g	1.373		0	A	1		4.023		
Histidine.....g	0.678		0	A	1		1.986		
Alanine.....g	1.291		0	A	1		3.783		
Aspartic acid.....g	1.934		0	A	1		5.667		
Glutamic acid.....g	3.188		0	A	1		9.341		
Glycine.....g	1.293		0	A	1		3.789		
Proline.....g	1.012		0	A	1		2.966		
Serine.....g	0.837		0	A	1		2.451		
Hydroxyproline.....g	0.109		1	A	1		0.319		

Others:

NDB No. 23014

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 293g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23016

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

London Broil, Western Griller Steak, Biceps Femoris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.76		5	A	1		166.36	55.89	
Energy.....kcal	166		0	NC	4		421	141	
Energy.....kj	696		0	NC	4		1760	591	
Protein (N x 6.25).....g	28.01		5	A	1		70.87	23.81	
Total lipid (fat).....g	5.17		5	A	1		13.09	4.40	
Ash.....g	1.20		5	A	1		3.02	1.02	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		12	4	
Iron, Fe.....mg	3.12		1	A	1		7.89	2.65	
Magnesium, Mg.....mg	26		1	A	1		65	22	
Phosphorus, P.....mg	237		1	A	1		600	201	
Potassium, K.....mg	368		1	A	1		931	313	
Sodium, Na.....mg	60		1	A	1		152	51	
Zinc, Zn.....mg	5.68		1	A	1		14.37	4.83	
Copper, Cu.....mg	0.127		1	A	1		0.321	0.108	
Manganese, Mn.....mg	0.032		1	A	1		0.081	0.027	
Selenium, Se.....mcg	41.3		1	A	1		104.5	35.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.081		1	A	1		0.205	0.069	
Riboflavin.....mg	0.242		1	A	1		0.612	0.206	
Niacin.....mg	8.050		1	A	1		20.367	6.843	
Pantothenic acid.....mg	0.850		1	A	1		2.151	0.723	
Vitamin B-6.....mg	0.660		1	A	1		1.670	0.561	
Folate, total.....mcg	8		0	BFPN	4		20	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0	BFPN	4		20	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		20	7	
Vitamin B-12.....mcg	4.41		1	A	1		11.16	3.75	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFSN	4		0.24	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.02		0	BFSN	4		0.05	0.02	
Tocopherol, gamma.....mg	0.02		0	BFSN	4		0.06	0.02	
Tocopherol, delta.....mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.716		0	NC	4		4.341	1.458	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.136		1	A	1		0.344	0.116	
15:0.....g	0.019		1	A	1		0.048	0.016	
16:0.....g	1.017		1	A	1		2.573	0.864	
17:0.....g	0.042		1	A	1		0.106	0.036	
18:0.....g	0.488		1	A	1		1.235	0.415	
20:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 23016

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:0.....g	0.014		1	A	1		0.035	0.012	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.006		0	NC	4		5.075	1.705	
14:1.....g	0.039		1	A	1		0.099	0.033	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.186		1	A	1		0.471	0.158	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.773		0	AS	1		4.485	1.507	
18:1 c.....g	1.652		1	A	1		4.179	1.404	
18:1 t.....g	0.121		1	A	1		0.306	0.103	
20:1.....g	0.008		1	A	1		0.020	0.007	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.286		0	NC	4		0.723	0.243	
18:2 undifferentiated.....g	0.242		0	AS	1		0.612	0.206	
18:2 n-6 c,c.....g	0.209		1	A	1		0.529	0.178	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.033		1	A	1		0.083	0.028	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.007		0	AS	1		0.018	0.006	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.037		1	A	1		0.094	0.031	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.154		0	NC	4		0.389	0.131	
Fatty acids, total trans-monoenoic.....g	0.121		0	NC	4		0.306	0.103	
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4		0.083	0.028	
Cholesterol.....mg	75		4	A	1		190	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	A	1		0.466	0.156	
Threonine.....g	1.119		0	A	1		2.831	0.951	
Isoleucine.....g	1.274		0	A	1		3.224	1.083	
Leucine.....g	2.228		0	A	1		5.637	1.894	
Lysine.....g	2.367		0	A	1		5.989	2.012	
Methionine.....g	0.729		0	A	1		1.845	0.620	
Cystine.....g	0.361		0	A	1		0.915	0.307	
Phenylalanine.....g	1.106		0	A	1		2.799	0.940	
Tyrosine.....g	0.893		0	A	1		2.258	0.759	
Valine.....g	1.390		0	A	1		3.516	1.181	
Arginine.....g	1.811		0	A	1		4.583	1.540	
Histidine.....g	0.894		0	A	1		2.262	0.760	
Alanine.....g	1.703		0	A	1		4.308	1.447	
Aspartic acid.....g	2.551		0	A	1		6.455	2.169	
Glutamic acid.....g	4.205		0	A	1		10.639	3.574	
Glycine.....g	1.706		0	A	1		4.315	1.450	
Proline.....g	1.335		0	A	1		3.378	1.135	
Serine.....g	1.103		0	A	1		2.792	0.938	
Hydroxyproline.....g	0.294		0	A	1		0.745	0.250	

Others:

NDB No. 23016

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, grilled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 253g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23017

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw

London Broil, Western Griller Steak, Biceps Femoris

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.28		5	A	1				
Energy.....kcal	129		0	NC	4				
Energy.....kj	540		0	NC	4				
Protein (N x 6.25).....g	22.15		5	A	1				
Total lipid (fat).....g	3.83		5	A	1				
Ash.....g	1.06		5	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1				
Iron, Fe.....mg	2.91		1	A	1				
Magnesium, Mg.....mg	24		1	A	1				
Phosphorus, P.....mg	217		1	A	1				
Potassium, K.....mg	360		1	A	1				
Sodium, Na.....mg	62		1	A	1				
Zinc, Zn.....mg	4.31		1	A	1				
Copper, Cu.....mg	0.132		1	A	1				
Manganese, Mn.....mg	0.020		1	A	1				
Selenium, Se.....mcg	30.3		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.089		1	A	1				
Riboflavin.....mg	0.241		1	A	1				
Niacin.....mg	6.360		1	A	1				
Pantothenic acid.....mg	0.768		1	A	1				
Vitamin B-6.....mg	0.724		1	A	1				
Folate, total.....mcg	6		0	BFPN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		0	BFPN	4				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Vitamin B-12.....mcg	3.61		1	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol).....mg	0.07		0	BFSN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		0	BFSN	4				
Tocopherol, gamma.....mg	0.01		0	BFSN	4				
Tocopherol, delta.....mg	0.00		0	BFSN	4				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4				
Lipids:									
Fatty acids, total saturated.....g	1.400		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.112		1	A	1				
15:0.....g	0.015		1	A	1				
16:0.....g	0.824		1	A	1				
17:0.....g	0.034		1	A	1				
18:0.....g	0.400		1	A	1				
20:0.....g	0.000		1	A	1				

NDB No. 23017

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.015		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	1.630		0	NC	4				
14:1.....g	0.031		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.146		1	A	1				
17:1.....g	0.000		1	A	1				
18:1 undifferentiated.....g	1.447		0	AS	1				
18:1 c.....g	1.339		1	A	1				
18:1 t.....g	0.108		1	A	1				
20:1.....g	0.006		1	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0	NC	4				
18:2 undifferentiated.....g	0.247		0	AS	1				
18:2 n-6 c,c.....g	0.219		1	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.028		1	A	1				
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.008		0	AS	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
21:5.....g									
22:4.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g	0.136		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.108		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.028		0	NC	4				
Cholesterol.....mg	61		4	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A	1				
Threonine.....g	0.885		0	A	1				
Isoleucine.....g	1.008		0	A	1				
Leucine.....g	1.762		0	A	1				
Lysine.....g	1.872		0	A	1				
Methionine.....g	0.577		0	A	1				
Cystine.....g	0.286		0	A	1				
Phenylalanine.....g	0.875		0	A	1				
Tyrosine.....g	0.706		0	A	1				
Valine.....g	1.099		0	A	1				
Arginine.....g	1.432		0	A	1				
Histidine.....g	0.707		0	A	1				
Alanine.....g	1.346		0	A	1				
Aspartic acid.....g	2.017		0	A	1				
Glutamic acid.....g	3.325		0	A	1				
Glycine.....g	1.349		0	A	1				
Proline.....g	1.056		0	A	1				
Serine.....g	0.872		0	A	1				
Hydroxyproline.....g	0.088		1	A	1				

Others:

NDB No. 23017

Beef, round, outside round, bottom round, steak, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13421

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.405		0	NC	4		11.237	2.894	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.305		0	BFFN	4		1.007	0.259	
17:1.....g									
18:1 undifferentiated.....g	3.094		0	BFFN	4		10.210	2.630	
20:1.....g	0.006		0	BFFN	4		0.020	0.005	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.305		0	NC	4		1.006	0.259	
18:2 undifferentiated.....g	0.230		0	BFFN	4		0.760	0.196	
18:3 undifferentiated.....g	0.044		0	BFFN	4		0.144	0.037	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN	4		0.103	0.026	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	BFFN	4		308	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0	PAK	1		0.581	0.150	
Threonine.....g	1.070		0	PAK	1		3.532	0.910	
Isoleucine.....g	1.219		0	PAK	1		4.022	1.036	
Leucine.....g	2.131		0	PAK	1		7.033	1.811	
Lysine.....g	2.264		0	PAK	1		7.471	1.924	
Methionine.....g	0.698		0	PAK	1		2.302	0.593	
Cystine.....g	0.346		0	PAK	1		1.141	0.294	
Phenylalanine.....g	1.058		0	PAK	1		3.492	0.899	
Tyrosine.....g	0.854		0	PAK	1		2.817	0.726	
Valine.....g	1.329		0	PAK	1		4.386	1.130	
Arginine.....g	1.732		0	PAK	1		5.717	1.472	
Histidine.....g	0.855		0	PAK	1		2.821	0.727	
Alanine.....g	1.629		0	PAK	1		5.375	1.384	
Aspartic acid.....g	2.440		0	PAK	1		8.053	2.074	
Glutamic acid.....g	4.022		0	PAK	1		13.272	3.419	
Glycine.....g	1.631		0	PAK	1		5.383	1.387	
Proline.....g	1.277		0	PAK	1		4.215	1.086	
Serine.....g	1.055		0	PAK	1		3.483	0.897	
Hydroxyproline.....g	0.281		0	BFFN	4		0.929	0.239	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13421

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13486

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.011		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.351		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.650		0	BFFN		4			
20:1.....g	0.011		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0	NC		4			
18:2 undifferentiated.....g	0.181		0	BFFN		4			
18:3 undifferentiated.....g	0.085		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	PAK		1			
Threonine.....g	0.818		0	PAK		1			
Isoleucine.....g	0.932		0	PAK		1			
Leucine.....g	1.629		0	PAK		1			
Lysine.....g	1.731		0	PAK		1			
Methionine.....g	0.533		0	PAK		1			
Cystine.....g	0.264		0	PAK		1			
Phenylalanine.....g	0.809		0	PAK		1			
Tyrosine.....g	0.653		0	PAK		1			
Valine.....g	1.016		0	PAK		1			
Arginine.....g	1.324		0	PAK		1			
Histidine.....g	0.654		0	PAK		1			
Alanine.....g	1.245		0	PAK		1			
Aspartic acid.....g	1.866		0	PAK		1			
Glutamic acid.....g	3.075		0	PAK		1			
Glycine.....g	1.247		0	PAK		1			
Proline.....g	0.976		0	PAK		1			
Serine.....g	0.807		0	PAK		1			
Hydroxyproline.....g	0.215		0	PAK		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13486

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, all grades, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13422

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.689		0	NC	4		41.977		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0	BFFN	4		3.760		
17:1.....g									
18:1 undifferentiated.....g	3.352		0	BFFN	4		38.141		
20:1.....g	0.007		0	BFFN	4		0.076		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0	NC	4		3.760		
18:2 undifferentiated.....g	0.250		0	BFFN	4		2.839		
18:3 undifferentiated.....g	0.047		0	BFFN	4		0.537		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	BFFN	4		0.384		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	101		0	BFFN	4		1151		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	PAK	1		2.020		
Threonine.....g	1.079		0	PAK	1		12.280		
Isoleucine.....g	1.229		0	PAK	1		13.986		
Leucine.....g	2.149		0	PAK	1		24.454		
Lysine.....g	2.283		0	PAK	1		25.980		
Methionine.....g	0.703		0	PAK	1		8.005		
Cystine.....g	0.349		0	PAK	1		3.967		
Phenylalanine.....g	1.067		0	PAK	1		12.142		
Tyrosine.....g	0.861		0	PAK	1		9.796		
Valine.....g	1.340		0	PAK	1		15.251		
Arginine.....g	1.747		0	PAK	1		19.878		
Histidine.....g	0.862		0	PAK	1		9.811		
Alanine.....g	1.642		0	PAK	1		18.689		
Aspartic acid.....g	2.461		0	PAK	1		28.001		
Glutamic acid.....g	4.055		0	PAK	1		46.149		
Glycine.....g	1.645		0	PAK	1		18.718		
Proline.....g	1.288		0	PAK	1		14.655		
Serine.....g	1.064		0	PAK	1		12.109		
Hydroxyproline.....g	0.284		0	PAK	1		3.230		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 1138g: 1 roast (yield from 1405 g raw meat)

NDB No. 13422

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13487

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.324		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.387		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.925		0	BFFN		4			
20:1.....g	0.012		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.305		0	NC		4			
18:2 undifferentiated.....g	0.199		0	BFFN		4			
18:3 undifferentiated.....g	0.094		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0	PAK		1			
Threonine.....g	0.805		0	PAK		1			
Isoleucine.....g	0.917		0	PAK		1			
Leucine.....g	1.604		0	PAK		1			
Lysine.....g	1.704		0	PAK		1			
Methionine.....g	0.525		0	PAK		1			
Cystine.....g	0.260		0	PAK		1			
Phenylalanine.....g	0.796		0	PAK		1			
Tyrosine.....g	0.642		0	PAK		1			
Valine.....g	1.000		0	PAK		1			
Arginine.....g	1.304		0	PAK		1			
Histidine.....g	0.643		0	PAK		1			
Alanine.....g	1.226		0	PAK		1			
Aspartic acid.....g	1.836		0	PAK		1			
Glutamic acid.....g	3.027		0	PAK		1			
Glycine.....g	1.228		0	PAK		1			
Proline.....g	0.961		0	PAK		1			
Serine.....g	0.794		0	PAK		1			
Hydroxyproline.....g	0.212		0	PAK		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13487

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, choice, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13423

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.121		0	NC	4		35.613		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0	BFFN	4		3.190		
17:1.....g									
18:1 undifferentiated.....g	2.836		0	BFFN	4		32.358		
20:1.....g	0.006		0	BFFN	4		0.065		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0	NC	4		3.189		
18:2 undifferentiated.....g	0.211		0	BFFN	4		2.409		
18:3 undifferentiated.....g	0.040		0	BFFN	4		0.455		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.325		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	BFFN	4		977		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0	PAK	1		1.992		
Threonine.....g	1.061		0	PAK	1		12.109		
Isoleucine.....g	1.209		0	PAK	1		13.791		
Leucine.....g	2.113		0	PAK	1		24.113		
Lysine.....g	2.245		0	PAK	1		25.618		
Methionine.....g	0.692		0	PAK	1		7.894		
Cystine.....g	0.343		0	PAK	1		3.912		
Phenylalanine.....g	1.049		0	PAK	1		11.973		
Tyrosine.....g	0.847		0	PAK	1		9.659		
Valine.....g	1.318		0	PAK	1		15.038		
Arginine.....g	1.718		0	PAK	1		19.601		
Histidine.....g	0.848		0	PAK	1		9.674		
Alanine.....g	1.615		0	PAK	1		18.429		
Aspartic acid.....g	2.420		0	PAK	1		27.611		
Glutamic acid.....g	3.988		0	PAK	1		45.507		
Glycine.....g	1.618		0	PAK	1		18.458		
Proline.....g	1.267		0	PAK	1		14.451		
Serine.....g	1.047		0	PAK	1		11.941		
Hydroxyproline.....g	0.279		0	PAK	1		3.185		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 1141g: 1 roast (yield from 1388 g raw meat)

NDB No. 13423

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13488

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.699		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.314		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.375		0	BFFN		4			
20:1.....g	0.010		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.247		0	NC		4			
18:2 undifferentiated.....g	0.162		0	BFFN		4			
18:3 undifferentiated.....g	0.076		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0	PAK		1			
Threonine.....g	0.831		0	PAK		1			
Isoleucine.....g	0.946		0	PAK		1			
Leucine.....g	1.655		0	PAK		1			
Lysine.....g	1.758		0	PAK		1			
Methionine.....g	0.542		0	PAK		1			
Cystine.....g	0.268		0	PAK		1			
Phenylalanine.....g	0.822		0	PAK		1			
Tyrosine.....g	0.663		0	PAK		1			
Valine.....g	1.032		0	PAK		1			
Arginine.....g	1.345		0	PAK		1			
Histidine.....g	0.664		0	PAK		1			
Alanine.....g	1.265		0	PAK		1			
Aspartic acid.....g	1.895		0	PAK		1			
Glutamic acid.....g	3.123		0	PAK		1			
Glycine.....g	1.267		0	PAK		1			
Proline.....g	0.992		0	PAK		1			
Serine.....g	0.819		0	PAK		1			
Hydroxyproline.....g	0.219		0	PAK		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13488

Beef, round, tip round, separable lean and fat, trimmed to 0" fat, select, raw

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13698

Beef, round, tip round, separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.350		0		1		27.388	7.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760		0		1		2.493	0.646	
17:1.....g									
18:1 undifferentiated.....g	7.230		0		1		23.714	6.146	
20:1.....g	0.030		0		1		0.098	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		2.460	0.638	
18:2 undifferentiated.....g	0.520		0		1		1.706	0.442	
18:3 undifferentiated.....g	0.180		0		1		0.590	0.153	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.131	0.034	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		272	71	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.954	0.247	
Threonine.....g	1.134		0		1		3.720	0.964	
Isoleucine.....g	1.167		0		1		3.828	0.992	
Leucine.....g	2.052		0		1		6.731	1.744	
Lysine.....g	2.160		0		1		7.085	1.836	
Methionine.....g	0.665		0		1		2.181	0.565	
Cystine.....g	0.291		0		1		0.954	0.247	
Phenylalanine.....g	1.014		0		1		3.326	0.862	
Tyrosine.....g	0.872		0		1		2.860	0.741	
Valine.....g	1.263		0		1		4.143	1.074	
Arginine.....g	1.641		0		1		5.382	1.395	
Histidine.....g	0.889		0		1		2.916	0.756	
Alanine.....g	1.566		0		1		5.136	1.331	
Aspartic acid.....g	2.372		0		1		7.780	2.016	
Glutamic acid.....g	3.901		0		1		12.795	3.316	
Glycine.....g	1.417		0		1		4.648	1.204	
Proline.....g	1.147		0		1		3.762	0.975	
Serine.....g	0.993		0		1		3.257	0.844	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 328g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13697

Beef, round, tip round, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.160		0		1		2.030	32.478	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770		0		1		0.218	3.493	
17:1.....g									
18:1 undifferentiated.....g	6.070		0		1		1.721	27.534	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		0.187	2.994	
18:2 undifferentiated.....g	0.420		0		1		0.119	1.905	
18:3 undifferentiated.....g	0.170		0		1		0.048	0.771	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		1		19	299	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.214		0		1		0.061	0.971	
Threonine.....g	0.836		0		1		0.237	3.792	
Isoleucine.....g	0.860		0		1		0.244	3.901	
Leucine.....g	1.513		0		1		0.429	6.863	
Lysine.....g	1.592		0		1		0.451	7.221	
Methionine.....g	0.490		0		1		0.139	2.223	
Cystine.....g	0.214		0		1		0.061	0.971	
Phenylalanine.....g	0.747		0		1		0.212	3.388	
Tyrosine.....g	0.643		0		1		0.182	2.917	
Valine.....g	0.931		0		1		0.264	4.223	
Arginine.....g	1.209		0		1		0.343	5.484	
Histidine.....g	0.655		0		1		0.186	2.971	
Alanine.....g	1.154		0		1		0.327	5.235	
Aspartic acid.....g	1.748		0		1		0.496	7.929	
Glutamic acid.....g	2.875		0		1		0.815	13.041	
Glycine.....g	1.044		0		1		0.296	4.736	
Proline.....g	0.845		0		1		0.240	3.833	
Serine.....g	0.732		0		1		0.208	3.320	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13192

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.510		0		1		17.797	4.684	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		1.680	0.442	
17:1.....g									
18:1 undifferentiated.....g	4.980		0		1		16.085	4.233	
20:1.....g	0.020		0		1		0.065	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		1		1.647	0.434	
18:2 undifferentiated.....g	0.360		0		1		1.163	0.306	
18:3 undifferentiated.....g	0.120		0		1		0.388	0.102	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.097	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		265	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	NR	4		0.571	0.150	
Threonine.....g	1.075		0	NR	4		3.472	0.914	
Isoleucine.....g	1.224		0	NR	4		3.954	1.041	
Leucine.....g	2.141		0	NR	4		6.914	1.820	
Lysine.....g	2.274		0	NR	4		7.346	1.933	
Methionine.....g	0.701		0	NR	4		2.263	0.596	
Cystine.....g	0.347		0	NR	4		1.122	0.295	
Phenylalanine.....g	1.063		0	NR	4		3.433	0.903	
Tyrosine.....g	0.858		0	NR	4		2.770	0.729	
Valine.....g	1.335		0	NR	4		4.312	1.135	
Arginine.....g	1.740		0	NR	4		5.620	1.479	
Histidine.....g	0.859		0	NR	4		2.774	0.730	
Alanine.....g	1.636		0	NR	4		5.284	1.391	
Aspartic acid.....g	2.451		0	NR	4		7.917	2.083	
Glutamic acid.....g	4.040		0	NR	4		13.049	3.434	
Glycine.....g	1.639		0	NR	4		5.293	1.393	
Proline.....g	1.283		0	NR	4		4.144	1.090	
Serine.....g	1.060		0	NR	4		3.424	0.901	
Hydroxyproline.....g	0.283		0	BFPN	4		0.913	0.240	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 323g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13192

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13191

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.660		0		1		1.605	25.674	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		0.187	2.994	
17:1.....g									
18:1 undifferentiated.....g	4.990		0		1		1.415	22.635	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		0.147	2.359	
18:2 undifferentiated.....g	0.340		0		1		0.096	1.542	
18:3 undifferentiated.....g	0.160		0		1		0.045	0.726	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.061	0.980	
Threonine.....g	0.843		0		1		0.239	3.824	
Isoleucine.....g	0.868		0		1		0.246	3.937	
Leucine.....g	1.526		0		1		0.433	6.922	
Lysine.....g	1.606		0		1		0.455	7.285	
Methionine.....g	0.494		0		1		0.140	2.241	
Cystine.....g	0.216		0		1		0.061	0.980	
Phenylalanine.....g	0.754		0		1		0.214	3.420	
Tyrosine.....g	0.649		0		1		0.184	2.944	
Valine.....g	0.939		0		1		0.266	4.259	
Arginine.....g	1.220		0		1		0.346	5.534	
Histidine.....g	0.661		0		1		0.187	2.998	
Alanine.....g	1.165		0		1		0.330	5.284	
Aspartic acid.....g	1.764		0		1		0.500	8.002	
Glutamic acid.....g	2.901		0		1		0.822	13.159	
Glycine.....g	1.053		0		1		0.299	4.776	
Proline.....g	0.853		0		1		0.242	3.869	
Serine.....g	0.738		0		1		0.209	3.348	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13194

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.210		0		1		19.872	5.279	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		1.888	0.502	
17:1.....g									
18:1 undifferentiated.....g	5.600		0		1		17.920	4.760	
20:1.....g	0.020		0		1		0.064	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		1.856	0.493	
18:2 undifferentiated.....g	0.400		0		1		1.280	0.340	
18:3 undifferentiated.....g	0.140		0		1		0.448	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.096	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		266	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	NR	4		0.558	0.148	
Threonine.....g	1.060		0	NR	4		3.393	0.901	
Isoleucine.....g	1.207		0	NR	4		3.864	1.026	
Leucine.....g	2.111		0	NR	4		6.756	1.795	
Lysine.....g	2.243		0	NR	4		7.177	1.907	
Methionine.....g	0.691		0	NR	4		2.212	0.587	
Cystine.....g	0.342		0	NR	4		1.096	0.291	
Phenylalanine.....g	1.048		0	NR	4		3.355	0.891	
Tyrosine.....g	0.846		0	NR	4		2.706	0.719	
Valine.....g	1.317		0	NR	4		4.213	1.119	
Arginine.....g	1.716		0	NR	4		5.492	1.459	
Histidine.....g	0.847		0	NR	4		2.710	0.720	
Alanine.....g	1.613		0	NR	4		5.163	1.371	
Aspartic acid.....g	2.417		0	NR	4		7.736	2.055	
Glutamic acid.....g	3.984		0	NR	4		12.750	3.387	
Glycine.....g	1.616		0	NR	4		5.171	1.374	
Proline.....g	1.265		0	NR	4		4.049	1.075	
Serine.....g	1.045		0	NR	4		3.345	0.889	
Hydroxyproline.....g	0.279		0	BFPN	4		0.892	0.237	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13194

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13193

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.160		0		1		1.746	27.942	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		0		1		0.201	3.221	
17:1.....g									
18:1 undifferentiated.....g	5.440		0		1		1.542	24.676	
20:1.....g	0.020		0		1		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		0.159	2.540	
18:2 undifferentiated.....g	0.370		0		1		0.105	1.678	
18:3 undifferentiated.....g	0.170		0		1		0.048	0.771	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		1		19	299	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.215		0		1		0.061	0.975	
Threonine.....g	0.838		0		1		0.238	3.801	
Isoleucine.....g	0.862		0		1		0.244	3.910	
Leucine.....g	1.516		0		1		0.430	6.877	
Lysine.....g	1.596		0		1		0.452	7.239	
Methionine.....g	0.491		0		1		0.139	2.227	
Cystine.....g	0.215		0		1		0.061	0.975	
Phenylalanine.....g	0.749		0		1		0.212	3.397	
Tyrosine.....g	0.644		0		1		0.183	2.921	
Valine.....g	0.933		0		1		0.265	4.232	
Arginine.....g	1.212		0		1		0.344	5.498	
Histidine.....g	0.657		0		1		0.186	2.980	
Alanine.....g	1.157		0		1		0.328	5.248	
Aspartic acid.....g	1.752		0		1		0.497	7.947	
Glutamic acid.....g	2.881		0		1		0.817	13.068	
Glycine.....g	1.046		0		1		0.297	4.745	
Proline.....g	0.847		0		1		0.240	3.842	
Serine.....g	0.733		0		1		0.208	3.325	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13198

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.560		0		1		24.721	6.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0		1		2.289	0.595	
17:1.....g									
18:1 undifferentiated.....g	6.710		0		1		21.942	5.704	
20:1.....g	0.020		0		1		0.065	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0		1		2.289	0.595	
18:2 undifferentiated.....g	0.490		0		1		1.602	0.417	
18:3 undifferentiated.....g	0.160		0		1		0.523	0.136	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.131	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		271	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.965	0.251	
Threonine.....g	1.152		0		1		3.767	0.979	
Isoleucine.....g	1.185		0		1		3.875	1.007	
Leucine.....g	2.084		0		1		6.815	1.771	
Lysine.....g	2.194		0		1		7.174	1.865	
Methionine.....g	0.675		0		1		2.207	0.574	
Cystine.....g	0.295		0		1		0.965	0.251	
Phenylalanine.....g	1.029		0		1		3.365	0.875	
Tyrosine.....g	0.886		0		1		2.897	0.753	
Valine.....g	1.282		0		1		4.192	1.090	
Arginine.....g	1.666		0		1		5.448	1.416	
Histidine.....g	0.903		0		1		2.953	0.768	
Alanine.....g	1.590		0		1		5.199	1.352	
Aspartic acid.....g	2.409		0		1		7.877	2.048	
Glutamic acid.....g	3.961		0		1		12.952	3.367	
Glycine.....g	1.438		0		1		4.702	1.222	
Proline.....g	1.164		0		1		3.806	0.989	
Serine.....g	1.008		0		1		3.296	0.857	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 327g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13197

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.280		0		1		1.780	28.486	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690		0		1		0.196	3.130	
17:1.....g									
18:1 undifferentiated.....g	5.500		0		1		1.559	24.948	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		0.173	2.767	
18:2 undifferentiated.....g	0.400		0		1		0.113	1.814	
18:3 undifferentiated.....g	0.150		0		1		0.043	0.680	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218		0		1		0.062	0.989	
Threonine.....g	0.849		0		1		0.241	3.851	
Isoleucine.....g	0.874		0		1		0.248	3.964	
Leucine.....g	1.536		0		1		0.435	6.967	
Lysine.....g	1.617		0		1		0.458	7.335	
Methionine.....g	0.498		0		1		0.141	2.259	
Cystine.....g	0.218		0		1		0.062	0.989	
Phenylalanine.....g	0.759		0		1		0.215	3.443	
Tyrosine.....g	0.653		0		1		0.185	2.962	
Valine.....g	0.945		0		1		0.268	4.287	
Arginine.....g	1.228		0		1		0.348	5.570	
Histidine.....g	0.665		0		1		0.189	3.016	
Alanine.....g	1.172		0		1		0.332	5.316	
Aspartic acid.....g	1.776		0		1		0.503	8.056	
Glutamic acid.....g	2.920		0		1		0.828	13.245	
Glycine.....g	1.060		0		1		0.301	4.808	
Proline.....g	0.858		0		1		0.243	3.892	
Serine.....g	0.743		0		1		0.211	3.370	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13196

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.060		0		1		16.344	4.301	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		1.550	0.408	
17:1.....g									
18:1 undifferentiated.....g	4.560		0		1		14.729	3.876	
20:1.....g	0.020		0		1		0.065	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.518	0.400	
18:2 undifferentiated.....g	0.330		0		1		1.066	0.281	
18:3 undifferentiated.....g	0.110		0		1		0.355	0.094	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.097	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		265	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	A	1		0.575	0.151	
Threonine.....g	1.082		0	A	1		3.495	0.920	
Isoleucine.....g	1.232		0	A	1		3.981	1.048	
Leucine.....g	2.155		0	A	1		6.961	1.832	
Lysine.....g	2.289		0	A	1		7.395	1.946	
Methionine.....g	0.705		0	A	1		2.279	0.600	
Cystine.....g	0.350		0	A	1		1.129	0.297	
Phenylalanine.....g	1.070		0	A	1		3.456	0.910	
Tyrosine.....g	0.863		0	A	1		2.788	0.734	
Valine.....g	1.344		0	A	1		4.341	1.142	
Arginine.....g	1.752		0	A	1		5.658	1.489	
Histidine.....g	0.865		0	A	1		2.793	0.735	
Alanine.....g	1.647		0	A	1		5.320	1.400	
Aspartic acid.....g	2.468		0	A	1		7.970	2.097	
Glutamic acid.....g	4.067		0	A	1		13.136	3.457	
Glycine.....g	1.650		0	A	1		5.328	1.402	
Proline.....g	1.291		0	A	1		4.171	1.098	
Serine.....g	1.067		0	A	1		3.447	0.907	
Hydroxyproline.....g	0.285		0	BFPN	4		0.919	0.242	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 323g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13196

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13195

Beef, round, tip round, separable lean and fat, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.860		0		1		1.378	22.045	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		0		1		0.159	2.540	
17:1.....g									
18:1 undifferentiated.....g	4.280		0		1		1.213	19.414	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.125	1.996	
18:2 undifferentiated.....g	0.290		0		1		0.082	1.315	
18:3 undifferentiated.....g	0.130		0		1		0.037	0.590	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.062	0.993	
Threonine.....g	0.855		0		1		0.242	3.878	
Isoleucine.....g	0.880		0		1		0.249	3.992	
Leucine.....g	1.546		0		1		0.438	7.013	
Lysine.....g	1.628		0		1		0.462	7.385	
Methionine.....g	0.501		0		1		0.142	2.273	
Cystine.....g	0.219		0		1		0.062	0.993	
Phenylalanine.....g	0.764		0		1		0.217	3.466	
Tyrosine.....g	0.657		0		1		0.186	2.980	
Valine.....g	0.952		0		1		0.270	4.318	
Arginine.....g	1.236		0		1		0.350	5.606	
Histidine.....g	0.670		0		1		0.190	3.039	
Alanine.....g	1.180		0		1		0.335	5.352	
Aspartic acid.....g	1.787		0		1		0.507	8.106	
Glutamic acid.....g	2.939		0		1		0.833	13.331	
Glycine.....g	1.067		0		1		0.302	4.840	
Proline.....g	0.864		0		1		0.245	3.919	
Serine.....g	0.748		0		1		0.212	3.393	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13884

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.680		0	PAE	4		15.257	3.978	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0	PAE	4		1.402	0.366	
17:1.....g									
18:1 undifferentiated.....g	4.240		0	PAE	4		13.822	3.604	
20:1.....g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	PAE	4		1.434	0.374	
18:2 undifferentiated.....g	0.320		0	PAE	4		1.043	0.272	
18:3 undifferentiated.....g	0.090		0	PAE	4		0.293	0.077	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.098	0.026	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	PAE	4		267	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0	PAE	4		1.001	0.261	
Threonine.....g	1.199		0	PAE	4		3.909	1.019	
Isoleucine.....g	1.234		0	PAE	4		4.023	1.049	
Leucine.....g	2.169		0	PAE	4		7.071	1.844	
Lysine.....g	2.284		0	PAE	4		7.446	1.941	
Methionine.....g	0.703		0	PAE	4		2.292	0.598	
Cystine.....g	0.307		0	PAE	4		1.001	0.261	
Phenylalanine.....g	1.072		0	PAE	4		3.495	0.911	
Tyrosine.....g	0.922		0	PAE	4		3.006	0.784	
Valine.....g	1.335		0	PAE	4		4.352	1.135	
Arginine.....g	1.735		0	PAE	4		5.656	1.475	
Histidine.....g	0.940		0	PAE	4		3.064	0.799	
Alanine.....g	1.656		0	PAE	4		5.399	1.408	
Aspartic acid.....g	2.508		0	PAE	4		8.176	2.132	
Glutamic acid.....g	4.124		0	PAE	4		13.444	3.505	
Glycine.....g	1.498		0	PAE	4		4.883	1.273	
Proline.....g	1.212		0	PAE	4		3.951	1.030	
Serine.....g	1.050		0	PAE	4		3.423	0.893	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13884

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13883

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.000		0	PAE	4		1.418	22.680	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0	PAE	4		0.162	2.586	
17:1.....g									
18:1 undifferentiated.....g	4.410		0	PAE	4		1.250	20.004	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	PAE	4		0.130	2.087	
18:2 undifferentiated.....g	0.310		0	PAE	4		0.088	1.406	
18:3 undifferentiated.....g	0.130		0	PAE	4		0.037	0.590	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAE	4		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0	PAE	4		0.062	0.998	
Threonine.....g	0.856		0	PAE	4		0.243	3.883	
Isoleucine.....g	0.881		0	PAE	4		0.250	3.996	
Leucine.....g	1.549		0	PAE	4		0.439	7.026	
Lysine.....g	1.631		0	PAE	4		0.462	7.398	
Methionine.....g	0.502		0	PAE	4		0.142	2.277	
Cystine.....g	0.220		0	PAE	4		0.062	0.998	
Phenylalanine.....g	0.765		0	PAE	4		0.217	3.470	
Tyrosine.....g	0.659		0	PAE	4		0.187	2.989	
Valine.....g	0.953		0	PAE	4		0.270	4.323	
Arginine.....g	1.239		0	PAE	4		0.351	5.620	
Histidine.....g	0.671		0	PAE	4		0.190	3.044	
Alanine.....g	1.182		0	PAE	4		0.335	5.362	
Aspartic acid.....g	1.790		0	PAE	4		0.507	8.119	
Glutamic acid.....g	2.944		0	PAE	4		0.835	13.354	
Glycine.....g	1.069		0	PAE	4		0.303	4.849	
Proline.....g	0.865		0	PAE	4		0.245	3.924	
Serine.....g	0.749		0	PAE	4		0.212	3.397	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13886

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.110		0	PAE	4		16.608	4.344	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0	PAE	4		1.560	0.408	
17:1.....g									
18:1 undifferentiated.....g	4.620		0	PAE	4		15.015	3.927	
20:1.....g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.480		0	PAE	4		1.560	0.408	
18:2 undifferentiated.....g	0.340		0	PAE	4		1.105	0.289	
18:3 undifferentiated.....g	0.100		0	PAE	4		0.325	0.085	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.130	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	PAE	4		267	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0	PAE	4		0.991	0.259	
Threonine.....g	1.191		0	PAE	4		3.871	1.012	
Isoleucine.....g	1.226		0	PAE	4		3.985	1.042	
Leucine.....g	2.155		0	PAE	4		7.004	1.832	
Lysine.....g	2.269		0	PAE	4		7.374	1.929	
Methionine.....g	0.698		0	PAE	4		2.269	0.593	
Cystine.....g	0.305		0	PAE	4		0.991	0.259	
Phenylalanine.....g	1.065		0	PAE	4		3.461	0.905	
Tyrosine.....g	0.916		0	PAE	4		2.977	0.779	
Valine.....g	1.326		0	PAE	4		4.310	1.127	
Arginine.....g	1.723		0	PAE	4		5.600	1.465	
Histidine.....g	0.934		0	PAE	4		3.036	0.794	
Alanine.....g	1.645		0	PAE	4		5.346	1.398	
Aspartic acid.....g	2.491		0	PAE	4		8.096	2.117	
Glutamic acid.....g	4.097		0	PAE	4		13.315	3.482	
Glycine.....g	1.488		0	PAE	4		4.836	1.265	
Proline.....g	1.204		0	PAE	4		3.913	1.023	
Serine.....g	1.043		0	PAE	4		3.390	0.887	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 325g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13885

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.490		0	PAE	4		1.556	24.903	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0	PAE	4		0.176	2.812	
17:1.....g									
18:1 undifferentiated.....g	4.850		0	PAE	4		1.375	22.000	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0	PAE	4		0.145	2.313	
18:2 undifferentiated.....g	0.340		0	PAE	4		0.096	1.542	
18:3 undifferentiated.....g	0.140		0	PAE	4		0.040	0.635	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAE	4		18	295	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218		0	PAE	4		0.062	0.989	
Threonine.....g	0.851		0	PAE	4		0.241	3.860	
Isoleucine.....g	0.876		0	PAE	4		0.248	3.974	
Leucine.....g	1.539		0	PAE	4		0.436	6.981	
Lysine.....g	1.620		0	PAE	4		0.459	7.348	
Methionine.....g	0.499		0	PAE	4		0.141	2.263	
Cystine.....g	0.218		0	PAE	4		0.062	0.989	
Phenylalanine.....g	0.760		0	PAE	4		0.215	3.447	
Tyrosine.....g	0.654		0	PAE	4		0.185	2.967	
Valine.....g	0.947		0	PAE	4		0.268	4.296	
Arginine.....g	1.231		0	PAE	4		0.349	5.584	
Histidine.....g	0.667		0	PAE	4		0.189	3.026	
Alanine.....g	1.175		0	PAE	4		0.333	5.330	
Aspartic acid.....g	1.779		0	PAE	4		0.504	8.070	
Glutamic acid.....g	2.926		0	PAE	4		0.830	13.272	
Glycine.....g	1.063		0	PAE	4		0.301	4.822	
Proline.....g	0.860		0	PAE	4		0.244	3.901	
Serine.....g	0.745		0	PAE	4		0.211	3.379	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13888

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.220		0	PAE	4		13.799	3.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0	PAE	4		1.275	0.332	
17:1.....g									
18:1 undifferentiated.....g	3.820		0	PAE	4		12.491	3.247	
20:1.....g	0.010		0	PAE	4		0.033	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0	PAE	4		1.308	0.340	
18:2 undifferentiated.....g	0.290		0	PAE	4		0.948	0.247	
18:3 undifferentiated.....g	0.080		0	PAE	4		0.262	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.098	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	PAE	4		268	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.309		0	PAE	4		1.010	0.263	
Threonine.....g	1.207		0	PAE	4		3.947	1.026	
Isoleucine.....g	1.242		0	PAE	4		4.061	1.056	
Leucine.....g	2.184		0	PAE	4		7.142	1.856	
Lysine.....g	2.299		0	PAE	4		7.518	1.954	
Methionine.....g	0.707		0	PAE	4		2.312	0.601	
Cystine.....g	0.309		0	PAE	4		1.010	0.263	
Phenylalanine.....g	1.079		0	PAE	4		3.528	0.917	
Tyrosine.....g	0.928		0	PAE	4		3.035	0.789	
Valine.....g	1.344		0	PAE	4		4.395	1.142	
Arginine.....g	1.746		0	PAE	4		5.709	1.484	
Histidine.....g	0.946		0	PAE	4		3.093	0.804	
Alanine.....g	1.667		0	PAE	4		5.451	1.417	
Aspartic acid.....g	2.524		0	PAE	4		8.253	2.145	
Glutamic acid.....g	4.151		0	PAE	4		13.574	3.528	
Glycine.....g	1.507		0	PAE	4		4.928	1.281	
Proline.....g	1.220		0	PAE	4		3.989	1.037	
Serine.....g	1.057		0	PAE	4		3.456	0.898	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 327g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13887

Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.450		0	PAE	4		1.262	20.185	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.510		0	PAE	4		0.145	2.313	
17:1.....g									
18:1 undifferentiated.....g	3.930		0	PAE	4		1.114	17.826	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	PAE	4		0.116	1.860	
18:2 undifferentiated.....g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated.....g	0.120		0	PAE	4		0.034	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	PAE	4		18	290	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.221		0	PAE	4		0.063	1.002	
Threonine.....g	0.862		0	PAE	4		0.244	3.910	
Isoleucine.....g	0.888		0	PAE	4		0.252	4.028	
Leucine.....g	1.560		0	PAE	4		0.442	7.076	
Lysine.....g	1.643		0	PAE	4		0.466	7.453	
Methionine.....g	0.505		0	PAE	4		0.143	2.291	
Cystine.....g	0.221		0	PAE	4		0.063	1.002	
Phenylalanine.....g	0.771		0	PAE	4		0.219	3.497	
Tyrosine.....g	0.663		0	PAE	4		0.188	3.007	
Valine.....g	0.960		0	PAE	4		0.272	4.355	
Arginine.....g	1.248		0	PAE	4		0.354	5.661	
Histidine.....g	0.676		0	PAE	4		0.192	3.066	
Alanine.....g	1.191		0	PAE	4		0.338	5.402	
Aspartic acid.....g	1.804		0	PAE	4		0.511	8.183	
Glutamic acid.....g	2.966		0	PAE	4		0.841	13.454	
Glycine.....g	1.077		0	PAE	4		0.305	4.885	
Proline.....g	0.872		0	PAE	4		0.247	3.955	
Serine.....g	0.755		0	PAE	4		0.214	3.425	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13424

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.537		0	NC	4		8.117	2.156	28.891
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.216		0	BFFN	4		0.692	0.184	2.463
17:1.....g									
18:1 undifferentiated.....g	2.320		0	BFFN	4		7.425	1.972	26.428
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0	NC	4		0.729	0.194	2.595
18:2 undifferentiated.....g	0.181		0	BFFN	4		0.580	0.154	2.063
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.056	0.015	0.199
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.093	0.025	0.333
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	BFFN	4		281	75	999
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.579	0.154	2.060
Threonine.....g	1.100		0	A	1		3.519	0.935	12.524
Isoleucine.....g	1.252		0	A	1		4.007	1.064	14.263
Leucine.....g	2.190		0	A	1		7.007	1.861	24.939
Lysine.....g	2.326		0	A	1		7.444	1.977	26.495
Methionine.....g	0.717		0	A	1		2.294	0.609	8.164
Cystine.....g	0.355		0	A	1		1.137	0.302	4.046
Phenylalanine.....g	1.087		0	A	1		3.479	0.924	12.383
Tyrosine.....g	0.877		0	A	1		2.807	0.746	9.990
Valine.....g	1.366		0	A	1		4.370	1.161	15.553
Arginine.....g	1.780		0	A	1		5.696	1.513	20.272
Histidine.....g	0.878		0	A	1		2.811	0.747	10.005
Alanine.....g	1.673		0	A	1		5.355	1.422	19.060
Aspartic acid.....g	2.507		0	A	1		8.023	2.131	28.557
Glutamic acid.....g	4.132		0	A	1		13.223	3.512	47.065
Glycine.....g	1.676		0	A	1		5.363	1.425	19.090
Proline.....g	1.312		0	A	1		4.199	1.115	14.946
Serine.....g	1.084		0	A	1		3.470	0.922	12.350
Hydroxyproline.....g	0.289		0	BFFN	4		0.925	0.246	3.294
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 320g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13424

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Measure 3 = 1139g: 1 roast

Calories Factors: Protein 4.27

Fat 9.04

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23651

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.641		0	NC	4		21.152		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		0	BFFN	4		1.774		
17:1.....g									
18:1 undifferentiated.....g	1.503		0	BFFN	4		19.379		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0	NC	4		2.591		
18:2 undifferentiated.....g	0.159		0	BFFN	4		2.047		
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.135		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.409		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	BFFN	4		819		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0	A	1		1.785		
Threonine.....g	0.842		0	A	1		10.849		
Isoleucine.....g	0.959		0	A	1		12.356		
Leucine.....g	1.676		0	A	1		21.604		
Lysine.....g	1.781		0	A	1		22.952		
Methionine.....g	0.549		0	A	1		7.072		
Cystine.....g	0.272		0	A	1		3.505		
Phenylalanine.....g	0.832		0	A	1		10.727		
Tyrosine.....g	0.671		0	A	1		8.654		
Valine.....g	1.045		0	A	1		13.473		
Arginine.....g	1.362		0	A	1		17.561		
Histidine.....g	0.672		0	A	1		8.667		
Alanine.....g	1.281		0	A	1		16.511		
Aspartic acid.....g	1.919		0	A	1		24.738		
Glutamic acid.....g	3.163		0	A	1		40.771		
Glycine.....g	1.283		0	A	1		16.537		
Proline.....g	1.004		0	A	1		12.947		
Serine.....g	0.830		0	A	1		10.698		
Hydroxyproline.....g	0.221		0	A	1		2.853		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1289g: 1 roast

NDB No. 23651

Beef, round, tip round, separable lean only, trimmed to 0" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13425

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.626		0	NC	4		29.888		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.224		0	BFFN	4		2.548		
17:1.....g									
18:1 undifferentiated.....g	2.403		0	BFFN	4		27.340		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.236		0	NC	4		2.685		
18:2 undifferentiated.....g	0.188		0	BFFN	4		2.135		
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.206		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4		0.344		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0	BFFN	4		1033		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0	A	1		2.070		
Threonine.....g	1.106		0	A	1		12.584		
Isoleucine.....g	1.259		0	A	1		14.332		
Leucine.....g	2.202		0	A	1		25.059		
Lysine.....g	2.339		0	A	1		26.623		
Methionine.....g	0.721		0	A	1		8.203		
Cystine.....g	0.357		0	A	1		4.065		
Phenylalanine.....g	1.093		0	A	1		12.443		
Tyrosine.....g	0.882		0	A	1		10.038		
Valine.....g	1.373		0	A	1		15.628		
Arginine.....g	1.790		0	A	1		20.370		
Histidine.....g	0.883		0	A	1		10.054		
Alanine.....g	1.683		0	A	1		19.152		
Aspartic acid.....g	2.521		0	A	1		28.694		
Glutamic acid.....g	4.156		0	A	1		47.292		
Glycine.....g	1.686		0	A	1		19.182		
Proline.....g	1.320		0	A	1		15.018		
Serine.....g	1.090		0	A	1		12.409		
Hydroxyproline.....g	0.291		0	A	1		3.310		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1138g: 1 roast (yield from 1405 g raw meat)

NDB No. 13425

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23652

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.855		0	NC	4		25.827		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	BFFN	4		2.166		
17:1.....g									
18:1 undifferentiated.....g	1.700		0	BFFN	4		23.661		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.227		0	NC	4		3.164		
18:2 undifferentiated.....g	0.180		0	BFFN	4		2.499		
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.166		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFFN	4		0.500		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	BFFN	4		1000		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	A	1		1.899		
Threonine.....g	0.829		0	A	1		11.543		
Isoleucine.....g	0.944		0	A	1		13.147		
Leucine.....g	1.651		0	A	1		22.986		
Lysine.....g	1.754		0	A	1		24.421		
Methionine.....g	0.541		0	A	1		7.525		
Cystine.....g	0.268		0	A	1		3.729		
Phenylalanine.....g	0.820		0	A	1		11.414		
Tyrosine.....g	0.661		0	A	1		9.208		
Valine.....g	1.030		0	A	1		14.336		
Arginine.....g	1.342		0	A	1		18.685		
Histidine.....g	0.662		0	A	1		9.222		
Alanine.....g	1.262		0	A	1		17.567		
Aspartic acid.....g	1.891		0	A	1		26.321		
Glutamic acid.....g	3.116		0	A	1		43.380		
Glycine.....g	1.264		0	A	1		17.595		
Proline.....g	0.990		0	A	1		13.776		
Serine.....g	0.818		0	A	1		11.383		
Hydroxyproline.....g	0.218		0	A	1		3.036		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1392g: 1 roast

NDB No. 23652

Beef, round, tip round, separable lean only, trimmed to 0" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13426

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.794		0	NC	4		20.474		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.153		0	BFFN	4		1.745		
17:1.....g									
18:1 undifferentiated.....g	1.642		0	BFFN	4		18.730		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0	NC	4		1.838		
18:2 undifferentiated.....g	0.128		0	BFFN	4		1.462		
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.141		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.235		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	BFFN	4		708		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0	A	1		2.052		
Threonine.....g	1.093		0	A	1		12.474		
Isoleucine.....g	1.245		0	A	1		14.207		
Leucine.....g	2.177		0	A	1		24.840		
Lysine.....g	2.313		0	A	1		26.390		
Methionine.....g	0.713		0	A	1		8.132		
Cystine.....g	0.353		0	A	1		4.030		
Phenylalanine.....g	1.081		0	A	1		12.334		
Tyrosine.....g	0.872		0	A	1		9.950		
Valine.....g	1.358		0	A	1		15.492		
Arginine.....g	1.770		0	A	1		20.192		
Histidine.....g	0.873		0	A	1		9.966		
Alanine.....g	1.664		0	A	1		18.984		
Aspartic acid.....g	2.493		0	A	1		28.443		
Glutamic acid.....g	4.109		0	A	1		46.878		
Glycine.....g	1.666		0	A	1		19.014		
Proline.....g	1.305		0	A	1		14.887		
Serine.....g	1.078		0	A	1		12.301		
Hydroxyproline.....g	0.288		0	A	1		3.281		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1141g: 1 roast (yield from 1388 g raw meat)

NDB No. 13426

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, cooked, roasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23653

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.367		0	NC	4		16.227		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.115		0	BFFN	4		1.360		
17:1.....g									
18:1 undifferentiated.....g	1.253		0	BFFN	4		14.867		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0	NC	4		1.988		
18:2 undifferentiated.....g	0.132		0	BFFN	4		1.570		
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.104		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.313		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	BFFN	4		628		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0	A	1		1.668		
Threonine.....g	0.854		0	A	1		10.138		
Isoleucine.....g	0.973		0	A	1		11.546		
Leucine.....g	1.701		0	A	1		20.188		
Lysine.....g	1.807		0	A	1		21.448		
Methionine.....g	0.557		0	A	1		6.609		
Cystine.....g	0.276		0	A	1		3.275		
Phenylalanine.....g	0.844		0	A	1		10.024		
Tyrosine.....g	0.681		0	A	1		8.087		
Valine.....g	1.061		0	A	1		12.590		
Arginine.....g	1.382		0	A	1		16.410		
Histidine.....g	0.682		0	A	1		8.099		
Alanine.....g	1.300		0	A	1		15.429		
Aspartic acid.....g	1.947		0	A	1		23.116		
Glutamic acid.....g	3.210		0	A	1		38.099		
Glycine.....g	1.302		0	A	1		15.453		
Proline.....g	1.019		0	A	1		12.098		
Serine.....g	0.842		0	A	1		9.997		
Hydroxyproline.....g	0.288		0	A	1		3.413		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1187g: 1 roast

NDB No. 23653

Beef, round, tip round, separable lean only, trimmed to 0" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13706

Beef, round, tip round, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.140		0		1		11.509	3.519	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.917	0.281	
17:1.....g									
18:1 undifferentiated.....g	3.660		0		1		10.175	3.111	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		1.140	0.349	
18:2 undifferentiated.....g	0.320		0		1		0.890	0.272	
18:3 undifferentiated.....g	0.030		0		1		0.083	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.139	0.043	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		225	69	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.895	0.274	
Threonine.....g	1.254		0		1		3.486	1.066	
Isoleucine.....g	1.291		0		1		3.589	1.097	
Leucine.....g	2.269		0		1		6.308	1.929	
Lysine.....g	2.389		0		1		6.641	2.031	
Methionine.....g	0.735		0		1		2.043	0.625	
Cystine.....g	0.322		0		1		0.895	0.274	
Phenylalanine.....g	1.121		0		1		3.116	0.953	
Tyrosine.....g	0.965		0		1		2.683	0.820	
Valine.....g	1.397		0		1		3.884	1.187	
Arginine.....g	1.815		0		1		5.046	1.543	
Histidine.....g	0.983		0		1		2.733	0.836	
Alanine.....g	1.732		0		1		4.815	1.472	
Aspartic acid.....g	2.623		0		1		7.292	2.230	
Glutamic acid.....g	4.314		0		1		11.993	3.667	
Glycine.....g	1.567		0		1		4.356	1.332	
Proline.....g	1.268		0		1		3.525	1.078	
Serine.....g	1.098		0		1		3.052	0.933	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 278g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13200

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.740		0		1		7.946	2.329	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		8		1		0.667	0.196	
17:1.....g									
18:1 undifferentiated.....g	2.510		8		1		7.279	2.134	
20:1.....g	0.000		8		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.812	0.238	
18:2 undifferentiated.....g	0.220		8		1		0.638	0.187	
18:3 undifferentiated.....g	0.020		8		1		0.058	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		8		1		0.116	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.500	8		1		235	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	NR	4		0.547	0.160	
Threonine.....g	1.147		0	NR	4		3.326	0.975	
Isoleucine.....g	1.306		0	NR	4		3.788	1.110	
Leucine.....g	2.284		0	NR	4		6.623	1.941	
Lysine.....g	2.426		0	NR	4		7.036	2.062	
Methionine.....g	0.748		0	NR	4		2.168	0.635	
Cystine.....g	0.371		0	NR	4		1.074	0.315	
Phenylalanine.....g	1.134		0	NR	4		3.289	0.964	
Tyrosine.....g	0.915		0	NR	4		2.653	0.778	
Valine.....g	1.424		0	NR	4		4.131	1.211	
Arginine.....g	1.856		0	NR	4		5.384	1.578	
Histidine.....g	0.916		0	NR	4		2.657	0.779	
Alanine.....g	1.745		0	NR	4		5.062	1.484	
Aspartic acid.....g	2.615		0	NR	4		7.584	2.223	
Glutamic acid.....g	4.310		0	NR	4		12.499	3.664	
Glycine.....g	1.748		0	NR	4		5.070	1.486	
Proline.....g	1.369		0	NR	4		3.969	1.163	
Serine.....g	1.131		0	NR	4		3.280	0.961	
Hydroxyproline.....g	0.302		0	BFPN	4		0.875	0.256	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 290g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13200

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13199

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.550		0		1		0.439	7.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		33		1		0.037	0.590	
17:1.....g									
18:1 undifferentiated.....g	1.420		33		1		0.403	6.441	
20:1.....g	0.000		33		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.051	0.816	
18:2 undifferentiated.....g	0.150		33		1		0.043	0.680	
18:3 undifferentiated.....g	0.010		33		1		0.003	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		33		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60	1.303	21		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.236		0		1		0.067	1.070	
Threonine.....g	0.922		0		1		0.261	4.182	
Isoleucine.....g	0.949		0		1		0.269	4.305	
Leucine.....g	1.669		0		1		0.473	7.571	
Lysine.....g	1.757		0		1		0.498	7.970	
Methionine.....g	0.540		0		1		0.153	2.449	
Cystine.....g	0.236		0		1		0.067	1.070	
Phenylalanine.....g	0.824		0		1		0.234	3.738	
Tyrosine.....g	0.709		0		1		0.201	3.216	
Valine.....g	1.027		0		1		0.291	4.658	
Arginine.....g	1.334		0		1		0.378	6.051	
Histidine.....g	0.723		0		1		0.205	3.280	
Alanine.....g	1.274		0		1		0.361	5.779	
Aspartic acid.....g	1.929		0		1		0.547	8.750	
Glutamic acid.....g	3.172		0		1		0.899	14.388	
Glycine.....g	1.152		0		1		0.327	5.225	
Proline.....g	0.932		0		1		0.264	4.228	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13202

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.900		0		1		8.178	2.465	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.677	0.204	
17:1.....g									
18:1 undifferentiated.....g	2.660		0		1		7.501	2.261	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.818	0.247	
18:2 undifferentiated.....g	0.230		0		1		0.649	0.196	
18:3 undifferentiated.....g	0.020		0		1		0.056	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.113	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		228	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	NR	4		0.532	0.160	
Threonine.....g	1.147		0	NR	4		3.234	0.975	
Isoleucine.....g	1.306		0	NR	4		3.683	1.110	
Leucine.....g	2.284		0	NR	4		6.440	1.941	
Lysine.....g	2.426		0	NR	4		6.842	2.062	
Methionine.....g	0.748		0	NR	4		2.108	0.635	
Cystine.....g	0.371		0	NR	4		1.045	0.315	
Phenylalanine.....g	1.134		0	NR	4		3.198	0.964	
Tyrosine.....g	0.915		0	NR	4		2.580	0.778	
Valine.....g	1.424		0	NR	4		4.017	1.211	
Arginine.....g	1.856		0	NR	4		5.235	1.578	
Histidine.....g	0.916		0	NR	4		2.584	0.779	
Alanine.....g	1.745		0	NR	4		4.922	1.484	
Aspartic acid.....g	2.615		0	NR	4		7.375	2.223	
Glutamic acid.....g	4.310		0	NR	4		12.154	3.664	
Glycine.....g	1.748		0	NR	4		4.930	1.486	
Proline.....g	1.369		0	NR	4		3.860	1.163	
Serine.....g	1.131		0	NR	4		3.189	0.961	
Hydroxyproline.....g	0.302		0	BFPN	4		0.851	0.256	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 282g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13202

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13201

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.790		0		1		0.507	8.119	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		33		1		0.043	0.680	
17:1.....g									
18:1 undifferentiated.....g	1.640		33		1		0.465	7.439	
20:1.....g	0.000		33		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.060	0.953	
18:2 undifferentiated.....g	0.170		33		1		0.048	0.771	
18:3 undifferentiated.....g	0.010		33		1		0.003	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		33		1		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		1		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.236		0		1		0.067	1.070	
Threonine.....g	0.922		0		1		0.261	4.182	
Isoleucine.....g	0.949		0		1		0.269	4.305	
Leucine.....g	1.669		0		1		0.473	7.571	
Lysine.....g	1.757		0		1		0.498	7.970	
Methionine.....g	0.540		0		1		0.153	2.449	
Cystine.....g	0.236		0		1		0.067	1.070	
Phenylalanine.....g	0.824		0		1		0.234	3.738	
Tyrosine.....g	0.709		0		1		0.201	3.216	
Valine.....g	1.027		0		1		0.291	4.658	
Arginine.....g	1.334		0		1		0.378	6.051	
Histidine.....g	0.723		0		1		0.205	3.280	
Alanine.....g	1.274		0		1		0.361	5.779	
Aspartic acid.....g	1.929		0		1		0.547	8.750	
Glutamic acid.....g	3.172		0		1		0.899	14.388	
Glycine.....g	1.152		0		1		0.327	5.225	
Proline.....g	0.932		0		1		0.264	4.228	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13206

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.140		0		1		11.840	3.519	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.944	0.281	
17:1.....g									
18:1 undifferentiated.....g	3.660		0		1		10.468	3.111	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		1.173	0.349	
18:2 undifferentiated.....g	0.320		0		1		0.915	0.272	
18:3 undifferentiated.....g	0.030		0		1		0.086	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.143	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		232	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.921	0.274	
Threonine.....g	1.254		0		1		3.586	1.066	
Isoleucine.....g	1.291		0		1		3.692	1.097	
Leucine.....g	2.269		0		1		6.489	1.929	
Lysine.....g	2.389		0		1		6.833	2.031	
Methionine.....g	0.735		0		1		2.102	0.625	
Cystine.....g	0.322		0		1		0.921	0.274	
Phenylalanine.....g	1.121		0		1		3.206	0.953	
Tyrosine.....g	0.965		0		1		2.760	0.820	
Valine.....g	1.397		0		1		3.995	1.187	
Arginine.....g	1.815		0		1		5.191	1.543	
Histidine.....g	0.983		0		1		2.811	0.836	
Alanine.....g	1.732		0		1		4.954	1.472	
Aspartic acid.....g	2.623		0		1		7.502	2.230	
Glutamic acid.....g	4.314		0		1		12.338	3.667	
Glycine.....g	1.567		0		1		4.482	1.332	
Proline.....g	1.268		0		1		3.626	1.078	
Serine.....g	1.098		0		1		3.140	0.933	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13205

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.600		0		1		0.737	11.794	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		1		1		0.060	0.953	
17:1.....g									
18:1 undifferentiated.....g	2.300		1		1		0.652	10.433	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.091	1.452	
18:2 undifferentiated.....g	0.240		1		1		0.068	1.089	
18:3 undifferentiated.....g	0.010		1		1		0.003	0.045	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		1		1		0.011	0.181	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		1		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.236		0		1		0.067	1.070	
Threonine.....g	0.922		0		1		0.261	4.182	
Isoleucine.....g	0.949		0		1		0.269	4.305	
Leucine.....g	1.669		0		1		0.473	7.571	
Lysine.....g	1.757		0		1		0.498	7.970	
Methionine.....g	0.540		0		1		0.153	2.449	
Cystine.....g	0.236		0		1		0.067	1.070	
Phenylalanine.....g	0.824		0		1		0.234	3.738	
Tyrosine.....g	0.709		0		1		0.201	3.216	
Valine.....g	1.027		0		1		0.291	4.658	
Arginine.....g	1.334		0		1		0.378	6.051	
Histidine.....g	0.723		0		1		0.205	3.280	
Alanine.....g	1.274		0		1		0.361	5.779	
Aspartic acid.....g	1.929		0		1		0.547	8.750	
Glutamic acid.....g	3.172		0		1		0.899	14.388	
Glycine.....g	1.152		0		1		0.327	5.225	
Proline.....g	0.932		0		1		0.264	4.228	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13204

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.540		0		1		7.442	2.159	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0		1		0.615	0.179	
17:1.....g									
18:1 undifferentiated.....g	2.330		0		1		6.827	1.981	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.762	0.221	
18:2 undifferentiated.....g	0.200		0		1		0.586	0.170	
18:3 undifferentiated.....g	0.020		0		1		0.059	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.088	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		237	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0	NR	4		0.553	0.160	
Threonine.....g	1.147		0	NR	4		3.360	0.975	
Isoleucine.....g	1.306		0	NR	4		3.827	1.110	
Leucine.....g	2.284		0	NR	4		6.692	1.941	
Lysine.....g	2.426		0	NR	4		7.109	2.062	
Methionine.....g	0.748		0	NR	4		2.191	0.635	
Cystine.....g	0.371		0	NR	4		1.086	0.315	
Phenylalanine.....g	1.134		0	NR	4		3.323	0.964	
Tyrosine.....g	0.915		0	NR	4		2.681	0.778	
Valine.....g	1.424		0	NR	4		4.173	1.211	
Arginine.....g	1.856		0	NR	4		5.439	1.578	
Histidine.....g	0.916		0	NR	4		2.685	0.779	
Alanine.....g	1.745		0	NR	4		5.114	1.484	
Aspartic acid.....g	2.615		0	NR	4		7.662	2.223	
Glutamic acid.....g	4.310		0	NR	4		12.628	3.664	
Glycine.....g	1.748		0	NR	4		5.122	1.486	
Proline.....g	1.369		0	NR	4		4.010	1.163	
Serine.....g	1.131		0	NR	4		3.314	0.961	
Hydroxyproline.....g	0.302		0	BFPN	4		0.884	0.256	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 293g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13204

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13203

Beef, round, tip round, separable lean only, trimmed to 1/4" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.300		0		1		0.369	5.897	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		33		1		0.031	0.499	
17:1.....g									
18:1 undifferentiated.....g	1.190		33		1		0.337	5.398	
20:1.....g	0.000		33		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.043	0.680	
18:2 undifferentiated.....g	0.120		33		1		0.034	0.544	
18:3 undifferentiated.....g	0.010		33		1		0.003	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		33		1		0.006	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	60		1		1		17	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.236		0		1		0.067	1.070	
Threonine.....g	0.922		0		1		0.261	4.182	
Isoleucine.....g	0.949		0		1		0.269	4.305	
Leucine.....g	1.669		0		1		0.473	7.571	
Lysine.....g	1.757		0		1		0.498	7.970	
Methionine.....g	0.540		0		1		0.153	2.449	
Cystine.....g	0.236		0		1		0.067	1.070	
Phenylalanine.....g	0.824		0		1		0.234	3.738	
Tyrosine.....g	0.709		0		1		0.201	3.216	
Valine.....g	1.027		0		1		0.291	4.658	
Arginine.....g	1.334		0		1		0.378	6.051	
Histidine.....g	0.723		0		1		0.205	3.280	
Alanine.....g	1.274		0		1		0.361	5.779	
Aspartic acid.....g	1.929		0		1		0.547	8.750	
Glutamic acid.....g	3.172		0		1		0.899	14.388	
Glycine.....g	1.152		0		1		0.327	5.225	
Proline.....g	0.932		0		1		0.264	4.228	
Serine.....g	0.807		0		1		0.229	3.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23617

Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.014		0	NC	4		0.571	9.133	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.197		0	BFFN	4		0.056	0.893	
17:1.....g									
18:1 undifferentiated.....g	1.814		0	BFFN	4		0.514	8.228	
20:1.....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0	NC	4		0.058	0.931	
18:2 undifferentiated.....g	0.160		0	BFFN	4		0.045	0.727	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.003	0.051	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	BFFN	4		0.010	0.153	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	BFFN	4		18	293	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0	A	1		0.042	0.676	
Threonine.....g	0.906		0	A	1		0.257	4.111	
Isoleucine.....g	1.032		0	A	1		0.293	4.682	
Leucine.....g	1.805		0	A	1		0.512	8.186	
Lysine.....g	1.917		0	A	1		0.544	8.697	
Methionine.....g	0.591		0	A	1		0.167	2.680	
Cystine.....g	0.293		0	A	1		0.083	1.328	
Phenylalanine.....g	0.896		0	A	1		0.254	4.065	
Tyrosine.....g	0.723		0	A	1		0.205	3.279	
Valine.....g	1.126		0	A	1		0.319	5.105	
Arginine.....g	1.467		0	A	1		0.416	6.655	
Histidine.....g	0.724		0	A	1		0.205	3.284	
Alanine.....g	1.379		0	A	1		0.391	6.256	
Aspartic acid.....g	2.067		0	A	1		0.586	9.374	
Glutamic acid.....g	3.406		0	A	1		0.966	15.449	
Glycine.....g	1.381		0	A	1		0.392	6.266	
Proline.....g	1.082		0	A	1		0.307	4.906	
Serine.....g	0.894		0	A	1		0.253	4.054	
Hydroxyproline.....g	0.238		0	A	1		0.068	1.081	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23617

Beef, round, top round , separable lean only, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.510		0		1		6.702	2.134	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		0		1		0.587	0.187	
17:1.....g									
18:1 undifferentiated.....g	2.290		0		1		6.114	1.947	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270		0		1		0.721	0.230	
18:2 undifferentiated.....g	0.200		0		1		0.534	0.170	
18:3 undifferentiated.....g	0.040		0		1		0.107	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.080	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		240	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.234		0	NR	4		0.625	0.199	
Threonine.....g	1.423		0	NR	4		3.799	1.210	
Isoleucine.....g	1.621		0	NR	4		4.327	1.377	
Leucine.....g	2.834		0	NR	4		7.565	2.408	
Lysine.....g	3.010		0	NR	4		8.038	2.559	
Methionine.....g	0.928		0	NR	4		2.477	0.788	
Cystine.....g	0.460		0	NR	4		1.227	0.391	
Phenylalanine.....g	1.407		0	NR	4		3.757	1.196	
Tyrosine.....g	1.135		0	NR	4		3.031	0.965	
Valine.....g	1.767		0	NR	4		4.718	1.502	
Arginine.....g	2.303		0	NR	4		6.150	1.958	
Histidine.....g	1.137		0	NR	4		3.035	0.966	
Alanine.....g	2.166		0	NR	4		5.782	1.841	
Aspartic acid.....g	3.245		0	NR	4		8.663	2.758	
Glutamic acid.....g	5.347		0	NR	4		14.278	4.545	
Glycine.....g	2.169		0	NR	4		5.791	1.844	
Proline.....g	1.698		0	NR	4		4.534	1.443	
Serine.....g	1.403		0	NR	4		3.746	1.193	
Hydroxyproline.....g	0.374		0	BFPN	4		0.999	0.318	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13428

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13959

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.493		0	NC	4		6.905		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.235		0	BFFN	4		0.651		
17:1.....g									
18:1 undifferentiated.....g	2.255		0	BFFN	4		6.246		
20:1.....g	0.003		0	BFFN	4		0.007		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	NC	4		0.614		
18:2 undifferentiated.....g	0.166		0	BFFN	4		0.459		
18:3 undifferentiated.....g	0.029		0	BFFN	4		0.081		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN	4		0.074		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		182		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.575		
Threonine.....g	1.263		0	PAK	1		3.498		
Isoleucine.....g	1.438		0	PAK	1		3.984		
Leucine.....g	2.514		0	PAK	1		6.965		
Lysine.....g	2.671		0	PAK	1		7.400		
Methionine.....g	0.823		0	PAK	1		2.280		
Cystine.....g	0.408		0	PAK	1		1.130		
Phenylalanine.....g	1.249		0	PAK	1		3.458		
Tyrosine.....g	1.007		0	PAK	1		2.790		
Valine.....g	1.568		0	PAK	1		4.344		
Arginine.....g	2.044		0	PAK	1		5.662		
Histidine.....g	1.009		0	PAK	1		2.794		
Alanine.....g	1.922		0	PAK	1		5.323		
Aspartic acid.....g	2.879		0	PAK	1		7.975		
Glutamic acid.....g	4.745		0	PAK	1		13.145		
Glycine.....g	1.925		0	PAK	1		5.331		
Proline.....g	1.507		0	PAK	1		4.174		
Serine.....g	1.245		0	PAK	1		3.449		
Hydroxyproline.....g	0.332		0	PAK	1		0.920		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 steak (yield from 381 g raw meat)

NDB No. 13959

Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13430

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.820		0		1		7.529	2.397	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.641	0.204	
17:1.....g									
18:1 undifferentiated.....g	2.570		0		1		6.862	2.185	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.828	0.264	
18:2 undifferentiated.....g	0.230		0		1		0.614	0.196	
18:3 undifferentiated.....g	0.040		0		1		0.107	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.107	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		240	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.399		0		1		1.065	0.339	
Threonine.....g	1.556		0		1		4.155	1.323	
Isoleucine.....g	1.601		0		1		4.275	1.361	
Leucine.....g	2.815		0		1		7.516	2.393	
Lysine.....g	2.963		0		1		7.911	2.519	
Methionine.....g	0.912		0		1		2.435	0.775	
Cystine.....g	0.399		0		1		1.065	0.339	
Phenylalanine.....g	1.390		0		1		3.711	1.182	
Tyrosine.....g	1.197		0		1		3.196	1.017	
Valine.....g	1.732		0		1		4.624	1.472	
Arginine.....g	2.251		0		1		6.010	1.913	
Histidine.....g	1.219		0		1		3.255	1.036	
Alanine.....g	2.148		0		1		5.735	1.826	
Aspartic acid.....g	3.254		0		1		8.688	2.766	
Glutamic acid.....g	5.351		0		1		14.287	4.548	
Glycine.....g	1.943		0		1		5.188	1.652	
Proline.....g	1.573		0		1		4.200	1.337	
Serine.....g	1.362		0		1		3.637	1.158	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13968

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.037		0	NC	4		8.624		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.286		0	BFFN	4		0.813		
17:1.....g									
18:1 undifferentiated.....g	2.747		0	BFFN	4		7.801		
20:1.....g	0.003		0	BFFN	4		0.009		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270		0	NC	4		0.767		
18:2 undifferentiated.....g	0.202		0	BFFN	4		0.573		
18:3 undifferentiated.....g	0.036		0	BFFN	4		0.102		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	BFFN	4		0.092		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0	BFFN	4		227		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.591		
Threonine.....g	1.264		0	PAK	1		3.590		
Isoleucine.....g	1.440		0	PAK	1		4.089		
Leucine.....g	2.517		0	PAK	1		7.149		
Lysine.....g	2.674		0	PAK	1		7.596		
Methionine.....g	0.824		0	PAK	1		2.340		
Cystine.....g	0.408		0	PAK	1		1.160		
Phenylalanine.....g	1.250		0	PAK	1		3.550		
Tyrosine.....g	1.008		0	PAK	1		2.864		
Valine.....g	1.570		0	PAK	1		4.459		
Arginine.....g	2.046		0	PAK	1		5.812		
Histidine.....g	1.010		0	PAK	1		2.868		
Alanine.....g	1.924		0	PAK	1		5.464		
Aspartic acid.....g	2.883		0	PAK	1		8.187		
Glutamic acid.....g	4.751		0	PAK	1		13.492		
Glycine.....g	1.927		0	PAK	1		5.473		
Proline.....g	1.509		0	PAK	1		4.285		
Serine.....g	1.247		0	PAK	1		3.540		
Hydroxyproline.....g	0.332		0	PAK	1		0.944		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 284g: 1 steak (yield from 396 g raw meat)

NDB No. 13968

Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13432

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.130		0		1		5.687	1.811	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.507	0.162	
17:1.....g									
18:1 undifferentiated.....g	1.940		0		1		5.180	1.649	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.614	0.196	
18:2 undifferentiated.....g	0.170		0		1		0.454	0.145	
18:3 undifferentiated.....g	0.030		0		1		0.080	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.080	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		240	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.399		0		1		1.065	0.339	
Threonine.....g	1.556		0		1		4.155	1.323	
Isoleucine.....g	1.601		0		1		4.275	1.361	
Leucine.....g	2.815		0		1		7.516	2.393	
Lysine.....g	2.963		0		1		7.911	2.519	
Methionine.....g	0.912		0		1		2.435	0.775	
Cystine.....g	0.399		0		1		1.065	0.339	
Phenylalanine.....g	1.390		0		1		3.711	1.182	
Tyrosine.....g	1.197		0		1		3.196	1.017	
Valine.....g	1.732		0		1		4.624	1.472	
Arginine.....g	2.251		0		1		6.010	1.913	
Histidine.....g	1.219		0		1		3.255	1.036	
Alanine.....g	2.148		0		1		5.735	1.826	
Aspartic acid.....g	3.254		0		1		8.688	2.766	
Glutamic acid.....g	5.351		0		1		14.287	4.548	
Glycine.....g	1.943		0		1		5.188	1.652	
Proline.....g	1.573		0		1		4.200	1.337	
Serine.....g	1.362		0		1		3.637	1.158	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13969

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.949		0	NC	4		5.243		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.184		0	BFFN	4		0.494		
17:1.....g									
18:1 undifferentiated.....g	1.763		0	BFFN	4		4.743		
20:1.....g	0.002		0	BFFN	4		0.005		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0	NC	4		0.466		
18:2 undifferentiated.....g	0.130		0	BFFN	4		0.348		
18:3 undifferentiated.....g	0.023		0	BFFN	4		0.062		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.056		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	BFFN	4		138		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.559		
Threonine.....g	1.264		0	PAK	1		3.401		
Isoleucine.....g	1.440		0	PAK	1		3.873		
Leucine.....g	2.517		0	PAK	1		6.772		
Lysine.....g	2.674		0	PAK	1		7.194		
Methionine.....g	0.824		0	PAK	1		2.217		
Cystine.....g	0.408		0	PAK	1		1.099		
Phenylalanine.....g	1.250		0	PAK	1		3.362		
Tyrosine.....g	1.008		0	PAK	1		2.713		
Valine.....g	1.570		0	PAK	1		4.223		
Arginine.....g	2.046		0	PAK	1		5.505		
Histidine.....g	1.010		0	PAK	1		2.717		
Alanine.....g	1.924		0	PAK	1		5.175		
Aspartic acid.....g	2.883		0	PAK	1		7.754		
Glutamic acid.....g	4.751		0	PAK	1		12.780		
Glycine.....g	1.927		0	PAK	1		5.184		
Proline.....g	1.509		0	PAK	1		4.058		
Serine.....g	1.247		0	PAK	1		3.353		
Hydroxyproline.....g	0.332		0	PAK	1		0.894		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 steak (yield from 368 g meat)

NDB No. 13969

Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13715

Beef, round, top round, separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.780		0		1		15.822	4.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		1.324	0.340	
17:1.....g									
18:1 undifferentiated.....g	4.190		0		1		13.869	3.562	
20:1.....g	0.010		0		1		0.033	0.009	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		1.721	0.442	
18:2 undifferentiated.....g	0.360		0		1		1.192	0.306	
18:3 undifferentiated.....g	0.070		0		1		0.232	0.060	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.199	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		281	72	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.344		0		1		1.139	0.292	
Threonine.....g	1.342		0		1		4.442	1.141	
Isoleucine.....g	1.381		0		1		4.571	1.174	
Leucine.....g	2.429		0		1		8.040	2.065	
Lysine.....g	2.556		0		1		8.460	2.173	
Methionine.....g	0.787		0		1		2.605	0.669	
Cystine.....g	0.344		0		1		1.139	0.292	
Phenylalanine.....g	1.200		0		1		3.972	1.020	
Tyrosine.....g	1.032		0		1		3.416	0.877	
Valine.....g	1.494		0		1		4.945	1.270	
Arginine.....g	1.942		0		1		6.428	1.651	
Histidine.....g	1.052		0		1		3.482	0.894	
Alanine.....g	1.853		0		1		6.133	1.575	
Aspartic acid.....g	2.807		0		1		9.291	2.386	
Glutamic acid.....g	4.616		0		1		15.279	3.924	
Glycine.....g	1.676		0		1		5.548	1.425	
Proline.....g	1.357		0		1		4.492	1.153	
Serine.....g	1.175		0		1		3.889	0.999	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 331g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13714

Beef, round, top round, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.520		0		1		1.281	20.503	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.128	2.041	
17:1.....g									
18:1 undifferentiated.....g	3.890		0		1		1.103	17.645	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.125	1.996	
18:2 undifferentiated.....g	0.300		0		1		0.085	1.361	
18:3 undifferentiated.....g	0.080		0		1		0.023	0.363	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		17	272	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.069	1.107	
Threonine.....g	0.953		0		1		0.270	4.323	
Isoleucine.....g	0.981		0		1		0.278	4.450	
Leucine.....g	1.724		0		1		0.489	7.820	
Lysine.....g	1.815		0		1		0.515	8.233	
Methionine.....g	0.558		0		1		0.158	2.531	
Cystine.....g	0.244		0		1		0.069	1.107	
Phenylalanine.....g	0.852		0		1		0.242	3.865	
Tyrosine.....g	0.733		0		1		0.208	3.325	
Valine.....g	1.061		0		1		0.301	4.813	
Arginine.....g	1.379		0		1		0.391	6.255	
Histidine.....g	0.747		0		1		0.212	3.388	
Alanine.....g	1.316		0		1		0.373	5.969	
Aspartic acid.....g	1.993		0		1		0.565	9.040	
Glutamic acid.....g	3.277		0		1		0.929	14.864	
Glycine.....g	1.190		0		1		0.337	5.398	
Proline.....g	0.963		0		1		0.273	4.368	
Serine.....g	0.834		0		1		0.236	3.783	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13427

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.720		0		1		13.499	4.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		1.258	0.374	
17:1.....g									
18:1 undifferentiated.....g	4.260		0		1		12.184	3.621	
20:1.....g	0.020		0		1		0.057	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.344	0.400	
18:2 undifferentiated.....g	0.320		0		1		0.915	0.272	
18:3 undifferentiated.....g	0.110		0		1		0.315	0.094	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.086	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		257	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0	NR	4		0.636	0.189	
Threonine.....g	1.351		0	NR	4		3.865	1.149	
Isoleucine.....g	1.539		0	NR	4		4.402	1.308	
Leucine.....g	2.691		0	NR	4		7.697	2.287	
Lysine.....g	2.859		0	NR	4		8.177	2.430	
Methionine.....g	0.881		0	NR	4		2.520	0.749	
Cystine.....g	0.437		0	NR	4		1.249	0.371	
Phenylalanine.....g	1.336		0	NR	4		3.822	1.136	
Tyrosine.....g	1.078		0	NR	4		3.083	0.916	
Valine.....g	1.678		0	NR	4		4.800	1.427	
Arginine.....g	2.188		0	NR	4		6.256	1.859	
Histidine.....g	1.080		0	NR	4		3.088	0.918	
Alanine.....g	2.057		0	NR	4		5.882	1.748	
Aspartic acid.....g	3.081		0	NR	4		8.813	2.619	
Glutamic acid.....g	5.079		0	NR	4		14.525	4.317	
Glycine.....g	2.060		0	NR	4		5.891	1.751	
Proline.....g	1.613		0	NR	4		4.613	1.371	
Serine.....g	1.333		0	NR	4		3.811	1.133	
Hydroxyproline.....g	0.355		0	BFPN	4		1.016	0.302	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13427

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13429

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.320		0		1		15.375	4.522	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		1.445	0.425	
17:1.....g									
18:1 undifferentiated.....g	4.800		0		1		13.872	4.080	
20:1.....g	0.020		0		1		0.058	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		1.532	0.451	
18:2 undifferentiated.....g	0.370		0		1		1.069	0.315	
18:3 undifferentiated.....g	0.120		0		1		0.347	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.116	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		260	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.376		0		1		1.087	0.320	
Threonine.....g	1.467		0		1		4.240	1.247	
Isoleucine.....g	1.510		0		1		4.364	1.284	
Leucine.....g	2.654		0		1		7.670	2.256	
Lysine.....g	2.794		0		1		8.075	2.375	
Methionine.....g	0.860		0		1		2.485	0.731	
Cystine.....g	0.376		0		1		1.087	0.320	
Phenylalanine.....g	1.311		0		1		3.789	1.114	
Tyrosine.....g	1.128		0		1		3.260	0.959	
Valine.....g	1.633		0		1		4.719	1.388	
Arginine.....g	2.122		0		1		6.133	1.804	
Histidine.....g	1.150		0		1		3.324	0.978	
Alanine.....g	2.025		0		1		5.852	1.721	
Aspartic acid.....g	3.068		0		1		8.867	2.608	
Glutamic acid.....g	5.045		0		1		14.580	4.288	
Glycine.....g	1.832		0		1		5.294	1.557	
Proline.....g	1.483		0		1		4.286	1.261	
Serine.....g	1.284		0		1		3.711	1.091	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13211

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.870		0		1		16.612	4.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		1.472	0.442	
17:1.....g									
18:1 undifferentiated.....g	5.280		0		1		14.942	4.488	
20:1.....g	0.020		0		1		0.057	0.017	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		4.953	1.488	
18:2 undifferentiated.....g	1.270		0		1		3.594	1.080	
18:3 undifferentiated.....g	0.250		0		1		0.708	0.213	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.566	0.170	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		0		1		275	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0	NR	4		0.602	0.181	
Threonine.....g	1.294		0	NR	4		3.661	1.099	
Isoleucine.....g	1.473		0	NR	4		4.169	1.252	
Leucine.....g	2.576		0	NR	4		7.289	2.189	
Lysine.....g	2.737		0	NR	4		7.744	2.326	
Methionine.....g	0.843		0	NR	4		2.386	0.717	
Cystine.....g	0.418		0	NR	4		1.183	0.355	
Phenylalanine.....g	1.279		0	NR	4		3.620	1.087	
Tyrosine.....g	1.032		0	NR	4		2.920	0.877	
Valine.....g	1.606		0	NR	4		4.546	1.365	
Arginine.....g	2.094		0	NR	4		5.925	1.780	
Histidine.....g	1.033		0	NR	4		2.924	0.878	
Alanine.....g	1.969		0	NR	4		5.571	1.673	
Aspartic acid.....g	2.949		0	NR	4		8.347	2.507	
Glutamic acid.....g	4.861		0	NR	4		13.757	4.132	
Glycine.....g	1.972		0	NR	4		5.580	1.676	
Proline.....g	1.544		0	NR	4		4.369	1.312	
Serine.....g	1.276		0	NR	4		3.610	1.084	
Hydroxyproline.....g	0.340		0	BFPN	4		0.963	0.289	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13211

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13215

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.280		0		1		14.081	3.638	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		1.184	0.306	
17:1.....g									
18:1 undifferentiated.....g	3.800		0		1		12.502	3.230	
20:1.....g	0.010		0		1		0.033	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		1.612	0.417	
18:2 undifferentiated.....g	0.340		0		1		1.119	0.289	
18:3 undifferentiated.....g	0.060		0		1		0.197	0.051	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.197	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		276	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.348		0		1		1.145	0.296	
Threonine.....g	1.357		0		1		4.465	1.153	
Isoleucine.....g	1.396		0		1		4.593	1.187	
Leucine.....g	2.455		0		1		8.077	2.087	
Lysine.....g	2.584		0		1		8.501	2.196	
Methionine.....g	0.795		0		1		2.616	0.676	
Cystine.....g	0.348		0		1		1.145	0.296	
Phenylalanine.....g	1.212		0		1		3.987	1.030	
Tyrosine.....g	1.043		0		1		3.431	0.887	
Valine.....g	1.511		0		1		4.971	1.284	
Arginine.....g	1.963		0		1		6.458	1.669	
Histidine.....g	1.063		0		1		3.497	0.904	
Alanine.....g	1.873		0		1		6.162	1.592	
Aspartic acid.....g	2.837		0		1		9.334	2.411	
Glutamic acid.....g	4.666		0		1		15.351	3.966	
Glycine.....g	1.694		0		1		5.573	1.440	
Proline.....g	1.371		0		1		4.511	1.165	
Serine.....g	1.188		0		1		3.909	1.010	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13214

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.940		0		1		1.117	17.872	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.108	1.724	
17:1.....g									
18:1 undifferentiated.....g	3.470		0		1		0.984	15.740	
20:1.....g	0.010		0		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.113	1.814	
18:2 undifferentiated.....g	0.280		0		1		0.079	1.270	
18:3 undifferentiated.....g	0.060		0		1		0.017	0.272	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.014	0.227	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.070	1.120	
Threonine.....g	0.964		0		1		0.273	4.373	
Isoleucine.....g	0.992		0		1		0.281	4.500	
Leucine.....g	1.744		0		1		0.494	7.911	
Lysine.....g	1.835		0		1		0.520	8.324	
Methionine.....g	0.565		0		1		0.160	2.563	
Cystine.....g	0.247		0		1		0.070	1.120	
Phenylalanine.....g	0.861		0		1		0.244	3.905	
Tyrosine.....g	0.741		0		1		0.210	3.361	
Valine.....g	1.073		0		1		0.304	4.867	
Arginine.....g	1.394		0		1		0.395	6.323	
Histidine.....g	0.755		0		1		0.214	3.425	
Alanine.....g	1.331		0		1		0.377	6.037	
Aspartic acid.....g	2.015		0		1		0.571	9.140	
Glutamic acid.....g	3.314		0		1		0.940	15.032	
Glycine.....g	1.204		0		1		0.341	5.461	
Proline.....g	0.974		0		1		0.276	4.418	
Serine.....g	0.844		0		1		0.239	3.828	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13431

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.080		0			11.669	3.468	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.380		0			1.087	0.323	
17:1.....g								
18:1 undifferentiated.....g	3.680		0			10.525	3.128	
20:1.....g	0.010		0			0.029	0.009	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.400		0			1.144	0.340	
18:2 undifferentiated.....g	0.280		0			0.801	0.238	
18:3 undifferentiated.....g	0.100		0			0.286	0.085	
18:4.....g	0.000		0	Z	7	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.030		0			0.086	0.026	
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	90		0			257	77	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.224		0	NR	4	0.641	0.190	
Threonine.....g	1.362		0	NR	4	3.895	1.157	
Isoleucine.....g	1.551		0	NR	4	4.435	1.318	
Leucine.....g	2.712		0	NR	4	7.755	2.305	
Lysine.....g	2.881		0	NR	4	8.239	2.449	
Methionine.....g	0.888		0	NR	4	2.539	0.755	
Cystine.....g	0.440		0	NR	4	1.258	0.374	
Phenylalanine.....g	1.346		0	NR	4	3.851	1.144	
Tyrosine.....g	1.086		0	NR	4	3.107	0.923	
Valine.....g	1.691		0	NR	4	4.837	1.437	
Arginine.....g	2.204		0	NR	4	6.304	1.874	
Histidine.....g	1.088		0	NR	4	3.111	0.925	
Alanine.....g	2.072		0	NR	4	5.927	1.761	
Aspartic acid.....g	3.105		0	NR	4	8.880	2.639	
Glutamic acid.....g	5.117		0	NR	4	14.636	4.350	
Glycine.....g	2.076		0	NR	4	5.936	1.764	
Proline.....g	1.625		0	NR	4	4.648	1.381	
Serine.....g	1.343		0	NR	4	3.840	1.141	
Hydroxyproline.....g	0.358		0	NR	4	1.024	0.304	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	

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Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13431

Beef, round, top round, separable lean and fat, trimmed to 1/4" fat, select, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.150		0	PAE	4		11.869	3.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0	PAE	4		1.087	0.323	
17:1.....g									
18:1 undifferentiated.....g	3.760		0	PAE	4		10.754	3.196	
20:1.....g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0	PAE	4		1.201	0.357	
18:2 undifferentiated.....g	0.290		0	PAE	4		0.829	0.247	
18:3 undifferentiated.....g	0.090		0	PAE	4		0.257	0.077	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0	PAE	4		257	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.385		0	PAE	4		1.101	0.327	
Threonine.....g	1.500		0	PAE	4		4.290	1.275	
Isoleucine.....g	1.544		0	PAE	4		4.416	1.312	
Leucine.....g	2.714		0	PAE	4		7.762	2.307	
Lysine.....g	2.857		0	PAE	4		8.171	2.428	
Methionine.....g	0.879		0	PAE	4		2.514	0.747	
Cystine.....g	0.385		0	PAE	4		1.101	0.327	
Phenylalanine.....g	1.341		0	PAE	4		3.835	1.140	
Tyrosine.....g	1.154		0	PAE	4		3.300	0.981	
Valine.....g	1.670		0	PAE	4		4.776	1.420	
Arginine.....g	2.170		0	PAE	4		6.206	1.845	
Histidine.....g	1.176		0	PAE	4		3.363	1.000	
Alanine.....g	2.071		0	PAE	4		5.923	1.760	
Aspartic acid.....g	3.137		0	PAE	4		8.972	2.666	
Glutamic acid.....g	5.159		0	PAE	4		14.755	4.385	
Glycine.....g	1.874		0	PAE	4		5.360	1.593	
Proline.....g	1.517		0	PAE	4		4.339	1.289	
Serine.....g	1.313		0	PAE	4		3.755	1.116	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13892

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13893

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.837		0	NC	4		12.510	3.262	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0	BFFN	4		1.238	0.323	
17:1.....g									
18:1 undifferentiated.....g	3.444		0	BFFN	4		11.227	2.927	
20:1.....g	0.014		0	BFFN	4		0.044	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.347		0	NC	4		1.130	0.295	
18:2 undifferentiated.....g	0.238		0	BFFN	4		0.777	0.203	
18:3 undifferentiated.....g	0.087		0	BFFN	4		0.283	0.074	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.070	0.018	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		188	49	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.202		0	PAK	1		0.657	0.171	
Threonine.....g	1.225		0	PAK	1		3.994	1.041	
Isoleucine.....g	1.395		0	PAK	1		4.548	1.186	
Leucine.....g	2.439		0	PAK	1		7.952	2.073	
Lysine.....g	2.592		0	PAK	1		8.449	2.203	
Methionine.....g	0.799		0	PAK	1		2.603	0.679	
Cystine.....g	0.396		0	PAK	1		1.290	0.336	
Phenylalanine.....g	1.211		0	PAK	1		3.949	1.030	
Tyrosine.....g	0.977		0	PAK	1		3.186	0.831	
Valine.....g	1.521		0	PAK	1		4.959	1.293	
Arginine.....g	1.983		0	PAK	1		6.464	1.685	
Histidine.....g	0.979		0	PAK	1		3.190	0.832	
Alanine.....g	1.864		0	PAK	1		6.078	1.585	
Aspartic acid.....g	2.793		0	PAK	1		9.106	2.374	
Glutamic acid.....g	4.604		0	PAK	1		15.008	3.913	
Glycine.....g	1.867		0	PAK	1		6.087	1.587	
Proline.....g	1.462		0	PAK	1		4.766	1.243	
Serine.....g	1.208		0	PAK	1		3.938	1.027	
Hydroxyproline.....g	0.321		0	BFFN	4		1.046	0.273	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13893

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13891

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.428		0	NC	4		0.972	15.549	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.404		0	BFFN	4		0.114	1.832	
17:1.....g									
18:1 undifferentiated.....g	3.013		0	BFFN	4		0.854	13.667	
20:1.....g	0.011		0	BFFN	4		0.003	0.050	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0	NC	4		0.086	1.373	
18:2 undifferentiated.....g	0.197		0	BFFN	4		0.056	0.894	
18:3 undifferentiated.....g	0.090		0	BFFN	4		0.025	0.408	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	BFFN	4		0.004	0.071	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFFN	4		11	180	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	PAK	1		0.041	0.658	
Threonine.....g	0.881		0	PAK	1		0.250	3.997	
Isoleucine.....g	1.004		0	PAK	1		0.285	4.552	
Leucine.....g	1.755		0	PAK	1		0.497	7.959	
Lysine.....g	1.864		0	PAK	1		0.528	8.456	
Methionine.....g	0.574		0	PAK	1		0.163	2.606	
Cystine.....g	0.285		0	PAK	1		0.081	1.291	
Phenylalanine.....g	0.871		0	PAK	1		0.247	3.952	
Tyrosine.....g	0.703		0	PAK	1		0.199	3.188	
Valine.....g	1.094		0	PAK	1		0.310	4.964	
Arginine.....g	1.426		0	PAK	1		0.404	6.470	
Histidine.....g	0.704		0	PAK	1		0.200	3.193	
Alanine.....g	1.341		0	PAK	1		0.380	6.083	
Aspartic acid.....g	2.009		0	PAK	1		0.570	9.114	
Glutamic acid.....g	3.311		0	PAK	1		0.939	15.021	
Glycine.....g	1.343		0	PAK	1		0.381	6.092	
Proline.....g	1.052		0	PAK	1		0.298	4.770	
Serine.....g	0.869		0	PAK	1		0.246	3.941	
Hydroxyproline.....g	0.232		0	PAK	1		0.066	1.051	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13891

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13895

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.760		0	PAE	4		13.756	4.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0	PAE	4		1.272	0.374	
17:1.....g									
18:1 undifferentiated.....g	4.310		0	PAE	4		12.456	3.664	
20:1.....g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.480		0	PAE	4		1.387	0.408	
18:2 undifferentiated.....g	0.340		0	PAE	4		0.983	0.289	
18:3 undifferentiated.....g	0.100		0	PAE	4		0.289	0.085	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.116	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0	PAE	4		260	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.382		0	PAE	4		1.104	0.325	
Threonine.....g	1.489		0	PAE	4		4.303	1.266	
Isoleucine.....g	1.533		0	PAE	4		4.430	1.303	
Leucine.....g	2.694		0	PAE	4		7.786	2.290	
Lysine.....g	2.836		0	PAE	4		8.196	2.411	
Methionine.....g	0.873		0	PAE	4		2.523	0.742	
Cystine.....g	0.382		0	PAE	4		1.104	0.325	
Phenylalanine.....g	1.331		0	PAE	4		3.847	1.131	
Tyrosine.....g	1.145		0	PAE	4		3.309	0.973	
Valine.....g	1.658		0	PAE	4		4.792	1.409	
Arginine.....g	2.154		0	PAE	4		6.225	1.831	
Histidine.....g	1.167		0	PAE	4		3.373	0.992	
Alanine.....g	2.056		0	PAE	4		5.942	1.748	
Aspartic acid.....g	3.114		0	PAE	4		8.999	2.647	
Glutamic acid.....g	5.121		0	PAE	4		14.800	4.353	
Glycine.....g	1.860		0	PAE	4		5.375	1.581	
Proline.....g	1.505		0	PAE	4		4.349	1.279	
Serine.....g	1.303		0	PAE	4		3.766	1.108	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13896

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.379		0	NC	4		15.197	3.722	14.277
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.434		0	BFFN	4		1.505	0.369	1.414
17:1.....g									
18:1 undifferentiated.....g	3.930		0	BFFN	4		13.638	3.341	12.812
20:1.....g	0.016		0	BFFN	4		0.054	0.013	0.051
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.396		0	NC	4		1.373	0.336	1.290
18:2 undifferentiated.....g	0.272		0	BFFN	4		0.944	0.231	0.887
18:3 undifferentiated.....g	0.099		0	BFFN	4		0.343	0.084	0.322
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	BFFN	4		0.086	0.021	0.081
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		228	56	214
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0	NR	4		0.696	0.171	0.654
Threonine.....g	1.220		0	NR	4		4.232	1.037	3.976
Isoleucine.....g	1.389		0	NR	4		4.820	1.181	4.528
Leucine.....g	2.429		0	NR	4		8.427	2.064	7.917
Lysine.....g	2.580		0	NR	4		8.953	2.193	8.411
Methionine.....g	0.795		0	NR	4		2.759	0.676	2.592
Cystine.....g	0.394		0	NR	4		1.367	0.335	1.284
Phenylalanine.....g	1.206		0	NR	4		4.185	1.025	3.931
Tyrosine.....g	0.973		0	NR	4		3.376	0.827	3.172
Valine.....g	1.515		0	NR	4		5.256	1.287	4.938
Arginine.....g	1.974		0	NR	4		6.850	1.678	6.436
Histidine.....g	0.974		0	NR	4		3.381	0.828	3.176
Alanine.....g	1.856		0	NR	4		6.441	1.578	6.051
Aspartic acid.....g	2.781		0	NR	4		9.650	2.364	9.066
Glutamic acid.....g	4.583		0	NR	4		15.904	3.896	14.941
Glycine.....g	1.859		0	NR	4		6.451	1.580	6.060
Proline.....g	1.455		0	NR	4		5.050	1.237	4.745
Serine.....g	1.203		0	NR	4		4.173	1.022	3.921
Hydroxyproline.....g	0.321		0	NR	4		1.113	0.273	1.046
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 347g: 1 steak (yield from raw steak weighing 492 g)

Measure 2 = 85g: 3 oz

Measure 3 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13896

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13897

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.180		0	PAE	4		14.659	4.403	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0	PAE	4		1.245	0.374	
17:1.....g									
18:1 undifferentiated.....g	4.670		0	PAE	4		13.216	3.970	
20:1.....g	0.020		0	PAE	4		0.057	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	PAE	4		4.868	1.462	
18:2 undifferentiated.....g	1.260		0	PAE	4		3.566	1.071	
18:3 undifferentiated.....g	0.230		0	PAE	4		0.651	0.196	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0	PAE	4		0.594	0.179	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	97		0	PAE	4		275	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.370		0	PAE	4		1.047	0.315	
Threonine.....g	1.441		0	PAE	4		4.078	1.225	
Isoleucine.....g	1.483		0	PAE	4		4.197	1.261	
Leucine.....g	2.608		0	PAE	4		7.381	2.217	
Lysine.....g	2.745		0	PAE	4		7.768	2.333	
Methionine.....g	0.845		0	PAE	4		2.391	0.718	
Cystine.....g	0.370		0	PAE	4		1.047	0.315	
Phenylalanine.....g	1.288		0	PAE	4		3.645	1.095	
Tyrosine.....g	1.109		0	PAE	4		3.138	0.943	
Valine.....g	1.605		0	PAE	4		4.542	1.364	
Arginine.....g	2.085		0	PAE	4		5.901	1.772	
Histidine.....g	1.130		0	PAE	4		3.198	0.961	
Alanine.....g	1.990		0	PAE	4		5.632	1.692	
Aspartic acid.....g	3.014		0	PAE	4		8.530	2.562	
Glutamic acid.....g	4.957		0	PAE	4		14.028	4.213	
Glycine.....g	1.800		0	PAE	4		5.094	1.530	
Proline.....g	1.457		0	PAE	4		4.123	1.238	
Serine.....g	1.262		0	PAE	4		3.571	1.073	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13894

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.538		0	NC	4		1.003	16.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.417		0	BFFN	4		0.118	1.891	
17:1.....g									
18:1 undifferentiated.....g	3.110		0	BFFN	4		0.882	14.108	
20:1.....g	0.011		0	BFFN	4		0.003	0.051	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.313		0	NC	4		0.089	1.418	
18:2 undifferentiated.....g	0.204		0	BFFN	4		0.058	0.923	
18:3 undifferentiated.....g	0.093		0	BFFN	4		0.026	0.421	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	BFFN	4		0.005	0.073	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	BFFN	4		12	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0	PAK	1		0.041	0.654	
Threonine.....g	0.876		0	PAK	1		0.248	3.976	
Isoleucine.....g	0.998		0	PAK	1		0.283	4.528	
Leucine.....g	1.745		0	PAK	1		0.495	7.917	
Lysine.....g	1.854		0	PAK	1		0.526	8.411	
Methionine.....g	0.571		0	PAK	1		0.162	2.592	
Cystine.....g	0.283		0	PAK	1		0.080	1.284	
Phenylalanine.....g	0.867		0	PAK	1		0.246	3.931	
Tyrosine.....g	0.699		0	PAK	1		0.198	3.171	
Valine.....g	1.088		0	PAK	1		0.309	4.937	
Arginine.....g	1.419		0	PAK	1		0.402	6.435	
Histidine.....g	0.700		0	PAK	1		0.199	3.176	
Alanine.....g	1.334		0	PAK	1		0.378	6.050	
Aspartic acid.....g	1.999		0	PAK	1		0.567	9.065	
Glutamic acid.....g	3.294		0	PAK	1		0.934	14.941	
Glycine.....g	1.336		0	PAK	1		0.379	6.060	
Proline.....g	1.046		0	PAK	1		0.297	4.745	
Serine.....g	0.864		0	PAK	1		0.245	3.920	
Hydroxyproline.....g	0.231		0	PAK	1		0.065	1.046	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13894

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13902

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.010		0	PAE	4		13.313	3.409	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0	PAE	4		1.096	0.281	
17:1.....g									
18:1 undifferentiated.....g	3.560		0	PAE	4		11.819	3.026	
20:1.....g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	PAE	4		1.527	0.391	
18:2 undifferentiated.....g	0.330		0	PAE	4		1.096	0.281	
18:3 undifferentiated.....g	0.050		0	PAE	4		0.166	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0	PAE	4		0.199	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	PAE	4		279	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.350		0	PAE	4		1.162	0.298	
Threonine.....g	1.366		0	PAE	4		4.535	1.161	
Isoleucine.....g	1.406		0	PAE	4		4.668	1.195	
Leucine.....g	2.471		0	PAE	4		8.204	2.100	
Lysine.....g	2.601		0	PAE	4		8.635	2.211	
Methionine.....g	0.800		0	PAE	4		2.656	0.680	
Cystine.....g	0.350		0	PAE	4		1.162	0.298	
Phenylalanine.....g	1.221		0	PAE	4		4.054	1.038	
Tyrosine.....g	1.051		0	PAE	4		3.489	0.893	
Valine.....g	1.521		0	PAE	4		5.050	1.293	
Arginine.....g	1.976		0	PAE	4		6.560	1.680	
Histidine.....g	1.071		0	PAE	4		3.556	0.910	
Alanine.....g	1.886		0	PAE	4		6.262	1.603	
Aspartic acid.....g	2.857		0	PAE	4		9.485	2.428	
Glutamic acid.....g	4.698		0	PAE	4		15.597	3.993	
Glycine.....g	1.706		0	PAE	4		5.664	1.450	
Proline.....g	1.381		0	PAE	4		4.585	1.174	
Serine.....g	1.196		0	PAE	4		3.971	1.017	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 332g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13901

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.590		0	PAE	4		1.018	16.284	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0	PAE	4		0.096	1.542	
17:1.....g									
18:1 undifferentiated.....g	3.160		0	PAE	4		0.896	14.334	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	PAE	4		0.108	1.724	
18:2 undifferentiated.....g	0.270		0	PAE	4		0.077	1.225	
18:3 undifferentiated.....g	0.050		0	PAE	4		0.014	0.227	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.014	0.227	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PAE	4		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.249		0	PAE	4		0.071	1.129	
Threonine.....g	0.971		0	PAE	4		0.275	4.404	
Isoleucine.....g	1.000		0	PAE	4		0.284	4.536	
Leucine.....g	1.758		0	PAE	4		0.498	7.974	
Lysine.....g	1.850		0	PAE	4		0.524	8.392	
Methionine.....g	0.569		0	PAE	4		0.161	2.581	
Cystine.....g	0.249		0	PAE	4		0.071	1.129	
Phenylalanine.....g	0.868		0	PAE	4		0.246	3.937	
Tyrosine.....g	0.747		0	PAE	4		0.212	3.388	
Valine.....g	1.082		0	PAE	4		0.307	4.908	
Arginine.....g	1.405		0	PAE	4		0.398	6.373	
Histidine.....g	0.761		0	PAE	4		0.216	3.452	
Alanine.....g	1.341		0	PAE	4		0.380	6.083	
Aspartic acid.....g	2.032		0	PAE	4		0.576	9.217	
Glutamic acid.....g	3.341		0	PAE	4		0.947	15.155	
Glycine.....g	1.213		0	PAE	4		0.344	5.502	
Proline.....g	0.982		0	PAE	4		0.278	4.454	
Serine.....g	0.850		0	PAE	4		0.241	3.856	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13899

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.510		0	PAE	4		10.039	2.984	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0	PAE	4		0.915	0.272	
17:1.....g									
18:1 undifferentiated.....g	3.170		0	PAE	4		9.066	2.695	
20:1.....g	0.010		0	PAE	4		0.029	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0	PAE	4		1.001	0.298	
18:2 undifferentiated.....g	0.250		0	PAE	4		0.715	0.213	
18:3 undifferentiated.....g	0.080		0	PAE	4		0.229	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0	PAE	4		257	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.387		0	PAE	4		1.107	0.329	
Threonine.....g	1.511		0	PAE	4		4.321	1.284	
Isoleucine.....g	1.555		0	PAE	4		4.447	1.322	
Leucine.....g	2.735		0	PAE	4		7.822	2.325	
Lysine.....g	2.878		0	PAE	4		8.231	2.446	
Methionine.....g	0.886		0	PAE	4		2.534	0.753	
Cystine.....g	0.387		0	PAE	4		1.107	0.329	
Phenylalanine.....g	1.351		0	PAE	4		3.864	1.148	
Tyrosine.....g	1.162		0	PAE	4		3.323	0.988	
Valine.....g	1.683		0	PAE	4		4.813	1.431	
Arginine.....g	2.186		0	PAE	4		6.252	1.858	
Histidine.....g	1.185		0	PAE	4		3.389	1.007	
Alanine.....g	2.087		0	PAE	4		5.969	1.774	
Aspartic acid.....g	3.161		0	PAE	4		9.040	2.687	
Glutamic acid.....g	5.198		0	PAE	4		14.866	4.418	
Glycine.....g	1.888		0	PAE	4		5.400	1.605	
Proline.....g	1.528		0	PAE	4		4.370	1.299	
Serine.....g	1.323		0	PAE	4		3.784	1.125	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13900

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.296		0	NC	4		11.831	2.801	10.843
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.326		0	BFFN	4		1.171	0.277	1.074
17:1.....g									
18:1 undifferentiated.....g	2.958		0	BFFN	4		10.618	2.514	9.731
20:1.....g	0.012		0	BFFN	4		0.042	0.010	0.038
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.298		0	NC	4		1.069	0.253	0.980
18:2 undifferentiated.....g	0.205		0	BFFN	4		0.735	0.174	0.674
18:3 undifferentiated.....g	0.074		0	BFFN	4		0.267	0.063	0.245
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	BFFN	4		0.067	0.016	0.061
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	49		0	BFFN	4		178	42	163
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0	NR	4		0.721	0.171	0.661
Threonine.....g	1.220		0	NR	4		4.381	1.037	4.015
Isoleucine.....g	1.390		0	NR	4		4.990	1.181	4.573
Leucine.....g	2.430		0	NR	4		8.724	2.066	7.995
Lysine.....g	2.582		0	NR	4		9.269	2.195	8.494
Methionine.....g	0.796		0	NR	4		2.856	0.676	2.617
Cystine.....g	0.394		0	NR	4		1.415	0.335	1.297
Phenylalanine.....g	1.207		0	NR	4		4.332	1.026	3.970
Tyrosine.....g	0.973		0	NR	4		3.495	0.827	3.203
Valine.....g	1.516		0	NR	4		5.441	1.288	4.986
Arginine.....g	1.975		0	NR	4		7.092	1.679	6.499
Histidine.....g	0.975		0	NR	4		3.500	0.829	3.208
Alanine.....g	1.857		0	NR	4		6.668	1.579	6.110
Aspartic acid.....g	2.783		0	NR	4		9.990	2.365	9.155
Glutamic acid.....g	4.586		0	NR	4		16.465	3.898	15.089
Glycine.....g	1.860		0	NR	4		6.678	1.581	6.120
Proline.....g	1.456		0	NR	4		5.229	1.238	4.792
Serine.....g	1.203		0	NR	4		4.320	1.023	3.959
Hydroxyproline.....g	0.321		0	NR	4		1.152	0.273	1.056
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 359g: 1 steak (yield from raw steak weighing 491g)

Measure 2 = 85g: 3 oz

Measure 3 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13900

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13898

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.317		0	NC	4		0.940	15.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.391		0	BFFN	4		0.111	1.773	
17:1.....g									
18:1 undifferentiated.....g	2.916		0	BFFN	4		0.827	13.227	
20:1.....g	0.011		0	BFFN	4		0.003	0.048	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.293		0	NC	4		0.083	1.329	
18:2 undifferentiated.....g	0.191		0	BFFN	4		0.054	0.865	
18:3 undifferentiated.....g	0.087		0	BFFN	4		0.025	0.395	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.069	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0	BFFN	4		11	174	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	PAK	1		0.041	0.661	
Threonine.....g	0.886		0	PAK	1		0.251	4.018	
Isoleucine.....g	1.009		0	PAK	1		0.286	4.576	
Leucine.....g	1.764		0	PAK	1		0.500	8.002	
Lysine.....g	1.874		0	PAK	1		0.531	8.501	
Methionine.....g	0.577		0	PAK	1		0.164	2.620	
Cystine.....g	0.286		0	PAK	1		0.081	1.298	
Phenylalanine.....g	0.876		0	PAK	1		0.248	3.973	
Tyrosine.....g	0.707		0	PAK	1		0.200	3.205	
Valine.....g	1.100		0	PAK	1		0.312	4.990	
Arginine.....g	1.434		0	PAK	1		0.407	6.505	
Histidine.....g	0.708		0	PAK	1		0.201	3.210	
Alanine.....g	1.348		0	PAK	1		0.382	6.115	
Aspartic acid.....g	2.020		0	PAK	1		0.573	9.163	
Glutamic acid.....g	3.329		0	PAK	1		0.944	15.101	
Glycine.....g	1.350		0	PAK	1		0.383	6.125	
Proline.....g	1.057		0	PAK	1		0.300	4.795	
Serine.....g	0.874		0	PAK	1		0.248	3.962	
Hydroxyproline.....g	0.233		0	PAK	1		0.066	1.057	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13898

Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13434

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.940		0		1		5.063	1.649	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.418	0.136	
17:1.....g									
18:1 undifferentiated.....g	1.780		0		1		4.646	1.513	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.574	0.187	
18:2 undifferentiated.....g	0.170		0		1		0.444	0.145	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.078	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		235	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0	A	1		0.620	0.202	
Threonine.....g	1.443		0	A	1		3.766	1.226	
Isoleucine.....g	1.643		0	A	1		4.289	1.397	
Leucine.....g	2.873		0	A	1		7.499	2.442	
Lysine.....g	3.053		0	A	1		7.967	2.595	
Methionine.....g	0.941		0	A	1		2.455	0.800	
Cystine.....g	0.466		0	A	1		1.217	0.396	
Phenylalanine.....g	1.427		0	A	1		3.724	1.213	
Tyrosine.....g	1.151		0	A	1		3.004	0.978	
Valine.....g	1.792		0	A	1		4.677	1.523	
Arginine.....g	2.336		0	A	1		6.096	1.985	
Histidine.....g	1.153		0	A	1		3.009	0.980	
Alanine.....g	2.196		0	A	1		5.731	1.867	
Aspartic acid.....g	3.290		0	A	1		8.587	2.797	
Glutamic acid.....g	5.422		0	A	1		14.153	4.609	
Glycine.....g	2.199		0	A	1		5.740	1.869	
Proline.....g	1.722		0	A	1		4.494	1.464	
Serine.....g	1.423		0	A	1		3.714	1.209	
Hydroxyproline.....g	0.379		0	BFPN	4		0.990	0.323	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13434

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13491

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.373		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.154		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0	NC		4			
18:2 undifferentiated.....g	0.164		0	BFFN		4			
18:3 undifferentiated.....g	0.015		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	A		1			
Threonine.....g	1.266		0	A		1			
Isoleucine.....g	1.442		0	A		1			
Leucine.....g	2.521		0	A		1			
Lysine.....g	2.679		0	A		1			
Methionine.....g	0.825		0	A		1			
Cystine.....g	0.409		0	A		1			
Phenylalanine.....g	1.252		0	A		1			
Tyrosine.....g	1.010		0	A		1			
Valine.....g	1.572		0	A		1			
Arginine.....g	2.049		0	A		1			
Histidine.....g	1.012		0	A		1			
Alanine.....g	1.927		0	A		1			
Aspartic acid.....g	2.887		0	A		1			
Glutamic acid.....g	4.758		0	A		1			
Glycine.....g	1.930		0	A		1			
Proline.....g	1.511		0	A		1			
Serine.....g	1.249		0	A		1			
Hydroxyproline.....g	0.333		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13491

Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13436

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.250		0		1		5.873	1.913	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.470	0.153	
17:1.....g									
18:1 undifferentiated.....g	2.070		0		1		5.403	1.760	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.679	0.221	
18:2 undifferentiated.....g	0.200		0		1		0.522	0.170	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.104	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		235	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.405		0		1		1.057	0.344	
Threonine.....g	1.578		0		1		4.119	1.341	
Isoleucine.....g	1.624		0		1		4.239	1.380	
Leucine.....g	2.855		0		1		7.452	2.427	
Lysine.....g	3.006		0		1		7.846	2.555	
Methionine.....g	0.925		0		1		2.414	0.786	
Cystine.....g	0.405		0		1		1.057	0.344	
Phenylalanine.....g	1.410		0		1		3.680	1.199	
Tyrosine.....g	1.214		0		1		3.169	1.032	
Valine.....g	1.757		0		1		4.586	1.493	
Arginine.....g	2.283		0		1		5.959	1.941	
Histidine.....g	1.237		0		1		3.229	1.051	
Alanine.....g	2.179		0		1		5.687	1.852	
Aspartic acid.....g	3.300		0		1		8.613	2.805	
Glutamic acid.....g	5.427		0		1		14.164	4.613	
Glycine.....g	1.971		0		1		5.144	1.675	
Proline.....g	1.595		0		1		4.163	1.356	
Serine.....g	1.381		0		1		3.604	1.174	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13492

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.869		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.266		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	2.604		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.254		0	NC		4			
18:2 undifferentiated.....g	0.198		0	BFFN		4			
18:3 undifferentiated.....g	0.019		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	A		1			
Threonine.....g	1.266		0	A		1			
Isoleucine.....g	1.442		0	A		1			
Leucine.....g	2.521		0	A		1			
Lysine.....g	2.679		0	A		1			
Methionine.....g	0.825		0	A		1			
Cystine.....g	0.409		0	A		1			
Phenylalanine.....g	1.252		0	A		1			
Tyrosine.....g	1.010		0	A		1			
Valine.....g	1.572		0	A		1			
Arginine.....g	2.050		0	A		1			
Histidine.....g	1.012		0	A		1			
Alanine.....g	1.927		0	A		1			
Aspartic acid.....g	2.887		0	A		1			
Glutamic acid.....g	4.758		0	A		1			
Glycine.....g	1.930		0	A		1			
Proline.....g	1.511		0	A		1			
Serine.....g	1.249		0	A		1			
Hydroxyproline.....g	0.333		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13492

Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13438

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.550		0		1		4.046	1.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.339	0.111	
17:1.....g									
18:1 undifferentiated.....g	1.430		0		1		3.732	1.216	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.470	0.153	
18:2 undifferentiated.....g	0.140		0		1		0.365	0.119	
18:3 undifferentiated.....g	0.010		0		1		0.026	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.078	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		235	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.405		0		1		1.057	0.344	
Threonine.....g	1.578		0		1		4.119	1.341	
Isoleucine.....g	1.624		0		1		4.239	1.380	
Leucine.....g	2.855		0		1		7.452	2.427	
Lysine.....g	3.006		0		1		7.846	2.555	
Methionine.....g	0.925		0		1		2.414	0.786	
Cystine.....g	0.405		0		1		1.057	0.344	
Phenylalanine.....g	1.410		0		1		3.680	1.199	
Tyrosine.....g	1.214		0		1		3.169	1.032	
Valine.....g	1.757		0		1		4.586	1.493	
Arginine.....g	2.283		0		1		5.959	1.941	
Histidine.....g	1.237		0		1		3.229	1.051	
Alanine.....g	2.179		0		1		5.687	1.852	
Aspartic acid.....g	3.300		0		1		8.613	2.805	
Glutamic acid.....g	5.427		0		1		14.164	4.613	
Glycine.....g	1.971		0		1		5.144	1.675	
Proline.....g	1.595		0		1		4.163	1.356	
Serine.....g	1.381		0		1		3.604	1.174	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13493

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.877		0	NC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.174		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	1.703		0	BFFN		4			
20:1.....g	0.000		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0	NC		4			
18:2 undifferentiated.....g	0.130		0	BFFN		4			
18:3 undifferentiated.....g	0.012		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	BFFN		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	A		1			
Threonine.....g	1.266		0	A		1			
Isoleucine.....g	1.442		0	A		1			
Leucine.....g	2.521		0	A		1			
Lysine.....g	2.679		0	A		1			
Methionine.....g	0.825		0	A		1			
Cystine.....g	0.409		0	A		1			
Phenylalanine.....g	1.252		0	A		1			
Tyrosine.....g	1.010		0	A		1			
Valine.....g	1.572		0	A		1			
Arginine.....g	2.049		0	A		1			
Histidine.....g	1.012		0	A		1			
Alanine.....g	1.927		0	A		1			
Aspartic acid.....g	2.887		0	A		1			
Glutamic acid.....g	4.758		0	A		1			
Glycine.....g	1.930		0	A		1			
Proline.....g	1.511		0	A		1			
Serine.....g	1.249		0	A		1			
Hydroxyproline.....g	0.333		0	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 13493

Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, broiled

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13724

Beef, round, top round, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.470		0		1		10.931	2.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.851	0.230	
17:1.....g									
18:1 undifferentiated.....g	3.080		0		1		9.702	2.618	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		1.323	0.357	
18:2 undifferentiated.....g	0.300		0		1		0.945	0.255	
18:3 undifferentiated.....g	0.030		0		1		0.095	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.189	0.051	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		265	71	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.355		0		1		1.118	0.302	
Threonine.....g	1.384		0		1		4.360	1.176	
Isoleucine.....g	1.425		0		1		4.489	1.211	
Leucine.....g	2.505		0		1		7.891	2.129	
Lysine.....g	2.637		0		1		8.307	2.241	
Methionine.....g	0.811		0		1		2.555	0.689	
Cystine.....g	0.355		0		1		1.118	0.302	
Phenylalanine.....g	1.237		0		1		3.897	1.051	
Tyrosine.....g	1.065		0		1		3.355	0.905	
Valine.....g	1.542		0		1		4.857	1.311	
Arginine.....g	2.003		0		1		6.309	1.703	
Histidine.....g	1.085		0		1		3.418	0.922	
Alanine.....g	1.912		0		1		6.023	1.625	
Aspartic acid.....g	2.896		0		1		9.122	2.462	
Glutamic acid.....g	4.762		0		1		15.000	4.048	
Glycine.....g	1.729		0		1		5.446	1.470	
Proline.....g	1.400		0		1		4.410	1.190	
Serine.....g	1.212		0		1		3.818	1.030	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 315g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13433

Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.180		0		1		5.646	1.853	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.466	0.153	
17:1.....g									
18:1 undifferentiated.....g	2.000		0		1		5.180	1.700	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.648	0.213	
18:2 undifferentiated.....g	0.200		0		1		0.518	0.170	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.104	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		233	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0	A	1		0.615	0.202	
Threonine.....g	1.443		0	A	1		3.737	1.226	
Isoleucine.....g	1.643		0	A	1		4.256	1.397	
Leucine.....g	2.873		0	A	1		7.442	2.442	
Lysine.....g	3.053		0	A	1		7.906	2.595	
Methionine.....g	0.941		0	A	1		2.436	0.800	
Cystine.....g	0.466		0	A	1		1.207	0.396	
Phenylalanine.....g	1.427		0	A	1		3.695	1.213	
Tyrosine.....g	1.151		0	A	1		2.981	0.978	
Valine.....g	1.792		0	A	1		4.641	1.523	
Arginine.....g	2.336		0	A	1		6.049	1.985	
Histidine.....g	1.153		0	A	1		2.986	0.980	
Alanine.....g	2.196		0	A	1		5.687	1.867	
Aspartic acid.....g	3.290		0	A	1		8.521	2.797	
Glutamic acid.....g	5.422		0	A	1		14.044	4.609	
Glycine.....g	2.199		0	A	1		5.696	1.869	
Proline.....g	1.722		0	A	1		4.460	1.464	
Serine.....g	1.423		0	A	1		3.685	1.209	
Hydroxyproline.....g	0.379		0	BFPN	4		0.983	0.323	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13433

Beef, round, top round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13435

Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.520		0		1		6.552	2.142	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0		1		0.546	0.179	
17:1.....g									
18:1 undifferentiated.....g	2.320		0		1		6.032	1.972	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.754	0.247	
18:2 undifferentiated.....g	0.230		0		1		0.598	0.196	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.104	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		234	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.405		0		1		1.053	0.344	
Threonine.....g	1.578		0		1		4.103	1.341	
Isoleucine.....g	1.624		0		1		4.222	1.380	
Leucine.....g	2.855		0		1		7.423	2.427	
Lysine.....g	3.006		0		1		7.816	2.555	
Methionine.....g	0.925		0		1		2.405	0.786	
Cystine.....g	0.405		0		1		1.053	0.344	
Phenylalanine.....g	1.410		0		1		3.666	1.199	
Tyrosine.....g	1.214		0		1		3.156	1.032	
Valine.....g	1.757		0		1		4.568	1.493	
Arginine.....g	2.283		0		1		5.936	1.941	
Histidine.....g	1.237		0		1		3.216	1.051	
Alanine.....g	2.179		0		1		5.665	1.852	
Aspartic acid.....g	3.300		0		1		8.580	2.805	
Glutamic acid.....g	5.427		0		1		14.110	4.613	
Glycine.....g	1.971		0		1		5.125	1.675	
Proline.....g	1.595		0		1		4.147	1.356	
Serine.....g	1.381		0		1		3.591	1.174	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13220

Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.830		0		1		7.132	2.406	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.479	0.162	
17:1.....g									
18:1 undifferentiated.....g	2.580		1		1		6.502	2.193	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.640		0		1		4.133	1.394	
18:2 undifferentiated.....g	1.230		1		1		3.100	1.046	
18:3 undifferentiated.....g	0.160		1		1		0.403	0.136	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		1		1		0.580	0.196	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		1		1		244	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0	NR	4		0.581	0.196	
Threonine.....g	1.401		0	NR	4		3.530	1.191	
Isoleucine.....g	1.596		0	NR	4		4.021	1.356	
Leucine.....g	2.790		0	NR	4		7.030	2.371	
Lysine.....g	2.964		0	NR	4		7.469	2.519	
Methionine.....g	0.913		0	NR	4		2.301	0.776	
Cystine.....g	0.453		0	NR	4		1.140	0.385	
Phenylalanine.....g	1.385		0	NR	4		3.491	1.177	
Tyrosine.....g	1.118		0	NR	4		2.816	0.950	
Valine.....g	1.740		0	NR	4		4.384	1.479	
Arginine.....g	2.268		0	NR	4		5.715	1.928	
Histidine.....g	1.119		0	NR	4		2.820	0.951	
Alanine.....g	2.132		0	NR	4		5.373	1.812	
Aspartic acid.....g	3.194		0	NR	4		8.050	2.715	
Glutamic acid.....g	5.265		0	NR	4		13.267	4.475	
Glycine.....g	2.135		0	NR	4		5.381	1.815	
Proline.....g	1.672		0	NR	4		4.213	1.421	
Serine.....g	1.381		0	NR	4		3.481	1.174	
Hydroxyproline.....g	0.368		0	BFPN	4		0.928	0.313	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13220

Beef, round, top round, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13224

Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.470		0		1		11.069	2.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.861	0.230	
17:1.....g									
18:1 undifferentiated.....g	3.080		0		1		9.825	2.618	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		1.340	0.357	
18:2 undifferentiated.....g	0.300		0		1		0.957	0.255	
18:3 undifferentiated.....g	0.030		0		1		0.096	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.191	0.051	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		268	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.355		0		1		1.132	0.302	
Threonine.....g	1.384		0		1		4.415	1.176	
Isoleucine.....g	1.425		0		1		4.546	1.211	
Leucine.....g	2.505		0		1		7.991	2.129	
Lysine.....g	2.636		0		1		8.409	2.241	
Methionine.....g	0.811		0		1		2.587	0.689	
Cystine.....g	0.355		0		1		1.132	0.302	
Phenylalanine.....g	1.237		0		1		3.946	1.051	
Tyrosine.....g	1.065		0		1		3.397	0.905	
Valine.....g	1.541		0		1		4.916	1.310	
Arginine.....g	2.003		0		1		6.390	1.703	
Histidine.....g	1.085		0		1		3.461	0.922	
Alanine.....g	1.911		0		1		6.096	1.624	
Aspartic acid.....g	2.895		0		1		9.235	2.461	
Glutamic acid.....g	4.761		0		1		15.188	4.047	
Glycine.....g	1.729		0		1		5.516	1.470	
Proline.....g	1.399		0		1		4.463	1.189	
Serine.....g	1.212		0		1		3.866	1.030	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 319g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13223

Beef, round, top round, separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.520		0		1		0.714	11.431	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.057	0.907	
17:1.....g									
18:1 undifferentiated.....g	2.230		1		1		0.632	10.115	
20:1.....g	0.010		1		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.082	1.315	
18:2 undifferentiated.....g	0.220		1		1		0.062	0.998	
18:3 undifferentiated.....g	0.010		1		1		0.003	0.045	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.014	0.227	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		1		1		16	259	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.072	1.157	
Threonine.....g	0.995		0		1		0.282	4.513	
Isoleucine.....g	1.025		0		1		0.291	4.649	
Leucine.....g	1.801		0		1		0.511	8.169	
Lysine.....g	1.896		0		1		0.538	8.600	
Methionine.....g	0.583		0		1		0.165	2.644	
Cystine.....g	0.255		0		1		0.072	1.157	
Phenylalanine.....g	0.890		0		1		0.252	4.037	
Tyrosine.....g	0.766		0		1		0.217	3.475	
Valine.....g	1.108		0		1		0.314	5.026	
Arginine.....g	1.440		0		1		0.408	6.532	
Histidine.....g	0.780		0		1		0.221	3.538	
Alanine.....g	1.375		0		1		0.390	6.237	
Aspartic acid.....g	2.082		0		1		0.590	9.444	
Glutamic acid.....g	3.424		0		1		0.971	15.531	
Glycine.....g	1.243		0		1		0.352	5.638	
Proline.....g	1.006		0		1		0.285	4.563	
Serine.....g	0.871		0		1		0.247	3.951	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13437

Beef, round, top round, separable lean only, trimmed to 1/4" fat, select, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.790		0		1		4.690	1.522	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.393	0.128	
17:1.....g									
18:1 undifferentiated.....g	1.640		0		1		4.297	1.394	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.550	0.179	
18:2 undifferentiated.....g	0.160		0		1		0.419	0.136	
18:3 undifferentiated.....g	0.020		0		1		0.052	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.079	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		236	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.405		0		1		1.061	0.344	
Threonine.....g	1.578		0		1		4.134	1.341	
Isoleucine.....g	1.624		0		1		4.255	1.380	
Leucine.....g	2.855		0		1		7.480	2.427	
Lysine.....g	3.006		0		1		7.876	2.555	
Methionine.....g	0.925		0		1		2.424	0.786	
Cystine.....g	0.405		0		1		1.061	0.344	
Phenylalanine.....g	1.410		0		1		3.694	1.199	
Tyrosine.....g	1.214		0		1		3.181	1.032	
Valine.....g	1.757		0		1		4.603	1.493	
Arginine.....g	2.283		0		1		5.981	1.941	
Histidine.....g	1.237		0		1		3.241	1.051	
Alanine.....g	2.179		0		1		5.709	1.852	
Aspartic acid.....g	3.300		0		1		8.646	2.805	
Glutamic acid.....g	5.427		0		1		14.219	4.613	
Glycine.....g	1.971		0		1		5.164	1.675	
Proline.....g	1.595		0		1		4.179	1.356	
Serine.....g	1.381		0		1		3.618	1.174	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23608

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.278		0	NC	4		0.646	10.334	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.214		0	BFFN	4		0.061	0.973	
17:1.....g									
18:1 undifferentiated.....g	2.063		0	BFFN	4		0.585	9.356	
20:1.....g	0.001		0	BFFN	4		0.000	0.006	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0	NC	4		0.062	0.998	
18:2 undifferentiated.....g	0.171		0	BFFN	4		0.049	0.777	
18:3 undifferentiated.....g	0.016		0	BFFN	4		0.004	0.072	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	BFFN	4		0.009	0.150	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	BFFN	4		20	325	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0	A	1		0.059	0.949	
Threonine.....g	1.271		0	A	1		0.360	5.767	
Isoleucine.....g	1.448		0	A	1		0.410	6.568	
Leucine.....g	2.532		0	A	1		0.718	11.483	
Lysine.....g	2.690		0	A	1		0.762	12.200	
Methionine.....g	0.829		0	A	1		0.235	3.759	
Cystine.....g	0.411		0	A	1		0.116	1.863	
Phenylalanine.....g	1.257		0	A	1		0.356	5.702	
Tyrosine.....g	1.014		0	A	1		0.287	4.600	
Valine.....g	1.579		0	A	1		0.448	7.162	
Arginine.....g	2.058		0	A	1		0.583	9.334	
Histidine.....g	1.016		0	A	1		0.288	4.607	
Alanine.....g	1.935		0	A	1		0.549	8.776	
Aspartic acid.....g	2.899		0	A	1		0.822	13.149	
Glutamic acid.....g	4.778		0	A	1		1.354	21.671	
Glycine.....g	1.938		0	A	1		0.549	8.790	
Proline.....g	1.517		0	A	1		0.430	6.882	
Serine.....g	1.254		0	A	1		0.355	5.686	
Hydroxyproline.....g	0.334		0	A	1		0.095	1.517	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23608

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23609

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.721		0	NC	4		0.488	7.806	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.168		0	BFFN	4		0.048	0.763	
17:1.....g									
18:1 undifferentiated.....g	1.550		0	BFFN	4		0.440	7.033	
20:1.....g	0.002		0	BFFN	4		0.001	0.011	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0	NC	4		0.050	0.796	
18:2 undifferentiated.....g	0.137		0	BFFN	4		0.039	0.621	
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.003	0.044	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.008	0.131	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		16	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0	A	1		0.043	0.683	
Threonine.....g	0.915		0	A	1		0.259	4.151	
Isoleucine.....g	1.042		0	A	1		0.295	4.727	
Leucine.....g	1.822		0	A	1		0.517	8.265	
Lysine.....g	1.936		0	A	1		0.549	8.781	
Methionine.....g	0.597		0	A	1		0.169	2.706	
Cystine.....g	0.296		0	A	1		0.084	1.341	
Phenylalanine.....g	0.905		0	A	1		0.257	4.104	
Tyrosine.....g	0.730		0	A	1		0.207	3.311	
Valine.....g	1.136		0	A	1		0.322	5.155	
Arginine.....g	1.481		0	A	1		0.420	6.719	
Histidine.....g	0.731		0	A	1		0.207	3.316	
Alanine.....g	1.393		0	A	1		0.395	6.317	
Aspartic acid.....g	2.087		0	A	1		0.592	9.465	
Glutamic acid.....g	3.439		0	A	1		0.975	15.599	
Glycine.....g	1.395		0	A	1		0.395	6.327	
Proline.....g	1.092		0	A	1		0.310	4.953	
Serine.....g	0.902		0	A	1		0.256	4.093	
Hydroxyproline.....g	0.241		0	A	1		0.068	1.092	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23609

Beef, round, top round, separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23621

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.613		0	NC	4		0.741	11.852	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.246		0	BFFN	4		0.070	1.115	
17:1.....g									
18:1 undifferentiated.....g	2.365		0	BFFN	4		0.671	10.729	
20:1.....g	0.002		0	BFFN	4		0.000	0.007	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0	NC	4		0.072	1.145	
18:2 undifferentiated.....g	0.196		0	BFFN	4		0.056	0.891	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.005	0.082	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.011	0.172	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0	BFFN	4		23	373	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0	A	1		0.060	0.955	
Threonine.....g	1.280		0	A	1		0.363	5.806	
Isoleucine.....g	1.458		0	A	1		0.413	6.612	
Leucine.....g	2.549		0	A	1		0.723	11.561	
Lysine.....g	2.708		0	A	1		0.768	12.282	
Methionine.....g	0.834		0	A	1		0.237	3.784	
Cystine.....g	0.413		0	A	1		0.117	1.875	
Phenylalanine.....g	1.266		0	A	1		0.359	5.740	
Tyrosine.....g	1.021		0	A	1		0.289	4.631	
Valine.....g	1.589		0	A	1		0.451	7.210	
Arginine.....g	2.072		0	A	1		0.587	9.397	
Histidine.....g	1.022		0	A	1		0.290	4.638	
Alanine.....g	1.948		0	A	1		0.552	8.835	
Aspartic acid.....g	2.918		0	A	1		0.827	13.238	
Glutamic acid.....g	4.810		0	A	1		1.364	21.817	
Glycine.....g	1.951		0	A	1		0.553	8.849	
Proline.....g	1.527		0	A	1		0.433	6.928	
Serine.....g	1.262		0	A	1		0.358	5.725	
Hydroxyproline.....g	0.337		0	A	1		0.095	1.527	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23621

Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23592

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.944		0	NC	4		0.551	8.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.183		0	BFFN	4		0.052	0.830	
17:1.....g									
18:1 undifferentiated.....g	1.760		0	BFFN	4		0.499	7.981	
20:1.....g	0.001		0	BFFN	4		0.000	0.005	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0	NC	4		0.053	0.852	
18:2 undifferentiated.....g	0.146		0	BFFN	4		0.041	0.663	
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.004	0.061	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.008	0.128	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFFN	4		17	277	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	A	1		0.059	0.942	
Threonine.....g	1.263		0	A	1		0.358	5.728	
Isoleucine.....g	1.438		0	A	1		0.408	6.523	
Leucine.....g	2.515		0	A	1		0.713	11.406	
Lysine.....g	2.671		0	A	1		0.757	12.118	
Methionine.....g	0.823		0	A	1		0.233	3.734	
Cystine.....g	0.408		0	A	1		0.116	1.850	
Phenylalanine.....g	1.249		0	A	1		0.354	5.664	
Tyrosine.....g	1.007		0	A	1		0.286	4.569	
Valine.....g	1.568		0	A	1		0.445	7.113	
Arginine.....g	2.044		0	A	1		0.579	9.272	
Histidine.....g	1.009		0	A	1		0.286	4.576	
Alanine.....g	1.922		0	A	1		0.545	8.717	
Aspartic acid.....g	2.879		0	A	1		0.816	13.060	
Glutamic acid.....g	4.745		0	A	1		1.345	21.525	
Glycine.....g	1.925		0	A	1		0.546	8.731	
Proline.....g	1.507		0	A	1		0.427	6.835	
Serine.....g	1.245		0	A	1		0.353	5.648	
Hydroxyproline.....g	0.332		0	A	1		0.094	1.506	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23592

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23636

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.420		0	NC	4		0.403	6.441	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.139		0	BFFN	4		0.039	0.630	
17:1.....g									
18:1 undifferentiated.....g	1.279		0	BFFN	4		0.363	5.803	
20:1.....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.041	0.656	
18:2 undifferentiated.....g	0.113		0	BFFN	4		0.032	0.513	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.002	0.036	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0	BFFN	4		13	207	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0	A	1		0.043	0.689	
Threonine.....g	0.924		0	A	1		0.262	4.190	
Isoleucine.....g	1.052		0	A	1		0.298	4.772	
Leucine.....g	1.840		0	A	1		0.522	8.344	
Lysine.....g	1.954		0	A	1		0.554	8.865	
Methionine.....g	0.602		0	A	1		0.171	2.732	
Cystine.....g	0.298		0	A	1		0.085	1.354	
Phenylalanine.....g	0.913		0	A	1		0.259	4.143	
Tyrosine.....g	0.737		0	A	1		0.209	3.343	
Valine.....g	1.147		0	A	1		0.325	5.204	
Arginine.....g	1.495		0	A	1		0.424	6.783	
Histidine.....g	0.738		0	A	1		0.209	3.348	
Alanine.....g	1.406		0	A	1		0.399	6.377	
Aspartic acid.....g	2.106		0	A	1		0.597	9.555	
Glutamic acid.....g	3.472		0	A	1		0.984	15.748	
Glycine.....g	1.408		0	A	1		0.399	6.387	
Proline.....g	1.102		0	A	1		0.313	5.001	
Serine.....g	0.911		0	A	1		0.258	4.132	
Hydroxyproline.....g	0.243		0	A	1		0.069	1.102	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23636

Beef, round, top round, separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.00		1	A	1		221.76	31.36	31.36
Energy.....kcal	309		0	MC	9		1224	173	173
Energy.....kj	1293		0		9		5120	724	724
Protein.....g	16.50		1	A	1		65.34	9.24	9.24
Total lipid (fat).....g	27.00		1	A	1		106.92	15.12	15.12
Ash.....g	0.80		1	A	1		3.17	0.45	0.45
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1	A	1		47	7	7
Iron, Fe.....mg	1.86		1	A	1		7.37	1.04	1.04
Magnesium, Mg.....mg	16		0	BFNN	4		65	9	9
Phosphorus, P.....mg	133		0	BFNN	4		527	74	74
Potassium, K.....mg	233		0	BFNN	4		924	131	131
Sodium, Na.....mg	68		1	A	1		269	38	38
Zinc, Zn.....mg	3.63		0	BFNN	4		14.38	2.03	2.03
Copper, Cu.....mg	0.063		0	BFNN	4		0.249	0.035	0.035
Manganese, Mn.....mg	0.017		0	BFNN	4		0.067	0.010	0.010
Selenium, Se.....mcg	13.0		0	BFNN	4		51.4	7.3	7.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.039		0	BFZN	4		0.154	0.022	0.022
Riboflavin.....mg	0.154		0	BFZN	4		0.610	0.086	0.086
Niacin.....mg	4.583		0	BFZN	4		18.149	2.566	2.566
Pantothenic acid.....mg	0.354		0	BFZN	4		1.402	0.198	0.198
Vitamin B-6.....mg	0.246		0	BFZN	4		0.974	0.138	0.138
Folate, total.....mcg	7		0	BFZN	4		28	4	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	7		0	BFZN	4		28	4	4
Folate, DFE.....mcg_DFE	7		0	NC	4		28	4	4
Vitamin B-12.....mcg	2.71		0	BFZN	4		10.73	1.52	1.52
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.21		0	NR	4		0.83	0.12	0.12
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	BFSN	4		6.6	0.9	0.9
Lipids:									
Fatty acids, total saturated.....g	11.538		0	A	1		45.691	6.461	6.461
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.820		2	A	1		3.245	0.459	0.459
15:0.....g	0.138		2	A	1		0.546	0.077	0.077
16:0.....g	6.342		2	A	1		25.112	3.551	3.551
17:0.....g	0.301		2	A	1		1.192	0.169	0.169
18:0.....g	3.906		2	A	1		15.467	2.187	2.187
20:0.....g	0.033		2	A	1		0.129	0.018	0.018

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	11.038		0	A	1		43.709	6.181	6.181
14:1.....g	0.208		2	A	1		0.825	0.117	0.117
15:1.....g									
16:1 undifferentiated.....g	0.981		2	A	1		3.885	0.549	0.549
17:1.....g									
18:1 undifferentiated.....g	9.714		2	A	1		38.466	5.440	5.440
20:1.....g	0.135		2	A	1		0.533	0.075	0.075
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.488		0	A	1		1.932	0.273	0.273
18:2 undifferentiated.....g	0.368		2	A	1		1.458	0.206	0.206
18:3 undifferentiated.....g	0.120		2	A	1		0.474	0.067	0.067
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	71		1	A	1		281	40	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0	A	1		0.816	0.115	0.115
Threonine.....g	0.702		0	A	1		2.780	0.393	0.393
Isoleucine.....g	0.718		0	A	1		2.843	0.402	0.402
Leucine.....g	1.342		0	A	1		5.314	0.752	0.752
Lysine.....g	1.398		0	A	1		5.536	0.783	0.783
Methionine.....g	0.391		0	A	1		1.548	0.219	0.219
Cystine.....g	0.161		0	A	1		0.638	0.090	0.090
Phenylalanine.....g	0.635		0	A	1		2.515	0.356	0.356
Tyrosine.....g	0.523		0	A	1		2.071	0.293	0.293
Valine.....g	0.812		0	A	1		3.216	0.455	0.455
Arginine.....g	1.130		0	A	1		4.475	0.633	0.633
Histidine.....g	0.533		0	A	1		2.111	0.298	0.298
Alanine.....g	1.093		0	A	1		4.328	0.612	0.612
Aspartic acid.....g	1.529		0	A	1		6.055	0.856	0.856
Glutamic acid.....g	2.633		0	A	1		10.427	1.474	1.474
Glycine.....g	1.243		0	A	1		4.922	0.696	0.696
Proline.....g	0.849		0	A	1		3.362	0.475	0.475
Serine.....g	0.648		0	A	1		2.566	0.363	0.363
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 396g: 1 package

NDB No. 13342

Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw

Measure 2 = 56g: 1 serving

Measure 3 = 56g: 1 steak

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13226

Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.450		0		1		12.513	5.483	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		1.319	0.578	
17:1.....g									
18:1 undifferentiated.....g	5.620		0		1		10.903	4.777	
20:1.....g	0.030		0		1		0.058	0.026	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		1.028	0.451	
18:2 undifferentiated.....g	0.360		0		1		0.698	0.306	
18:3 undifferentiated.....g	0.140		0		1		0.272	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.058	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		155	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.344		0		1		0.667	0.292	
Threonine.....g	1.340		0		1		2.600	1.139	
Isoleucine.....g	1.380		0		1		2.677	1.173	
Leucine.....g	2.426		0		1		4.706	2.062	
Lysine.....g	2.553		0		1		4.953	2.170	
Methionine.....g	0.786		0		1		1.525	0.668	
Cystine.....g	0.344		0		1		0.667	0.292	
Phenylalanine.....g	1.198		0		1		2.324	1.018	
Tyrosine.....g	1.031		0		1		2.000	0.876	
Valine.....g	1.493		0		1		2.896	1.269	
Arginine.....g	1.939		0		1		3.762	1.648	
Histidine.....g	1.051		0		1		2.039	0.893	
Alanine.....g	1.851		0		1		3.591	1.573	
Aspartic acid.....g	2.804		0		1		5.440	2.383	
Glutamic acid.....g	4.610		0		1		8.943	3.919	
Glycine.....g	1.674		0		1		3.248	1.423	
Proline.....g	1.355		0		1		2.629	1.152	
Serine.....g	1.173		0		1		2.276	0.997	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13225

Beef, shank crosscuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.380		0		1		1.242	3.723	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.139	0.417	
17:1.....g									
18:1 undifferentiated.....g	3.810		0		1		1.080	3.239	
20:1.....g	0.010		0		1		0.003	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.105	0.315	
18:2 undifferentiated.....g	0.230		0		1		0.065	0.196	
18:3 undifferentiated.....g	0.110		0		1		0.031	0.094	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.009	0.026	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44		0		1		12	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.065	0.196	
Threonine.....g	0.897		0		1		0.254	0.762	
Isoleucine.....g	0.923		0		1		0.262	0.785	
Leucine.....g	1.623		0		1		0.460	1.380	
Lysine.....g	1.708		0		1		0.484	1.452	
Methionine.....g	0.526		0		1		0.149	0.447	
Cystine.....g	0.230		0		1		0.065	0.196	
Phenylalanine.....g	0.802		0		1		0.227	0.682	
Tyrosine.....g	0.690		0		1		0.196	0.587	
Valine.....g	0.999		0		1		0.283	0.849	
Arginine.....g	1.298		0		1		0.368	1.103	
Histidine.....g	0.703		0		1		0.199	0.598	
Alanine.....g	1.238		0		1		0.351	1.052	
Aspartic acid.....g	1.876		0		1		0.532	1.595	
Glutamic acid.....g	3.085		0		1		0.875	2.622	
Glycine.....g	1.120		0		1		0.318	0.952	
Proline.....g	0.907		0		1		0.257	0.771	
Serine.....g	0.785		0		1		0.223	0.667	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13228

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.860		0		1		4.862	2.431	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		1		1		0.527	0.264	
17:1.....g									
18:1 undifferentiated.....g	2.410		1		1		4.097	2.049	
20:1.....g	0.010		1		1		0.017	0.009	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.357	0.179	
18:2 undifferentiated.....g	0.170		1		1		0.289	0.145	
18:3 undifferentiated.....g	0.010		1		1		0.017	0.009	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.051	0.026	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	78	5.915	7		1		133	66	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.377		0		1		0.641	0.320	
Threonine.....g	1.471		0		1		2.501	1.250	
Isoleucine.....g	1.514		0		1		2.574	1.287	
Leucine.....g	2.662		0		1		4.525	2.263	
Lysine.....g	2.802		0		1		4.763	2.382	
Methionine.....g	0.862		0		1		1.465	0.733	
Cystine.....g	0.377		0		1		0.641	0.320	
Phenylalanine.....g	1.315		0		1		2.236	1.118	
Tyrosine.....g	1.132		0		1		1.924	0.962	
Valine.....g	1.638		0		1		2.785	1.392	
Arginine.....g	2.129		0		1		3.619	1.810	
Histidine.....g	1.153		0		1		1.960	0.980	
Alanine.....g	2.032		0		1		3.454	1.727	
Aspartic acid.....g	3.077		0		1		5.231	2.615	
Glutamic acid.....g	5.060		0		1		8.602	4.301	
Glycine.....g	1.838		0		1		3.125	1.562	
Proline.....g	1.487		0		1		2.528	1.264	
Serine.....g	1.288		0		1		2.190	1.095	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13227

Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.760		0		1		0.499	7.983	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		1		1		0.045	0.726	
17:1.....g									
18:1 undifferentiated.....g	1.520		1		1		0.431	6.895	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.043	0.680	
18:2 undifferentiated.....g	0.110		1		1		0.031	0.499	
18:3 undifferentiated.....g	0.010		1		1		0.003	0.045	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.009	0.136	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	39	1.353	7		1		11	177	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.069	1.107	
Threonine.....g	0.950		0		1		0.269	4.309	
Isoleucine.....g	0.978		0		1		0.277	4.436	
Leucine.....g	1.719		0		1		0.487	7.797	
Lysine.....g	1.810		0		1		0.513	8.210	
Methionine.....g	0.557		0		1		0.158	2.527	
Cystine.....g	0.244		0		1		0.069	1.107	
Phenylalanine.....g	0.849		0		1		0.241	3.851	
Tyrosine.....g	0.731		0		1		0.207	3.316	
Valine.....g	1.058		0		1		0.300	4.799	
Arginine.....g	1.375		0		1		0.390	6.237	
Histidine.....g	0.745		0		1		0.211	3.379	
Alanine.....g	1.312		0		1		0.372	5.951	
Aspartic acid.....g	1.987		0		1		0.563	9.013	
Glutamic acid.....g	3.268		0		1		0.926	14.824	
Glycine.....g	1.187		0		1		0.337	5.384	
Proline.....g	0.960		0		1		0.272	4.355	
Serine.....g	0.832		0		1		0.236	3.774	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.275		0	PIK	4		7.884	42.071	
14:1.....g	0.122		0	PAK	1		0.104	0.554	
15:1.....g									
16:1 undifferentiated.....g	0.728		0	PAK	1		0.619	3.303	
17:1.....g									
18:1 undifferentiated.....g	8.403		0	PAK	1		7.143	38.116	
20:1.....g	0.022		0	PAK	1		0.018	0.098	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.676		0	PIK	4		0.574	3.064	
18:2 undifferentiated.....g	0.460		0	PAK	1		0.391	2.086	
18:3 undifferentiated.....g	0.190		0	PAK	1		0.161	0.860	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	PAK	1		59	313	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0	PAK	1		0.217	1.158	
Threonine.....g	1.088		0	PAK	1		0.925	4.934	
Isoleucine.....g	1.210		0	PAK	1		1.029	5.490	
Leucine.....g	2.075		0	PAK	1		1.764	9.411	
Lysine.....g	2.202		0	PAK	1		1.871	9.986	
Methionine.....g	0.666		0	PAK	1		0.566	3.021	
Cystine.....g	0.254		0	PAK	1		0.216	1.153	
Phenylalanine.....g	1.018		0	PAK	1		0.865	4.618	
Tyrosine.....g	0.861		0	PAK	1		0.732	3.907	
Valine.....g	1.269		0	PAK	1		1.079	5.758	
Arginine.....g	1.585		0	PAK	1		1.347	7.191	
Histidine.....g	0.764		0	PAK	1		0.649	3.465	
Alanine.....g	1.427		0	PAK	1		1.213	6.473	
Aspartic acid.....g	2.343		0	PAK	1		1.991	10.626	
Glutamic acid.....g	3.771		0	PAK	1		3.206	17.107	
Glycine.....g	1.132		0	PAK	1		0.962	5.135	
Proline.....g	1.001		0	PAK	1		0.851	4.540	
Serine.....g	0.945		0	PAK	1		0.803	4.286	
Hydroxyproline.....g	0.103		0	PAK	1		0.087	0.466	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg									
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13460

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.739		0	PIK	4		6.579	35.106	
14:1.....g	0.060		0	PAK	1		0.051	0.270	
15:1.....g									
16:1 undifferentiated.....g	0.630		0	PAK	1		0.535	2.857	
17:1.....g									
18:1 undifferentiated.....g	7.025		0	PAK	1		5.971	31.864	
20:1.....g	0.025		0	PAK	1		0.022	0.115	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.711		0	PIK	4		0.605	3.227	
18:2 undifferentiated.....g	0.488		0	PAK	1		0.415	2.215	
18:3 undifferentiated.....g	0.189		0	PAK	1		0.161	0.858	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	PAK	1		0.029	0.154	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	PAK	1		54	289	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0	PAK	1		0.225	1.201	
Threonine.....g	1.127		0	PAK	1		0.958	5.111	
Isoleucine.....g	1.253		0	PAK	1		1.065	5.683	
Leucine.....g	2.148		0	PAK	1		1.826	9.745	
Lysine.....g	2.279		0	PAK	1		1.938	10.340	
Methionine.....g	0.690		0	PAK	1		0.586	3.129	
Cystine.....g	0.263		0	PAK	1		0.224	1.195	
Phenylalanine.....g	1.054		0	PAK	1		0.896	4.782	
Tyrosine.....g	0.892		0	PAK	1		0.758	4.046	
Valine.....g	1.314		0	PAK	1		1.117	5.963	
Arginine.....g	1.642		0	PAK	1		1.396	7.448	
Histidine.....g	0.792		0	PAK	1		0.673	3.593	
Alanine.....g	1.479		0	PAK	1		1.257	6.707	
Aspartic acid.....g	2.426		0	PAK	1		2.062	11.004	
Glutamic acid.....g	3.906		0	PAK	1		3.320	17.719	
Glycine.....g	1.174		0	PAK	1		0.998	5.327	
Proline.....g	1.037		0	PAK	1		0.882	4.706	
Serine.....g	0.979		0	PAK	1		0.832	4.440	
Hydroxyproline.....g	0.106		0	PAK	1		0.090	0.480	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13463

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.650		0	PIK	4		7.352	39.236	
14:1.....g	0.097		0	PAK	1		0.082	0.438	
15:1.....g									
16:1 undifferentiated.....g	0.688		0	PAK	1		0.585	3.121	
17:1.....g									
18:1 undifferentiated.....g	7.842		0	PAK	1		6.666	35.571	
20:1.....g	0.023		0	PAK	1		0.020	0.105	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0	PIK	4		0.587	3.130	
18:2 undifferentiated.....g	0.471		0	PAK	1		0.401	2.138	
18:3 undifferentiated.....g	0.189		0	PAK	1		0.161	0.859	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	PAK	1		0.025	0.133	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	PAK	1		57	303	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0	PAK	1		0.220	1.176	
Threonine.....g	1.104		0	PAK	1		0.938	5.006	
Isoleucine.....g	1.228		0	PAK	1		1.044	5.569	
Leucine.....g	2.105		0	PAK	1		1.789	9.547	
Lysine.....g	2.233		0	PAK	1		1.898	10.130	
Methionine.....g	0.676		0	PAK	1		0.574	3.065	
Cystine.....g	0.258		0	PAK	1		0.219	1.170	
Phenylalanine.....g	1.033		0	PAK	1		0.878	4.684	
Tyrosine.....g	0.874		0	PAK	1		0.743	3.963	
Valine.....g	1.288		0	PAK	1		1.095	5.841	
Arginine.....g	1.608		0	PAK	1		1.367	7.295	
Histidine.....g	0.775		0	PAK	1		0.659	3.517	
Alanine.....g	1.448		0	PAK	1		1.231	6.568	
Aspartic acid.....g	2.377		0	PAK	1		2.020	10.780	
Glutamic acid.....g	3.826		0	PAK	1		3.252	17.356	
Glycine.....g	1.149		0	PAK	1		0.977	5.213	
Proline.....g	1.016		0	PAK	1		0.863	4.608	
Serine.....g	0.959		0	PAK	1		0.815	4.349	
Hydroxyproline.....g	0.104		0	PAK	1		0.088	0.472	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13459

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13230

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.392		0	PIK	4		10.533	56.211	
14:1.....g	0.087		0	PAK	1		0.074	0.396	
15:1.....g									
16:1 undifferentiated.....g	1.114		0	PAK	1		0.947	5.054	
17:1.....g									
18:1 undifferentiated.....g	11.144		0	PAK	1		9.473	50.551	
20:1.....g	0.046		0	PAK	1		0.039	0.210	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.002		0	PIK	4		0.851	4.543	
18:2 undifferentiated.....g	0.653		0	PAK	1		0.555	2.960	
18:3 undifferentiated.....g	0.327		0	PAK	1		0.278	1.484	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	PAK	1		0.019	0.099	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	PAK	1		65	345	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0	PAK	1		0.194	1.037	
Threonine.....g	0.967		0	PAK	1		0.822	4.384	
Isoleucine.....g	1.069		0	PAK	1		0.909	4.848	
Leucine.....g	1.836		0	PAK	1		1.561	8.328	
Lysine.....g	1.947		0	PAK	1		1.655	8.831	
Methionine.....g	0.590		0	PAK	1		0.501	2.676	
Cystine.....g	0.228		0	PAK	1		0.193	1.032	
Phenylalanine.....g	0.901		0	PAK	1		0.766	4.088	
Tyrosine.....g	0.764		0	PAK	1		0.649	3.463	
Valine.....g	1.124		0	PAK	1		0.955	5.097	
Arginine.....g	1.408		0	PAK	1		1.197	6.385	
Histidine.....g	0.685		0	PAK	1		0.582	3.108	
Alanine.....g	1.273		0	PAK	1		1.082	5.776	
Aspartic acid.....g	2.077		0	PAK	1		1.765	9.420	
Glutamic acid.....g	3.349		0	PAK	1		2.847	15.191	
Glycine.....g	1.022		0	PAK	1		0.869	4.637	
Proline.....g	0.896		0	PAK	1		0.762	4.066	
Serine.....g	0.840		0	PAK	1		0.714	3.810	
Hydroxyproline.....g	0.086		0	PAK	1		0.073	0.389	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13230

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13229

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.752		0	PIK	4		39.701	2.481	
14:1.....g	0.066		0	PAK	1		0.300	0.019	
15:1.....g									
16:1 undifferentiated.....g	0.873		0	PAK	1		3.958	0.247	
17:1.....g									
18:1 undifferentiated.....g	7.786		0	PAK	1		35.319	2.207	
20:1.....g	0.027		0	PAK	1		0.124	0.008	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.709		0	PIK	4		3.217	0.201	
18:2 undifferentiated.....g	0.466		0	PAK	1		2.112	0.132	
18:3 undifferentiated.....g	0.211		0	PAK	1		0.956	0.060	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	PAK	1		0.150	0.009	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	PAK	1		307	19	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0	PAK	1		0.890	0.056	
Threonine.....g	0.834		0	PAK	1		3.785	0.237	
Isoleucine.....g	0.927		0	PAK	1		4.204	0.263	
Leucine.....g	1.590		0	PAK	1		7.211	0.451	
Lysine.....g	1.687		0	PAK	1		7.650	0.478	
Methionine.....g	0.510		0	PAK	1		2.315	0.145	
Cystine.....g	0.195		0	PAK	1		0.886	0.055	
Phenylalanine.....g	0.780		0	PAK	1		3.539	0.221	
Tyrosine.....g	0.660		0	PAK	1		2.995	0.187	
Valine.....g	0.973		0	PAK	1		4.412	0.276	
Arginine.....g	1.216		0	PAK	1		5.515	0.345	
Histidine.....g	0.587		0	PAK	1		2.664	0.167	
Alanine.....g	1.096		0	PAK	1		4.971	0.311	
Aspartic acid.....g	1.796		0	PAK	1		8.145	0.509	
Glutamic acid.....g	2.892		0	PAK	1		13.120	0.820	
Glycine.....g	0.872		0	PAK	1		3.956	0.247	
Proline.....g	0.769		0	PAK	1		3.490	0.218	
Serine.....g	0.725		0	PAK	1		3.288	0.206	
Hydroxyproline.....g	0.077		0	PAK	1		0.351	0.022	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13229

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13462

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.336		0	PIK	4		8.786	46.885	
14:1.....g	0.077		0	PAK	1		0.066	0.351	
15:1.....g									
16:1 undifferentiated.....g	0.909		0	PAK	1		0.773	4.125	
17:1.....g									
18:1 undifferentiated.....g	9.311		0	PAK	1		7.914	42.235	
20:1.....g	0.038		0	PAK	1		0.033	0.174	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.995		0	PIK	4		0.846	4.513	
18:2 undifferentiated.....g	0.679		0	PAK	1		0.577	3.080	
18:3 undifferentiated.....g	0.281		0	PAK	1		0.239	1.275	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	PAK	1		0.030	0.158	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	PAK	1		56	301	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0	PAK	1		0.216	1.153	
Threonine.....g	1.078		0	PAK	1		0.917	4.892	
Isoleucine.....g	1.196		0	PAK	1		1.016	5.424	
Leucine.....g	2.052		0	PAK	1		1.744	9.309	
Lysine.....g	2.177		0	PAK	1		1.850	9.874	
Methionine.....g	0.659		0	PAK	1		0.560	2.990	
Cystine.....g	0.253		0	PAK	1		0.215	1.148	
Phenylalanine.....g	1.007		0	PAK	1		0.856	4.569	
Tyrosine.....g	0.853		0	PAK	1		0.725	3.868	
Valine.....g	1.256		0	PAK	1		1.068	5.697	
Arginine.....g	1.571		0	PAK	1		1.335	7.127	
Histidine.....g	0.761		0	PAK	1		0.647	3.454	
Alanine.....g	1.418		0	PAK	1		1.205	6.433	
Aspartic acid.....g	2.319		0	PAK	1		1.972	10.521	
Glutamic acid.....g	3.738		0	PAK	1		3.177	16.954	
Glycine.....g	1.133		0	PAK	1		0.963	5.137	
Proline.....g	0.997		0	PAK	1		0.847	4.521	
Serine.....g	0.937		0	PAK	1		0.797	4.251	
Hydroxyproline.....g	0.097		0	PAK	1		0.083	0.442	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13462

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13461

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.274		0	PIK	4		1.779	28.458	
14:1.....g	0.034		0	PAK	1		0.010	0.156	
15:1.....g									
16:1 undifferentiated.....g	0.651		0	PAK	1		0.185	2.952	
17:1.....g									
18:1 undifferentiated.....g	5.573		0	PAK	1		1.580	25.280	
20:1.....g	0.015		0	PAK	1		0.004	0.069	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.601		0	PIK	4		0.170	2.726	
18:2 undifferentiated.....g	0.396		0	PAK	1		0.112	1.798	
18:3 undifferentiated.....g	0.166		0	PAK	1		0.047	0.752	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		0	PAK	1		0.011	0.176	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PAK	1		16	257	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.224		0	PAK	1		0.064	1.017	
Threonine.....g	0.955		0	PAK	1		0.271	4.333	
Isoleucine.....g	1.063		0	PAK	1		0.301	4.821	
Leucine.....g	1.822		0	PAK	1		0.517	8.265	
Lysine.....g	1.933		0	PAK	1		0.548	8.770	
Methionine.....g	0.585		0	PAK	1		0.166	2.653	
Cystine.....g	0.223		0	PAK	1		0.063	1.012	
Phenylalanine.....g	0.894		0	PAK	1		0.253	4.055	
Tyrosine.....g	0.756		0	PAK	1		0.214	3.431	
Valine.....g	1.115		0	PAK	1		0.316	5.056	
Arginine.....g	1.392		0	PAK	1		0.395	6.314	
Histidine.....g	0.671		0	PAK	1		0.190	3.042	
Alanine.....g	1.253		0	PAK	1		0.355	5.683	
Aspartic acid.....g	2.057		0	PAK	1		0.583	9.331	
Glutamic acid.....g	3.312		0	PAK	1		0.939	15.022	
Glycine.....g	0.994		0	PAK	1		0.282	4.507	
Proline.....g	0.879		0	PAK	1		0.249	3.986	
Serine.....g	0.830		0	PAK	1		0.235	3.763	
Hydroxyproline.....g	0.091		0	PAK	1		0.026	0.411	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13461

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13458

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.555		0	PIK	4		9.822	52.416	
14:1.....g	0.083		0	PAK	1		0.071	0.378	
15:1.....g									
16:1 undifferentiated.....g	1.031		0	PAK	1		0.876	4.676	
17:1.....g									
18:1 undifferentiated.....g	10.398		0	PAK	1		8.839	47.166	
20:1.....g	0.043		0	PAK	1		0.037	0.195	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.999		0	PIK	4		0.849	4.531	
18:2 undifferentiated.....g	0.663		0	PAK	1		0.564	3.009	
18:3 undifferentiated.....g	0.308		0	PAK	1		0.262	1.399	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	PAK	1		0.023	0.123	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	PAK	1		61	327	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.239		0	PAK	1		0.203	1.084	
Threonine.....g	1.012		0	PAK	1		0.860	4.591	
Isoleucine.....g	1.121		0	PAK	1		0.952	5.083	
Leucine.....g	1.924		0	PAK	1		1.635	8.727	
Lysine.....g	2.040		0	PAK	1		1.734	9.256	
Methionine.....g	0.618		0	PAK	1		0.525	2.803	
Cystine.....g	0.238		0	PAK	1		0.202	1.079	
Phenylalanine.....g	0.944		0	PAK	1		0.803	4.284	
Tyrosine.....g	0.800		0	PAK	1		0.680	3.628	
Valine.....g	1.178		0	PAK	1		1.001	5.341	
Arginine.....g	1.474		0	PAK	1		1.253	6.687	
Histidine.....g	0.716		0	PAK	1		0.609	3.249	
Alanine.....g	1.332		0	PAK	1		1.132	6.043	
Aspartic acid.....g	2.175		0	PAK	1		1.849	9.868	
Glutamic acid.....g	3.507		0	PAK	1		2.981	15.908	
Glycine.....g	1.067		0	PAK	1		0.907	4.840	
Proline.....g	0.937		0	PAK	1		0.797	4.251	
Serine.....g	0.880		0	PAK	1		0.748	3.990	
Hydroxyproline.....g	0.090		0	PAK	1		0.077	0.410	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13458

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13457

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.744		0	PIK	4		35.125	2.195	
14:1.....g	0.053		0	PAK	1		0.241	0.015	
15:1.....g									
16:1 undifferentiated.....g	0.782		0	PAK	1		3.549	0.222	
17:1.....g									
18:1 undifferentiated.....g	6.886		0	PAK	1		31.233	1.952	
20:1.....g	0.022		0	PAK	1		0.102	0.006	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.665		0	PIK	4		3.017	0.189	
18:2 undifferentiated.....g	0.437		0	PAK	1		1.984	0.124	
18:3 undifferentiated.....g	0.192		0	PAK	1		0.873	0.055	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	PAK	1		0.160	0.010	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0	PAK	1		286	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0	PAK	1		0.942	0.059	
Threonine.....g	0.884		0	PAK	1		4.008	0.251	
Isoleucine.....g	0.982		0	PAK	1		4.455	0.278	
Leucine.....g	1.684		0	PAK	1		7.640	0.477	
Lysine.....g	1.787		0	PAK	1		8.106	0.507	
Methionine.....g	0.541		0	PAK	1		2.453	0.153	
Cystine.....g	0.207		0	PAK	1		0.937	0.059	
Phenylalanine.....g	0.827		0	PAK	1		3.749	0.234	
Tyrosine.....g	0.699		0	PAK	1		3.172	0.198	
Valine.....g	1.031		0	PAK	1		4.674	0.292	
Arginine.....g	1.288		0	PAK	1		5.840	0.365	
Histidine.....g	0.621		0	PAK	1		2.818	0.176	
Alanine.....g	1.160		0	PAK	1		5.260	0.329	
Aspartic acid.....g	1.902		0	PAK	1		8.628	0.539	
Glutamic acid.....g	3.063		0	PAK	1		13.894	0.868	
Glycine.....g	0.922		0	PAK	1		4.180	0.261	
Proline.....g	0.814		0	PAK	1		3.692	0.231	
Serine.....g	0.768		0	PAK	1		3.482	0.218	
Hydroxyproline.....g	0.083		0	PAK	1		0.375	0.023	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13457

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23002

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.590		0	PAE	4		27.427	8.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820		0	PAE	4		2.345	0.697	
17:1.....g									
18:1 undifferentiated.....g	8.660		0	PAE	4		24.768	7.361	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0	PAE	4		2.345	0.697	
18:2 undifferentiated.....g	0.540		0	PAE	4		1.544	0.459	
18:3 undifferentiated.....g	0.230		0	PAE	4		0.658	0.196	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	PAE	4		203	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		0	PAE	4		0.752	0.224	
Threonine.....g	1.027		0	PAE	4		2.937	0.873	
Isoleucine.....g	1.057		0	PAE	4		3.023	0.898	
Leucine.....g	1.858		0	PAE	4		5.314	1.579	
Lysine.....g	1.956		0	PAE	4		5.594	1.663	
Methionine.....g	0.602		0	PAE	4		1.722	0.512	
Cystine.....g	0.263		0	PAE	4		0.752	0.224	
Phenylalanine.....g	0.918		0	PAE	4		2.625	0.780	
Tyrosine.....g	0.790		0	PAE	4		2.259	0.672	
Valine.....g	1.143		0	PAE	4		3.269	0.972	
Arginine.....g	1.486		0	PAE	4		4.250	1.263	
Histidine.....g	0.805		0	PAE	4		2.302	0.684	
Alanine.....g	1.418		0	PAE	4		4.055	1.205	
Aspartic acid.....g	2.148		0	PAE	4		6.143	1.826	
Glutamic acid.....g	3.532		0	PAE	4		10.102	3.002	
Glycine.....g	1.283		0	PAE	4		3.669	1.091	
Proline.....g	1.038		0	PAE	4		2.969	0.882	
Serine.....g	0.899		0	PAE	4		2.571	0.764	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23001

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.200		0	PAE	4		2.325	37.195	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0	PAE	4		0.241	3.856	
17:1.....g									
18:1 undifferentiated.....g	7.260		0	PAE	4		2.058	32.931	
20:1.....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0	PAE	4		0.198	3.175	
18:2 undifferentiated.....g	0.460		0	PAE	4		0.130	2.087	
18:3 undifferentiated.....g	0.210		0	PAE	4		0.060	0.953	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	PAE	4		18	290	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0	PAE	4		0.060	0.957	
Threonine.....g	0.821		0	PAE	4		0.233	3.724	
Isoleucine.....g	0.845		0	PAE	4		0.240	3.833	
Leucine.....g	1.486		0	PAE	4		0.421	6.740	
Lysine.....g	1.564		0	PAE	4		0.443	7.094	
Methionine.....g	0.481		0	PAE	4		0.136	2.182	
Cystine.....g	0.211		0	PAE	4		0.060	0.957	
Phenylalanine.....g	0.734		0	PAE	4		0.208	3.329	
Tyrosine.....g	0.632		0	PAE	4		0.179	2.867	
Valine.....g	0.914		0	PAE	4		0.259	4.146	
Arginine.....g	1.188		0	PAE	4		0.337	5.389	
Histidine.....g	0.644		0	PAE	4		0.183	2.921	
Alanine.....g	1.134		0	PAE	4		0.321	5.144	
Aspartic acid.....g	1.717		0	PAE	4		0.487	7.788	
Glutamic acid.....g	2.824		0	PAE	4		0.801	12.810	
Glycine.....g	1.026		0	PAE	4		0.291	4.654	
Proline.....g	0.830		0	PAE	4		0.235	3.765	
Serine.....g	0.719		0	PAE	4		0.204	3.261	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13906

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	9.780		0	PAE	4		24.939	8.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830		0	PAE	4		2.117	0.706	
17:1.....g									
18:1 undifferentiated.....g	8.840		0	PAE	4		22.542	7.514	
20:1.....g	0.030		0	PAE	4		0.077	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.790		0	PAE	4		2.015	0.672	
18:2 undifferentiated.....g	0.510		0	PAE	4		1.301	0.434	
18:3 undifferentiated.....g	0.230		0	PAE	4		0.587	0.196	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.077	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0	PAE	4		189	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	PAE	4		0.666	0.222	
Threonine.....g	1.017		0	PAE	4		2.593	0.864	
Isoleucine.....g	1.046		0	PAE	4		2.667	0.889	
Leucine.....g	1.839		0	PAE	4		4.689	1.563	
Lysine.....g	1.936		0	PAE	4		4.937	1.646	
Methionine.....g	0.596		0	PAE	4		1.520	0.507	
Cystine.....g	0.261		0	PAE	4		0.666	0.222	
Phenylalanine.....g	0.909		0	PAE	4		2.318	0.773	
Tyrosine.....g	0.782		0	PAE	4		1.994	0.665	
Valine.....g	1.132		0	PAE	4		2.887	0.962	
Arginine.....g	1.471		0	PAE	4		3.751	1.250	
Histidine.....g	0.797		0	PAE	4		2.032	0.677	
Alanine.....g	1.404		0	PAE	4		3.580	1.193	
Aspartic acid.....g	2.126		0	PAE	4		5.421	1.807	
Glutamic acid.....g	3.496		0	PAE	4		8.915	2.972	
Glycine.....g	1.270		0	PAE	4		3.239	1.080	
Proline.....g	1.028		0	PAE	4		2.621	0.874	
Serine.....g	0.890		0	PAE	4		2.270	0.757	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 255g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13905

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.940		0	PAE	4		2.534	40.552	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.930		0	PAE	4		0.264	4.218	
17:1.....g									
18:1 undifferentiated.....g	7.920		0	PAE	4		2.245	35.925	
20:1.....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	PAE	4		0.210	3.357	
18:2 undifferentiated.....g	0.470		0	PAE	4		0.133	2.132	
18:3 undifferentiated.....g	0.220		0	PAE	4		0.062	0.998	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	PAE	4		19	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0	PAE	4		0.057	0.912	
Threonine.....g	0.785		0	PAE	4		0.223	3.561	
Isoleucine.....g	0.808		0	PAE	4		0.229	3.665	
Leucine.....g	1.421		0	PAE	4		0.403	6.446	
Lysine.....g	1.496		0	PAE	4		0.424	6.786	
Methionine.....g	0.460		0	PAE	4		0.130	2.087	
Cystine.....g	0.201		0	PAE	4		0.057	0.912	
Phenylalanine.....g	0.702		0	PAE	4		0.199	3.184	
Tyrosine.....g	0.604		0	PAE	4		0.171	2.740	
Valine.....g	0.874		0	PAE	4		0.248	3.964	
Arginine.....g	1.136		0	PAE	4		0.322	5.153	
Histidine.....g	0.615		0	PAE	4		0.174	2.790	
Alanine.....g	1.084		0	PAE	4		0.307	4.917	
Aspartic acid.....g	1.642		0	PAE	4		0.466	7.448	
Glutamic acid.....g	2.701		0	PAE	4		0.766	12.252	
Glycine.....g	0.981		0	PAE	4		0.278	4.450	
Proline.....g	0.794		0	PAE	4		0.225	3.602	
Serine.....g	0.687		0	PAE	4		0.195	3.116	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23004

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.130		0	PAE	4		26.294	7.761	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		0	PAE	4		2.275	0.672	
17:1.....g									
18:1 undifferentiated.....g	8.240		0	PAE	4		23.731	7.004	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0	PAE	4		2.563	0.757	
18:2 undifferentiated.....g	0.610		0	PAE	4		1.757	0.519	
18:3 undifferentiated.....g	0.240		0	PAE	4		0.691	0.204	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAE	4		187	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0	PAE	4		0.775	0.229	
Threonine.....g	1.051		0	PAE	4		3.027	0.893	
Isoleucine.....g	1.081		0	PAE	4		3.113	0.919	
Leucine.....g	1.901		0	PAE	4		5.475	1.616	
Lysine.....g	2.001		0	PAE	4		5.763	1.701	
Methionine.....g	0.616		0	PAE	4		1.774	0.524	
Cystine.....g	0.269		0	PAE	4		0.775	0.229	
Phenylalanine.....g	0.939		0	PAE	4		2.704	0.798	
Tyrosine.....g	0.808		0	PAE	4		2.327	0.687	
Valine.....g	1.170		0	PAE	4		3.370	0.995	
Arginine.....g	1.520		0	PAE	4		4.378	1.292	
Histidine.....g	0.824		0	PAE	4		2.373	0.700	
Alanine.....g	1.451		0	PAE	4		4.179	1.233	
Aspartic acid.....g	2.198		0	PAE	4		6.330	1.868	
Glutamic acid.....g	3.614		0	PAE	4		10.408	3.072	
Glycine.....g	1.312		0	PAE	4		3.779	1.115	
Proline.....g	1.062		0	PAE	4		3.059	0.903	
Serine.....g	0.920		0	PAE	4		2.650	0.782	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 288g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 23003

Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.460		0	PAE	4		1.831	29.303	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0	PAE	4		0.187	2.994	
17:1.....g									
18:1 undifferentiated.....g	5.740		0	PAE	4		1.627	26.037	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	PAE	4		0.179	2.858	
18:2 undifferentiated.....g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated.....g	0.170		0	PAE	4		0.048	0.771	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0	PAE	4		16	254	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0	PAE	4		0.066	1.052	
Threonine.....g	0.905		0	PAE	4		0.257	4.105	
Isoleucine.....g	0.931		0	PAE	4		0.264	4.223	
Leucine.....g	1.637		0	PAE	4		0.464	7.425	
Lysine.....g	1.724		0	PAE	4		0.489	7.820	
Methionine.....g	0.530		0	PAE	4		0.150	2.404	
Cystine.....g	0.232		0	PAE	4		0.066	1.052	
Phenylalanine.....g	0.809		0	PAE	4		0.229	3.670	
Tyrosine.....g	0.696		0	PAE	4		0.197	3.157	
Valine.....g	1.008		0	PAE	4		0.286	4.572	
Arginine.....g	1.309		0	PAE	4		0.371	5.938	
Histidine.....g	0.709		0	PAE	4		0.201	3.216	
Alanine.....g	1.250		0	PAE	4		0.354	5.670	
Aspartic acid.....g	1.893		0	PAE	4		0.537	8.587	
Glutamic acid.....g	3.112		0	PAE	4		0.882	14.116	
Glycine.....g	1.130		0	PAE	4		0.320	5.126	
Proline.....g	0.915		0	PAE	4		0.259	4.150	
Serine.....g	0.792		0	PAE	4		0.225	3.593	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13465

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.159		0	PIK	4		4.385	23.401	
14:1.....g	0.112		0	PAK	1		0.095	0.507	
15:1.....g									
16:1 undifferentiated.....g	0.316		0	PAK	1		0.269	1.435	
17:1.....g									
18:1 undifferentiated.....g	4.731		0	PAK	1		4.021	21.459	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0	PIK	4		0.368	1.964	
18:2 undifferentiated.....g	0.337		0	PAK	1		0.286	1.528	
18:3 undifferentiated.....g	0.060		0	PAK	1		0.051	0.272	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	PAK	1		0.031	0.164	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAK	1		55	293	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0	PAK	1		0.237	1.267	
Threonine.....g	1.196		0	PAK	1		1.017	5.426	
Isoleucine.....g	1.337		0	PAK	1		1.136	6.063	
Leucine.....g	2.288		0	PAK	1		1.945	10.380	
Lysine.....g	2.429		0	PAK	1		2.065	11.019	
Methionine.....g	0.734		0	PAK	1		0.624	3.330	
Cystine.....g	0.278		0	PAK	1		0.236	1.261	
Phenylalanine.....g	1.122		0	PAK	1		0.954	5.091	
Tyrosine.....g	0.949		0	PAK	1		0.806	4.303	
Valine.....g	1.400		0	PAK	1		1.190	6.349	
Arginine.....g	1.744		0	PAK	1		1.482	7.911	
Histidine.....g	0.834		0	PAK	1		0.709	3.785	
Alanine.....g	1.565		0	PAK	1		1.330	7.097	
Aspartic acid.....g	2.580		0	PAK	1		2.193	11.704	
Glutamic acid.....g	4.149		0	PAK	1		3.527	18.820	
Glycine.....g	1.231		0	PAK	1		1.046	5.582	
Proline.....g	1.094		0	PAK	1		0.930	4.964	
Serine.....g	1.039		0	PAK	1		0.883	4.711	
Hydroxyproline.....g	0.121		0	PAK	1		0.103	0.549	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13465

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.192		0	PIK	4		4.413	23.551	
14:1.....g	0.112		0	PAK	1		0.095	0.506	
15:1.....g									
16:1 undifferentiated.....g	0.300		0	PAK	1		0.255	1.359	
17:1.....g									
18:1 undifferentiated.....g	4.781		0	PAK	1		4.064	21.686	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.379		0	PIK	4		0.322	1.719	
18:2 undifferentiated.....g	0.290		0	PAK	1		0.247	1.315	
18:3 undifferentiated.....g	0.055		0	PAK	1		0.047	0.249	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PAK	1		53	283	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0	PAK	1		0.239	1.276	
Threonine.....g	1.205		0	PAK	1		1.024	5.466	
Isoleucine.....g	1.346		0	PAK	1		1.144	6.107	
Leucine.....g	2.305		0	PAK	1		1.959	10.455	
Lysine.....g	2.447		0	PAK	1		2.080	11.099	
Methionine.....g	0.740		0	PAK	1		0.629	3.355	
Cystine.....g	0.280		0	PAK	1		0.238	1.270	
Phenylalanine.....g	1.130		0	PAK	1		0.961	5.128	
Tyrosine.....g	0.956		0	PAK	1		0.812	4.334	
Valine.....g	1.410		0	PAK	1		1.198	6.395	
Arginine.....g	1.757		0	PAK	1		1.493	7.968	
Histidine.....g	0.840		0	PAK	1		0.714	3.812	
Alanine.....g	1.576		0	PAK	1		1.339	7.148	
Aspartic acid.....g	2.599		0	PAK	1		2.209	11.789	
Glutamic acid.....g	4.179		0	PAK	1		3.552	18.957	
Glycine.....g	1.239		0	PAK	1		1.054	5.622	
Proline.....g	1.102		0	PAK	1		0.937	5.000	
Serine.....g	1.046		0	PAK	1		0.889	4.745	
Hydroxyproline.....g	0.120		0	PAK	1		0.102	0.546	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13466

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.175		0	NC	4		5.249	5.249	16.426
14:1.....g	0.140	0.025	4	A	1		0.119	0.119	0.372
15:1.....g									
16:1 undifferentiated.....g	0.375	0.035	8	A	1		0.319	0.319	0.998
17:1.....g									
18:1 undifferentiated.....g	5.660	0.130	8	A	1		4.811	4.811	15.056
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.385		0	NC	4		0.327	0.327	1.024
18:2 undifferentiated.....g	0.290	0.020	8	A	1		0.247	0.247	0.771
18:3 undifferentiated.....g	0.065	0.005	8	A	1		0.055	0.055	0.173
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.000	8	A	1		0.026	0.026	0.080
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	65	5.685	4	A	1		55	55	173
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.275		0	A	1		0.234	0.234	0.732
Threonine.....g	1.179		0	A	1		1.002	1.002	3.136
Isoleucine.....g	1.317		0	A	1		1.120	1.120	3.504
Leucine.....g	2.255		0	A	1		1.917	1.917	5.999
Lysine.....g	2.394		0	A	1		2.035	2.035	6.368
Methionine.....g	0.724		0	A	1		0.615	0.615	1.925
Cystine.....g	0.274		0	A	1		0.233	0.233	0.729
Phenylalanine.....g	1.106		0	A	1		0.940	0.940	2.942
Tyrosine.....g	0.935		0	A	1		0.795	0.795	2.487
Valine.....g	1.379		0	A	1		1.173	1.173	3.669
Arginine.....g	1.719		0	A	1		1.461	1.461	4.572
Histidine.....g	0.822		0	A	1		0.699	0.699	2.187
Alanine.....g	1.542		0	A	1		1.311	1.311	4.102
Aspartic acid.....g	2.543		0	A	1		2.162	2.162	6.765
Glutamic acid.....g	4.089		0	A	1		3.476	3.476	10.877
Glycine.....g	1.213		0	A	1		1.031	1.031	3.226
Proline.....g	1.079		0	A	1		0.917	0.917	2.869
Serine.....g	1.024		0	A	1		0.870	0.870	2.723
Hydroxyproline.....g	0.118		0	A	1		0.100	0.100	0.314
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg									
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 266g: 1 piece, cooked, excluding refuse

NDB No. 13467

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.760		0	NC	4		3.196	3.196	9.626
14:1.....g	0.070	0.006	3	A	1		0.060	0.060	0.179
15:1.....g									
16:1 undifferentiated.....g	0.190	0.029	3	A	1		0.162	0.162	0.486
17:1.....g									
18:1 undifferentiated.....g	3.500	0.185	3	A	1		2.975	2.975	8.960
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0	NC	4		0.315	0.315	0.947
18:2 undifferentiated.....g	0.290	0.029	3	A	1		0.247	0.247	0.742
18:3 undifferentiated.....g	0.040	0.006	3	A	1		0.034	0.034	0.102
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.006	3	A	1		0.034	0.034	0.102
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	58	6.212	3	A	1		50	50	149
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.290		0	A	1		0.247	0.247	0.743
Threonine.....g	1.243		0	A	1		1.056	1.056	3.182
Isoleucine.....g	1.389		0	A	1		1.180	1.180	3.555
Leucine.....g	2.377		0	A	1		2.021	2.021	6.086
Lysine.....g	2.524		0	A	1		2.145	2.145	6.461
Methionine.....g	0.763		0	A	1		0.648	0.648	1.953
Cystine.....g	0.289		0	A	1		0.245	0.245	0.739
Phenylalanine.....g	1.166		0	A	1		0.991	0.991	2.985
Tyrosine.....g	0.986		0	A	1		0.838	0.838	2.523
Valine.....g	1.454		0	A	1		1.236	1.236	3.722
Arginine.....g	1.812		0	A	1		1.540	1.540	4.638
Histidine.....g	0.867		0	A	1		0.737	0.737	2.219
Alanine.....g	1.625		0	A	1		1.382	1.382	4.161
Aspartic acid.....g	2.681		0	A	1		2.279	2.279	6.862
Glutamic acid.....g	4.310		0	A	1		3.664	3.664	11.035
Glycine.....g	1.278		0	A	1		1.087	1.087	3.273
Proline.....g	1.137		0	A	1		0.966	0.966	2.911
Serine.....g	1.079		0	A	1		0.917	0.917	2.762
Hydroxyproline.....g	0.124		0	A	1		0.106	0.106	0.318
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 256g: 1 piece, cooked, excluding refuse

NDB No. 13470

Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13232

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	5.625		0	NC	4		4.781	4.781	11.588
14:1.....g	0.120	0.030	4	A	1		0.102	0.102	0.247
15:1.....g									
16:1 undifferentiated.....g	0.355	0.035	9	A	1		0.302	0.302	0.731
17:1.....g									
18:1 undifferentiated.....g	5.150	0.330	9	A	1		4.378	4.378	10.609
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	NC	4		0.323	0.323	0.783
18:2 undifferentiated.....g	0.290	0.020	9	A	1		0.247	0.247	0.597
18:3 undifferentiated.....g	0.060	0.010	9	A	1		0.051	0.051	0.124
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.000	9	A	1		0.026	0.026	0.062
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	69	4.328	5	A	1		59	59	142
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0	A	1		0.229	0.229	0.555
Threonine.....g	1.155		0	A	1		0.981	0.981	2.378
Isoleucine.....g	1.290		0	A	1		1.096	1.096	2.657
Leucine.....g	2.208		0	A	1		1.877	1.877	4.549
Lysine.....g	2.344		0	A	1		1.993	1.993	4.829
Methionine.....g	0.709		0	A	1		0.602	0.602	1.460
Cystine.....g	0.268		0	A	1		0.228	0.228	0.553
Phenylalanine.....g	1.083		0	A	1		0.921	0.921	2.231
Tyrosine.....g	0.916		0	A	1		0.778	0.778	1.886
Valine.....g	1.351		0	A	1		1.148	1.148	2.783
Arginine.....g	1.683		0	A	1		1.431	1.431	3.467
Histidine.....g	0.805		0	A	1		0.684	0.684	1.659
Alanine.....g	1.510		0	A	1		1.283	1.283	3.110
Aspartic acid.....g	2.490		0	A	1		2.117	2.117	5.130
Glutamic acid.....g	4.004		0	A	1		3.404	3.404	8.249
Glycine.....g	1.188		0	A	1		1.009	1.009	2.446
Proline.....g	1.056		0	A	1		0.898	0.898	2.176
Serine.....g	1.002		0	A	1		0.852	0.852	2.065
Hydroxyproline.....g	0.118		0	A	1		0.100	0.100	0.243
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 206g: 1 piece, cooked, excluding refuse

NDB No. 13232

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13231

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	4.085		0	NC	4		18.530	1.158	
14:1.....g	0.080	0.010	4	A	1		0.363	0.023	
15:1.....g									
16:1 undifferentiated.....g	0.240	0.010	9	A	1		1.089	0.068	
17:1.....g									
18:1 undifferentiated.....g	3.755	0.305	9	A	1		17.033	1.065	
20:1.....g	0.010		5	A	1		0.045	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		1.452	0.091	
18:2 undifferentiated.....g	0.250	0.010	9	A	1		1.134	0.071	
18:3 undifferentiated.....g	0.030	0.000	9	A	1		0.136	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.000	9	A	1		0.181	0.011	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61	2.661	5	A	1		277	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218			A	1		0.990	0.062	
Threonine.....g	0.935			A	1		4.239	0.265	
Isoleucine.....g	1.044			A	1		4.736	0.296	
Leucine.....g	1.788			A	1		8.109	0.507	
Lysine.....g	1.898			A	1		8.608	0.538	
Methionine.....g	0.574			A	1		2.602	0.163	
Cystine.....g	0.217			A	1		0.985	0.062	
Phenylalanine.....g	0.877			A	1		3.977	0.249	
Tyrosine.....g	0.741			A	1		3.362	0.210	
Valine.....g	1.093			A	1		4.960	0.310	
Arginine.....g	1.362			A	1		6.180	0.386	
Histidine.....g	0.652			A	1		2.957	0.185	
Alanine.....g	1.222			A	1		5.544	0.346	
Aspartic acid.....g	2.016			A	1		9.143	0.571	
Glutamic acid.....g	3.241			A	1		14.702	0.919	
Glycine.....g	0.961			A	1		4.360	0.273	
Proline.....g	0.855			A	1		3.878	0.242	
Serine.....g	0.811			A	1		3.680	0.230	
Hydroxyproline.....g	0.094			BFPN	4		0.424	0.027	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

NDB No. 13231

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13469

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.480		0	NC	4		3.808	3.808	9.811
14:1.....g	0.100	0.017	3	A	1		0.085	0.085	0.219
15:1.....g									
16:1 undifferentiated.....g	0.260	0.020	6	A	1		0.221	0.221	0.569
17:1.....g									
18:1 undifferentiated.....g	4.120	0.310	6	A	1		3.502	3.502	9.023
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0	NC	4		0.434	0.434	1.117
18:2 undifferentiated.....g	0.405	0.035	6	A	1		0.344	0.344	0.887
18:3 undifferentiated.....g	0.060	0.000	6	A	1		0.051	0.051	0.131
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045	0.005	6	A	1		0.038	0.038	0.099
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	58	1.305	3	A	1		49	49	127
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.294		0	A	1		0.250	0.250	0.643
Threonine.....g	1.257		0	A	1		1.069	1.069	2.753
Isoleucine.....g	1.405		0	A	1		1.194	1.194	3.076
Leucine.....g	2.405		0	A	1		2.044	2.044	5.266
Lysine.....g	2.553		0	A	1		2.170	2.170	5.591
Methionine.....g	0.772		0	A	1		0.656	0.656	1.690
Cystine.....g	0.292		0	A	1		0.248	0.248	0.640
Phenylalanine.....g	1.179		0	A	1		1.002	1.002	2.583
Tyrosine.....g	0.997		0	A	1		0.847	0.847	2.183
Valine.....g	1.471		0	A	1		1.250	1.250	3.221
Arginine.....g	1.833		0	A	1		1.558	1.558	4.014
Histidine.....g	0.877		0	A	1		0.745	0.745	1.920
Alanine.....g	1.644		0	A	1		1.397	1.397	3.601
Aspartic acid.....g	2.712		0	A	1		2.305	2.305	5.938
Glutamic acid.....g	4.360		0	A	1		3.706	3.706	9.549
Glycine.....g	1.293		0	A	1		1.099	1.099	2.832
Proline.....g	1.150		0	A	1		0.978	0.978	2.519
Serine.....g	1.091		0	A	1		0.928	0.928	2.390
Hydroxyproline.....g	0.126		0	A	1		0.107	0.107	0.275
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 219g: 1 piece, cooked, excluding refuse

NDB No. 13469

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13468

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	2.295		0	NC	4		10.410	0.651	
14:1.....g	0.040	0.006	3	A	1		0.181	0.011	
15:1.....g									
16:1 undifferentiated.....g	0.130	0.010	6	A	1		0.590	0.037	
17:1.....g									
18:1 undifferentiated.....g	2.125	0.165	6	A	1		9.639	0.602	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0	NC	4		1.293	0.081	
18:2 undifferentiated.....g	0.220	0.020	6	A	1		0.998	0.062	
18:3 undifferentiated.....g	0.020	0.000	6	A	1		0.091	0.006	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045	0.005	6	A	1		0.204	0.013	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	50	0.845	6	A	1		226	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0	A	1		1.114	0.070	
Threonine.....g	1.051		0	A	1		4.769	0.298	
Isoleucine.....g	1.175		0	A	1		5.329	0.333	
Leucine.....g	2.011		0	A	1		9.123	0.570	
Lysine.....g	2.135		0	A	1		9.685	0.605	
Methionine.....g	0.645		0	A	1		2.927	0.183	
Cystine.....g	0.244		0	A	1		1.108	0.069	
Phenylalanine.....g	0.986		0	A	1		4.475	0.280	
Tyrosine.....g	0.834		0	A	1		3.782	0.236	
Valine.....g	1.230		0	A	1		5.580	0.349	
Arginine.....g	1.533		0	A	1		6.953	0.435	
Histidine.....g	0.733		0	A	1		3.327	0.208	
Alanine.....g	1.375		0	A	1		6.237	0.390	
Aspartic acid.....g	2.268		0	A	1		10.287	0.643	
Glutamic acid.....g	3.647		0	A	1		16.542	1.034	
Glycine.....g	1.082		0	A	1		4.906	0.307	
Proline.....g	0.962		0	A	1		4.363	0.273	
Serine.....g	0.913		0	A	1		4.141	0.259	
Hydroxyproline.....g	0.105		0	BFPN	4		0.477	0.030	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13468

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13464

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.356		0	PIK	4		15.225	0.952	
14:1.....g	0.064		0	PAK	1		0.289	0.018	
15:1.....g									
16:1 undifferentiated.....g	0.195		0	PAK	1		0.886	0.055	
17:1.....g									
18:1 undifferentiated.....g	3.092		0	PAK	1		14.023	0.876	
20:1.....g	0.006		0	PAK	1		0.027	0.002	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.306		0	PIK	4		1.387	0.087	
18:2 undifferentiated.....g	0.238		0	PAK	1		1.079	0.067	
18:3 undifferentiated.....g	0.026		0	PAK	1		0.118	0.007	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0	PAK	1		0.191	0.012	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0	PAK	1		256	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0	PAK	1		1.040	0.065	
Threonine.....g	0.982		0	PAK	1		4.455	0.278	
Isoleucine.....g	1.097		0	PAK	1		4.977	0.311	
Leucine.....g	1.879		0	PAK	1		8.521	0.533	
Lysine.....g	1.994		0	PAK	1		9.046	0.565	
Methionine.....g	0.603		0	PAK	1		2.734	0.171	
Cystine.....g	0.228		0	PAK	1		1.035	0.065	
Phenylalanine.....g	0.921		0	PAK	1		4.179	0.261	
Tyrosine.....g	0.779		0	PAK	1		3.533	0.221	
Valine.....g	1.149		0	PAK	1		5.212	0.326	
Arginine.....g	1.432		0	PAK	1		6.494	0.406	
Histidine.....g	0.685		0	PAK	1		3.107	0.194	
Alanine.....g	1.284		0	PAK	1		5.826	0.364	
Aspartic acid.....g	2.118		0	PAK	1		9.609	0.601	
Glutamic acid.....g	3.406		0	PAK	1		15.451	0.966	
Glycine.....g	1.010		0	PAK	1		4.582	0.286	
Proline.....g	0.898		0	PAK	1		4.075	0.255	
Serine.....g	0.853		0	PAK	1		3.868	0.242	
Hydroxyproline.....g	0.098		0	PAK	1		0.446	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13464

Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.896		0	PIK	4		6.712	35.818	
14:1.....g	0.070		0	PAK	1		0.059	0.317	
15:1.....g									
16:1 undifferentiated.....g	0.632		0	PAK	1		0.537	2.865	
17:1.....g									
18:1 undifferentiated.....g	7.173		0	PAK	1		6.097	32.539	
20:1.....g	0.021		0	PAK	1		0.018	0.097	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.615		0	PIK	4		0.523	2.789	
18:2 undifferentiated.....g	0.423		0	PAK	1		0.359	1.917	
18:3 undifferentiated.....g	0.166		0	PAK	1		0.141	0.753	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	PAK	1		0.022	0.119	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PAK	1		52	275	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.260		0	PAK	1		0.221	1.180	
Threonine.....g	1.108		0	PAK	1		0.942	5.026	
Isoleucine.....g	1.233		0	PAK	1		1.048	5.592	
Leucine.....g	2.114		0	PAK	1		1.796	9.587	
Lysine.....g	2.243		0	PAK	1		1.906	10.173	
Methionine.....g	0.679		0	PAK	1		0.577	3.078	
Cystine.....g	0.259		0	PAK	1		0.220	1.174	
Phenylalanine.....g	1.037		0	PAK	1		0.881	4.704	
Tyrosine.....g	0.877		0	PAK	1		0.746	3.980	
Valine.....g	1.293		0	PAK	1		1.099	5.866	
Arginine.....g	1.615		0	PAK	1		1.372	7.324	
Histidine.....g	0.778		0	PAK	1		0.661	3.529	
Alanine.....g	1.453		0	PAK	1		1.235	6.592	
Aspartic acid.....g	2.386		0	PAK	1		2.028	10.824	
Glutamic acid.....g	3.841		0	PAK	1		3.265	17.425	
Glycine.....g	1.153		0	PAK	1		0.980	5.229	
Proline.....g	1.019		0	PAK	1		0.866	4.623	
Serine.....g	0.962		0	PAK	1		0.818	4.365	
Hydroxyproline.....g	0.105		0	PAK	1		0.089	0.476	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13474

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.197		0	PIK	4		5.268	28.111	
14:1.....g	0.063		0	PAK	1		0.053	0.284	
15:1.....g									
16:1 undifferentiated.....g	0.519		0	PAK	1		0.441	2.353	
17:1.....g									
18:1 undifferentiated.....g	5.598		0	PAK	1		4.758	25.393	
20:1.....g	0.018		0	PAK	1		0.015	0.081	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0	PIK	4		0.527	2.814	
18:2 undifferentiated.....g	0.385		0	PAK	1		0.328	1.748	
18:3 undifferentiated.....g	0.163		0	PAK	1		0.139	0.741	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.072		0	PAK	1		0.061	0.325	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0	PAK	1		50	266	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0	PAK	1		0.224	1.196	
Threonine.....g	1.124		0	PAK	1		0.955	5.099	
Isoleucine.....g	1.252		0	PAK	1		1.064	5.677	
Leucine.....g	2.145		0	PAK	1		1.823	9.730	
Lysine.....g	2.276		0	PAK	1		1.935	10.325	
Methionine.....g	0.689		0	PAK	1		0.585	3.123	
Cystine.....g	0.262		0	PAK	1		0.223	1.190	
Phenylalanine.....g	1.052		0	PAK	1		0.895	4.774	
Tyrosine.....g	0.890		0	PAK	1		0.757	4.038	
Valine.....g	1.312		0	PAK	1		1.115	5.953	
Arginine.....g	1.638		0	PAK	1		1.392	7.430	
Histidine.....g	0.788		0	PAK	1		0.670	3.576	
Alanine.....g	1.474		0	PAK	1		1.253	6.684	
Aspartic acid.....g	2.421		0	PAK	1		2.058	10.983	
Glutamic acid.....g	3.897		0	PAK	1		3.313	17.677	
Glycine.....g	1.167		0	PAK	1		0.992	5.294	
Proline.....g	1.033		0	PAK	1		0.878	4.686	
Serine.....g	0.976		0	PAK	1		0.830	4.428	
Hydroxyproline.....g	0.107		0	PAK	1		0.091	0.488	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13477

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.205		0	PIK	4		6.124	32.682	
14:1.....g	0.067		0	PAK	1		0.057	0.304	
15:1.....g									
16:1 undifferentiated.....g	0.586		0	PAK	1		0.498	2.657	
17:1.....g									
18:1 undifferentiated.....g	6.532		0	PAK	1		5.552	29.630	
20:1.....g	0.020		0	PAK	1		0.017	0.091	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.617		0	PIK	4		0.525	2.799	
18:2 undifferentiated.....g	0.407		0	PAK	1		0.346	1.848	
18:3 undifferentiated.....g	0.165		0	PAK	1		0.140	0.748	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		0	PAK	1		0.038	0.203	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		51	272	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	PAK	1		0.222	1.186	
Threonine.....g	1.115		0	PAK	1		0.947	5.056	
Isoleucine.....g	1.241		0	PAK	1		1.054	5.627	
Leucine.....g	2.126		0	PAK	1		1.807	9.645	
Lysine.....g	2.256		0	PAK	1		1.918	10.235	
Methionine.....g	0.683		0	PAK	1		0.580	3.096	
Cystine.....g	0.260		0	PAK	1		0.221	1.180	
Phenylalanine.....g	1.043		0	PAK	1		0.887	4.732	
Tyrosine.....g	0.883		0	PAK	1		0.750	4.003	
Valine.....g	1.301		0	PAK	1		1.106	5.901	
Arginine.....g	1.624		0	PAK	1		1.381	7.367	
Histidine.....g	0.782		0	PAK	1		0.665	3.548	
Alanine.....g	1.462		0	PAK	1		1.242	6.630	
Aspartic acid.....g	2.400		0	PAK	1		2.040	10.889	
Glutamic acid.....g	3.864		0	PAK	1		3.285	17.528	
Glycine.....g	1.159		0	PAK	1		0.985	5.255	
Proline.....g	1.025		0	PAK	1		0.871	4.649	
Serine.....g	0.968		0	PAK	1		0.823	4.391	
Hydroxyproline.....g	0.106		0	PAK	1		0.090	0.481	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13473

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13234

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.272		0	PIK	4		9.582	51.132	
14:1.....g	0.075		0	PAK	1		0.064	0.341	
15:1.....g									
16:1 undifferentiated.....g	1.002		0	PAK	1		0.852	4.545	
17:1.....g									
18:1 undifferentiated.....g	10.153		0	PAK	1		8.630	46.054	
20:1.....g	0.042		0	PAK	1		0.036	0.191	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.883		0	PIK	4		0.751	4.007	
18:2 undifferentiated.....g	0.577		0	PIK	4		0.491	2.619	
18:3 undifferentiated.....g	0.283		0	PAK	1		0.241	1.286	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	PAK	1		0.019	0.102	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	PAK	1		58	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0	PAK	1		0.205	1.095	
Threonine.....g	1.023		0	PAK	1		0.870	4.641	
Isoleucine.....g	1.133		0	PAK	1		0.963	5.139	
Leucine.....g	1.945		0	PAK	1		1.653	8.823	
Lysine.....g	2.063		0	PAK	1		1.754	9.358	
Methionine.....g	0.625		0	PAK	1		0.531	2.834	
Cystine.....g	0.240		0	PAK	1		0.204	1.090	
Phenylalanine.....g	0.955		0	PAK	1		0.812	4.331	
Tyrosine.....g	0.809		0	PAK	1		0.687	3.668	
Valine.....g	1.191		0	PAK	1		1.012	5.400	
Arginine.....g	1.490		0	PAK	1		1.267	6.760	
Histidine.....g	0.724		0	PAK	1		0.615	3.282	
Alanine.....g	1.346		0	PAK	1		1.144	6.107	
Aspartic acid.....g	2.199		0	PAK	1		1.869	9.976	
Glutamic acid.....g	3.545		0	PAK	1		3.013	16.081	
Glycine.....g	1.078		0	PAK	1		0.916	4.889	
Proline.....g	0.947		0	PAK	1		0.805	4.295	
Serine.....g	0.889		0	PAK	1		0.756	4.032	
Hydroxyproline.....g	0.092		0	PAK	1		0.078	0.417	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13234

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13233

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.700		0	PIK	4		30.391	1.899	
14:1.....g	0.044		0	PAK	1		0.198	0.012	
15:1.....g									
16:1 undifferentiated.....g	0.658		0	PAK	1		2.983	0.186	
17:1.....g									
18:1 undifferentiated.....g	5.976		0	PAK	1		27.107	1.694	
20:1.....g	0.023		0	PAK	1		0.103	0.006	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0	PIK	4		2.494	0.156	
18:2 undifferentiated.....g	0.361		0	PAK	1		1.636	0.102	
18:3 undifferentiated.....g	0.163		0	PAK	1		0.739	0.046	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	PAK	1		0.119	0.007	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	PAK	1		275	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0	PAK	1		0.952	0.060	
Threonine.....g	0.894		0	PAK	1		4.057	0.254	
Isoleucine.....g	0.995		0	PAK	1		4.514	0.282	
Leucine.....g	1.706		0	PAK	1		7.738	0.484	
Lysine.....g	1.810		0	PAK	1		8.211	0.513	
Methionine.....g	0.548		0	PAK	1		2.484	0.155	
Cystine.....g	0.209		0	PAK	1		0.948	0.059	
Phenylalanine.....g	0.837		0	PAK	1		3.797	0.237	
Tyrosine.....g	0.708		0	PAK	1		3.212	0.201	
Valine.....g	1.044		0	PAK	1		4.734	0.296	
Arginine.....g	1.303		0	PAK	1		5.912	0.369	
Histidine.....g	0.628		0	PAK	1		2.847	0.178	
Alanine.....g	1.173		0	PAK	1		5.320	0.333	
Aspartic acid.....g	1.926		0	PAK	1		8.736	0.546	
Glutamic acid.....g	3.101		0	PAK	1		14.064	0.879	
Glycine.....g	0.930		0	PAK	1		4.219	0.264	
Proline.....g	0.823		0	PAK	1		3.731	0.233	
Serine.....g	0.777		0	PAK	1		3.523	0.220	
Hydroxyproline.....g	0.084		0	PAK	1		0.382	0.024	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13233

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13476

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.523		0	PIK	4		7.244	38.659	
14:1.....g	0.058		0	PAK	1		0.049	0.262	
15:1.....g									
16:1 undifferentiated.....g	0.711		0	PAK	1		0.604	3.225	
17:1.....g									
18:1 undifferentiated.....g	7.724		0	PAK	1		6.566	35.037	
20:1.....g	0.030		0	PAK	1		0.025	0.134	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0	PIK	4		0.628	3.352	
18:2 undifferentiated.....g	0.500		0	PAK	1		0.425	2.270	
18:3 undifferentiated.....g	0.206		0	PAK	1		0.175	0.932	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	PAK	1		0.028	0.150	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	PAK	1		51	273	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0	PAK	1		0.225	1.200	
Threonine.....g	1.125		0	PAK	1		0.956	5.104	
Isoleucine.....g	1.250		0	PAK	1		1.063	5.671	
Leucine.....g	2.144		0	PAK	1		1.822	9.725	
Lysine.....g	2.275		0	PAK	1		1.934	10.318	
Methionine.....g	0.688		0	PAK	1		0.585	3.123	
Cystine.....g	0.263		0	PAK	1		0.224	1.194	
Phenylalanine.....g	1.052		0	PAK	1		0.894	4.772	
Tyrosine.....g	0.890		0	PAK	1		0.757	4.039	
Valine.....g	1.312		0	PAK	1		1.115	5.951	
Arginine.....g	1.639		0	PAK	1		1.394	7.437	
Histidine.....g	0.792		0	PAK	1		0.673	3.592	
Alanine.....g	1.477		0	PAK	1		1.256	6.702	
Aspartic acid.....g	2.422		0	PAK	1		2.058	10.985	
Glutamic acid.....g	3.900		0	PAK	1		3.315	17.692	
Glycine.....g	1.175		0	PAK	1		0.999	5.331	
Proline.....g	1.037		0	PAK	1		0.882	4.704	
Serine.....g	0.977		0	PAK	1		0.831	4.434	
Hydroxyproline.....g	0.104		0	PAK	1		0.089	0.474	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13476

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13475

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.563		0	PIK	4		25.232	1.577	
14:1.....g	0.035		0	PAK	1		0.159	0.010	
15:1.....g									
16:1 undifferentiated.....g	0.574		0	PAK	1		2.604	0.163	
17:1.....g									
18:1 undifferentiated.....g	4.940		0	PAK	1		22.407	1.400	
20:1.....g	0.014		0	PAK	1		0.061	0.004	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.596		0	PIK	4		2.702	0.169	
18:2 undifferentiated.....g	0.411		0	PAK	1		1.866	0.117	
18:3 undifferentiated.....g	0.149		0	PAK	1		0.677	0.042	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	PAK	1		0.159	0.010	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0	PAK	1		209	13	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0	PAK	1		0.967	0.060	
Threonine.....g	0.909		0	PAK	1		4.122	0.258	
Isoleucine.....g	1.011		0	PAK	1		4.587	0.287	
Leucine.....g	1.733		0	PAK	1		7.863	0.491	
Lysine.....g	1.839		0	PAK	1		8.344	0.521	
Methionine.....g	0.556		0	PAK	1		2.524	0.158	
Cystine.....g	0.212		0	PAK	1		0.962	0.060	
Phenylalanine.....g	0.851		0	PAK	1		3.858	0.241	
Tyrosine.....g	0.720		0	PAK	1		3.264	0.204	
Valine.....g	1.061		0	PAK	1		4.811	0.301	
Arginine.....g	1.324		0	PAK	1		6.006	0.375	
Histidine.....g	0.638		0	PAK	1		2.892	0.181	
Alanine.....g	1.191		0	PAK	1		5.405	0.338	
Aspartic acid.....g	1.957		0	PAK	1		8.877	0.555	
Glutamic acid.....g	3.150		0	PAK	1		14.289	0.893	
Glycine.....g	0.944		0	PAK	1		4.284	0.268	
Proline.....g	0.836		0	PAK	1		3.790	0.237	
Serine.....g	0.789		0	PAK	1		3.580	0.224	
Hydroxyproline.....g	0.086		0	PAK	1		0.392	0.025	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13475

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13472

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.153		0	PIK	4		8.630	46.055	
14:1.....g	0.068		0	PAK	1		0.058	0.309	
15:1.....g									
16:1 undifferentiated.....g	0.884		0	PAK	1		0.751	4.008	
17:1.....g									
18:1 undifferentiated.....g	9.165		0	PAK	1		7.790	41.570	
20:1.....g	0.037		0	PAK	1		0.031	0.168	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.825		0	PIK	4		0.701	3.741	
18:2 undifferentiated.....g	0.546		0	PIK	4		0.464	2.477	
18:3 undifferentiated.....g	0.252		0	PAK	1		0.214	1.142	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	PAK	1		0.023	0.122	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAK	1		55	294	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0	PAK	1		0.213	1.138	
Threonine.....g	1.065		0	PAK	1		0.905	4.829	
Isoleucine.....g	1.181		0	PAK	1		1.004	5.356	
Leucine.....g	2.026		0	PAK	1		1.722	9.190	
Lysine.....g	2.149		0	PAK	1		1.827	9.749	
Methionine.....g	0.651		0	PAK	1		0.553	2.952	
Cystine.....g	0.250		0	PAK	1		0.212	1.133	
Phenylalanine.....g	0.994		0	PAK	1		0.845	4.511	
Tyrosine.....g	0.842		0	PAK	1		0.716	3.819	
Valine.....g	1.240		0	PAK	1		1.054	5.624	
Arginine.....g	1.551		0	PAK	1		1.318	7.035	
Histidine.....g	0.751		0	PAK	1		0.639	3.408	
Alanine.....g	1.400		0	PAK	1		1.190	6.349	
Aspartic acid.....g	2.290		0	PAK	1		1.946	10.386	
Glutamic acid.....g	3.690		0	PAK	1		3.136	16.736	
Glycine.....g	1.117		0	PAK	1		0.950	5.069	
Proline.....g	0.984		0	PAK	1		0.836	4.462	
Serine.....g	0.925		0	PAK	1		0.786	4.196	
Hydroxyproline.....g	0.097		0	PAK	1		0.082	0.440	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13472

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13471

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.237		0	PIK	4		1.768	28.291	
14:1.....g	0.040		0	PAK	1		0.011	0.182	
15:1.....g									
16:1 undifferentiated.....g	0.624		0	PAK	1		0.177	2.829	
17:1.....g									
18:1 undifferentiated.....g	5.554		0	PAK	1		1.575	25.194	
20:1.....g	0.019		0	PAK	1		0.005	0.086	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.569		0	PIK	4		0.161	2.579	
18:2 undifferentiated.....g	0.381		0	PAK	1		0.108	1.730	
18:3 undifferentiated.....g	0.157		0	PAK	1		0.045	0.714	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAK	1		0.008	0.135	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	PAK	1		16	248	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0	PAK	1		0.060	0.958	
Threonine.....g	0.900		0	PAK	1		0.255	4.083	
Isoleucine.....g	1.002		0	PAK	1		0.284	4.544	
Leucine.....g	1.717		0	PAK	1		0.487	7.789	
Lysine.....g	1.822		0	PAK	1		0.517	8.265	
Methionine.....g	0.551		0	PAK	1		0.156	2.500	
Cystine.....g	0.210		0	PAK	1		0.060	0.954	
Phenylalanine.....g	0.843		0	PAK	1		0.239	3.822	
Tyrosine.....g	0.713		0	PAK	1		0.202	3.233	
Valine.....g	1.051		0	PAK	1		0.298	4.765	
Arginine.....g	1.312		0	PAK	1		0.372	5.950	
Histidine.....g	0.632		0	PAK	1		0.179	2.866	
Alanine.....g	1.180		0	PAK	1		0.335	5.355	
Aspartic acid.....g	1.939		0	PAK	1		0.550	8.793	
Glutamic acid.....g	3.121		0	PAK	1		0.885	14.156	
Glycine.....g	0.936		0	PAK	1		0.265	4.245	
Proline.....g	0.828		0	PAK	1		0.235	3.755	
Serine.....g	0.782		0	PAK	1		0.222	3.546	
Hydroxyproline.....g	0.085		0	PAK	1		0.024	0.386	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13471

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23006

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.540		0	PAE	4		24.510	7.259	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0	PAE	4		2.066	0.612	
17:1.....g									
18:1 undifferentiated.....g	7.720		0	PAE	4		22.156	6.562	
20:1.....g	0.030		0	PAE	4		0.086	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0	PAE	4		2.009	0.595	
18:2 undifferentiated.....g	0.460		0	PAE	4		1.320	0.391	
18:3 undifferentiated.....g	0.200		0	PAE	4		0.574	0.170	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.086	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PAE	4		178	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0	PAE	4		0.781	0.231	
Threonine.....g	1.063		0	PAE	4		3.051	0.904	
Isoleucine.....g	1.094		0	PAE	4		3.140	0.930	
Leucine.....g	1.923		0	PAE	4		5.519	1.635	
Lysine.....g	2.024		0	PAE	4		5.809	1.720	
Methionine.....g	0.623		0	PAE	4		1.788	0.530	
Cystine.....g	0.272		0	PAE	4		0.781	0.231	
Phenylalanine.....g	0.950		0	PAE	4		2.727	0.808	
Tyrosine.....g	0.817		0	PAE	4		2.345	0.694	
Valine.....g	1.183		0	PAE	4		3.395	1.006	
Arginine.....g	1.538		0	PAE	4		4.414	1.307	
Histidine.....g	0.833		0	PAE	4		2.391	0.708	
Alanine.....g	1.468		0	PAE	4		4.213	1.248	
Aspartic acid.....g	2.223		0	PAE	4		6.380	1.890	
Glutamic acid.....g	3.655		0	PAE	4		10.490	3.107	
Glycine.....g	1.327		0	PAE	4		3.808	1.128	
Proline.....g	1.074		0	PAE	4		3.082	0.913	
Serine.....g	0.930		0	PAE	4		2.669	0.791	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 287g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23005

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.760		0	PAE	4		1.916	30.663	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0	PAE	4		0.193	3.084	
17:1.....g									
18:1 undifferentiated.....g	6.010		0	PAE	4		1.704	27.261	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	PAE	4		0.170	2.722	
18:2 undifferentiated.....g	0.390		0	PAE	4		0.111	1.769	
18:3 undifferentiated.....g	0.170		0	PAE	4		0.048	0.771	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PAE	4		16	259	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.215		0	PAE	4		0.061	0.975	
Threonine.....g	0.838		0	PAE	4		0.238	3.801	
Isoleucine.....g	0.863		0	PAE	4		0.245	3.915	
Leucine.....g	1.517		0	PAE	4		0.430	6.881	
Lysine.....g	1.597		0	PAE	4		0.453	7.244	
Methionine.....g	0.491		0	PAE	4		0.139	2.227	
Cystine.....g	0.215		0	PAE	4		0.061	0.975	
Phenylalanine.....g	0.749		0	PAE	4		0.212	3.397	
Tyrosine.....g	0.645		0	PAE	4		0.183	2.926	
Valine.....g	0.934		0	PAE	4		0.265	4.237	
Arginine.....g	1.213		0	PAE	4		0.344	5.502	
Histidine.....g	0.657		0	PAE	4		0.186	2.980	
Alanine.....g	1.158		0	PAE	4		0.328	5.253	
Aspartic acid.....g	1.753		0	PAE	4		0.497	7.952	
Glutamic acid.....g	2.884		0	PAE	4		0.818	13.082	
Glycine.....g	1.047		0	PAE	4		0.297	4.749	
Proline.....g	0.848		0	PAE	4		0.240	3.847	
Serine.....g	0.734		0	PAE	4		0.208	3.329	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13908

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.940		0	PAE	4		23.155	7.599	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760		0	PAE	4		1.968	0.646	
17:1.....g									
18:1 undifferentiated.....g	8.060		0	PAE	4		20.875	6.851	
20:1.....g	0.030		0	PAE	4		0.078	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0	PAE	4		1.839	0.604	
18:2 undifferentiated.....g	0.460		0	PAE	4		1.191	0.391	
18:3 undifferentiated.....g	0.200		0	PAE	4		0.518	0.170	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	PAE	4		0.052	0.017	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	PAE	4		168	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0	PAE	4		0.697	0.229	
Threonine.....g	1.050		0	PAE	4		2.720	0.893	
Isoleucine.....g	1.081		0	PAE	4		2.800	0.919	
Leucine.....g	1.900		0	PAE	4		4.921	1.615	
Lysine.....g	2.000		0	PAE	4		5.180	1.700	
Methionine.....g	0.615		0	PAE	4		1.593	0.523	
Cystine.....g	0.269		0	PAE	4		0.697	0.229	
Phenylalanine.....g	0.938		0	PAE	4		2.429	0.797	
Tyrosine.....g	0.808		0	PAE	4		2.093	0.687	
Valine.....g	1.169		0	PAE	4		3.028	0.994	
Arginine.....g	1.519		0	PAE	4		3.934	1.291	
Histidine.....g	0.823		0	PAE	4		2.132	0.700	
Alanine.....g	1.450		0	PAE	4		3.756	1.233	
Aspartic acid.....g	2.196		0	PAE	4		5.688	1.867	
Glutamic acid.....g	3.611		0	PAE	4		9.352	3.069	
Glycine.....g	1.311		0	PAE	4		3.395	1.114	
Proline.....g	1.061		0	PAE	4		2.748	0.902	
Serine.....g	0.919		0	PAE	4		2.380	0.781	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13907

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.470		0	PAE	4		2.118	33.884	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.750		0	PAE	4		0.213	3.402	
17:1.....g									
18:1 undifferentiated.....g	6.640		0	PAE	4		1.882	30.119	
20:1.....g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0	PAE	4		0.176	2.812	
18:2 undifferentiated.....g	0.400		0	PAE	4		0.113	1.814	
18:3 undifferentiated.....g	0.190		0	PAE	4		0.054	0.862	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.009	0.136	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0	PAE	4		18	281	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0	PAE	4		0.060	0.962	
Threonine.....g	0.825		0	PAE	4		0.234	3.742	
Isoleucine.....g	0.850		0	PAE	4		0.241	3.856	
Leucine.....g	1.494		0	PAE	4		0.424	6.777	
Lysine.....g	1.572		0	PAE	4		0.446	7.131	
Methionine.....g	0.484		0	PAE	4		0.137	2.195	
Cystine.....g	0.212		0	PAE	4		0.060	0.962	
Phenylalanine.....g	0.738		0	PAE	4		0.209	3.348	
Tyrosine.....g	0.635		0	PAE	4		0.180	2.880	
Valine.....g	0.919		0	PAE	4		0.261	4.169	
Arginine.....g	1.194		0	PAE	4		0.338	5.416	
Histidine.....g	0.647		0	PAE	4		0.183	2.935	
Alanine.....g	1.140		0	PAE	4		0.323	5.171	
Aspartic acid.....g	1.726		0	PAE	4		0.489	7.829	
Glutamic acid.....g	2.839		0	PAE	4		0.805	12.878	
Glycine.....g	1.031		0	PAE	4		0.292	4.677	
Proline.....g	0.834		0	PAE	4		0.236	3.783	
Serine.....g	0.723		0	PAE	4		0.205	3.280	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23008

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.600		0	PAE	4		27.664	6.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0	PAE	4		2.220	0.519	
17:1.....g									
18:1 undifferentiated.....g	6.910		0	PAE	4		25.152	5.874	
20:1.....g	0.020		0	PAE	4		0.073	0.017	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0	PAE	4		2.402	0.561	
18:2 undifferentiated.....g	0.460		0	PAE	4		1.674	0.391	
18:3 undifferentiated.....g	0.170		0	PAE	4		0.619	0.145	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	PAE	4		0.109	0.026	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PAE	4		207	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0	PAE	4		1.019	0.238	
Threonine.....g	1.093		0	PAE	4		3.979	0.929	
Isoleucine.....g	1.125		0	PAE	4		4.095	0.956	
Leucine.....g	1.977		0	PAE	4		7.196	1.680	
Lysine.....g	2.081		0	PAE	4		7.575	1.769	
Methionine.....g	0.640		0	PAE	4		2.330	0.544	
Cystine.....g	0.280		0	PAE	4		1.019	0.238	
Phenylalanine.....g	0.977		0	PAE	4		3.556	0.830	
Tyrosine.....g	0.840		0	PAE	4		3.058	0.714	
Valine.....g	1.217		0	PAE	4		4.430	1.034	
Arginine.....g	1.581		0	PAE	4		5.755	1.344	
Histidine.....g	0.856		0	PAE	4		3.116	0.728	
Alanine.....g	1.509		0	PAE	4		5.493	1.283	
Aspartic acid.....g	2.285		0	PAE	4		8.317	1.942	
Glutamic acid.....g	3.758		0	PAE	4		13.679	3.194	
Glycine.....g	1.365		0	PAE	4		4.969	1.160	
Proline.....g	1.105		0	PAE	4		4.022	0.939	
Serine.....g	0.957		0	PAE	4		3.483	0.813	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 364g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23007

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.100		0	PAE	4		1.446	23.134	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0	PAE	4		0.147	2.359	
17:1.....g									
18:1 undifferentiated.....g	4.530		0	PAE	4		1.284	20.548	
20:1.....g	0.010		0	PAE	4		0.003	0.045	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0	PAE	4		0.156	2.495	
18:2 undifferentiated.....g	0.380		0	PAE	4		0.108	1.724	
18:3 undifferentiated.....g	0.140		0	PAE	4		0.040	0.635	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	PAE	4		13	204	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0	PAE	4		0.063	1.012	
Threonine.....g	0.869		0	PAE	4		0.246	3.942	
Isoleucine.....g	0.894		0	PAE	4		0.253	4.055	
Leucine.....g	1.572		0	PAE	4		0.446	7.131	
Lysine.....g	1.654		0	PAE	4		0.469	7.503	
Methionine.....g	0.509		0	PAE	4		0.144	2.309	
Cystine.....g	0.223		0	PAE	4		0.063	1.012	
Phenylalanine.....g	0.776		0	PAE	4		0.220	3.520	
Tyrosine.....g	0.668		0	PAE	4		0.189	3.030	
Valine.....g	0.967		0	PAE	4		0.274	4.386	
Arginine.....g	1.257		0	PAE	4		0.356	5.702	
Histidine.....g	0.681		0	PAE	4		0.193	3.089	
Alanine.....g	1.199		0	PAE	4		0.340	5.439	
Aspartic acid.....g	1.817		0	PAE	4		0.515	8.242	
Glutamic acid.....g	2.988		0	PAE	4		0.847	13.554	
Glycine.....g	1.085		0	PAE	4		0.308	4.922	
Proline.....g	0.878		0	PAE	4		0.249	3.983	
Serine.....g	0.760		0	PAE	4		0.215	3.447	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.645		0	NC	4		3.948	3.948	12.588
14:1.....g	0.080	0.010	4	A	1		0.068	0.068	0.217
15:1.....g									
16:1 undifferentiated.....g	0.270	0.020	4	A	1		0.230	0.230	0.732
17:1.....g									
18:1 undifferentiated.....g	4.295	0.025	8	A	1		3.651	3.651	11.639
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		0.272	0.272	0.867
18:2 undifferentiated.....g	0.250	0.035	4	A	1		0.213	0.213	0.678
18:3 undifferentiated.....g	0.040	0.005	4	A	1		0.034	0.034	0.108
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.005	4	A	1		0.026	0.026	0.081
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	56	3.790	8	A	1		47	47	151
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0	A	1		0.238	0.238	0.760
Threonine.....g	1.201		0	A	1		1.021	1.021	3.254
Isoleucine.....g	1.342		0	A	1		1.140	1.140	3.636
Leucine.....g	2.297		0	A	1		1.952	1.952	6.224
Lysine.....g	2.438		0	A	1		2.073	2.073	6.608
Methionine.....g	0.737		0	A	1		0.626	0.626	1.997
Cystine.....g	0.279		0	A	1		0.237	0.237	0.756
Phenylalanine.....g	1.127		0	A	1		0.958	0.958	3.053
Tyrosine.....g	0.952		0	A	1		0.809	0.809	2.580
Valine.....g	1.405		0	A	1		1.194	1.194	3.807
Arginine.....g	1.750		0	A	1		1.488	1.488	4.744
Histidine.....g	0.838		0	A	1		0.712	0.712	2.270
Alanine.....g	1.570		0	A	1		1.335	1.335	4.256
Aspartic acid.....g	2.590		0	A	1		2.201	2.201	7.019
Glutamic acid.....g	4.165		0	A	1		3.540	3.540	11.286
Glycine.....g	1.235		0	A	1		1.050	1.050	3.347
Proline.....g	1.098		0	A	1		0.934	0.934	2.977
Serine.....g	1.042		0	A	1		0.886	0.886	2.825
Hydroxyproline.....g	0.120		0	A	1		0.102	0.102	0.325
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 271g: 1 piece, cooked, excluding refuse

NDB No. 13481

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.340		0	NC	4		2.839	2.839	8.818
14:1.....g	0.070	0.017	3	A	1		0.060	0.060	0.185
15:1.....g									
16:1 undifferentiated.....g	0.210	0.010	5	A	1		0.179	0.179	0.554
17:1.....g									
18:1 undifferentiated.....g	3.060	0.130	5	A	1		2.601	2.601	8.078
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	NC	4		0.323	0.323	1.003
18:2 undifferentiated.....g	0.240	0.010	5	A	1		0.204	0.204	0.634
18:3 undifferentiated.....g	0.060	0.000	5	A	1		0.051	0.051	0.158
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.000	5	A	1		0.068	0.068	0.211
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	54	0.430	6	A	1		46	46	144
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0	A	1		0.239	0.239	0.741
Threonine.....g	1.202		0	A	1		1.021	1.021	3.172
Isoleucine.....g	1.343		0	A	1		1.141	1.141	3.545
Leucine.....g	2.299		0	A	1		1.954	1.954	6.068
Lysine.....g	2.440		0	A	1		2.074	2.074	6.442
Methionine.....g	0.738		0	A	1		0.627	0.627	1.947
Cystine.....g	0.279		0	A	1		0.237	0.237	0.737
Phenylalanine.....g	1.127		0	A	1		0.958	0.958	2.976
Tyrosine.....g	0.953		0	A	1		0.810	0.810	2.516
Valine.....g	1.406		0	A	1		1.195	1.195	3.712
Arginine.....g	1.752		0	A	1		1.489	1.489	4.625
Histidine.....g	0.838		0	A	1		0.712	0.712	2.213
Alanine.....g	1.572		0	A	1		1.336	1.336	4.149
Aspartic acid.....g	2.592		0	A	1		2.203	2.203	6.843
Glutamic acid.....g	4.168		0	A	1		3.543	3.543	11.003
Glycine.....g	1.236		0	A	1		1.051	1.051	3.263
Proline.....g	1.099		0	A	1		0.934	0.934	2.902
Serine.....g	1.043		0	A	1		0.887	0.887	2.754
Hydroxyproline.....g	0.120		0	A	1		0.102	0.102	0.317
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 264g: 1 piece, cooked, excluding refuse

NDB No. 13484

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13480

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.114		0	PIK	4		3.497	18.660	
14:1.....g	0.076		0	PAK	1		0.065	0.344	
15:1.....g									
16:1 undifferentiated.....g	0.246		0	PAK	1		0.209	1.114	
17:1.....g									
18:1 undifferentiated.....g	3.792		0	PAK	1		3.224	17.202	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.344		0	PIK	4		0.293	1.562	
18:2 undifferentiated.....g	0.246		0	PAK	1		0.209	1.116	
18:3 undifferentiated.....g	0.048		0	PAK	1		0.041	0.218	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAK	1		0.043	0.228	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	PAK	1		47	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.280		0	PAK	1		0.238	1.272	
Threonine.....g	1.201		0	PAK	1		1.021	5.448	
Isoleucine.....g	1.342		0	PAK	1		1.141	6.087	
Leucine.....g	2.298		0	PAK	1		1.953	10.422	
Lysine.....g	2.439		0	PAK	1		2.073	11.063	
Methionine.....g	0.737		0	PAK	1		0.627	3.344	
Cystine.....g	0.279		0	PAK	1		0.237	1.266	
Phenylalanine.....g	1.127		0	PAK	1		0.958	5.111	
Tyrosine.....g	0.952		0	PAK	1		0.810	4.320	
Valine.....g	1.405		0	PAK	1		1.194	6.374	
Arginine.....g	1.751		0	PAK	1		1.488	7.943	
Histidine.....g	0.838		0	PAK	1		0.712	3.800	
Alanine.....g	1.571		0	PAK	1		1.335	7.125	
Aspartic acid.....g	2.591		0	PAK	1		2.202	11.752	
Glutamic acid.....g	4.166		0	PAK	1		3.541	18.896	
Glycine.....g	1.236		0	PAK	1		1.050	5.604	
Proline.....g	1.099		0	PAK	1		0.934	4.984	
Serine.....g	1.043		0	PAK	1		0.886	4.730	
Hydroxyproline.....g	0.120		0	PAK	1		0.102	0.545	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13480

Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13236

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.975		0	NC	4		4.229	4.229	10.000
14:1.....g	0.100	0.010	4	A	1		0.085	0.085	0.201
15:1.....g									
16:1 undifferentiated.....g	0.300	0.020	9	A	1		0.255	0.255	0.603
17:1.....g									
18:1 undifferentiated.....g	4.575	0.415	9	A	1		3.889	3.889	9.196
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	NC	4		0.255	0.255	0.603
18:2 undifferentiated.....g	0.235	0.005	9	JO	11		0.200	0.200	0.472
18:3 undifferentiated.....g	0.035	0.005	9	A	1		0.030	0.030	0.070
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.000	9	A	1		0.026	0.026	0.060
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	59	6.246	5	A	1		50	50	119
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0	A	1		0.239	0.239	0.566
Threonine.....g	1.206		0	A	1		1.025	1.025	2.425
Isoleucine.....g	1.348		0	A	1		1.146	1.146	2.709
Leucine.....g	2.307		0	A	1		1.961	1.961	4.638
Lysine.....g	2.450		0	A	1		2.082	2.082	4.924
Methionine.....g	0.740		0	A	1		0.629	0.629	1.488
Cystine.....g	0.280		0	A	1		0.238	0.238	0.563
Phenylalanine.....g	1.132		0	A	1		0.962	0.962	2.275
Tyrosine.....g	0.957		0	A	1		0.813	0.813	1.923
Valine.....g	1.411		0	A	1		1.200	1.200	2.837
Arginine.....g	1.759		0	A	1		1.495	1.495	3.535
Histidine.....g	0.841		0	A	1		0.715	0.715	1.691
Alanine.....g	1.578		0	A	1		1.341	1.341	3.171
Aspartic acid.....g	2.602		0	A	1		2.212	2.212	5.230
Glutamic acid.....g	4.184		0	A	1		3.556	3.556	8.409
Glycine.....g	1.241		0	A	1		1.055	1.055	2.494
Proline.....g	1.104		0	A	1		0.938	0.938	2.218
Serine.....g	1.047		0	A	1		0.890	0.890	2.105
Hydroxyproline.....g	0.122		0	A	1		0.104	0.104	0.246
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 201g: 1 piece, cooked, excluding refuse

NDB No. 13236

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13235

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.145		0	NC	4		14.266	0.892	
14:1.....g	0.050	0.010	4	A	1		0.227	0.014	
15:1.....g									
16:1 undifferentiated.....g	0.185	0.015	9	A	1		0.839	0.052	
17:1.....g									
18:1 undifferentiated.....g	2.900	0.150	9	A	1		13.154	0.822	
20:1.....g	0.010		5	A	1		0.045	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.255		0	NC	4		1.157	0.072	
18:2 undifferentiated.....g	0.195	0.015	9	A	1		0.885	0.055	
18:3 undifferentiated.....g	0.030	0.000	9	A	1		0.136	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.000	9	A	1		0.136	0.009	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55	4.521	5	A	1		249	16	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0	A	1		1.031	0.064	
Threonine.....g	0.973		0	A	1		4.413	0.276	
Isoleucine.....g	1.087		0	A	1		4.931	0.308	
Leucine.....g	1.861		0	A	1		8.441	0.528	
Lysine.....g	1.976		0	A	1		8.961	0.560	
Methionine.....g	0.597		0	A	1		2.709	0.169	
Cystine.....g	0.226		0	A	1		1.025	0.064	
Phenylalanine.....g	0.913		0	A	1		4.140	0.259	
Tyrosine.....g	0.771		0	A	1		3.500	0.219	
Valine.....g	1.138		0	A	1		5.163	0.323	
Arginine.....g	1.418		0	A	1		6.433	0.402	
Histidine.....g	0.679		0	A	1		3.078	0.192	
Alanine.....g	1.272		0	A	1		5.771	0.361	
Aspartic acid.....g	2.098		0	A	1		9.519	0.595	
Glutamic acid.....g	3.374		0	A	1		15.306	0.957	
Glycine.....g	1.001		0	A	1		4.539	0.284	
Proline.....g	0.890		0	A	1		4.037	0.252	
Serine.....g	0.845		0	A	1		3.831	0.239	
Hydroxyproline.....g	0.097		0	BFPN	4		0.438	0.027	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13235

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13483

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.910		0	NC	4		3.324	3.324	9.462
14:1.....g	0.070	0.017	3	A	1		0.060	0.060	0.169
15:1.....g									
16:1 undifferentiated.....g	0.200	0.058	3	A	1		0.170	0.170	0.484
17:1.....g									
18:1 undifferentiated.....g	3.640	0.710	3	A	1		3.094	3.094	8.809
20:1.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0	NC	4		0.281	0.281	0.799
18:2 undifferentiated.....g	0.260	0.012	3	A	1		0.221	0.221	0.629
18:3 undifferentiated.....g	0.030	0.012	3	A	1		0.026	0.026	0.073
18:4.....g	0.000		0	PAK	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.006	3	A	1		0.034	0.034	0.097
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	53	1.960	6	A	1		45	45	128
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0	A	1		0.251	0.251	0.714
Threonine.....g	1.264		0	A	1		1.074	1.074	3.059
Isoleucine.....g	1.412		0	A	1		1.200	1.200	3.418
Leucine.....g	2.418		0	A	1		2.055	2.055	5.851
Lysine.....g	2.567		0	A	1		2.182	2.182	6.212
Methionine.....g	0.776		0	A	1		0.659	0.659	1.877
Cystine.....g	0.294		0	A	1		0.250	0.250	0.711
Phenylalanine.....g	1.186		0	A	1		1.008	1.008	2.870
Tyrosine.....g	1.002		0	A	1		0.852	0.852	2.426
Valine.....g	1.479		0	A	1		1.257	1.257	3.579
Arginine.....g	1.843		0	A	1		1.566	1.566	4.459
Histidine.....g	0.882		0	A	1		0.749	0.749	2.134
Alanine.....g	1.653		0	A	1		1.405	1.405	4.001
Aspartic acid.....g	2.726		0	A	1		2.318	2.318	6.598
Glutamic acid.....g	4.384		0	A	1		3.727	3.727	10.610
Glycine.....g	1.300		0	A	1		1.105	1.105	3.147
Proline.....g	1.156		0	A	1		0.983	0.983	2.798
Serine.....g	1.097		0	A	1		0.933	0.933	2.656
Hydroxyproline.....g	0.126		0	A	1		0.107	0.107	0.306
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 85g: 1 serving

Measure 3 = 242g: 1 piece, cooked, excluding refuse

NDB No. 13483

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13482

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.000		0	NC	4		9.072	0.567	
14:1.....g	0.040	0.006	3	A	1		0.181	0.011	
15:1.....g									
16:1 undifferentiated.....g	0.110	0.046	3	A	1		0.499	0.031	
17:1.....g									
18:1 undifferentiated.....g	1.850	0.497	3	A	1		8.392	0.524	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		1.452	0.091	
18:2 undifferentiated.....g	0.260	0.012	3	A	1		1.179	0.074	
18:3 undifferentiated.....g	0.020	0.006	3	A	1		0.091	0.006	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.006	3	A	1		0.181	0.011	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	39	0.700	6	A	1		176	11	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0	A	1		1.044	0.065	
Threonine.....g	0.986		0	A	1		4.472	0.279	
Isoleucine.....g	1.101		0	A	1		4.996	0.312	
Leucine.....g	1.886		0	A	1		8.554	0.535	
Lysine.....g	2.002		0	A	1		9.080	0.568	
Methionine.....g	0.605		0	A	1		2.745	0.172	
Cystine.....g	0.229		0	A	1		1.039	0.065	
Phenylalanine.....g	0.925		0	A	1		4.195	0.262	
Tyrosine.....g	0.782		0	A	1		3.546	0.222	
Valine.....g	1.153		0	A	1		5.232	0.327	
Arginine.....g	1.437		0	A	1		6.519	0.407	
Histidine.....g	0.688		0	A	1		3.119	0.195	
Alanine.....g	1.289		0	A	1		5.848	0.366	
Aspartic acid.....g	2.126		0	A	1		9.645	0.603	
Glutamic acid.....g	3.419		0	A	1		15.509	0.969	
Glycine.....g	1.014		0	A	1		4.600	0.287	
Proline.....g	0.902		0	A	1		4.091	0.256	
Serine.....g	0.856		0	A	1		3.882	0.243	
Hydroxyproline.....g	0.099		0	BFPN	4		0.447	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13482

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, USDA select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13479

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.542		0	PIK	4		3.860	20.600	
14:1.....g	0.088		0	PAK	1		0.075	0.398	
15:1.....g									
16:1 undifferentiated.....g	0.259		0	PAK	1		0.220	1.176	
17:1.....g									
18:1 undifferentiated.....g	4.194		0	PAK	1		3.565	19.026	
20:1.....g	0.000		0	PAK	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.314		0	PIK	4		0.267	1.425	
18:2 undifferentiated.....g	0.247		0	PIK	4		0.210	1.121	
18:3 undifferentiated.....g	0.033		0	PAK	1		0.028	0.150	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	PAK	1		0.029	0.155	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	PAK	1		48	256	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0	PAK	1		0.244	1.303	
Threonine.....g	1.230		0	PAK	1		1.045	5.578	
Isoleucine.....g	1.374		0	PAK	1		1.168	6.233	
Leucine.....g	2.352		0	PAK	1		2.000	10.670	
Lysine.....g	2.497		0	PAK	1		2.123	11.328	
Methionine.....g	0.755		0	PAK	1		0.642	3.424	
Cystine.....g	0.286		0	PAK	1		0.243	1.296	
Phenylalanine.....g	1.154		0	PAK	1		0.981	5.234	
Tyrosine.....g	0.975		0	PAK	1		0.829	4.424	
Valine.....g	1.439		0	PAK	1		1.223	6.527	
Arginine.....g	1.793		0	PAK	1		1.524	8.132	
Histidine.....g	0.858		0	PAK	1		0.729	3.891	
Alanine.....g	1.608		0	PAK	1		1.367	7.295	
Aspartic acid.....g	2.653		0	PAK	1		2.255	12.032	
Glutamic acid.....g	4.265		0	PAK	1		3.626	19.348	
Glycine.....g	1.265		0	PAK	1		1.075	5.738	
Proline.....g	1.125		0	PAK	1		0.956	5.103	
Serine.....g	1.068		0	PAK	1		0.908	4.843	
Hydroxyproline.....g	0.124		0	PAK	1		0.105	0.562	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz (1 serving)

Measure 2 = 453.6g: 1 lb

NDB No. 13479

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13478

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.679		0	PIK	4		12.152	0.759	
14:1.....g	0.046		0	PAK	1		0.208	0.013	
15:1.....g									
16:1 undifferentiated.....g	0.154		0	PAK	1		0.701	0.044	
17:1.....g									
18:1 undifferentiated.....g	2.473		0	PAK	1		11.216	0.701	
20:1.....g	0.006		0	PAK	1		0.027	0.002	
22:1 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.281		0	PIK	4		1.277	0.080	
18:2 undifferentiated.....g	0.221		0	PAK	1		1.005	0.063	
18:3 undifferentiated.....g	0.026		0	PAK	1		0.118	0.007	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	PAK	1		0.155	0.010	
20:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:5 n-3.....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0	PAK	1		219	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0	PAK	1		1.036	0.065	
Threonine.....g	0.978		0	PAK	1		4.437	0.277	
Isoleucine.....g	1.093		0	PAK	1		4.957	0.310	
Leucine.....g	1.871		0	PAK	1		8.487	0.530	
Lysine.....g	1.986		0	PAK	1		9.010	0.563	
Methionine.....g	0.600		0	PAK	1		2.723	0.170	
Cystine.....g	0.227		0	PAK	1		1.031	0.064	
Phenylalanine.....g	0.918		0	PAK	1		4.163	0.260	
Tyrosine.....g	0.776		0	PAK	1		3.518	0.220	
Valine.....g	1.144		0	PAK	1		5.191	0.324	
Arginine.....g	1.426		0	PAK	1		6.468	0.404	
Histidine.....g	0.682		0	PAK	1		3.095	0.193	
Alanine.....g	1.279		0	PAK	1		5.803	0.363	
Aspartic acid.....g	2.110		0	PAK	1		9.570	0.598	
Glutamic acid.....g	3.393		0	PAK	1		15.389	0.962	
Glycine.....g	1.006		0	PAK	1		4.564	0.285	
Proline.....g	0.895		0	PAK	1		4.059	0.254	
Serine.....g	0.849		0	PAK	1		3.852	0.241	
Hydroxyproline.....g	0.097		0	PAK	1		0.442	0.028	
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PIK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 28.35g: 1 oz

NDB No. 13478

Beef, short loin, t-bone steak, separable lean only, trimmed to 1/4" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13747

Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.970		0		1		8.475	11.366	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.870		0		1		0.740	0.992	
17:1.....g									
18:1 undifferentiated.....g	8.690		0		1		7.387	9.907	
20:1.....g	0.030		0		1		0.026	0.034	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		0.774	1.037	
18:2 undifferentiated.....g	0.610		0		1		0.519	0.695	
18:3 undifferentiated.....g	0.230		0		1		0.196	0.262	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.057	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	98	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.237	0.318	
Threonine.....g	1.087		0		1		0.924	1.239	
Isoleucine.....g	1.119		0		1		0.951	1.276	
Leucine.....g	1.967		0		1		1.672	2.242	
Lysine.....g	2.071		0		1		1.760	2.361	
Methionine.....g	0.637		0		1		0.541	0.726	
Cystine.....g	0.279		0		1		0.237	0.318	
Phenylalanine.....g	0.972		0		1		0.826	1.108	
Tyrosine.....g	0.836		0		1		0.711	0.953	
Valine.....g	1.211		0		1		1.029	1.381	
Arginine.....g	1.573		0		1		1.337	1.793	
Histidine.....g	0.852		0		1		0.724	0.971	
Alanine.....g	1.501		0		1		1.276	1.711	
Aspartic acid.....g	2.274		0		1		1.933	2.592	
Glutamic acid.....g	3.739		0		1		3.178	4.262	
Glycine.....g	1.358		0		1		1.154	1.548	
Proline.....g	1.099		0		1		0.934	1.253	
Serine.....g	0.952		0		1		0.809	1.085	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 114g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 162 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13748

Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.230		0		1		10.396	14.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070		0		1		0.910	1.241	
17:1.....g									
18:1 undifferentiated.....g	10.640		0		1		9.044	12.342	
20:1.....g	0.040		0		1		0.034	0.046	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.110		0		1		0.944	1.288	
18:2 undifferentiated.....g	0.750		0		1		0.638	0.870	
18:3 undifferentiated.....g	0.280		0		1		0.238	0.325	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.058	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		75	102	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.262		0		1		0.223	0.304	
Threonine.....g	1.023		0		1		0.870	1.187	
Isoleucine.....g	1.053		0		1		0.895	1.221	
Leucine.....g	1.852		0		1		1.574	2.148	
Lysine.....g	1.949		0		1		1.657	2.261	
Methionine.....g	0.600		0		1		0.510	0.696	
Cystine.....g	0.262		0		1		0.223	0.304	
Phenylalanine.....g	0.915		0		1		0.778	1.061	
Tyrosine.....g	0.787		0		1		0.669	0.913	
Valine.....g	1.140		0		1		0.969	1.322	
Arginine.....g	1.481		0		1		1.259	1.718	
Histidine.....g	0.802		0		1		0.682	0.930	
Alanine.....g	1.413		0		1		1.201	1.639	
Aspartic acid.....g	2.141		0		1		1.820	2.484	
Glutamic acid.....g	3.520		0		1		2.992	4.083	
Glycine.....g	1.278		0		1		1.086	1.482	
Proline.....g	1.035		0		1		0.880	1.201	
Serine.....g	0.896		0		1		0.762	1.039	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 116g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 162 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13746

Beef, short loin, tenderloin, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.360		0		1		46.993	16.162	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.100		0		1		4.990	1.716	
17:1.....g									
18:1 undifferentiated.....g	8.800		0		1		39.917	13.728	
20:1.....g	0.030		0		1		0.136	0.047	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		4.218	1.451	
18:2 undifferentiated.....g	0.600		0		1		2.722	0.936	
18:3 undifferentiated.....g	0.280		0		1		1.270	0.437	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.181	0.062	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		322	111	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.903	0.310	
Threonine.....g	0.778		0		1		3.529	1.214	
Isoleucine.....g	0.800		0		1		3.629	1.248	
Leucine.....g	1.407		0		1		6.382	2.195	
Lysine.....g	1.481		0		1		6.718	2.310	
Methionine.....g	0.456		0		1		2.068	0.711	
Cystine.....g	0.199		0		1		0.903	0.310	
Phenylalanine.....g	0.695		0		1		3.153	1.084	
Tyrosine.....g	0.598		0		1		2.713	0.933	
Valine.....g	0.866		0		1		3.928	1.351	
Arginine.....g	1.125		0		1		5.103	1.755	
Histidine.....g	0.609		0		1		2.762	0.950	
Alanine.....g	1.074		0		1		4.872	1.675	
Aspartic acid.....g	1.626		0		1		7.376	2.537	
Glutamic acid.....g	2.674		0		1		12.129	4.171	
Glycine.....g	0.971		0		1		4.404	1.515	
Proline.....g	0.786		0		1		3.565	1.226	
Serine.....g	0.681		0		1		3.089	1.062	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 156g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13759

Beef, short loin, tenderloin, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.810		0		1		4.089	4.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.281	0.304	
17:1.....g									
18:1 undifferentiated.....g	4.330		0		1		3.681	3.984	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		0.417	0.451	
18:2 undifferentiated.....g	0.380		0		1		0.323	0.350	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.028	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.055	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		71	77	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.269	0.291	
Threonine.....g	1.234		0		1		1.049	1.135	
Isoleucine.....g	1.270		0		1		1.080	1.168	
Leucine.....g	2.233		0		1		1.898	2.054	
Lysine.....g	2.350		0		1		1.998	2.162	
Methionine.....g	0.723		0		1		0.615	0.665	
Cystine.....g	0.316		0		1		0.269	0.291	
Phenylalanine.....g	1.103		0		1		0.938	1.015	
Tyrosine.....g	0.949		0		1		0.807	0.873	
Valine.....g	1.374		0		1		1.168	1.264	
Arginine.....g	1.785		0		1		1.517	1.642	
Histidine.....g	0.967		0		1		0.822	0.890	
Alanine.....g	1.704		0		1		1.448	1.568	
Aspartic acid.....g	2.581		0		1		2.194	2.375	
Glutamic acid.....g	4.244		0		1		3.607	3.904	
Glycine.....g	1.541		0		1		1.310	1.418	
Proline.....g	1.248		0		1		1.061	1.148	
Serine.....g	1.080		0		1		0.918	0.994	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 92g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 162 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13760

Beef, short loin, tenderloin, separable lean only, trimmed to 1/2" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.940		0		1		5.049	5.227	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.349	0.361	
17:1.....g									
18:1 undifferentiated.....g	5.340		0		1		4.539	4.699	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		1		0.510	0.528	
18:2 undifferentiated.....g	0.470		0		1		0.400	0.414	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.035	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.060	0.062	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	76	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.262	0.271	
Threonine.....g	1.203		0		1		1.023	1.059	
Isoleucine.....g	1.238		0		1		1.052	1.089	
Leucine.....g	2.177		0		1		1.850	1.916	
Lysine.....g	2.291		0		1		1.947	2.016	
Methionine.....g	0.705		0		1		0.599	0.620	
Cystine.....g	0.308		0		1		0.262	0.271	
Phenylalanine.....g	1.075		0		1		0.914	0.946	
Tyrosine.....g	0.925		0		1		0.786	0.814	
Valine.....g	1.339		0		1		1.138	1.178	
Arginine.....g	1.740		0		1		1.479	1.531	
Histidine.....g	0.943		0		1		0.802	0.830	
Alanine.....g	1.661		0		1		1.412	1.462	
Aspartic acid.....g	2.516		0		1		2.139	2.214	
Glutamic acid.....g	4.137		0		1		3.516	3.641	
Glycine.....g	1.502		0		1		1.277	1.322	
Proline.....g	1.216		0		1		1.034	1.070	
Serine.....g	1.053		0		1		0.895	0.927	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 88g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 162 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 23606

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.831		0	NC	4		0.803	12.840	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.213		0	BFFN	4		0.060	0.967	
17:1.....g									
18:1 undifferentiated.....g	2.615		0	BFFN	4		0.741	11.861	
20:1.....g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.253		0	NC	4		0.072	1.148	
18:2 undifferentiated.....g	0.203		0	BFFN	4		0.057	0.919	
18:3 undifferentiated.....g	0.019		0	BFFN	4		0.005	0.084	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.009	0.145	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		19	301	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1		0.055	0.873	
Threonine.....g	1.170		0	A	1		0.332	5.309	
Isoleucine.....g	1.333		0	A	1		0.378	6.047	
Leucine.....g	2.331		0	A	1		0.661	10.572	
Lysine.....g	2.476		0	A	1		0.702	11.232	
Methionine.....g	0.763		0	A	1		0.216	3.461	
Cystine.....g	0.378		0	A	1		0.107	1.715	
Phenylalanine.....g	1.157		0	A	1		0.328	5.250	
Tyrosine.....g	0.934		0	A	1		0.265	4.235	
Valine.....g	1.454		0	A	1		0.412	6.594	
Arginine.....g	1.895		0	A	1		0.537	8.594	
Histidine.....g	0.935		0	A	1		0.265	4.242	
Alanine.....g	1.781		0	A	1		0.505	8.080	
Aspartic acid.....g	2.669		0	A	1		0.757	12.106	
Glutamic acid.....g	4.399		0	A	1		1.247	19.952	
Glycine.....g	1.784		0	A	1		0.506	8.093	
Proline.....g	1.397		0	A	1		0.396	6.336	
Serine.....g	1.154		0	A	1		0.327	5.235	
Hydroxyproline.....g	0.308		0	A	1		0.087	1.396	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23606

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23630

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.373		0	NC	4		0.956	15.300	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.254		0	BFFN	4		0.072	1.153	
17:1.....g									
18:1 undifferentiated.....g	3.116		0	BFFN	4		0.883	14.134	
20:1.....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.302		0	NC	4		0.086	1.368	
18:2 undifferentiated.....g	0.241		0	BFFN	4		0.068	1.095	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.006	0.101	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.011	0.173	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	BFFN	4		22	359	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.054	0.869	
Threonine.....g	1.165		0	A	1		0.330	5.284	
Isoleucine.....g	1.327		0	A	1		0.376	6.018	
Leucine.....g	2.320		0	A	1		0.658	10.522	
Lysine.....g	2.465		0	A	1		0.699	11.179	
Methionine.....g	0.759		0	A	1		0.215	3.445	
Cystine.....g	0.376		0	A	1		0.107	1.707	
Phenylalanine.....g	1.152		0	A	1		0.327	5.225	
Tyrosine.....g	0.929		0	A	1		0.263	4.215	
Valine.....g	1.447		0	A	1		0.410	6.562	
Arginine.....g	1.886		0	A	1		0.535	8.554	
Histidine.....g	0.931		0	A	1		0.264	4.222	
Alanine.....g	1.773		0	A	1		0.503	8.042	
Aspartic acid.....g	2.656		0	A	1		0.753	12.049	
Glutamic acid.....g	4.378		0	A	1		1.241	19.858	
Glycine.....g	1.776		0	A	1		0.503	8.055	
Proline.....g	1.390		0	A	1		0.394	6.306	
Serine.....g	1.149		0	A	1		0.326	5.211	
Hydroxyproline.....g	0.306		0	A	1		0.087	1.390	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23630

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23627

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.588		0	NC	4		0.734	11.739	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.199		0	BFFN	4		0.056	0.902	
17:1.....g									
18:1 undifferentiated.....g	2.386		0	BFFN	4		0.676	10.821	
20:1.....g	0.004		0	BFFN	4		0.001	0.016	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278		0	NC	4		0.079	1.262	
18:2 undifferentiated.....g	0.224		0	BFFN	4		0.064	1.017	
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.004	0.065	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.011	0.180	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		19	298	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0	A	1		0.042	0.679	
Threonine.....g	0.910		0	A	1		0.258	4.127	
Isoleucine.....g	1.036		0	A	1		0.294	4.700	
Leucine.....g	1.812		0	A	1		0.514	8.218	
Lysine.....g	1.925		0	A	1		0.546	8.731	
Methionine.....g	0.593		0	A	1		0.168	2.690	
Cystine.....g	0.294		0	A	1		0.083	1.333	
Phenylalanine.....g	0.900		0	A	1		0.255	4.081	
Tyrosine.....g	0.726		0	A	1		0.206	3.292	
Valine.....g	1.130		0	A	1		0.320	5.125	
Arginine.....g	1.473		0	A	1		0.418	6.680	
Histidine.....g	0.727		0	A	1		0.206	3.297	
Alanine.....g	1.385		0	A	1		0.393	6.281	
Aspartic acid.....g	2.075		0	A	1		0.588	9.410	
Glutamic acid.....g	3.419		0	A	1		0.969	15.509	
Glycine.....g	1.387		0	A	1		0.393	6.291	
Proline.....g	1.086		0	A	1		0.308	4.925	
Serine.....g	0.897		0	A	1		0.254	4.070	
Hydroxyproline.....g	0.239		0	A	1		0.068	1.085	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23627

Beef, short loin, top loin , separable lean only, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13445

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.144		0	NC	4		2.673	4.874	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.265		0	BFFN	4		0.225	0.410	
17:1.....g									
18:1 undifferentiated.....g	2.871		0	BFFN	4		2.440	4.449	
20:1.....g	0.009		0	BFFN	4		0.008	0.014	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0	NC	4		0.242	0.442	
18:2 undifferentiated.....g	0.209		0	BFFN	4		0.178	0.324	
18:3 undifferentiated.....g	0.048		0	BFFN	4		0.041	0.075	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.023	0.043	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		49	89	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	PAK	1		0.161	0.294	
Threonine.....g	1.153		0	PAK	1		0.980	1.788	
Isoleucine.....g	1.314		0	PAK	1		1.116	2.036	
Leucine.....g	2.297		0	PAK	1		1.952	3.560	
Lysine.....g	2.440		0	PAK	1		2.074	3.782	
Methionine.....g	0.752		0	PAK	1		0.639	1.165	
Cystine.....g	0.373		0	PAK	1		0.317	0.578	
Phenylalanine.....g	1.140		0	PAK	1		0.969	1.768	
Tyrosine.....g	0.920		0	PAK	1		0.782	1.426	
Valine.....g	1.432		0	PAK	1		1.217	2.220	
Arginine.....g	1.867		0	PAK	1		1.587	2.894	
Histidine.....g	0.921		0	PAK	1		0.783	1.428	
Alanine.....g	1.755		0	PAK	1		1.492	2.721	
Aspartic acid.....g	2.630		0	PAK	1		2.235	4.076	
Glutamic acid.....g	4.334		0	PAK	1		3.684	6.718	
Glycine.....g	1.758		0	PAK	1		1.494	2.725	
Proline.....g	1.376		0	PAK	1		1.170	2.133	
Serine.....g	1.137		0	PAK	1		0.967	1.763	
Hydroxyproline.....g	0.303		0	PAK	1		0.258	0.470	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 155g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)

NDB No. 13445

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13446

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.776		0	NC	4		6.192	3.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		0	BFFN	4		0.521	0.270	
17:1.....g									
18:1 undifferentiated.....g	3.447		0	BFFN	4		5.653	2.930	
20:1.....g	0.011		0	BFFN	4		0.018	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.342		0	NC	4		0.562	0.291	
18:2 undifferentiated.....g	0.251		0	BFFN	4		0.412	0.214	
18:3 undifferentiated.....g	0.058		0	BFFN	4		0.095	0.049	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	BFFN	4		0.054	0.028	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	BFFN	4		114	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0	PAK	1		0.307	0.159	
Threonine.....g	1.137		0	PAK	1		1.864	0.966	
Isoleucine.....g	1.294		0	PAK	1		2.123	1.100	
Leucine.....g	2.263		0	PAK	1		3.712	1.924	
Lysine.....g	2.404		0	PAK	1		3.943	2.044	
Methionine.....g	0.741		0	PAK	1		1.215	0.630	
Cystine.....g	0.367		0	PAK	1		0.602	0.312	
Phenylalanine.....g	1.124		0	PAK	1		1.843	0.955	
Tyrosine.....g	0.907		0	PAK	1		1.487	0.771	
Valine.....g	1.411		0	PAK	1		2.315	1.200	
Arginine.....g	1.840		0	PAK	1		3.017	1.564	
Histidine.....g	0.908		0	PAK	1		1.489	0.772	
Alanine.....g	1.730		0	PAK	1		2.837	1.470	
Aspartic acid.....g	2.592		0	PAK	1		4.250	2.203	
Glutamic acid.....g	4.271		0	PAK	1		7.005	3.630	
Glycine.....g	1.732		0	PAK	1		2.841	1.473	
Proline.....g	1.356		0	PAK	1		2.224	1.153	
Serine.....g	1.121		0	PAK	1		1.838	0.953	
Hydroxyproline.....g	0.299		0	PAK	1		0.490	0.254	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 164g: 1 steak (yield from 203 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13446

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13447

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.513		0	NC	4		3.769		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.211		0	BFFN	4		0.317		
17:1.....g									
18:1 undifferentiated.....g	2.294		0	BFFN	4		3.441		
20:1.....g	0.007		0	BFFN	4		0.011		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0	NC	4		0.342		
18:2 undifferentiated.....g	0.167		0	BFFN	4		0.251		
18:3 undifferentiated.....g	0.039		0	BFFN	4		0.058		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.033		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0	BFFN	4		69		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	PAK	1		0.289		
Threonine.....g	1.170		0	PAK	1		1.755		
Isoleucine.....g	1.333		0	PAK	1		1.999		
Leucine.....g	2.330		0	PAK	1		3.495		
Lysine.....g	2.476		0	PAK	1		3.713		
Methionine.....g	0.763		0	PAK	1		1.144		
Cystine.....g	0.378		0	PAK	1		0.567		
Phenylalanine.....g	1.157		0	PAK	1		1.736		
Tyrosine.....g	0.933		0	PAK	1		1.400		
Valine.....g	1.453		0	PAK	1		2.180		
Arginine.....g	1.894		0	PAK	1		2.841		
Histidine.....g	0.935		0	PAK	1		1.402		
Alanine.....g	1.781		0	PAK	1		2.671		
Aspartic acid.....g	2.668		0	PAK	1		4.002		
Glutamic acid.....g	4.397		0	PAK	1		6.596		
Glycine.....g	1.784		0	PAK	1		2.675		
Proline.....g	1.396		0	PAK	1		2.095		
Serine.....g	1.154		0	PAK	1		1.731		
Hydroxyproline.....g	0.308		0	PAK	1		0.462		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 steak (yield from 186 g raw meat)

NDB No. 13447

Beef, short loin, top loin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13768

Beef, short loin, top loin, separable lean and fat, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.350		0		1		9.648	25.878	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.020		0		1		0.867	2.326	
17:1.....g									
18:1 undifferentiated.....g	9.830		0		1		8.356	22.412	
20:1.....g	0.040		0		1		0.034	0.091	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		0.808	2.166	
18:2 undifferentiated.....g	0.630		0		1		0.536	1.436	
18:3 undifferentiated.....g	0.250		0		1		0.213	0.570	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.114	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		68	182	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.277		0		1		0.235	0.632	
Threonine.....g	1.080		0		1		0.918	2.462	
Isoleucine.....g	1.111		0		1		0.944	2.533	
Leucine.....g	1.954		0		1		1.661	4.455	
Lysine.....g	2.057		0		1		1.748	4.690	
Methionine.....g	0.633		0		1		0.538	1.443	
Cystine.....g	0.277		0		1		0.235	0.632	
Phenylalanine.....g	0.965		0		1		0.820	2.200	
Tyrosine.....g	0.831		0		1		0.706	1.895	
Valine.....g	1.202		0		1		1.022	2.741	
Arginine.....g	1.562		0		1		1.328	3.561	
Histidine.....g	0.846		0		1		0.719	1.929	
Alanine.....g	1.491		0		1		1.267	3.399	
Aspartic acid.....g	2.258		0		1		1.919	5.148	
Glutamic acid.....g	3.714		0		1		3.157	8.468	
Glycine.....g	1.349		0		1		1.147	3.076	
Proline.....g	1.092		0		1		0.928	2.490	
Serine.....g	0.945		0		1		0.803	2.155	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 228g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 320 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13767

Beef, short loin, top loin, separable lean and fat, trimmed to 1/2" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.390		0		1		56.201	37.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350		0		1		6.124	4.104	
17:1.....g									
18:1 undifferentiated.....g	10.450		0		1		47.401	31.768	
20:1.....g	0.040		0		1		0.181	0.122	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0		1		4.491	3.010	
18:2 undifferentiated.....g	0.630		0		1		2.858	1.915	
18:3 undifferentiated.....g	0.310		0		1		1.406	0.942	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.136	0.091	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		318	213	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.907	0.608	
Threonine.....g	0.780		0		1		3.538	2.371	
Isoleucine.....g	0.803		0		1		3.642	2.441	
Leucine.....g	1.412		0		1		6.405	4.292	
Lysine.....g	1.486		0		1		6.740	4.517	
Methionine.....g	0.457		0		1		2.073	1.389	
Cystine.....g	0.200		0		1		0.907	0.608	
Phenylalanine.....g	0.697		0		1		3.162	2.119	
Tyrosine.....g	0.600		0		1		2.722	1.824	
Valine.....g	0.869		0		1		3.942	2.642	
Arginine.....g	1.129		0		1		5.121	3.432	
Histidine.....g	0.612		0		1		2.776	1.860	
Alanine.....g	1.077		0		1		4.885	3.274	
Aspartic acid.....g	1.632		0		1		7.403	4.961	
Glutamic acid.....g	2.684		0		1		12.175	8.159	
Glycine.....g	0.975		0		1		4.423	2.964	
Proline.....g	0.789		0		1		3.579	2.399	
Serine.....g	0.683		0		1		3.098	2.076	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 304g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 320 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13261

Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.780		0		1		35.290	18.516	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.900		0		1		4.082	2.142	
17:1.....g									
18:1 undifferentiated.....g	6.860		0		1		31.117	16.327	
20:1.....g	0.030		0		1		0.136	0.071	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		2.903	1.523	
18:2 undifferentiated.....g	0.410		0		1		1.860	0.976	
18:3 undifferentiated.....g	0.210		0		1		0.953	0.500	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.091	0.048	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		304	159	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0		1		0.966	0.507	
Threonine.....g	0.830		0		1		3.765	1.975	
Isoleucine.....g	0.854		0		1		3.874	2.033	
Leucine.....g	1.502		0		1		6.813	3.575	
Lysine.....g	1.581		0		1		7.171	3.763	
Methionine.....g	0.486		0		1		2.204	1.157	
Cystine.....g	0.213		0		1		0.966	0.507	
Phenylalanine.....g	0.742		0		1		3.366	1.766	
Tyrosine.....g	0.638		0		1		2.894	1.518	
Valine.....g	0.924		0		1		4.191	2.199	
Arginine.....g	1.201		0		1		5.448	2.858	
Histidine.....g	0.651		0		1		2.953	1.549	
Alanine.....g	1.146		0		1		5.198	2.727	
Aspartic acid.....g	1.736		0		1		7.874	4.132	
Glutamic acid.....g	2.855		0		1		12.950	6.795	
Glycine.....g	1.037		0		1		4.704	2.468	
Proline.....g	0.839		0		1		3.806	1.997	
Serine.....g	0.727		0		1		3.298	1.730	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 238g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 261 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13268

Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.130		0		1		8.611	18.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.930		0		1		0.791	1.674	
17:1.....g									
18:1 undifferentiated.....g	9.010		0		1		7.659	16.218	
20:1.....g	0.040		0		1		0.034	0.072	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		0.731	1.548	
18:2 undifferentiated.....g	0.580		0		1		0.493	1.044	
18:3 undifferentiated.....g	0.210		0		1		0.179	0.378	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.090	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		67	142	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.284		0		1		0.241	0.511	
Threonine.....g	1.109		0		1		0.943	1.996	
Isoleucine.....g	1.141		0		1		0.970	2.054	
Leucine.....g	2.006		0		1		1.705	3.611	
Lysine.....g	2.112		0		1		1.795	3.802	
Methionine.....g	0.650		0		1		0.553	1.170	
Cystine.....g	0.284		0		1		0.241	0.511	
Phenylalanine.....g	0.991		0		1		0.842	1.784	
Tyrosine.....g	0.853		0		1		0.725	1.535	
Valine.....g	1.235		0		1		1.050	2.223	
Arginine.....g	1.604		0		1		1.363	2.887	
Histidine.....g	0.869		0		1		0.739	1.564	
Alanine.....g	1.531		0		1		1.301	2.756	
Aspartic acid.....g	2.319		0		1		1.971	4.174	
Glutamic acid.....g	3.814		0		1		3.242	6.865	
Glycine.....g	1.385		0		1		1.177	2.493	
Proline.....g	1.121		0		1		0.953	2.018	
Serine.....g	0.971		0		1		0.825	1.748	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 180g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 261 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13267

Beef, short loin, top loin, separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.080		0		1		50.259	27.368	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.230		0		1		5.579	3.038	
17:1.....g									
18:1 undifferentiated.....g	9.650		0		1		43.772	23.836	
20:1.....g	0.030		0		1		0.136	0.074	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		4.128	2.248	
18:2 undifferentiated.....g	0.590		0		1		2.676	1.457	
18:3 undifferentiated.....g	0.270		0		1		1.225	0.667	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.181	0.099	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		313	170	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.930	0.506	
Threonine.....g	0.801		0		1		3.633	1.978	
Isoleucine.....g	0.824		0		1		3.738	2.035	
Leucine.....g	1.449		0		1		6.573	3.579	
Lysine.....g	1.525		0		1		6.917	3.767	
Methionine.....g	0.469		0		1		2.127	1.158	
Cystine.....g	0.205		0		1		0.930	0.506	
Phenylalanine.....g	0.716		0		1		3.248	1.769	
Tyrosine.....g	0.616		0		1		2.794	1.522	
Valine.....g	0.892		0		1		4.046	2.203	
Arginine.....g	1.159		0		1		5.257	2.863	
Histidine.....g	0.628		0		1		2.849	1.551	
Alanine.....g	1.106		0		1		5.017	2.732	
Aspartic acid.....g	1.675		0		1		7.598	4.137	
Glutamic acid.....g	2.755		0		1		12.497	6.805	
Glycine.....g	1.000		0		1		4.536	2.470	
Proline.....g	0.810		0		1		3.674	2.001	
Serine.....g	0.701		0		1		3.180	1.731	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 247g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 261 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13910

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.993		0	NC	4		5.944	11.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.632		0	BFFN	4		0.537	1.043	
17:1.....g									
18:1 undifferentiated.....g	6.337		0	BFFN	4		5.386	10.456	
20:1.....g	0.024		0	BFFN	4		0.021	0.040	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.621		0	NC	4		0.528	1.025	
18:2 undifferentiated.....g	0.434		0	BFFN	4		0.369	0.716	
18:3 undifferentiated.....g	0.149		0	BFFN	4		0.127	0.246	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.032	0.063	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	BFFN	4		75	146	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	PAK	1		0.148	0.287	
Threonine.....g	1.056		0	PAK	1		0.898	1.743	
Isoleucine.....g	1.203		0	PAK	1		1.022	1.985	
Leucine.....g	2.103		0	PAK	1		1.788	3.470	
Lysine.....g	2.234		0	PAK	1		1.899	3.687	
Methionine.....g	0.688		0	PAK	1		0.585	1.136	
Cystine.....g	0.341		0	PAK	1		0.290	0.563	
Phenylalanine.....g	1.044		0	PAK	1		0.888	1.723	
Tyrosine.....g	0.842		0	PAK	1		0.716	1.390	
Valine.....g	1.312		0	PAK	1		1.115	2.164	
Arginine.....g	1.710		0	PAK	1		1.453	2.821	
Histidine.....g	0.844		0	PAK	1		0.717	1.392	
Alanine.....g	1.607		0	PAK	1		1.366	2.652	
Aspartic acid.....g	2.408		0	PAK	1		2.047	3.974	
Glutamic acid.....g	3.969		0	PAK	1		3.374	6.549	
Glycine.....g	1.610		0	PAK	1		1.368	2.656	
Proline.....g	1.260		0	PAK	1		1.071	2.080	
Serine.....g	1.041		0	PAK	1		0.885	1.718	
Hydroxyproline.....g	0.276		0	BFFN	4		0.235	0.456	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 13910

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 165g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13909

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.633		0	NC	4		17.644	30.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.755		0	BFFN	4		2.009	3.426	
17:1.....g									
18:1 undifferentiated.....g	5.855		0	BFFN	4		15.575	26.560	
20:1.....g	0.022		0	BFFN	4		0.059	0.100	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		0	NC	4		1.568	2.674	
18:2 undifferentiated.....g	0.379		0	BFFN	4		1.008	1.720	
18:3 undifferentiated.....g	0.185		0	BFFN	4		0.493	0.841	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	BFFN	4		0.066	0.113	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	BFFN	4		151	257	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	PAK	1		0.360	0.614	
Threonine.....g	0.823		0	PAK	1		2.190	3.734	
Isoleucine.....g	0.938		0	PAK	1		2.494	4.253	
Leucine.....g	1.639		0	PAK	1		4.360	7.436	
Lysine.....g	1.742		0	PAK	1		4.632	7.900	
Methionine.....g	0.537		0	PAK	1		1.427	2.434	
Cystine.....g	0.266		0	PAK	1		0.707	1.206	
Phenylalanine.....g	0.814		0	PAK	1		2.165	3.692	
Tyrosine.....g	0.657		0	PAK	1		1.747	2.979	
Valine.....g	1.022		0	PAK	1		2.719	4.637	
Arginine.....g	1.333		0	PAK	1		3.544	6.044	
Histidine.....g	0.658		0	PAK	1		1.749	2.983	
Alanine.....g	1.253		0	PAK	1		3.332	5.683	
Aspartic acid.....g	1.877		0	PAK	1		4.993	8.514	
Glutamic acid.....g	3.094		0	PAK	1		8.229	14.032	
Glycine.....g	1.255		0	PAK	1		3.338	5.692	
Proline.....g	0.982		0	PAK	1		2.613	4.456	
Serine.....g	0.812		0	PAK	1		2.159	3.682	
Hydroxyproline.....g	0.216		0	PAK	1		0.576	0.982	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 266g: 1 steak

Measure 2 = 453.6g: 1 lb

NDB No. 13909

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13912

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.688		0	NC	4		16.991	6.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.695		0	BFFN	4		1.535	0.590	
17:1.....g									
18:1 undifferentiated.....g	6.967		0	BFFN	4		15.396	5.922	
20:1.....g	0.027		0	BFFN	4		0.059	0.023	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.683		0	NC	4		1.510	0.581	
18:2 undifferentiated.....g	0.477		0	BFFN	4		1.054	0.406	
18:3 undifferentiated.....g	0.164		0	BFFN	4		0.363	0.139	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0	BFFN	4		0.093	0.036	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		0	BFFN	4		214	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.172		0	PAK	1		0.380	0.146	
Threonine.....g	1.045		0	PAK	1		2.310	0.888	
Isoleucine.....g	1.190		0	PAK	1		2.630	1.012	
Leucine.....g	2.081		0	PAK	1		4.599	1.769	
Lysine.....g	2.211		0	PAK	1		4.886	1.879	
Methionine.....g	0.681		0	PAK	1		1.506	0.579	
Cystine.....g	0.338		0	PAK	1		0.746	0.287	
Phenylalanine.....g	1.033		0	PAK	1		2.284	0.878	
Tyrosine.....g	0.834		0	PAK	1		1.842	0.709	
Valine.....g	1.298		0	PAK	1		2.868	1.103	
Arginine.....g	1.692		0	PAK	1		3.739	1.438	
Histidine.....g	0.835		0	PAK	1		1.845	0.710	
Alanine.....g	1.590		0	PAK	1		3.515	1.352	
Aspartic acid.....g	2.383		0	PAK	1		5.266	2.026	
Glutamic acid.....g	3.927		0	PAK	1		8.680	3.338	
Glycine.....g	1.593		0	PAK	1		3.520	1.354	
Proline.....g	1.247		0	PAK	1		2.756	1.060	
Serine.....g	1.031		0	PAK	1		2.277	0.876	
Hydroxyproline.....g	0.275		0	PAK	1		0.607	0.234	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 221g: 1 steak (yield from 270 g raw meat)

Measure 2 = 85g: 3 oz (1 serving)

NDB No. 13912

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13911

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.828		0	NC	4		18.709	30.972	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.778		0	BFFN	4		2.131	3.527	
17:1.....g									
18:1 undifferentiated.....g	6.028		0	BFFN	4		16.516	27.342	
20:1.....g	0.023		0	BFFN	4		0.062	0.103	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.607		0	NC	4		1.662	2.752	
18:2 undifferentiated.....g	0.390		0	BFFN	4		1.069	1.770	
18:3 undifferentiated.....g	0.191		0	BFFN	4		0.523	0.865	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.070	0.116	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		160	265	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	PAK	1		0.371	0.615	
Threonine.....g	0.824		0	PAK	1		2.258	3.737	
Isoleucine.....g	0.938		0	PAK	1		2.571	4.256	
Leucine.....g	1.641		0	PAK	1		4.495	7.442	
Lysine.....g	1.743		0	PAK	1		4.776	7.907	
Methionine.....g	0.537		0	PAK	1		1.472	2.436	
Cystine.....g	0.266		0	PAK	1		0.729	1.207	
Phenylalanine.....g	0.815		0	PAK	1		2.232	3.695	
Tyrosine.....g	0.657		0	PAK	1		1.801	2.981	
Valine.....g	1.023		0	PAK	1		2.804	4.641	
Arginine.....g	1.334		0	PAK	1		3.654	6.050	
Histidine.....g	0.658		0	PAK	1		1.804	2.986	
Alanine.....g	1.254		0	PAK	1		3.436	5.688	
Aspartic acid.....g	1.879		0	PAK	1		5.148	8.522	
Glutamic acid.....g	3.096		0	PAK	1		8.484	14.045	
Glycine.....g	1.256		0	PAK	1		3.441	5.697	
Proline.....g	0.983		0	PAK	1		2.694	4.460	
Serine.....g	0.812		0	PAK	1		2.226	3.685	
Hydroxyproline.....g	0.217		0	PAK	1		0.594	0.983	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 274g: 1 steak

Measure 2 = 453.6g: 1 lb

NDB No. 13911

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13916

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.390		0	PAE	4		7.982	15.681	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0	PAE	4		0.714	1.403	
17:1.....g									
18:1 undifferentiated.....g	8.350		0	PAE	4		7.098	13.945	
20:1.....g	0.030		0	PAE	4		0.026	0.050	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0	PAE	4		0.680	1.336	
18:2 undifferentiated.....g	0.540		0	PAE	4		0.459	0.902	
18:3 undifferentiated.....g	0.180		0	PAE	4		0.153	0.301	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.043	0.084	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	PAE	4		67	132	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.290		0	PAE	4		0.247	0.484	
Threonine.....g	1.132		0	PAE	4		0.962	1.890	
Isoleucine.....g	1.166		0	PAE	4		0.991	1.947	
Leucine.....g	2.049		0	PAE	4		1.742	3.422	
Lysine.....g	2.157		0	PAE	4		1.833	3.602	
Methionine.....g	0.664		0	PAE	4		0.564	1.109	
Cystine.....g	0.290		0	PAE	4		0.247	0.484	
Phenylalanine.....g	1.012		0	PAE	4		0.860	1.690	
Tyrosine.....g	0.871		0	PAE	4		0.740	1.455	
Valine.....g	1.261		0	PAE	4		1.072	2.106	
Arginine.....g	1.638		0	PAE	4		1.392	2.735	
Histidine.....g	0.888		0	PAE	4		0.755	1.483	
Alanine.....g	1.564		0	PAE	4		1.329	2.612	
Aspartic acid.....g	2.368		0	PAE	4		2.013	3.955	
Glutamic acid.....g	3.895		0	PAE	4		3.311	6.505	
Glycine.....g	1.414		0	PAE	4		1.202	2.361	
Proline.....g	1.145		0	PAE	4		0.973	1.912	
Serine.....g	0.991		0	PAE	4		0.842	1.655	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 167g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13915

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.780		0	PAE	4		44.362	22.201	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.050		0	PAE	4		4.763	2.384	
17:1.....g									
18:1 undifferentiated.....g	8.520		0	PAE	4		38.647	19.340	
20:1.....g	0.030		0	PAE	4		0.136	0.068	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0	PAE	4		3.629	1.816	
18:2 undifferentiated.....g	0.530		0	PAE	4		2.404	1.203	
18:3 undifferentiated.....g	0.220		0	PAE	4		0.998	0.499	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.181	0.091	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	PAE	4		304	152	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0	PAE	4		0.966	0.484	
Threonine.....g	0.830		0	PAE	4		3.765	1.884	
Isoleucine.....g	0.854		0	PAE	4		3.874	1.939	
Leucine.....g	1.502		0	PAE	4		6.813	3.410	
Lysine.....g	1.581		0	PAE	4		7.171	3.589	
Methionine.....g	0.486		0	PAE	4		2.204	1.103	
Cystine.....g	0.213		0	PAE	4		0.966	0.484	
Phenylalanine.....g	0.742		0	PAE	4		3.366	1.684	
Tyrosine.....g	0.638		0	PAE	4		2.894	1.448	
Valine.....g	0.924		0	PAE	4		4.191	2.097	
Arginine.....g	1.201		0	PAE	4		5.448	2.726	
Histidine.....g	0.650		0	PAE	4		2.948	1.476	
Alanine.....g	1.146		0	PAE	4		5.198	2.601	
Aspartic acid.....g	1.736		0	PAE	4		7.874	3.941	
Glutamic acid.....g	2.854		0	PAE	4		12.946	6.479	
Glycine.....g	1.037		0	PAE	4		4.704	2.354	
Proline.....g	0.839		0	PAE	4		3.806	1.905	
Serine.....g	0.726		0	PAE	4		3.293	1.648	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 227g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 242 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13914

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.298		0	NC	4		12.848	5.353	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.569		0	BFFN	4		1.161	0.484	
17:1.....g									
18:1 undifferentiated.....g	5.707		0	BFFN	4		11.643	4.851	
20:1.....g	0.022		0	BFFN	4		0.044	0.019	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0	NC	4		1.142	0.476	
18:2 undifferentiated.....g	0.391		0	BFFN	4		0.797	0.332	
18:3 undifferentiated.....g	0.134		0	BFFN	4		0.274	0.114	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	BFFN	4		0.070	0.029	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	BFFN	4		162	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.173		0	NR	4		0.354	0.147	
Threonine.....g	1.054		0	NR	4		2.151	0.896	
Isoleucine.....g	1.201		0	NR	4		2.449	1.021	
Leucine.....g	2.099		0	NR	4		4.283	1.784	
Lysine.....g	2.230		0	NR	4		4.550	1.896	
Methionine.....g	0.687		0	NR	4		1.402	0.584	
Cystine.....g	0.341		0	NR	4		0.695	0.289	
Phenylalanine.....g	1.042		0	NR	4		2.126	0.886	
Tyrosine.....g	0.841		0	NR	4		1.716	0.715	
Valine.....g	1.309		0	NR	4		2.671	1.113	
Arginine.....g	1.706		0	NR	4		3.481	1.450	
Histidine.....g	0.842		0	NR	4		1.718	0.716	
Alanine.....g	1.604		0	NR	4		3.273	1.364	
Aspartic acid.....g	2.404		0	NR	4		4.904	2.043	
Glutamic acid.....g	3.962		0	NR	4		8.082	3.368	
Glycine.....g	1.607		0	NR	4		3.278	1.366	
Proline.....g	1.258		0	NR	4		2.567	1.069	
Serine.....g	1.040		0	NR	4		2.121	0.884	
Hydroxyproline.....g	0.277		0	NR	4		0.566	0.236	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 204g: 1 steak (yield from raw steak weighing 248 g)

Measure 2 = 85g: 3 oz

NDB No. 13914

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13913

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.438		0	NC	4		16.609	29.201	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.733		0	BFFN	4		1.892	3.326	
17:1.....g									
18:1 undifferentiated.....g	5.683		0	BFFN	4		14.662	25.779	
20:1.....g	0.021		0	BFFN	4		0.055	0.097	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.572		0	NC	4		1.476	2.594	
18:2 undifferentiated.....g	0.368		0	BFFN	4		0.949	1.669	
18:3 undifferentiated.....g	0.180		0	BFFN	4		0.464	0.816	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.062	0.109	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		142	250	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0	NR	4		0.333	0.585	
Threonine.....g	0.783		0	NR	4		2.021	3.553	
Isoleucine.....g	0.892		0	NR	4		2.302	4.047	
Leucine.....g	1.560		0	NR	4		4.025	7.076	
Lysine.....g	1.657		0	NR	4		4.276	7.517	
Methionine.....g	0.511		0	NR	4		1.318	2.316	
Cystine.....g	0.253		0	NR	4		0.653	1.148	
Phenylalanine.....g	0.775		0	NR	4		1.998	3.513	
Tyrosine.....g	0.625		0	NR	4		1.612	2.834	
Valine.....g	0.973		0	NR	4		2.510	4.413	
Arginine.....g	1.268		0	NR	4		3.272	5.752	
Histidine.....g	0.626		0	NR	4		1.615	2.839	
Alanine.....g	1.192		0	NR	4		3.076	5.408	
Aspartic acid.....g	1.786		0	NR	4		4.608	8.102	
Glutamic acid.....g	2.944		0	NR	4		7.595	13.354	
Glycine.....g	1.194		0	NR	4		3.081	5.416	
Proline.....g	0.935		0	NR	4		2.412	4.241	
Serine.....g	0.772		0	NR	4		1.993	3.504	
Hydroxyproline.....g	0.206		0	NR	4		0.532	0.935	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 258g: 1 steak

Measure 2 = 453.6g: 1 lb

NDB No. 13913

Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13448

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.542		0	NC	4		3.812	2.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191		0	BFFN	4		0.286	0.162	
17:1.....g									
18:1 undifferentiated.....g	2.348		0	BFFN	4		3.522	1.996	
20:1.....g	0.003		0	BFFN	4		0.004	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.234		0	NC	4		0.352	0.199	
18:2 undifferentiated.....g	0.186		0	BFFN	4		0.278	0.158	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.027	0.015	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0	BFFN	4		0.046	0.026	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	BFFN	4		96	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.288	0.163	
Threonine.....g	1.169		0	A	1		1.753	0.993	
Isoleucine.....g	1.331		0	A	1		1.996	1.131	
Leucine.....g	2.327		0	A	1		3.490	1.978	
Lysine.....g	2.472		0	A	1		3.708	2.101	
Methionine.....g	0.762		0	A	1		1.143	0.647	
Cystine.....g	0.377		0	A	1		0.566	0.321	
Phenylalanine.....g	1.155		0	A	1		1.733	0.982	
Tyrosine.....g	0.932		0	A	1		1.398	0.792	
Valine.....g	1.451		0	A	1		2.177	1.234	
Arginine.....g	1.892		0	A	1		2.837	1.608	
Histidine.....g	0.934		0	A	1		1.400	0.794	
Alanine.....g	1.778		0	A	1		2.668	1.512	
Aspartic acid.....g	2.664		0	A	1		3.997	2.265	
Glutamic acid.....g	4.391		0	A	1		6.587	3.733	
Glycine.....g	1.781		0	A	1		2.672	1.514	
Proline.....g	1.395		0	A	1		2.092	1.185	
Serine.....g	1.152		0	A	1		1.728	0.979	
Hydroxyproline.....g	0.307		0	A	1		0.461	0.261	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 223 g)

Measure 2 = 85g: 3 oz

NDB No. 13448

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13449

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.045		0	NC	4		4.994	2.588	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.229		0	BFFN	4		0.375	0.194	
17:1.....g									
18:1 undifferentiated.....g	2.813		0	BFFN	4		4.614	2.391	
20:1.....g	0.003		0	BFFN	4		0.005	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.281		0	NC	4		0.461	0.239	
18:2 undifferentiated.....g	0.222		0	BFFN	4		0.365	0.189	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.035	0.018	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.061	0.031	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0	BFFN	4		126	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1		0.312	0.162	
Threonine.....g	1.155		0	A	1		1.894	0.982	
Isoleucine.....g	1.315		0	A	1		2.157	1.118	
Leucine.....g	2.300		0	A	1		3.772	1.955	
Lysine.....g	2.443		0	A	1		4.007	2.077	
Methionine.....g	0.753		0	A	1		1.235	0.640	
Cystine.....g	0.373		0	A	1		0.612	0.317	
Phenylalanine.....g	1.142		0	A	1		1.873	0.971	
Tyrosine.....g	0.921		0	A	1		1.511	0.783	
Valine.....g	1.434		0	A	1		2.352	1.219	
Arginine.....g	1.870		0	A	1		3.066	1.589	
Histidine.....g	0.923		0	A	1		1.513	0.784	
Alanine.....g	1.758		0	A	1		2.883	1.494	
Aspartic acid.....g	2.634		0	A	1		4.319	2.239	
Glutamic acid.....g	4.340		0	A	1		7.118	3.689	
Glycine.....g	1.761		0	A	1		2.887	1.496	
Proline.....g	1.378		0	A	1		2.260	1.172	
Serine.....g	1.139		0	A	1		1.868	0.968	
Hydroxyproline.....g	0.304		0	A	1		0.498	0.258	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 164g: 1 steak (yield from 203 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13449

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13450

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.038		0	NC	4		3.057	1.732	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.153		0	BFFN	4		0.229	0.130	
17:1.....g									
18:1 undifferentiated.....g	1.883		0	BFFN	4		2.825	1.601	
20:1.....g	0.002		0	BFFN	4		0.003	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0	NC	4		0.282	0.160	
18:2 undifferentiated.....g	0.149		0	BFFN	4		0.223	0.126	
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.022	0.012	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	BFFN	4		0.037	0.021	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	BFFN	4		77	44	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.292	0.165	
Threonine.....g	1.182		0	A	1		1.773	1.005	
Isoleucine.....g	1.346		0	A	1		2.019	1.144	
Leucine.....g	2.354		0	A	1		3.531	2.001	
Lysine.....g	2.501		0	A	1		3.751	2.126	
Methionine.....g	0.771		0	A	1		1.156	0.655	
Cystine.....g	0.382		0	A	1		0.573	0.325	
Phenylalanine.....g	1.169		0	A	1		1.753	0.993	
Tyrosine.....g	0.943		0	A	1		1.414	0.801	
Valine.....g	1.468		0	A	1		2.202	1.248	
Arginine.....g	1.913		0	A	1		2.870	1.626	
Histidine.....g	0.944		0	A	1		1.417	0.803	
Alanine.....g	1.799		0	A	1		2.698	1.529	
Aspartic acid.....g	2.695		0	A	1		4.043	2.291	
Glutamic acid.....g	4.442		0	A	1		6.663	3.776	
Glycine.....g	1.802		0	A	1		2.703	1.532	
Proline.....g	1.411		0	A	1		2.116	1.199	
Serine.....g	1.166		0	A	1		1.748	0.991	
Hydroxyproline.....g	0.311		0	A	1		0.466	0.264	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 steak (yield from 186 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13450

Beef, short loin, top loin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13776

Beef, short loin, top loin, separable lean only, trimmed to 1/2" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.670		0		1		4.820	10.149	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.374	0.788	
17:1.....g									
18:1 undifferentiated.....g	5.030		0		1		4.276	9.004	
20:1.....g	0.010		0		1		0.009	0.018	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		0.400	0.841	
18:2 undifferentiated.....g	0.350		0		1		0.298	0.627	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.054	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.107	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		65	136	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.321		0		1		0.273	0.575	
Threonine.....g	1.250		0		1		1.063	2.238	
Isoleucine.....g	1.287		0		1		1.094	2.304	
Leucine.....g	2.262		0		1		1.923	4.049	
Lysine.....g	2.381		0		1		2.024	4.262	
Methionine.....g	0.733		0		1		0.623	1.312	
Cystine.....g	0.321		0		1		0.273	0.575	
Phenylalanine.....g	1.117		0		1		0.949	1.999	
Tyrosine.....g	0.962		0		1		0.818	1.722	
Valine.....g	1.392		0		1		1.183	2.492	
Arginine.....g	1.809		0		1		1.538	3.238	
Histidine.....g	0.980		0		1		0.833	1.754	
Alanine.....g	1.726		0		1		1.467	3.090	
Aspartic acid.....g	2.615		0		1		2.223	4.681	
Glutamic acid.....g	4.300		0		1		3.655	7.697	
Glycine.....g	1.561		0		1		1.327	2.794	
Proline.....g	1.264		0		1		1.074	2.263	
Serine.....g	1.094		0		1		0.930	1.958	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 179g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 320 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13276

Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.670		0		1		4.820	8.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.374	0.647	
17:1.....g									
18:1 undifferentiated.....g	5.030		0		1		4.276	7.394	
20:1.....g	0.010		0		1		0.009	0.015	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		0.400	0.691	
18:2 undifferentiated.....g	0.350		0		1		0.298	0.515	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.044	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.088	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		65	112	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0		1		0.273	0.472	
Threonine.....g	1.250		0		1		1.063	1.838	
Isoleucine.....g	1.287		0		1		1.094	1.892	
Leucine.....g	2.262		0		1		1.923	3.325	
Lysine.....g	2.381		0		1		2.024	3.500	
Methionine.....g	0.733		0		1		0.623	1.078	
Cystine.....g	0.321		0		1		0.273	0.472	
Phenylalanine.....g	1.117		0		1		0.949	1.642	
Tyrosine.....g	0.962		0		1		0.818	1.414	
Valine.....g	1.392		0		1		1.183	2.046	
Arginine.....g	1.809		0		1		1.538	2.659	
Histidine.....g	0.980		0		1		0.833	1.441	
Alanine.....g	1.726		0		1		1.467	2.537	
Aspartic acid.....g	2.615		0		1		2.223	3.844	
Glutamic acid.....g	4.300		0		1		3.655	6.321	
Glycine.....g	1.561		0		1		1.327	2.295	
Proline.....g	1.264		0		1		1.074	1.858	
Serine.....g	1.094		0		1		0.930	1.608	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 147g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 261 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13275

Beef, short loin, top loin, separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.810		0		1		1.364	21.818	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		1		1		0.111	1.769	
17:1.....g									
18:1 undifferentiated.....g	4.190		1		1		1.188	19.006	
20:1.....g	0.010		1		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.111	1.769	
18:2 undifferentiated.....g	0.310		1		1		0.088	1.406	
18:3 undifferentiated.....g	0.020		1		1		0.006	0.091	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.014	0.227	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		1		1		17	268	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.068	1.093	
Threonine.....g	0.940		0		1		0.266	4.264	
Isoleucine.....g	0.968		0		1		0.274	4.391	
Leucine.....g	1.702		0		1		0.483	7.720	
Lysine.....g	1.791		0		1		0.508	8.124	
Methionine.....g	0.551		0		1		0.156	2.499	
Cystine.....g	0.241		0		1		0.068	1.093	
Phenylalanine.....g	0.841		0		1		0.238	3.815	
Tyrosine.....g	0.723		0		1		0.205	3.280	
Valine.....g	1.047		0		1		0.297	4.749	
Arginine.....g	1.361		0		1		0.386	6.173	
Histidine.....g	0.737		0		1		0.209	3.343	
Alanine.....g	1.299		0		1		0.368	5.892	
Aspartic acid.....g	1.967		0		1		0.558	8.922	
Glutamic acid.....g	3.235		0		1		0.917	14.674	
Glycine.....g	1.175		0		1		0.333	5.330	
Proline.....g	0.951		0		1		0.270	4.314	
Serine.....g	0.823		0		1		0.233	3.733	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23607

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.073		0	NC	4		0.588	9.404	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0	BFFN	4		0.045	0.722	
17:1.....g									
18:1 undifferentiated.....g	1.911		0	BFFN	4		0.542	8.669	
20:1.....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.223		0	NC	4		0.063	1.011	
18:2 undifferentiated.....g	0.180		0	BFFN	4		0.051	0.814	
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.003	0.052	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.009	0.144	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	BFFN	4		15	239	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0	A	1		0.043	0.683	
Threonine.....g	0.916		0	A	1		0.260	4.154	
Isoleucine.....g	1.043		0	A	1		0.296	4.731	
Leucine.....g	1.824		0	A	1		0.517	8.272	
Lysine.....g	1.937		0	A	1		0.549	8.788	
Methionine.....g	0.597		0	A	1		0.169	2.708	
Cystine.....g	0.296		0	A	1		0.084	1.342	
Phenylalanine.....g	0.906		0	A	1		0.257	4.107	
Tyrosine.....g	0.731		0	A	1		0.207	3.314	
Valine.....g	1.137		0	A	1		0.322	5.159	
Arginine.....g	1.482		0	A	1		0.420	6.724	
Histidine.....g	0.732		0	A	1		0.207	3.319	
Alanine.....g	1.394		0	A	1		0.395	6.322	
Aspartic acid.....g	2.088		0	A	1		0.592	9.472	
Glutamic acid.....g	3.442		0	A	1		0.976	15.611	
Glycine.....g	1.396		0	A	1		0.396	6.332	
Proline.....g	1.093		0	A	1		0.310	4.957	
Serine.....g	0.903		0	A	1		0.256	4.096	
Hydroxyproline.....g	0.241		0	A	1		0.068	1.092	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23607

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23589

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.288		0	NC	4		0.649	10.380	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.172		0	BFFN	4		0.049	0.782	
17:1.....g									
18:1 undifferentiated.....g	2.114		0	BFFN	4		0.599	9.589	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0	NC	4		0.058	0.928	
18:2 undifferentiated.....g	0.164		0	BFFN	4		0.046	0.743	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.068	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.007	0.117	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0	BFFN	4		15	243	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1		0.055	0.878	
Threonine.....g	1.176		0	A	1		0.333	5.334	
Isoleucine.....g	1.339		0	A	1		0.380	6.075	
Leucine.....g	2.342		0	A	1		0.664	10.622	
Lysine.....g	2.488		0	A	1		0.705	11.285	
Methionine.....g	0.767		0	A	1		0.217	3.477	
Cystine.....g	0.380		0	A	1		0.108	1.723	
Phenylalanine.....g	1.163		0	A	1		0.330	5.274	
Tyrosine.....g	0.938		0	A	1		0.266	4.255	
Valine.....g	1.460		0	A	1		0.414	6.624	
Arginine.....g	1.904		0	A	1		0.540	8.634	
Histidine.....g	0.939		0	A	1		0.266	4.261	
Alanine.....g	1.790		0	A	1		0.507	8.118	
Aspartic acid.....g	2.681		0	A	1		0.760	12.163	
Glutamic acid.....g	4.419		0	A	1		1.253	20.046	
Glycine.....g	1.792		0	A	1		0.508	8.131	
Proline.....g	1.403		0	A	1		0.398	6.366	
Serine.....g	1.160		0	A	1		0.329	5.260	
Hydroxyproline.....g	0.309		0	A	1		0.088	1.403	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23589

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23585

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.559		0	NC	4		0.442	7.069	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0	BFFN	4		0.034	0.543	
17:1.....g									
18:1 undifferentiated.....g	1.437		0	BFFN	4		0.407	6.517	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0	NC	4		0.047	0.760	
18:2 undifferentiated.....g	0.135		0	BFFN	4		0.038	0.612	
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.002	0.039	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.108	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFFN	4		11	180	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0	A	1		0.043	0.688	
Threonine.....g	0.922		0	A	1		0.261	4.181	
Isoleucine.....g	1.050		0	A	1		0.298	4.762	
Leucine.....g	1.835		0	A	1		0.520	8.326	
Lysine.....g	1.950		0	A	1		0.553	8.845	
Methionine.....g	0.601		0	A	1		0.170	2.726	
Cystine.....g	0.298		0	A	1		0.084	1.351	
Phenylalanine.....g	0.911		0	A	1		0.258	4.134	
Tyrosine.....g	0.735		0	A	1		0.208	3.335	
Valine.....g	1.145		0	A	1		0.325	5.192	
Arginine.....g	1.492		0	A	1		0.423	6.768	
Histidine.....g	0.736		0	A	1		0.209	3.340	
Alanine.....g	1.403		0	A	1		0.398	6.363	
Aspartic acid.....g	2.102		0	A	1		0.596	9.533	
Glutamic acid.....g	3.464		0	A	1		0.982	15.712	
Glycine.....g	1.405		0	A	1		0.398	6.373	
Proline.....g	1.100		0	A	1		0.312	4.990	
Serine.....g	0.909		0	A	1		0.258	4.123	
Hydroxyproline.....g	0.242		0	A	1		0.069	1.100	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23585

Beef, short loin, top loin, separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13439

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.551		0	NC	4		3.868	4.233	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.383		0	BFFN	4		0.325	0.356	
17:1.....g									
18:1 undifferentiated.....g	4.155		0	BFFN	4		3.532	3.864	
20:1.....g	0.013		0	BFFN	4		0.011	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0	NC	4		0.351	0.384	
18:2 undifferentiated.....g	0.303		0	BFFN	4		0.257	0.282	
18:3 undifferentiated.....g	0.070		0	BFFN	4		0.059	0.065	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.034	0.037	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0	BFFN	4		71	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	PAK	1		0.154	0.169	
Threonine.....g	1.102		0	PAK	1		0.936	1.025	
Isoleucine.....g	1.255		0	PAK	1		1.066	1.167	
Leucine.....g	2.194		0	PAK	1		1.865	2.040	
Lysine.....g	2.331		0	PAK	1		1.981	2.167	
Methionine.....g	0.718		0	PAK	1		0.610	0.668	
Cystine.....g	0.356		0	PAK	1		0.302	0.331	
Phenylalanine.....g	1.089		0	PAK	1		0.926	1.013	
Tyrosine.....g	0.879		0	PAK	1		0.747	0.817	
Valine.....g	1.368		0	PAK	1		1.163	1.272	
Arginine.....g	1.783		0	PAK	1		1.516	1.658	
Histidine.....g	0.880		0	PAK	1		0.748	0.818	
Alanine.....g	1.676		0	PAK	1		1.425	1.559	
Aspartic acid.....g	2.512		0	PAK	1		2.135	2.336	
Glutamic acid.....g	4.140		0	PAK	1		3.519	3.850	
Glycine.....g	1.679		0	PAK	1		1.427	1.562	
Proline.....g	1.315		0	PAK	1		1.117	1.223	
Serine.....g	1.086		0	PAK	1		0.923	1.010	
Hydroxyproline.....g	0.290		0	PAK	1		0.246	0.269	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 93g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 135 g)

NDB No. 13439

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13440

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.077		0	NC	4		6.396		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.427		0	BFFN	4		0.538		
17:1.....g									
18:1 undifferentiated.....g	4.635		0	BFFN	4		5.840		
20:1.....g	0.015		0	BFFN	4		0.019		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	NC	4		0.580		
18:2 undifferentiated.....g	0.338		0	BFFN	4		0.426		
18:3 undifferentiated.....g	0.078		0	BFFN	4		0.098		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		0	BFFN	4		0.056		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	BFFN	4		117		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	PAK	1		0.232		
Threonine.....g	1.117		0	PAK	1		1.408		
Isoleucine.....g	1.273		0	PAK	1		1.603		
Leucine.....g	2.225		0	PAK	1		2.804		
Lysine.....g	2.364		0	PAK	1		2.979		
Methionine.....g	0.728		0	PAK	1		0.918		
Cystine.....g	0.361		0	PAK	1		0.455		
Phenylalanine.....g	1.105		0	PAK	1		1.392		
Tyrosine.....g	0.891		0	PAK	1		1.123		
Valine.....g	1.388		0	PAK	1		1.748		
Arginine.....g	1.809		0	PAK	1		2.279		
Histidine.....g	0.893		0	PAK	1		1.125		
Alanine.....g	1.701		0	PAK	1		2.143		
Aspartic acid.....g	2.548		0	PAK	1		3.210		
Glutamic acid.....g	4.199		0	PAK	1		5.291		
Glycine.....g	1.703		0	PAK	1		2.146		
Proline.....g	1.333		0	PAK	1		1.680		
Serine.....g	1.102		0	PAK	1		1.388		
Hydroxyproline.....g	0.294		0	PAK	1		0.370		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 126g: 1 steak (yield from 161 g raw meat)

NDB No. 13440

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13441

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.026		0	NC	4		4.348		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.339		0	BFFN	4		0.366		
17:1.....g									
18:1 undifferentiated.....g	3.675		0	BFFN	4		3.969		
20:1.....g	0.012		0	BFFN	4		0.013		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.365		0	NC	4		0.394		
18:2 undifferentiated.....g	0.268		0	BFFN	4		0.289		
18:3 undifferentiated.....g	0.062		0	BFFN	4		0.067		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.038		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0	BFFN	4		80		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0	PAK	1		0.193		
Threonine.....g	1.086		0	PAK	1		1.173		
Isoleucine.....g	1.237		0	PAK	1		1.336		
Leucine.....g	2.162		0	PAK	1		2.335		
Lysine.....g	2.297		0	PAK	1		2.481		
Methionine.....g	0.708		0	PAK	1		0.764		
Cystine.....g	0.351		0	PAK	1		0.379		
Phenylalanine.....g	1.074		0	PAK	1		1.159		
Tyrosine.....g	0.866		0	PAK	1		0.935		
Valine.....g	1.348		0	PAK	1		1.456		
Arginine.....g	1.758		0	PAK	1		1.898		
Histidine.....g	0.867		0	PAK	1		0.937		
Alanine.....g	1.652		0	PAK	1		1.785		
Aspartic acid.....g	2.476		0	PAK	1		2.674		
Glutamic acid.....g	4.080		0	PAK	1		4.407		
Glycine.....g	1.655		0	PAK	1		1.787		
Proline.....g	1.296		0	PAK	1		1.399		
Serine.....g	1.071		0	PAK	1		1.156		
Hydroxyproline.....g	0.286		0	PAK	1		0.308		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 steak (yield from 136 g raw meat)

NDB No. 13441

Beef, tenderloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13239

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.710		0		1		35.343	9.104	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		0		1		3.333	0.859	
17:1.....g									
18:1 undifferentiated.....g	9.660		0		1		31.878	8.211	
20:1.....g	0.040		0		1		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		3.399	0.876	
18:2 undifferentiated.....g	0.700		0		1		2.310	0.595	
18:3 undifferentiated.....g	0.290		0		1		0.957	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.165	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		284	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.871	0.224	
Threonine.....g	1.031		0		1		3.402	0.876	
Isoleucine.....g	1.062		0		1		3.505	0.903	
Leucine.....g	1.866		0		1		6.158	1.586	
Lysine.....g	1.965		0		1		6.485	1.670	
Methionine.....g	0.605		0		1		1.997	0.514	
Cystine.....g	0.264		0		1		0.871	0.224	
Phenylalanine.....g	0.922		0		1		3.043	0.784	
Tyrosine.....g	0.793		0		1		2.617	0.674	
Valine.....g	1.149		0		1		3.792	0.977	
Arginine.....g	1.492		0		1		4.924	1.268	
Histidine.....g	0.809		0		1		2.670	0.688	
Alanine.....g	1.424		0		1		4.699	1.210	
Aspartic acid.....g	2.157		0		1		7.118	1.833	
Glutamic acid.....g	3.548		0		1		11.708	3.016	
Glycine.....g	1.288		0		1		4.250	1.095	
Proline.....g	1.043		0		1		3.442	0.887	
Serine.....g	0.903		0		1		2.980	0.768	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13242

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.940		0		1		35.993	9.299	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.030		0		1		3.389	0.876	
17:1.....g									
18:1 undifferentiated.....g	9.860		0		1		32.439	8.381	
20:1.....g	0.040		0		1		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		3.290	0.850	
18:2 undifferentiated.....g	0.670		0		1		2.204	0.570	
18:3 undifferentiated.....g	0.290		0		1		0.954	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.132	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		283	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.869	0.224	
Threonine.....g	1.031		0		1		3.392	0.876	
Isoleucine.....g	1.062		0		1		3.494	0.903	
Leucine.....g	1.866		0		1		6.139	1.586	
Lysine.....g	1.965		0		1		6.465	1.670	
Methionine.....g	0.605		0		1		1.990	0.514	
Cystine.....g	0.264		0		1		0.869	0.224	
Phenylalanine.....g	0.922		0		1		3.033	0.784	
Tyrosine.....g	0.793		0		1		2.609	0.674	
Valine.....g	1.149		0		1		3.780	0.977	
Arginine.....g	1.492		0		1		4.909	1.268	
Histidine.....g	0.809		0		1		2.662	0.688	
Alanine.....g	1.424		0		1		4.685	1.210	
Aspartic acid.....g	2.157		0		1		7.097	1.833	
Glutamic acid.....g	3.548		0		1		11.673	3.016	
Glycine.....g	1.288		0		1		4.238	1.095	
Proline.....g	1.043		0		1		3.431	0.887	
Serine.....g	0.903		0		1		2.971	0.768	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13247

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.680		0		1		8.228	11.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		0		1		0.731	1.032	
17:1.....g									
18:1 undifferentiated.....g	8.660		0		1		7.361	10.392	
20:1.....g	0.030		0		1		0.026	0.036	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		0.765	1.080	
18:2 undifferentiated.....g	0.620		0		1		0.527	0.744	
18:3 undifferentiated.....g	0.220		0		1		0.187	0.264	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.043	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		73	103	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.237	0.335	
Threonine.....g	1.088		0		1		0.925	1.306	
Isoleucine.....g	1.120		0		1		0.952	1.344	
Leucine.....g	1.969		0		1		1.674	2.363	
Lysine.....g	2.072		0		1		1.761	2.486	
Methionine.....g	0.638		0		1		0.542	0.766	
Cystine.....g	0.279		0		1		0.237	0.335	
Phenylalanine.....g	0.972		0		1		0.826	1.166	
Tyrosine.....g	0.837		0		1		0.711	1.004	
Valine.....g	1.211		0		1		1.029	1.453	
Arginine.....g	1.574		0		1		1.338	1.889	
Histidine.....g	0.853		0		1		0.725	1.024	
Alanine.....g	1.502		0		1		1.277	1.802	
Aspartic acid.....g	2.275		0		1		1.934	2.730	
Glutamic acid.....g	3.742		0		1		3.181	4.490	
Glycine.....g	1.359		0		1		1.155	1.631	
Proline.....g	1.100		0		1		0.935	1.320	
Serine.....g	0.952		0		1		0.809	1.142	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 120g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 174 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13248

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.550		0		1		37.653	9.818	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.040		0		1		3.390	0.884	
17:1.....g									
18:1 undifferentiated.....g	10.330		0		1		33.676	8.781	
20:1.....g	0.040		0		1		0.130	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		3.488	0.910	
18:2 undifferentiated.....g	0.730		0		1		2.380	0.621	
18:3 undifferentiated.....g	0.270		0		1		0.880	0.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.163	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		287	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0		1		0.864	0.225	
Threonine.....g	1.034		0		1		3.371	0.879	
Isoleucine.....g	1.064		0		1		3.469	0.904	
Leucine.....g	1.871		0		1		6.099	1.590	
Lysine.....g	1.969		0		1		6.419	1.674	
Methionine.....g	0.606		0		1		1.976	0.515	
Cystine.....g	0.265		0		1		0.864	0.225	
Phenylalanine.....g	0.924		0		1		3.012	0.785	
Tyrosine.....g	0.795		0		1		2.592	0.676	
Valine.....g	1.151		0		1		3.752	0.978	
Arginine.....g	1.496		0		1		4.877	1.272	
Histidine.....g	0.810		0		1		2.641	0.689	
Alanine.....g	1.428		0		1		4.655	1.214	
Aspartic acid.....g	2.163		0		1		7.051	1.839	
Glutamic acid.....g	3.556		0		1		11.593	3.023	
Glycine.....g	1.291		0		1		4.209	1.097	
Proline.....g	1.045		0		1		3.407	0.888	
Serine.....g	0.905		0		1		2.950	0.769	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13246

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.810		0		1		2.781	44.498	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070		0		1		0.303	4.854	
17:1.....g									
18:1 undifferentiated.....g	8.610		0		1		2.441	39.055	
20:1.....g	0.030		0		1		0.009	0.136	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		0.258	4.128	
18:2 undifferentiated.....g	0.590		0		1		0.167	2.676	
18:3 undifferentiated.....g	0.270		0		1		0.077	1.225	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.011	0.181	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0		1		0.057	0.912	
Threonine.....g	0.782		0		1		0.222	3.547	
Isoleucine.....g	0.805		0		1		0.228	3.651	
Leucine.....g	1.415		0		1		0.401	6.418	
Lysine.....g	1.490		0		1		0.422	6.759	
Methionine.....g	0.458		0		1		0.130	2.077	
Cystine.....g	0.201		0		1		0.057	0.912	
Phenylalanine.....g	0.699		0		1		0.198	3.171	
Tyrosine.....g	0.602		0		1		0.171	2.731	
Valine.....g	0.871		0		1		0.247	3.951	
Arginine.....g	1.131		0		1		0.321	5.130	
Histidine.....g	0.613		0		1		0.174	2.781	
Alanine.....g	1.080		0		1		0.306	4.899	
Aspartic acid.....g	1.636		0		1		0.464	7.421	
Glutamic acid.....g	2.690		0		1		0.763	12.202	
Glycine.....g	0.977		0		1		0.277	4.432	
Proline.....g	0.791		0		1		0.224	3.588	
Serine.....g	0.685		0		1		0.194	3.107	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13245

Beef, tenderloin, separable lean and fat, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.370		0		1		34.325	8.815	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.990		0		1		3.277	0.842	
17:1.....g									
18:1 undifferentiated.....g	9.340		0		1		30.915	7.939	
20:1.....g	0.040		0		1		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0		1		3.277	0.842	
18:2 undifferentiated.....g	0.670		0		1		2.218	0.570	
18:3 undifferentiated.....g	0.280		0		1		0.927	0.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.132	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		285	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.874	0.224	
Threonine.....g	1.031		0		1		3.413	0.876	
Isoleucine.....g	1.062		0		1		3.515	0.903	
Leucine.....g	1.866		0		1		6.176	1.586	
Lysine.....g	1.965		0		1		6.504	1.670	
Methionine.....g	0.605		0		1		2.003	0.514	
Cystine.....g	0.264		0		1		0.874	0.224	
Phenylalanine.....g	0.922		0		1		3.052	0.784	
Tyrosine.....g	0.793		0		1		2.625	0.674	
Valine.....g	1.149		0		1		3.803	0.977	
Arginine.....g	1.492		0		1		4.939	1.268	
Histidine.....g	0.809		0		1		2.678	0.688	
Alanine.....g	1.424		0		1		4.713	1.210	
Aspartic acid.....g	2.157		0		1		7.140	1.833	
Glutamic acid.....g	3.548		0		1		11.744	3.016	
Glycine.....g	1.288		0		1		4.263	1.095	
Proline.....g	1.043		0		1		3.452	0.887	
Serine.....g	0.903		0		1		2.989	0.768	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 331g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13918

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.136		0	NC	4		6.066	7.422	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.645		0	BFFN	4		0.548	0.671	
17:1.....g									
18:1 undifferentiated.....g	6.467		0	BFFN	4		5.497	6.725	
20:1.....g	0.025		0	BFFN	4		0.021	0.026	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.634		0	NC	4		0.539	0.659	
18:2 undifferentiated.....g	0.443		0	BFFN	4		0.376	0.461	
18:3 undifferentiated.....g	0.152		0	BFFN	4		0.129	0.158	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		0	BFFN	4		0.033	0.040	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0	BFFN	4		77	94	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	PAK	1		0.148	0.181	
Threonine.....g	1.057		0	PAK	1		0.898	1.099	
Isoleucine.....g	1.204		0	PAK	1		1.023	1.252	
Leucine.....g	2.105		0	PAK	1		1.789	2.189	
Lysine.....g	2.236		0	PAK	1		1.900	2.325	
Methionine.....g	0.689		0	PAK	1		0.586	0.717	
Cystine.....g	0.341		0	PAK	1		0.290	0.355	
Phenylalanine.....g	1.045		0	PAK	1		0.888	1.087	
Tyrosine.....g	0.843		0	PAK	1		0.717	0.877	
Valine.....g	1.313		0	PAK	1		1.116	1.365	
Arginine.....g	1.711		0	PAK	1		1.454	1.779	
Histidine.....g	0.844		0	PAK	1		0.718	0.878	
Alanine.....g	1.608		0	PAK	1		1.367	1.673	
Aspartic acid.....g	2.410		0	PAK	1		2.048	2.506	
Glutamic acid.....g	3.972		0	PAK	1		3.376	4.131	
Glycine.....g	1.611		0	PAK	1		1.369	1.675	
Proline.....g	1.261		0	PAK	1		1.072	1.312	
Serine.....g	1.042		0	PAK	1		0.886	1.084	
Hydroxyproline.....g	0.269		0	BFFN	4		0.229	0.280	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 13918

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13919

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.270		0	PAE	4		33.891	8.730	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0	PAE	4		3.201	0.825	
17:1.....g									
18:1 undifferentiated.....g	9.270		0	PAE	4		30.591	7.880	
20:1.....g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0	PAE	4		3.300	0.850	
18:2 undifferentiated.....g	0.680		0	PAE	4		2.244	0.578	
18:3 undifferentiated.....g	0.270		0	PAE	4		0.891	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.165	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		281	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0	PAE	4		0.884	0.228	
Threonine.....g	1.044		0	PAE	4		3.445	0.887	
Isoleucine.....g	1.075		0	PAE	4		3.548	0.914	
Leucine.....g	1.889		0	PAE	4		6.234	1.606	
Lysine.....g	1.989		0	PAE	4		6.564	1.691	
Methionine.....g	0.612		0	PAE	4		2.020	0.520	
Cystine.....g	0.268		0	PAE	4		0.884	0.228	
Phenylalanine.....g	0.933		0	PAE	4		3.079	0.793	
Tyrosine.....g	0.803		0	PAE	4		2.650	0.683	
Valine.....g	1.163		0	PAE	4		3.838	0.989	
Arginine.....g	1.511		0	PAE	4		4.986	1.284	
Histidine.....g	0.818		0	PAE	4		2.699	0.695	
Alanine.....g	1.442		0	PAE	4		4.759	1.226	
Aspartic acid.....g	2.184		0	PAE	4		7.207	1.856	
Glutamic acid.....g	3.591		0	PAE	4		11.850	3.052	
Glycine.....g	1.304		0	PAE	4		4.303	1.108	
Proline.....g	1.056		0	PAE	4		3.485	0.898	
Serine.....g	0.914		0	PAE	4		3.016	0.777	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 330g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13917

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.774		0	NC	4		12.750	2.204	35.265
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.885		0	BFFN	4		1.452	0.251	4.016
17:1.....g									
18:1 undifferentiated.....g	6.863		0	BFFN	4		11.255	1.946	31.131
20:1.....g	0.026		0	BFFN	4		0.042	0.007	0.117
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.691		0	NC	4		1.133	0.196	3.133
18:2 undifferentiated.....g	0.444		0	BFFN	4		0.729	0.126	2.015
18:3 undifferentiated.....g	0.217		0	BFFN	4		0.356	0.062	0.986
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.048	0.008	0.132
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		109	19	302
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0	PAK	1		0.211	0.037	0.585
Threonine.....g	0.783		0	PAK	1		1.285	0.222	3.553
Isoleucine.....g	0.892		0	PAK	1		1.463	0.253	4.046
Leucine.....g	1.560		0	PAK	1		2.558	0.442	7.075
Lysine.....g	1.657		0	PAK	1		2.717	0.470	7.516
Methionine.....g	0.511		0	PAK	1		0.837	0.145	2.316
Cystine.....g	0.253		0	PAK	1		0.415	0.072	1.148
Phenylalanine.....g	0.774		0	PAK	1		1.270	0.220	3.513
Tyrosine.....g	0.625		0	PAK	1		1.025	0.177	2.834
Valine.....g	0.973		0	PAK	1		1.595	0.276	4.412
Arginine.....g	1.268		0	PAK	1		2.079	0.359	5.751
Histidine.....g	0.626		0	PAK	1		1.026	0.177	2.838
Alanine.....g	1.192		0	PAK	1		1.955	0.338	5.407
Aspartic acid.....g	1.786		0	PAK	1		2.929	0.506	8.101
Glutamic acid.....g	2.943		0	PAK	1		4.827	0.834	13.351
Glycine.....g	1.194		0	PAK	1		1.958	0.338	5.415
Proline.....g	0.935		0	PAK	1		1.533	0.265	4.240
Serine.....g	0.772		0	PAK	1		1.267	0.219	3.503
Hydroxyproline.....g	0.189		0	PAK	1		0.311	0.054	0.859
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 164g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13917

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13921

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.409		0	NC	4		10.373	6.298	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670		0	BFFN	4		0.937	0.569	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	BFFN	4		9.399	5.707	
20:1.....g	0.026		0	BFFN	4		0.036	0.022	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.658		0	NC	4		0.922	0.560	
18:2 undifferentiated.....g	0.460		0	BFFN	4		0.644	0.391	
18:3 undifferentiated.....g	0.158		0	BFFN	4		0.221	0.134	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.057	0.034	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	BFFN	4		131	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0	PAK	1		0.243	0.148	
Threonine.....g	1.056		0	PAK	1		1.478	0.898	
Isoleucine.....g	1.203		0	PAK	1		1.684	1.022	
Leucine.....g	2.103		0	PAK	1		2.944	1.787	
Lysine.....g	2.234		0	PAK	1		3.127	1.899	
Methionine.....g	0.688		0	PAK	1		0.964	0.585	
Cystine.....g	0.341		0	PAK	1		0.478	0.290	
Phenylalanine.....g	1.044		0	PAK	1		1.462	0.887	
Tyrosine.....g	0.842		0	PAK	1		1.179	0.716	
Valine.....g	1.311		0	PAK	1		1.836	1.115	
Arginine.....g	1.709		0	PAK	1		2.393	1.453	
Histidine.....g	0.844		0	PAK	1		1.181	0.717	
Alanine.....g	1.607		0	PAK	1		2.250	1.366	
Aspartic acid.....g	2.408		0	PAK	1		3.371	2.047	
Glutamic acid.....g	3.968		0	PAK	1		5.556	3.373	
Glycine.....g	1.610		0	PAK	1		2.253	1.368	
Proline.....g	1.260		0	PAK	1		1.764	1.071	
Serine.....g	1.041		0	PAK	1		1.458	0.885	
Hydroxyproline.....g	0.278		0	PAK	1		0.389	0.236	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 steak (yield from 181 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13921

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13922

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	10.500		0	PAE	4		34.545	8.925	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0	PAE	4		3.224	0.833	
17:1.....g									
18:1 undifferentiated.....g	9.480		0	PAE	4		31.189	8.058	
20:1.....g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0	PAE	4		3.158	0.816	
18:2 undifferentiated.....g	0.650		0	PAE	4		2.139	0.553	
18:3 undifferentiated.....g	0.270		0	PAE	4		0.888	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.132	0.034	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		280	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0	PAE	4		0.882	0.228	
Threonine.....g	1.044		0	PAE	4		3.435	0.887	
Isoleucine.....g	1.075		0	PAE	4		3.537	0.914	
Leucine.....g	1.889		0	PAE	4		6.215	1.606	
Lysine.....g	1.989		0	PAE	4		6.544	1.691	
Methionine.....g	0.612		0	PAE	4		2.013	0.520	
Cystine.....g	0.268		0	PAE	4		0.882	0.228	
Phenylalanine.....g	0.933		0	PAE	4		3.070	0.793	
Tyrosine.....g	0.803		0	PAE	4		2.642	0.683	
Valine.....g	1.163		0	PAE	4		3.826	0.989	
Arginine.....g	1.511		0	PAE	4		4.971	1.284	
Histidine.....g	0.818		0	PAE	4		2.691	0.695	
Alanine.....g	1.442		0	PAE	4		4.744	1.226	
Aspartic acid.....g	2.184		0	PAE	4		7.185	1.856	
Glutamic acid.....g	3.591		0	PAE	4		11.814	3.052	
Glycine.....g	1.304		0	PAE	4		4.290	1.108	
Proline.....g	1.056		0	PAE	4		3.474	0.898	
Serine.....g	0.914		0	PAE	4		3.007	0.777	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13920

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.655		0	NC	4		13.549	2.170	34.723
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.872		0	BFFN	4		1.543	0.247	3.954
17:1.....g									
18:1 undifferentiated.....g	6.758		0	BFFN	4		11.961	1.916	30.652
20:1.....g	0.026		0	BFFN	4		0.045	0.007	0.116
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0	NC	4		1.204	0.193	3.085
18:2 undifferentiated.....g	0.438		0	BFFN	4		0.774	0.124	1.985
18:3 undifferentiated.....g	0.214		0	BFFN	4		0.379	0.061	0.970
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.051	0.008	0.130
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0	BFFN	4		116	19	297
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	PAK	1		0.231	0.037	0.591
Threonine.....g	0.792		0	PAK	1		1.401	0.224	3.592
Isoleucine.....g	0.902		0	PAK	1		1.596	0.256	4.090
Leucine.....g	1.577		0	PAK	1		2.791	0.447	7.152
Lysine.....g	1.675		0	PAK	1		2.965	0.475	7.598
Methionine.....g	0.516		0	PAK	1		0.914	0.146	2.341
Cystine.....g	0.256		0	PAK	1		0.453	0.073	1.160
Phenylalanine.....g	0.783		0	PAK	1		1.386	0.222	3.551
Tyrosine.....g	0.632		0	PAK	1		1.118	0.179	2.865
Valine.....g	0.983		0	PAK	1		1.740	0.279	4.460
Arginine.....g	1.282		0	PAK	1		2.269	0.363	5.814
Histidine.....g	0.633		0	PAK	1		1.120	0.179	2.869
Alanine.....g	1.205		0	PAK	1		2.133	0.342	5.466
Aspartic acid.....g	1.805		0	PAK	1		3.196	0.512	8.189
Glutamic acid.....g	2.976		0	PAK	1		5.267	0.844	13.497
Glycine.....g	1.207		0	PAK	1		2.136	0.342	5.474
Proline.....g	0.945		0	PAK	1		1.672	0.268	4.286
Serine.....g	0.781		0	PAK	1		1.382	0.221	3.542
Hydroxyproline.....g	0.208		0	PAK	1		0.369	0.059	0.945
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 177g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13920

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13927

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	9.170		0	PAE	4		7.795	9.720	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.810		0	PAE	4		0.689	0.859	
17:1.....g									
18:1 undifferentiated.....g	8.210		0	PAE	4		6.979	8.703	
20:1.....g	0.030		0	PAE	4		0.026	0.032	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0	PAE	4		0.731	0.912	
18:2 undifferentiated.....g	0.590		0	PAE	4		0.502	0.625	
18:3 undifferentiated.....g	0.200		0	PAE	4		0.170	0.212	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.043	0.053	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0	PAE	4		73	91	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.283		0	PAE	4		0.241	0.300	
Threonine.....g	1.103		0	PAE	4		0.938	1.169	
Isoleucine.....g	1.136		0	PAE	4		0.966	1.204	
Leucine.....g	1.996		0	PAE	4		1.697	2.116	
Lysine.....g	2.101		0	PAE	4		1.786	2.227	
Methionine.....g	0.647		0	PAE	4		0.550	0.686	
Cystine.....g	0.283		0	PAE	4		0.241	0.300	
Phenylalanine.....g	0.986		0	PAE	4		0.838	1.045	
Tyrosine.....g	0.849		0	PAE	4		0.722	0.900	
Valine.....g	1.229		0	PAE	4		1.045	1.303	
Arginine.....g	1.596		0	PAE	4		1.357	1.692	
Histidine.....g	0.865		0	PAE	4		0.735	0.917	
Alanine.....g	1.524		0	PAE	4		1.295	1.615	
Aspartic acid.....g	2.308		0	PAE	4		1.962	2.446	
Glutamic acid.....g	3.795		0	PAE	4		3.226	4.023	
Glycine.....g	1.378		0	PAE	4		1.171	1.461	
Proline.....g	1.115		0	PAE	4		0.948	1.182	
Serine.....g	0.966		0	PAE	4		0.821	1.024	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 106g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13928

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.010		0	PAE	4		35.893	9.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0	PAE	4		3.195	0.833	
17:1.....g									
18:1 undifferentiated.....g	9.850		0	PAE	4		32.111	8.373	
20:1.....g	0.040		0	PAE	4		0.130	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0	PAE	4		3.358	0.876	
18:2 undifferentiated.....g	0.710		0	PAE	4		2.315	0.604	
18:3 undifferentiated.....g	0.250		0	PAE	4		0.815	0.213	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0	PAE	4		0.196	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	PAE	4		287	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0	PAE	4		0.877	0.229	
Threonine.....g	1.050		0	PAE	4		3.423	0.893	
Isoleucine.....g	1.081		0	PAE	4		3.524	0.919	
Leucine.....g	1.900		0	PAE	4		6.194	1.615	
Lysine.....g	2.000		0	PAE	4		6.520	1.700	
Methionine.....g	0.615		0	PAE	4		2.005	0.523	
Cystine.....g	0.269		0	PAE	4		0.877	0.229	
Phenylalanine.....g	0.939		0	PAE	4		3.061	0.798	
Tyrosine.....g	0.808		0	PAE	4		2.634	0.687	
Valine.....g	1.169		0	PAE	4		3.811	0.994	
Arginine.....g	1.519		0	PAE	4		4.952	1.291	
Histidine.....g	0.823		0	PAE	4		2.683	0.700	
Alanine.....g	1.450		0	PAE	4		4.727	1.233	
Aspartic acid.....g	2.196		0	PAE	4		7.159	1.867	
Glutamic acid.....g	3.612		0	PAE	4		11.775	3.070	
Glycine.....g	1.312		0	PAE	4		4.277	1.115	
Proline.....g	1.062		0	PAE	4		3.462	0.903	
Serine.....g	0.919		0	PAE	4		2.996	0.781	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 326g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13926

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	9.260		0	PAE	4		2.625	42.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		0	PAE	4		0.284	4.536	
17:1.....g									
18:1 undifferentiated.....g	8.140		0	PAE	4		2.308	36.923	
20:1.....g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0	PAE	4		0.247	3.946	
18:2 undifferentiated.....g	0.560		0	PAE	4		0.159	2.540	
18:3 undifferentiated.....g	0.250		0	PAE	4		0.071	1.134	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0	PAE	4		20	318	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0	PAE	4		0.058	0.921	
Threonine.....g	0.793		0	PAE	4		0.225	3.597	
Isoleucine.....g	0.816		0	PAE	4		0.231	3.701	
Leucine.....g	1.435		0	PAE	4		0.407	6.509	
Lysine.....g	1.510		0	PAE	4		0.428	6.849	
Methionine.....g	0.465		0	PAE	4		0.132	2.109	
Cystine.....g	0.203		0	PAE	4		0.058	0.921	
Phenylalanine.....g	0.709		0	PAE	4		0.201	3.216	
Tyrosine.....g	0.610		0	PAE	4		0.173	2.767	
Valine.....g	0.883		0	PAE	4		0.250	4.005	
Arginine.....g	1.147		0	PAE	4		0.325	5.203	
Histidine.....g	0.622		0	PAE	4		0.176	2.821	
Alanine.....g	1.095		0	PAE	4		0.310	4.967	
Aspartic acid.....g	1.658		0	PAE	4		0.470	7.521	
Glutamic acid.....g	2.727		0	PAE	4		0.773	12.370	
Glycine.....g	0.990		0	PAE	4		0.281	4.491	
Proline.....g	0.802		0	PAE	4		0.227	3.638	
Serine.....g	0.694		0	PAE	4		0.197	3.148	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13924

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.890		0	NC	4		8.200	5.857	7.166
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.623		0	BFFN	4		0.741	0.529	0.648
17:1.....g									
18:1 undifferentiated.....g	6.244		0	BFFN	4		7.430	5.307	6.494
20:1.....g	0.024		0	BFFN	4		0.028	0.020	0.025
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.612		0	NC	4		0.729	0.520	0.637
18:2 undifferentiated.....g	0.428		0	BFFN	4		0.509	0.363	0.445
18:3 undifferentiated.....g	0.147		0	BFFN	4		0.175	0.125	0.153
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.045	0.032	0.039
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0	BFFN	4		103	74	90
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.169		0	NR	4		0.202	0.144	0.176
Threonine.....g	1.030		0	NR	4		1.226	0.876	1.071
Isoleucine.....g	1.173		0	NR	4		1.396	0.997	1.220
Leucine.....g	2.052		0	NR	4		2.441	1.744	2.134
Lysine.....g	2.180		0	NR	4		2.594	1.853	2.267
Methionine.....g	0.672		0	NR	4		0.799	0.571	0.698
Cystine.....g	0.333		0	NR	4		0.396	0.283	0.346
Phenylalanine.....g	1.019		0	NR	4		1.212	0.866	1.059
Tyrosine.....g	0.822		0	NR	4		0.978	0.699	0.855
Valine.....g	1.279		0	NR	4		1.523	1.088	1.331
Arginine.....g	1.668		0	NR	4		1.985	1.418	1.734
Histidine.....g	0.823		0	NR	4		0.979	0.700	0.856
Alanine.....g	1.568		0	NR	4		1.866	1.333	1.631
Aspartic acid.....g	2.349		0	NR	4		2.795	1.997	2.443
Glutamic acid.....g	3.872		0	NR	4		4.607	3.291	4.027
Glycine.....g	1.570		0	NR	4		1.869	1.335	1.633
Proline.....g	1.229		0	NR	4		1.463	1.045	1.279
Serine.....g	1.016		0	NR	4		1.209	0.864	1.057
Hydroxyproline.....g	0.271		0	NR	4		0.322	0.230	0.282
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 119g: 1 steak (yield from 1 raw steak weighing 151g)

Measure 2 = 85g: 3 oz

Measure 3 = 104g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 154 g)

NDB No. 13924

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13925

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.920		0	PAE	4		32.637	8.432	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.940		0	PAE	4		3.093	0.799	
17:1.....g									
18:1 undifferentiated.....g	8.940		0	PAE	4		29.413	7.599	
20:1.....g	0.040		0	PAE	4		0.132	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0	PAE	4		3.158	0.816	
18:2 undifferentiated.....g	0.650		0	PAE	4		2.139	0.553	
18:3 undifferentiated.....g	0.260		0	PAE	4		0.855	0.221	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.165	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	PAE	4		280	72	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0	PAE	4		0.882	0.228	
Threonine.....g	1.044		0	PAE	4		3.435	0.887	
Isoleucine.....g	1.075		0	PAE	4		3.537	0.914	
Leucine.....g	1.889		0	PAE	4		6.215	1.606	
Lysine.....g	1.989		0	PAE	4		6.544	1.691	
Methionine.....g	0.612		0	PAE	4		2.013	0.520	
Cystine.....g	0.268		0	PAE	4		0.882	0.228	
Phenylalanine.....g	0.933		0	PAE	4		3.070	0.793	
Tyrosine.....g	0.803		0	PAE	4		2.642	0.683	
Valine.....g	1.163		0	PAE	4		3.826	0.989	
Arginine.....g	1.511		0	PAE	4		4.971	1.284	
Histidine.....g	0.818		0	PAE	4		2.691	0.695	
Alanine.....g	1.442		0	PAE	4		4.744	1.226	
Aspartic acid.....g	2.184		0	PAE	4		7.185	1.856	
Glutamic acid.....g	3.591		0	PAE	4		11.814	3.052	
Glycine.....g	1.304		0	PAE	4		4.290	1.108	
Proline.....g	1.056		0	PAE	4		3.474	0.898	
Serine.....g	0.914		0	PAE	4		3.007	0.777	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 329g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13923

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.906		0	NC	4		11.780	2.241	35.862
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.900		0	BFFN	4		1.342	0.255	4.084
17:1.....g									
18:1 undifferentiated.....g	6.979		0	BFFN	4		10.399	1.979	31.658
20:1.....g	0.026		0	BFFN	4		0.039	0.007	0.119
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.702		0	NC	4		1.046	0.199	3.186
18:2 undifferentiated.....g	0.452		0	BFFN	4		0.673	0.128	2.049
18:3 undifferentiated.....g	0.221		0	BFFN	4		0.329	0.063	1.002
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4		0.044	0.008	0.134
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	BFFN	4		101	19	307
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	PAK	1		0.190	0.036	0.577
Threonine.....g	0.774		0	PAK	1		1.153	0.219	3.510
Isoleucine.....g	0.881		0	PAK	1		1.313	0.250	3.998
Leucine.....g	1.541		0	PAK	1		2.296	0.437	6.989
Lysine.....g	1.637		0	PAK	1		2.439	0.464	7.426
Methionine.....g	0.504		0	PAK	1		0.752	0.143	2.288
Cystine.....g	0.250		0	PAK	1		0.372	0.071	1.134
Phenylalanine.....g	0.765		0	PAK	1		1.140	0.217	3.471
Tyrosine.....g	0.617		0	PAK	1		0.920	0.175	2.800
Valine.....g	0.961		0	PAK	1		1.432	0.272	4.359
Arginine.....g	1.253		0	PAK	1		1.866	0.355	5.682
Histidine.....g	0.618		0	PAK	1		0.921	0.175	2.804
Alanine.....g	1.178		0	PAK	1		1.755	0.334	5.342
Aspartic acid.....g	1.764		0	PAK	1		2.629	0.500	8.003
Glutamic acid.....g	2.908		0	PAK	1		4.333	0.824	13.191
Glycine.....g	1.179		0	PAK	1		1.757	0.334	5.350
Proline.....g	0.923		0	PAK	1		1.376	0.262	4.189
Serine.....g	0.763		0	PAK	1		1.137	0.216	3.461
Hydroxyproline.....g	0.204		0	PAK	1		0.303	0.058	0.923
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 steak (yield from 1 raw steak weighing 149g)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.6g: 1 lb

NDB No. 13923

Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13442

Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.136		0	NC	4		2.728	2.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.235		0	BFFN	4		0.205	0.200	
17:1.....g									
18:1 undifferentiated.....g	2.898		0	BFFN	4		2.521	2.463	
20:1.....g	0.003		0	BFFN	4		0.003	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0	NC	4		0.252	0.246	
18:2 undifferentiated.....g	0.229		0	BFFN	4		0.199	0.195	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.019	0.019	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.033	0.032	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	BFFN	4		69	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0	A	1		0.163	0.159	
Threonine.....g	1.139		0	A	1		0.991	0.968	
Isoleucine.....g	1.297		0	A	1		1.129	1.103	
Leucine.....g	2.268		0	A	1		1.973	1.928	
Lysine.....g	2.410		0	A	1		2.096	2.048	
Methionine.....g	0.742		0	A	1		0.646	0.631	
Cystine.....g	0.368		0	A	1		0.320	0.313	
Phenylalanine.....g	1.126		0	A	1		0.980	0.957	
Tyrosine.....g	0.909		0	A	1		0.790	0.772	
Valine.....g	1.414		0	A	1		1.231	1.202	
Arginine.....g	1.844		0	A	1		1.604	1.567	
Histidine.....g	0.910		0	A	1		0.792	0.773	
Alanine.....g	1.733		0	A	1		1.508	1.473	
Aspartic acid.....g	2.597		0	A	1		2.259	2.207	
Glutamic acid.....g	4.280		0	A	1		3.724	3.638	
Glycine.....g	1.736		0	A	1		1.510	1.476	
Proline.....g	1.359		0	A	1		1.183	1.155	
Serine.....g	1.123		0	A	1		0.977	0.955	
Hydroxyproline.....g	0.300		0	A	1		0.261	0.255	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 135 g)

Measure 2 = 85g: 3 oz

NDB No. 13442

Beef, tenderloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13443

Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.646		0	NC	4		4.594	3.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.274		0	BFFN	4		0.345	0.233	
17:1.....g									
18:1 undifferentiated.....g	3.369		0	BFFN	4		4.245	2.864	
20:1.....g	0.004		0	BFFN	4		0.005	0.003	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.336		0	NC	4		0.424	0.286	
18:2 undifferentiated.....g	0.266		0	BFFN	4		0.335	0.226	
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.033	0.022	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0	BFFN	4		0.056	0.038	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0	BFFN	4		116	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	A	1		0.240	0.162	
Threonine.....g	1.156		0	A	1		1.457	0.983	
Isoleucine.....g	1.317		0	A	1		1.659	1.119	
Leucine.....g	2.303		0	A	1		2.901	1.957	
Lysine.....g	2.446		0	A	1		3.082	2.079	
Methionine.....g	0.754		0	A	1		0.950	0.641	
Cystine.....g	0.374		0	A	1		0.471	0.318	
Phenylalanine.....g	1.143		0	A	1		1.441	0.972	
Tyrosine.....g	0.922		0	A	1		1.162	0.784	
Valine.....g	1.436		0	A	1		1.809	1.221	
Arginine.....g	1.872		0	A	1		2.358	1.591	
Histidine.....g	0.924		0	A	1		1.164	0.785	
Alanine.....g	1.760		0	A	1		2.217	1.496	
Aspartic acid.....g	2.637		0	A	1		3.322	2.241	
Glutamic acid.....g	4.346		0	A	1		5.475	3.694	
Glycine.....g	1.763		0	A	1		2.221	1.498	
Proline.....g	1.380		0	A	1		1.739	1.173	
Serine.....g	1.140		0	A	1		1.437	0.969	
Hydroxyproline.....g	0.304		0	BFFN	4		0.383	0.258	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 126g: 1 steak (yield from 161 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13443

Beef, tenderloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13444

Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.626		0	NC	4		2.836	2.232	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.197		0	BFFN	4		0.213	0.167	
17:1.....g									
18:1 undifferentiated.....g	2.426		0	BFFN	4		2.620	2.062	
20:1.....g	0.003		0	BFFN	4		0.003	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.242		0	NC	4		0.262	0.206	
18:2 undifferentiated.....g	0.192		0	BFFN	4		0.207	0.163	
18:3 undifferentiated.....g	0.019		0	BFFN	4		0.020	0.016	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.034	0.027	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		72	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A	1		0.199	0.157	
Threonine.....g	1.122		0	A	1		1.211	0.953	
Isoleucine.....g	1.277		0	A	1		1.380	1.086	
Leucine.....g	2.233		0	A	1		2.412	1.898	
Lysine.....g	2.373		0	A	1		2.563	2.017	
Methionine.....g	0.731		0	A	1		0.790	0.621	
Cystine.....g	0.362		0	A	1		0.391	0.308	
Phenylalanine.....g	1.109		0	A	1		1.198	0.943	
Tyrosine.....g	0.895		0	A	1		0.966	0.760	
Valine.....g	1.393		0	A	1		1.504	1.184	
Arginine.....g	1.815		0	A	1		1.961	1.543	
Histidine.....g	0.896		0	A	1		0.968	0.762	
Alanine.....g	1.707		0	A	1		1.843	1.451	
Aspartic acid.....g	2.557		0	A	1		2.762	2.174	
Glutamic acid.....g	4.215		0	A	1		4.552	3.583	
Glycine.....g	1.710		0	A	1		1.846	1.453	
Proline.....g	1.338		0	A	1		1.446	1.138	
Serine.....g	1.106		0	A	1		1.194	0.940	
Hydroxyproline.....g	0.295		0	A	1		0.319	0.251	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 steak (yield from 136 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13444

Beef, tenderloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13251

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.480		0		1		11.245	3.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.853	0.289	
17:1.....g									
18:1 undifferentiated.....g	4.140		0		1		10.391	3.519	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		1.305	0.442	
18:2 undifferentiated.....g	0.410		0		1		1.029	0.349	
18:3 undifferentiated.....g	0.050		0		1		0.126	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.151	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		208	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.778	0.264	
Threonine.....g	1.210		0		1		3.037	1.029	
Isoleucine.....g	1.246		0		1		3.127	1.059	
Leucine.....g	2.190		0		1		5.497	1.862	
Lysine.....g	2.305		0		1		5.786	1.959	
Methionine.....g	0.709		0		1		1.780	0.603	
Cystine.....g	0.310		0		1		0.778	0.264	
Phenylalanine.....g	1.082		0		1		2.716	0.920	
Tyrosine.....g	0.931		0		1		2.337	0.791	
Valine.....g	1.348		0		1		3.383	1.146	
Arginine.....g	1.751		0		1		4.395	1.488	
Histidine.....g	0.949		0		1		2.382	0.807	
Alanine.....g	1.671		0		1		4.194	1.420	
Aspartic acid.....g	2.531		0		1		6.353	2.151	
Glutamic acid.....g	4.163		0		1		10.449	3.539	
Glycine.....g	1.512		0		1		3.795	1.285	
Proline.....g	1.224		0		1		3.072	1.040	
Serine.....g	1.060		0		1		2.661	0.901	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13251

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13254

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.770		0		1		11.925	4.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.925	0.315	
17:1.....g									
18:1 undifferentiated.....g	4.410		0		1		11.025	3.749	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.175	0.400	
18:2 undifferentiated.....g	0.370		0		1		0.925	0.315	
18:3 undifferentiated.....g	0.050		0		1		0.125	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.125	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		208	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.775	0.264	
Threonine.....g	1.210		0		1		3.025	1.029	
Isoleucine.....g	1.246		0		1		3.115	1.059	
Leucine.....g	2.190		0		1		5.475	1.862	
Lysine.....g	2.305		0		1		5.763	1.959	
Methionine.....g	0.709		0		1		1.773	0.603	
Cystine.....g	0.310		0		1		0.775	0.264	
Phenylalanine.....g	1.082		0		1		2.705	0.920	
Tyrosine.....g	0.931		0		1		2.328	0.791	
Valine.....g	1.348		0		1		3.370	1.146	
Arginine.....g	1.751		0		1		4.378	1.488	
Histidine.....g	0.949		0		1		2.373	0.807	
Alanine.....g	1.671		0		1		4.178	1.420	
Aspartic acid.....g	2.531		0		1		6.328	2.151	
Glutamic acid.....g	4.163		0		1		10.408	3.539	
Glycine.....g	1.512		0		1		3.780	1.285	
Proline.....g	1.224		0		1		3.060	1.040	
Serine.....g	1.060		0		1		2.650	0.901	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13259

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.810		0		1		4.089	4.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.281	0.323	
17:1.....g									
18:1 undifferentiated.....g	4.330		0		1		3.681	4.243	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		0.417	0.480	
18:2 undifferentiated.....g	0.380		0		1		0.323	0.372	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.051	0.059	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		71	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.269	0.310	
Threonine.....g	1.234		0		1		1.049	1.209	
Isoleucine.....g	1.270		0		1		1.080	1.245	
Leucine.....g	2.233		0		1		1.898	2.188	
Lysine.....g	2.350		0		1		1.998	2.303	
Methionine.....g	0.723		0		1		0.615	0.709	
Cystine.....g	0.316		0		1		0.269	0.310	
Phenylalanine.....g	1.103		0		1		0.938	1.081	
Tyrosine.....g	0.949		0		1		0.807	0.930	
Valine.....g	1.374		0		1		1.168	1.347	
Arginine.....g	1.785		0		1		1.517	1.749	
Histidine.....g	0.967		0		1		0.822	0.948	
Alanine.....g	1.704		0		1		1.448	1.670	
Aspartic acid.....g	2.581		0		1		2.194	2.529	
Glutamic acid.....g	4.244		0		1		3.607	4.159	
Glycine.....g	1.541		0		1		1.310	1.510	
Proline.....g	1.248		0		1		1.061	1.223	
Serine.....g	1.080		0		1		0.918	1.058	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 98g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 174 g)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13260

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.940		0		1		14.850	5.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		1.025	0.349	
17:1.....g									
18:1 undifferentiated.....g	5.340		0		1		13.350	4.539	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		1		1.500	0.510	
18:2 undifferentiated.....g	0.470		0		1		1.175	0.400	
18:3 undifferentiated.....g	0.040		0		1		0.100	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.175	0.060	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		215	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0	A	1		0.453	0.154	
Threonine.....g	1.100		0	A	1		2.750	0.935	
Isoleucine.....g	1.253		0	A	1		3.132	1.065	
Leucine.....g	2.191		0	A	1		5.477	1.862	
Lysine.....g	2.327		0	A	1		5.819	1.978	
Methionine.....g	0.717		0	A	1		1.793	0.610	
Cystine.....g	0.355		0	A	1		0.889	0.302	
Phenylalanine.....g	1.088		0	A	1		2.720	0.925	
Tyrosine.....g	0.878		0	A	1		2.194	0.746	
Valine.....g	1.366		0	A	1		3.416	1.161	
Arginine.....g	1.781		0	A	1		4.452	1.514	
Histidine.....g	0.879		0	A	1		2.197	0.747	
Alanine.....g	1.674		0	A	1		4.186	1.423	
Aspartic acid.....g	2.509		0	A	1		6.271	2.132	
Glutamic acid.....g	4.134		0	A	1		10.336	3.514	
Glycine.....g	1.677		0	A	1		4.192	1.425	
Proline.....g	1.313		0	A	1		3.282	1.116	
Serine.....g	1.085		0	A	1		2.712	0.922	
Hydroxyproline.....g	0.289		0	BFPN	4		0.723	0.246	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13260

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, cooked, roasted

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13258

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, prime, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.530		0		1		1.001	16.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		1		1		0.068	1.089	
17:1.....g									
18:1 undifferentiated.....g	3.170		1		1		0.899	14.379	
20:1.....g	0.010		1		1		0.003	0.045	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.119	1.905	
18:2 undifferentiated.....g	0.320		1		1		0.091	1.452	
18:3 undifferentiated.....g	0.030		1		1		0.009	0.136	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.014	0.227	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		1		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		1		1		18	281	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.066	1.057	
Threonine.....g	0.908		0		1		0.257	4.119	
Isoleucine.....g	0.934		0		1		0.265	4.237	
Leucine.....g	1.643		0		1		0.466	7.453	
Lysine.....g	1.729		0		1		0.490	7.843	
Methionine.....g	0.532		0		1		0.151	2.413	
Cystine.....g	0.233		0		1		0.066	1.057	
Phenylalanine.....g	0.811		0		1		0.230	3.679	
Tyrosine.....g	0.698		0		1		0.198	3.166	
Valine.....g	1.011		0		1		0.287	4.586	
Arginine.....g	1.313		0		1		0.372	5.956	
Histidine.....g	0.712		0		1		0.202	3.230	
Alanine.....g	1.254		0		1		0.356	5.688	
Aspartic acid.....g	1.899		0		1		0.538	8.614	
Glutamic acid.....g	3.122		0		1		0.885	14.161	
Glycine.....g	1.134		0		1		0.321	5.144	
Proline.....g	0.918		0		1		0.260	4.164	
Serine.....g	0.795		0		1		0.225	3.606	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13257

Beef, tenderloin, separable lean only, trimmed to 1/4" fat, select, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.030		0		1		10.115	3.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.778	0.264	
17:1.....g									
18:1 undifferentiated.....g	3.720		0		1		9.337	3.162	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.180	0.400	
18:2 undifferentiated.....g	0.370		0		1		0.929	0.315	
18:3 undifferentiated.....g	0.040		0		1		0.100	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.151	0.051	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		208	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.778	0.264	
Threonine.....g	1.210		0		1		3.037	1.029	
Isoleucine.....g	1.246		0		1		3.127	1.059	
Leucine.....g	2.190		0		1		5.497	1.862	
Lysine.....g	2.305		0		1		5.786	1.959	
Methionine.....g	0.709		0		1		1.780	0.603	
Cystine.....g	0.310		0		1		0.778	0.264	
Phenylalanine.....g	1.082		0		1		2.716	0.920	
Tyrosine.....g	0.931		0		1		2.337	0.791	
Valine.....g	1.348		0		1		3.383	1.146	
Arginine.....g	1.751		0		1		4.395	1.488	
Histidine.....g	0.949		0		1		2.382	0.807	
Alanine.....g	1.671		0		1		4.194	1.420	
Aspartic acid.....g	2.531		0		1		6.353	2.151	
Glutamic acid.....g	4.163		0		1		10.449	3.539	
Glycine.....g	1.512		0		1		3.795	1.285	
Proline.....g	1.224		0		1		3.072	1.040	
Serine.....g	1.060		0		1		2.661	0.901	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23600

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.350		0	NC	4		0.950	15.194	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.252		0	BFFN	4		0.072	1.144	
17:1.....g									
18:1 undifferentiated.....g	3.094		0	BFFN	4		0.877	14.035	
20:1.....g	0.003		0	BFFN	4		0.001	0.014	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	NC	4		0.085	1.359	
18:2 undifferentiated.....g	0.240		0	BFFN	4		0.068	1.087	
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.006	0.100	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.011	0.171	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	BFFN	4		22	356	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	A	1		0.054	0.866	
Threonine.....g	1.160		0	A	1		0.329	5.262	
Isoleucine.....g	1.321		0	A	1		0.375	5.993	
Leucine.....g	2.310		0	A	1		0.655	10.478	
Lysine.....g	2.454		0	A	1		0.696	11.132	
Methionine.....g	0.756		0	A	1		0.214	3.430	
Cystine.....g	0.375		0	A	1		0.106	1.700	
Phenylalanine.....g	1.147		0	A	1		0.325	5.203	
Tyrosine.....g	0.925		0	A	1		0.262	4.197	
Valine.....g	1.441		0	A	1		0.408	6.535	
Arginine.....g	1.878		0	A	1		0.532	8.518	
Histidine.....g	0.927		0	A	1		0.263	4.204	
Alanine.....g	1.765		0	A	1		0.501	8.008	
Aspartic acid.....g	2.645		0	A	1		0.750	11.998	
Glutamic acid.....g	4.360		0	A	1		1.236	19.775	
Glycine.....g	1.768		0	A	1		0.501	8.021	
Proline.....g	1.384		0	A	1		0.392	6.280	
Serine.....g	1.144		0	A	1		0.324	5.189	
Hydroxyproline.....g	0.305		0	A	1		0.086	1.384	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23600

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23601

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.624		0	NC	4		0.744	11.904	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.202		0	BFFN	4		0.057	0.914	
17:1.....g									
18:1 undifferentiated.....g	2.419		0	BFFN	4		0.686	10.973	
20:1.....g	0.004		0	BFFN	4		0.001	0.017	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0	NC	4		0.080	1.281	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.064	1.031	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.067	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0	BFFN	4		0.011	0.183	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	BFFN	4		19	303	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.041	0.659	
Threonine.....g	0.884		0	A	1		0.250	4.008	
Isoleucine.....g	1.006		0	A	1		0.285	4.564	
Leucine.....g	1.759		0	A	1		0.499	7.980	
Lysine.....g	1.869		0	A	1		0.530	8.478	
Methionine.....g	0.576		0	A	1		0.163	2.612	
Cystine.....g	0.285		0	A	1		0.081	1.295	
Phenylalanine.....g	0.874		0	A	1		0.248	3.963	
Tyrosine.....g	0.705		0	A	1		0.200	3.197	
Valine.....g	1.097		0	A	1		0.311	4.977	
Arginine.....g	1.430		0	A	1		0.405	6.487	
Histidine.....g	0.706		0	A	1		0.200	3.202	
Alanine.....g	1.345		0	A	1		0.381	6.099	
Aspartic acid.....g	2.015		0	A	1		0.571	9.138	
Glutamic acid.....g	3.320		0	A	1		0.941	15.060	
Glycine.....g	1.347		0	A	1		0.382	6.109	
Proline.....g	1.054		0	A	1		0.299	4.783	
Serine.....g	0.871		0	A	1		0.247	3.952	
Hydroxyproline.....g	0.232		0	A	1		0.066	1.054	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23601

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23628

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.633		0	NC	4		1.030	16.478	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.274		0	BFFN	4		0.078	1.242	
17:1.....g									
18:1 undifferentiated.....g	3.356		0	BFFN	4		0.951	15.221	
20:1.....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4		0.092	1.474	
18:2 undifferentiated.....g	0.260		0	BFFN	4		0.074	1.179	
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.007	0.108	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	BFFN	4		0.012	0.186	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	BFFN	4		24	386	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	A	1		0.054	0.865	
Threonine.....g	1.159		0	A	1		0.329	5.257	
Isoleucine.....g	1.320		0	A	1		0.374	5.987	
Leucine.....g	2.308		0	A	1		0.654	10.468	
Lysine.....g	2.452		0	A	1		0.695	11.121	
Methionine.....g	0.755		0	A	1		0.214	3.427	
Cystine.....g	0.374		0	A	1		0.106	1.698	
Phenylalanine.....g	1.146		0	A	1		0.325	5.198	
Tyrosine.....g	0.924		0	A	1		0.262	4.193	
Valine.....g	1.439		0	A	1		0.408	6.528	
Arginine.....g	1.876		0	A	1		0.532	8.509	
Histidine.....g	0.926		0	A	1		0.262	4.200	
Alanine.....g	1.764		0	A	1		0.500	8.000	
Aspartic acid.....g	2.642		0	A	1		0.749	11.986	
Glutamic acid.....g	4.355		0	A	1		1.235	19.755	
Glycine.....g	1.766		0	A	1		0.501	8.013	
Proline.....g	1.383		0	A	1		0.392	6.273	
Serine.....g	1.143		0	A	1		0.324	5.184	
Hydroxyproline.....g	0.305		0	A	1		0.086	1.382	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23628

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23624

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.842		0	NC	4		0.806	12.893	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	BFFN	4		0.062	0.990	
17:1.....g									
18:1 undifferentiated.....g	2.620		0	BFFN	4		0.743	11.885	
20:1.....g	0.004		0	BFFN	4		0.001	0.018	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.306		0	NC	4		0.087	1.387	
18:2 undifferentiated.....g	0.246		0	BFFN	4		0.070	1.116	
18:3 undifferentiated.....g	0.016		0	BFFN	4		0.005	0.072	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0	BFFN	4		0.012	0.198	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0	BFFN	4		20	328	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.041	0.660	
Threonine.....g	0.884		0	A	1		0.251	4.009	
Isoleucine.....g	1.006		0	A	1		0.285	4.565	
Leucine.....g	1.760		0	A	1		0.499	7.982	
Lysine.....g	1.870		0	A	1		0.530	8.481	
Methionine.....g	0.576		0	A	1		0.163	2.613	
Cystine.....g	0.285		0	A	1		0.081	1.295	
Phenylalanine.....g	0.874		0	A	1		0.248	3.964	
Tyrosine.....g	0.705		0	A	1		0.200	3.198	
Valine.....g	1.098		0	A	1		0.311	4.978	
Arginine.....g	1.431		0	A	1		0.406	6.489	
Histidine.....g	0.706		0	A	1		0.200	3.203	
Alanine.....g	1.345		0	A	1		0.381	6.101	
Aspartic acid.....g	2.015		0	A	1		0.571	9.140	
Glutamic acid.....g	3.321		0	A	1		0.942	15.065	
Glycine.....g	1.347		0	A	1		0.382	6.110	
Proline.....g	1.055		0	A	1		0.299	4.784	
Serine.....g	0.871		0	A	1		0.247	3.953	
Hydroxyproline.....g	0.232		0	A	1		0.066	1.054	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23624

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23587

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.096		0	NC	4		0.878	14.044	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.233		0	BFFN	4		0.066	1.058	
17:1.....g									
18:1 undifferentiated.....g	2.860		0	BFFN	4		0.811	12.973	
20:1.....g	0.003		0	BFFN	4		0.001	0.013	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.277		0	NC	4		0.078	1.256	
18:2 undifferentiated.....g	0.222		0	BFFN	4		0.063	1.005	
18:3 undifferentiated.....g	0.020		0	BFFN	4		0.006	0.093	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.010	0.158	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0	BFFN	4		21	329	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	A	1		0.054	0.867	
Threonine.....g	1.161		0	A	1		0.329	5.267	
Isoleucine.....g	1.322		0	A	1		0.375	5.998	
Leucine.....g	2.312		0	A	1		0.655	10.488	
Lysine.....g	2.456		0	A	1		0.696	11.142	
Methionine.....g	0.757		0	A	1		0.215	3.433	
Cystine.....g	0.375		0	A	1		0.106	1.701	
Phenylalanine.....g	1.148		0	A	1		0.325	5.208	
Tyrosine.....g	0.926		0	A	1		0.263	4.201	
Valine.....g	1.442		0	A	1		0.409	6.541	
Arginine.....g	1.879		0	A	1		0.533	8.525	
Histidine.....g	0.928		0	A	1		0.263	4.208	
Alanine.....g	1.767		0	A	1		0.501	8.015	
Aspartic acid.....g	2.648		0	A	1		0.751	12.009	
Glutamic acid.....g	4.363		0	A	1		1.237	19.793	
Glycine.....g	1.770		0	A	1		0.502	8.028	
Proline.....g	1.386		0	A	1		0.393	6.285	
Serine.....g	1.145		0	A	1		0.325	5.193	
Hydroxyproline.....g	0.305		0	BFFN	4		0.087	1.385	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23587

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23583

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.384		0	NC	4		0.676	10.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.183		0	BFFN	4		0.052	0.831	
17:1.....g									
18:1 undifferentiated.....g	2.198		0	BFFN	4		0.623	9.970	
20:1.....g	0.003		0	BFFN	4		0.001	0.015	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0	NC	4		0.073	1.163	
18:2 undifferentiated.....g	0.206		0	BFFN	4		0.059	0.936	
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.004	0.060	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0	BFFN	4		0.010	0.166	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	BFFN	4		17	275	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.041	0.658	
Threonine.....g	0.881		0	A	1		0.250	3.997	
Isoleucine.....g	1.003		0	A	1		0.284	4.552	
Leucine.....g	1.754		0	A	1		0.497	7.958	
Lysine.....g	1.864		0	A	1		0.528	8.455	
Methionine.....g	0.574		0	A	1		0.163	2.605	
Cystine.....g	0.285		0	A	1		0.081	1.291	
Phenylalanine.....g	0.871		0	A	1		0.247	3.952	
Tyrosine.....g	0.703		0	A	1		0.199	3.188	
Valine.....g	1.094		0	A	1		0.310	4.963	
Arginine.....g	1.426		0	A	1		0.404	6.469	
Histidine.....g	0.704		0	A	1		0.200	3.193	
Alanine.....g	1.341		0	A	1		0.380	6.082	
Aspartic acid.....g	2.009		0	A	1		0.570	9.113	
Glutamic acid.....g	3.311		0	A	1		0.939	15.019	
Glycine.....g	1.343		0	A	1		0.381	6.092	
Proline.....g	1.051		0	A	1		0.298	4.769	
Serine.....g	0.869		0	A	1		0.246	3.941	
Hydroxyproline.....g	0.232		0	A	1		0.066	1.051	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 23583

Beef, tenderloin, separable lean only, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13451

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.959		0	NC	4		15.204	3.365	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.333		0	BFFN	4		1.279	0.283	
17:1.....g									
18:1 undifferentiated.....g	3.615		0	BFFN	4		13.881	3.073	
20:1.....g	0.012		0	BFFN	4		0.044	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0	NC	4		1.379	0.305	
18:2 undifferentiated.....g	0.264		0	BFFN	4		1.012	0.224	
18:3 undifferentiated.....g	0.061		0	BFFN	4		0.233	0.052	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		0	BFFN	4		0.133	0.029	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0	BFFN	4		279	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	PAK	1		0.740	0.164	
Threonine.....g	1.172		0	PAK	1		4.500	0.996	
Isoleucine.....g	1.335		0	PAK	1		5.125	1.134	
Leucine.....g	2.333		0	PAK	1		8.960	1.983	
Lysine.....g	2.479		0	PAK	1		9.519	2.107	
Methionine.....g	0.764		0	PAK	1		2.933	0.649	
Cystine.....g	0.379		0	PAK	1		1.454	0.322	
Phenylalanine.....g	1.159		0	PAK	1		4.449	0.985	
Tyrosine.....g	0.935		0	PAK	1		3.589	0.795	
Valine.....g	1.455		0	PAK	1		5.588	1.237	
Arginine.....g	1.897		0	PAK	1		7.284	1.612	
Histidine.....g	0.936		0	PAK	1		3.595	0.796	
Alanine.....g	1.783		0	PAK	1		6.848	1.516	
Aspartic acid.....g	2.672		0	PAK	1		10.260	2.271	
Glutamic acid.....g	4.404		0	PAK	1		16.910	3.743	
Glycine.....g	1.786		0	PAK	1		6.859	1.518	
Proline.....g	1.398		0	PAK	1		5.370	1.189	
Serine.....g	1.155		0	PAK	1		4.437	0.982	
Hydroxyproline.....g	0.308		0	PAK	1		1.183	0.262	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 384g: 1 steak (yield from 518 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13451

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13452

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.314		0	NC	4		16.956		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.363		0	BFFN	4		1.426		
17:1.....g									
18:1 undifferentiated.....g	3.939		0	BFFN	4		15.480		
20:1.....g	0.013		0	BFFN	4		0.050		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.391		0	NC	4		1.537		
18:2 undifferentiated.....g	0.287		0	BFFN	4		1.129		
18:3 undifferentiated.....g	0.066		0	BFFN	4		0.260		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	BFFN	4		0.149		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0	BFFN	4		311		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.191		0	PAK	1		0.750		
Threonine.....g	1.159		0	PAK	1		4.556		
Isoleucine.....g	1.320		0	PAK	1		5.189		
Leucine.....g	2.308		0	PAK	1		9.072		
Lysine.....g	2.453		0	PAK	1		9.638		
Methionine.....g	0.756		0	PAK	1		2.970		
Cystine.....g	0.375		0	PAK	1		1.472		
Phenylalanine.....g	1.146		0	PAK	1		4.505		
Tyrosine.....g	0.925		0	PAK	1		3.634		
Valine.....g	1.440		0	PAK	1		5.658		
Arginine.....g	1.877		0	PAK	1		7.375		
Histidine.....g	0.926		0	PAK	1		3.640		
Alanine.....g	1.764		0	PAK	1		6.934		
Aspartic acid.....g	2.643		0	PAK	1		10.388		
Glutamic acid.....g	4.357		0	PAK	1		17.121		
Glycine.....g	1.767		0	PAK	1		6.945		
Proline.....g	1.383		0	PAK	1		5.437		
Serine.....g	1.143		0	PAK	1		4.493		
Hydroxyproline.....g	0.305		0	PAK	1		1.198		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 393g: 1 steak (yield from 532 g raw meat)

NDB No. 13452

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13453

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.604		0	NC	4		13.516		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.303		0	BFFN	4		1.137		
17:1.....g									
18:1 undifferentiated.....g	3.291		0	BFFN	4		12.340		
20:1.....g	0.011		0	BFFN	4		0.039		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.327		0	NC	4		1.226		
18:2 undifferentiated.....g	0.240		0	BFFN	4		0.900		
18:3 undifferentiated.....g	0.055		0	BFFN	4		0.207		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.119		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		248		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0	PAK	1		0.731		
Threonine.....g	1.184		0	PAK	1		4.441		
Isoleucine.....g	1.349		0	PAK	1		5.058		
Leucine.....g	2.358		0	PAK	1		8.843		
Lysine.....g	2.505		0	PAK	1		9.395		
Methionine.....g	0.772		0	PAK	1		2.895		
Cystine.....g	0.383		0	PAK	1		1.435		
Phenylalanine.....g	1.171		0	PAK	1		4.391		
Tyrosine.....g	0.945		0	PAK	1		3.543		
Valine.....g	1.471		0	PAK	1		5.515		
Arginine.....g	1.917		0	PAK	1		7.189		
Histidine.....g	0.946		0	PAK	1		3.548		
Alanine.....g	1.802		0	PAK	1		6.759		
Aspartic acid.....g	2.700		0	PAK	1		10.126		
Glutamic acid.....g	4.451		0	PAK	1		16.689		
Glycine.....g	1.805		0	PAK	1		6.769		
Proline.....g	1.413		0	PAK	1		5.300		
Serine.....g	1.168		0	PAK	1		4.379		
Hydroxyproline.....g	0.311		0	PAK	1		1.168		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 375g: 1 steak (yield from 505 g raw meat)

NDB No. 13453

Beef, top sirloin, separable lean and fat, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13281

Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.640		0		1		29.595	8.194	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		0		1		2.640	0.731	
17:1.....g									
18:1 undifferentiated.....g	8.670		0		1		26.617	7.370	
20:1.....g	0.040		0		1		0.123	0.034	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.740		0		1		5.342	1.479	
18:2 undifferentiated.....g	1.350		0		1		4.145	1.148	
18:3 undifferentiated.....g	0.330		0		1		1.013	0.281	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.123	0.034	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	98		0		1		301	83	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	NR	4		0.567	0.157	
Threonine.....g	1.123		0	NR	4		3.447	0.954	
Isoleucine.....g	1.279		0	NR	4		3.926	1.087	
Leucine.....g	2.236		0	NR	4		6.865	1.901	
Lysine.....g	2.376		0	NR	4		7.293	2.019	
Methionine.....g	0.732		0	NR	4		2.247	0.622	
Cystine.....g	0.363		0	NR	4		1.114	0.308	
Phenylalanine.....g	1.110		0	NR	4		3.409	0.944	
Tyrosine.....g	0.896		0	NR	4		2.750	0.761	
Valine.....g	1.395		0	NR	4		4.281	1.185	
Arginine.....g	1.818		0	NR	4		5.580	1.545	
Histidine.....g	0.897		0	NR	4		2.754	0.763	
Alanine.....g	1.709		0	NR	4		5.246	1.453	
Aspartic acid.....g	2.560		0	NR	4		7.861	2.176	
Glutamic acid.....g	4.220		0	NR	4		12.955	3.587	
Glycine.....g	1.712		0	NR	4		5.255	1.455	
Proline.....g	1.340		0	NR	4		4.114	1.139	
Serine.....g	1.107		0	NR	4		3.399	0.941	
Hydroxyproline.....g	0.295		0	BFPN	4		0.907	0.251	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 307g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13281

Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, pan-fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13930

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.930		0	NC	4		18.146	5.041	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.536		0	BFFN	4		1.640	0.455	
17:1.....g									
18:1 undifferentiated.....g	5.374		0	BFFN	4		16.443	4.568	
20:1.....g	0.021		0	BFFN	4		0.063	0.018	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0	NC	4		1.612	0.448	
18:2 undifferentiated.....g	0.368		0	BFFN	4		1.126	0.313	
18:3 undifferentiated.....g	0.127		0	BFFN	4		0.387	0.108	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.099	0.027	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0	BFFN	4		229	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.177		0	PAK	1		0.542	0.151	
Threonine.....g	1.077		0	PAK	1		3.296	0.915	
Isoleucine.....g	1.227		0	PAK	1		3.753	1.043	
Leucine.....g	2.145		0	PAK	1		6.563	1.823	
Lysine.....g	2.279		0	PAK	1		6.972	1.937	
Methionine.....g	0.702		0	PAK	1		2.148	0.597	
Cystine.....g	0.348		0	PAK	1		1.065	0.296	
Phenylalanine.....g	1.065		0	PAK	1		3.259	0.905	
Tyrosine.....g	0.859		0	PAK	1		2.629	0.730	
Valine.....g	1.338		0	PAK	1		4.093	1.137	
Arginine.....g	1.743		0	PAK	1		5.335	1.482	
Histidine.....g	0.860		0	PAK	1		2.633	0.731	
Alanine.....g	1.639		0	PAK	1		5.016	1.393	
Aspartic acid.....g	2.456		0	PAK	1		7.515	2.087	
Glutamic acid.....g	4.047		0	PAK	1		12.385	3.440	
Glycine.....g	1.642		0	PAK	1		5.023	1.395	
Proline.....g	1.285		0	PAK	1		3.933	1.093	
Serine.....g	1.062		0	PAK	1		3.250	0.903	
Hydroxyproline.....g	0.283		0	BFFN	4		0.867	0.241	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13930

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13929

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.440		0	NC	4		33.076	1.542	24.677
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0	BFFN	4		3.767	0.176	2.811
17:1.....g									
18:1 undifferentiated.....g	4.803		0	BFFN	4		29.199	1.362	21.784
20:1.....g	0.018		0	BFFN	4		0.110	0.005	0.082
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.483		0	NC	4		2.938	0.137	2.192
18:2 undifferentiated.....g	0.311		0	BFFN	4		1.890	0.088	1.410
18:3 undifferentiated.....g	0.152		0	BFFN	4		0.924	0.043	0.689
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0	BFFN	4		0.124	0.006	0.093
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	47		0	BFFN	4		283	13	211
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0	PAK	1		0.811	0.038	0.605
Threonine.....g	0.811		0	PAK	1		4.931	0.230	3.678
Isoleucine.....g	0.924		0	PAK	1		5.615	0.262	4.189
Leucine.....g	1.615		0	PAK	1		9.818	0.458	7.325
Lysine.....g	1.716		0	PAK	1		10.431	0.486	7.782
Methionine.....g	0.529		0	PAK	1		3.214	0.150	2.398
Cystine.....g	0.262		0	PAK	1		1.593	0.074	1.188
Phenylalanine.....g	0.802		0	PAK	1		4.875	0.227	3.637
Tyrosine.....g	0.647		0	PAK	1		3.933	0.183	2.934
Valine.....g	1.007		0	PAK	1		6.123	0.286	4.568
Arginine.....g	1.313		0	PAK	1		7.981	0.372	5.954
Histidine.....g	0.648		0	PAK	1		3.939	0.184	2.939
Alanine.....g	1.234		0	PAK	1		7.504	0.350	5.598
Aspartic acid.....g	1.849		0	PAK	1		11.242	0.524	8.387
Glutamic acid.....g	3.048		0	PAK	1		18.529	0.864	13.824
Glycine.....g	1.236		0	PAK	1		7.515	0.350	5.607
Proline.....g	0.968		0	PAK	1		5.884	0.274	4.390
Serine.....g	0.800		0	PAK	1		4.862	0.227	3.627
Hydroxyproline.....g	0.213		0	PAK	1		1.297	0.060	0.967
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 608g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13929

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13932

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.564		0	NC	4		20.086	5.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.593		0	BFFN	4		1.815	0.504	
17:1.....g									
18:1 undifferentiated.....g	5.948		0	BFFN	4		18.201	5.056	
20:1.....g	0.023		0	BFFN	4		0.070	0.019	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.583		0	NC	4		1.785	0.496	
18:2 undifferentiated.....g	0.407		0	BFFN	4		1.247	0.346	
18:3 undifferentiated.....g	0.140		0	BFFN	4		0.429	0.119	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFFN	4		0.110	0.030	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	BFFN	4		253	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0	NR	4		0.563	0.156	
Threonine.....g	1.119		0	NR	4		3.423	0.951	
Isoleucine.....g	1.274		0	NR	4		3.898	1.083	
Leucine.....g	2.227		0	NR	4		6.816	1.893	
Lysine.....g	2.366		0	NR	4		7.241	2.011	
Methionine.....g	0.729		0	NR	4		2.231	0.620	
Cystine.....g	0.361		0	NR	4		1.106	0.307	
Phenylalanine.....g	1.106		0	NR	4		3.384	0.940	
Tyrosine.....g	0.892		0	NR	4		2.730	0.758	
Valine.....g	1.389		0	NR	4		4.251	1.181	
Arginine.....g	1.811		0	NR	4		5.540	1.539	
Histidine.....g	0.894		0	NR	4		2.734	0.760	
Alanine.....g	1.702		0	NR	4		5.209	1.447	
Aspartic acid.....g	2.550		0	NR	4		7.804	2.168	
Glutamic acid.....g	4.203		0	NR	4		12.863	3.573	
Glycine.....g	1.705		0	NR	4		5.217	1.449	
Proline.....g	1.335		0	NR	4		4.085	1.135	
Serine.....g	1.103		0	NR	4		3.375	0.938	
Hydroxyproline.....g	0.294		0	NR	4		0.900	0.250	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 13932

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13933

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.860		0	PAE	4		27.200	7.531	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.780		0	PAE	4		2.395	0.663	
17:1.....g									
18:1 undifferentiated.....g	7.970		0	PAE	4		24.468	6.775	
20:1.....g	0.040		0	PAE	4		0.123	0.034	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.710		0	PAE	4		5.250	1.454	
18:2 undifferentiated.....g	1.340		0	PAE	4		4.114	1.139	
18:3 undifferentiated.....g	0.300		0	PAE	4		0.921	0.255	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	PAE	4		0.154	0.043	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	98		0	PAE	4		301	83	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0	PAE	4		0.989	0.274	
Threonine.....g	1.257		0	PAE	4		3.859	1.068	
Isoleucine.....g	1.293		0	PAE	4		3.970	1.099	
Leucine.....g	2.274		0	PAE	4		6.981	1.933	
Lysine.....g	2.394		0	PAE	4		7.350	2.035	
Methionine.....g	0.736		0	PAE	4		2.260	0.626	
Cystine.....g	0.322		0	PAE	4		0.989	0.274	
Phenylalanine.....g	1.123		0	PAE	4		3.448	0.955	
Tyrosine.....g	0.967		0	PAE	4		2.969	0.822	
Valine.....g	1.399		0	PAE	4		4.295	1.189	
Arginine.....g	1.818		0	PAE	4		5.581	1.545	
Histidine.....g	0.985		0	PAE	4		3.024	0.837	
Alanine.....g	1.735		0	PAE	4		5.326	1.475	
Aspartic acid.....g	2.628		0	PAE	4		8.068	2.234	
Glutamic acid.....g	4.322		0	PAE	4		13.269	3.674	
Glycine.....g	1.570		0	PAE	4		4.820	1.335	
Proline.....g	1.270		0	PAE	4		3.899	1.080	
Serine.....g	1.100		0	PAE	4		3.377	0.935	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 307g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13931

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.115		0	NC	4		1.734	27.739	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.696		0	BFFN	4		0.197	3.159	
17:1.....g									
18:1 undifferentiated.....g	5.398		0	BFFN	4		1.530	24.487	
20:1.....g	0.020		0	BFFN	4		0.006	0.093	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.543		0	NC	4		0.154	2.464	
18:2 undifferentiated.....g	0.350		0	BFFN	4		0.099	1.585	
18:3 undifferentiated.....g	0.171		0	BFFN	4		0.048	0.775	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFFN	4		0.006	0.104	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0	BFFN	4		15	237	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		0	NR	4		0.036	0.577	
Threonine.....g	0.774		0	NR	4		0.219	3.510	
Isoleucine.....g	0.881		0	NR	4		0.250	3.997	
Leucine.....g	1.541		0	NR	4		0.437	6.989	
Lysine.....g	1.637		0	NR	4		0.464	7.425	
Methionine.....g	0.504		0	NR	4		0.143	2.288	
Cystine.....g	0.250		0	NR	4		0.071	1.134	
Phenylalanine.....g	0.765		0	NR	4		0.217	3.470	
Tyrosine.....g	0.617		0	NR	4		0.175	2.800	
Valine.....g	0.961		0	NR	4		0.272	4.359	
Arginine.....g	1.253		0	NR	4		0.355	5.681	
Histidine.....g	0.618		0	NR	4		0.175	2.804	
Alanine.....g	1.178		0	NR	4		0.334	5.342	
Aspartic acid.....g	1.764		0	NR	4		0.500	8.003	
Glutamic acid.....g	2.908		0	NR	4		0.824	13.190	
Glycine.....g	1.179		0	NR	4		0.334	5.350	
Proline.....g	0.923		0	NR	4		0.262	4.189	
Serine.....g	0.763		0	NR	4		0.216	3.461	
Hydroxyproline.....g	0.203		0	NR	4		0.058	0.923	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 13931

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13935

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.296		0	NC	4		25.686	4.502	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.479		0	BFFN	4		2.321	0.407	
17:1.....g									
18:1 undifferentiated.....g	4.799		0	BFFN	4		23.276	4.079	
20:1.....g	0.018		0	BFFN	4		0.089	0.016	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.471		0	NC	4		2.282	0.400	
18:2 undifferentiated.....g	0.329		0	BFFN	4		1.594	0.279	
18:3 undifferentiated.....g	0.113		0	BFFN	4		0.548	0.096	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.140	0.025	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	BFFN	4		324	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0	PAK	1		0.864	0.151	
Threonine.....g	1.083		0	PAK	1		5.254	0.921	
Isoleucine.....g	1.234		0	PAK	1		5.984	1.049	
Leucine.....g	2.157		0	PAK	1		10.462	1.834	
Lysine.....g	2.292		0	PAK	1		11.115	1.948	
Methionine.....g	0.706		0	PAK	1		3.425	0.600	
Cystine.....g	0.350		0	PAK	1		1.697	0.297	
Phenylalanine.....g	1.071		0	PAK	1		5.195	0.910	
Tyrosine.....g	0.864		0	PAK	1		4.191	0.735	
Valine.....g	1.345		0	PAK	1		6.525	1.144	
Arginine.....g	1.754		0	PAK	1		8.505	1.491	
Histidine.....g	0.865		0	PAK	1		4.197	0.736	
Alanine.....g	1.649		0	PAK	1		7.996	1.401	
Aspartic acid.....g	2.470		0	PAK	1		11.980	2.100	
Glutamic acid.....g	4.071		0	PAK	1		19.745	3.460	
Glycine.....g	1.651		0	PAK	1		8.009	1.404	
Proline.....g	1.293		0	PAK	1		6.270	1.099	
Serine.....g	1.068		0	PAK	1		5.181	0.908	
Hydroxyproline.....g	0.285		0	PAK	1		1.382	0.242	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 485g: 1 steak (yield from 1 raw steak weighing 624g)

Measure 2 = 85g: 3 oz

NDB No. 13935

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13934

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.765		0	NC	4		28.305	1.351	21.615
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.543		0	BFFN	4		3.224	0.154	2.462
17:1.....g									
18:1 undifferentiated.....g	4.207		0	BFFN	4		24.987	1.193	19.081
20:1.....g	0.016		0	BFFN	4		0.094	0.005	0.072
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.423		0	NC	4		2.514	0.120	1.920
18:2 undifferentiated.....g	0.272		0	BFFN	4		1.617	0.077	1.235
18:3 undifferentiated.....g	0.133		0	BFFN	4		0.791	0.038	0.604
18:4.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	BFFN	4		0.106	0.005	0.081
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	BFFN	4		242	12	185
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.136		0	PAK	1		0.807	0.039	0.616
Threonine.....g	0.826		0	PAK	1		4.907	0.234	3.747
Isoleucine.....g	0.941		0	PAK	1		5.588	0.267	4.267
Leucine.....g	1.645		0	PAK	1		9.771	0.466	7.462
Lysine.....g	1.748		0	PAK	1		10.381	0.495	7.927
Methionine.....g	0.538		0	PAK	1		3.199	0.153	2.443
Cystine.....g	0.267		0	PAK	1		1.585	0.076	1.210
Phenylalanine.....g	0.817		0	PAK	1		4.852	0.232	3.705
Tyrosine.....g	0.659		0	PAK	1		3.914	0.187	2.989
Valine.....g	1.026		0	PAK	1		6.094	0.291	4.653
Arginine.....g	1.337		0	PAK	1		7.943	0.379	6.065
Histidine.....g	0.660		0	PAK	1		3.920	0.187	2.994
Alanine.....g	1.257		0	PAK	1		7.468	0.356	5.702
Aspartic acid.....g	1.884		0	PAK	1		11.188	0.534	8.544
Glutamic acid.....g	3.104		0	PAK	1		18.440	0.880	14.081
Glycine.....g	1.259		0	PAK	1		7.479	0.357	5.711
Proline.....g	0.986		0	PAK	1		5.856	0.279	4.472
Serine.....g	0.815		0	PAK	1		4.839	0.231	3.695
Hydroxyproline.....g	0.206		0	PAK	1		1.223	0.058	0.934
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 594g: 1 steak
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 453.6g: 1 lb

NDB No. 13934

Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, select, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13454

Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.310		0	NC	4		6.746	1.964	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.173		0	BFFN	4		0.506	0.147	
17:1.....g									
18:1 undifferentiated.....g	2.135		0	BFFN	4		6.233	1.814	
20:1.....g	0.002		0	BFFN	4		0.007	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0	NC	4		0.623	0.181	
18:2 undifferentiated.....g	0.169		0	BFFN	4		0.493	0.143	
18:3 undifferentiated.....g	0.016		0	BFFN	4		0.048	0.014	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	BFFN	4		0.082	0.024	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	BFFN	4		170	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.201		0	A	1		0.586	0.171	
Threonine.....g	1.220		0	A	1		3.563	1.037	
Isoleucine.....g	1.390		0	A	1		4.058	1.181	
Leucine.....g	2.430		0	A	1		7.095	2.065	
Lysine.....g	2.581		0	A	1		7.538	2.194	
Methionine.....g	0.795		0	A	1		2.323	0.676	
Cystine.....g	0.394		0	A	1		1.151	0.335	
Phenylalanine.....g	1.207		0	A	1		3.523	1.026	
Tyrosine.....g	0.973		0	A	1		2.842	0.827	
Valine.....g	1.515		0	A	1		4.425	1.288	
Arginine.....g	1.975		0	A	1		5.767	1.679	
Histidine.....g	0.975		0	A	1		2.846	0.829	
Alanine.....g	1.857		0	A	1		5.422	1.578	
Aspartic acid.....g	2.782		0	A	1		8.124	2.365	
Glutamic acid.....g	4.586		0	A	1		13.390	3.898	
Glycine.....g	1.860		0	A	1		5.431	1.581	
Proline.....g	1.456		0	A	1		4.252	1.238	
Serine.....g	1.203		0	A	1		3.513	1.023	
Hydroxyproline.....g	0.321		0	BFFN	4		0.937	0.273	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 292g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13454

Beef, top sirloin, separable lean only, trimmed to 0" fat, all grades, cooked, broiled

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13455

Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.615		0	NC	4		10.275	2.222	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.196		0	BFFN	4		0.771	0.167	
17:1.....g									
18:1 undifferentiated.....g	2.416		0	BFFN	4		9.494	2.053	
20:1.....g	0.003		0	BFFN	4		0.010	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0	NC	4		0.948	0.205	
18:2 undifferentiated.....g	0.191		0	BFFN	4		0.750	0.162	
18:3 undifferentiated.....g	0.019		0	BFFN	4		0.073	0.016	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	BFFN	4		0.125	0.027	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0	BFFN	4		259	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.199		0	A	1		0.782	0.169	
Threonine.....g	1.210		0	A	1		4.756	1.029	
Isoleucine.....g	1.378		0	A	1		5.416	1.171	
Leucine.....g	2.410		0	A	1		9.470	2.048	
Lysine.....g	2.560		0	A	1		10.061	2.176	
Methionine.....g	0.789		0	A	1		3.100	0.670	
Cystine.....g	0.391		0	A	1		1.536	0.332	
Phenylalanine.....g	1.196		0	A	1		4.702	1.017	
Tyrosine.....g	0.965		0	A	1		3.793	0.820	
Valine.....g	1.503		0	A	1		5.906	1.277	
Arginine.....g	1.959		0	A	1		7.698	1.665	
Histidine.....g	0.967		0	A	1		3.799	0.822	
Alanine.....g	1.842		0	A	1		7.237	1.565	
Aspartic acid.....g	2.759		0	A	1		10.843	2.345	
Glutamic acid.....g	4.547		0	A	1		17.871	3.865	
Glycine.....g	1.844		0	A	1		7.249	1.568	
Proline.....g	1.444		0	A	1		5.675	1.227	
Serine.....g	1.193		0	A	1		4.689	1.014	
Hydroxyproline.....g	0.318		0	A	1		1.251	0.270	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 393g: 1 steak (yield from 532 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13455

Beef, top sirloin, separable lean only, trimmed to 0" fat, choice, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13456

Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.006		0	NC	4		7.523	1.705	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		0	BFFN	4		0.564	0.128	
17:1.....g									
18:1 undifferentiated.....g	1.854		0	BFFN	4		6.951	1.576	
20:1.....g	0.002		0	BFFN	4		0.008	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0	NC	4		0.694	0.157	
18:2 undifferentiated.....g	0.147		0	BFFN	4		0.549	0.125	
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.053	0.012	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.092	0.021	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	BFFN	4		190	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.202		0	A	1		0.759	0.172	
Threonine.....g	1.230		0	A	1		4.614	1.046	
Isoleucine.....g	1.401		0	A	1		5.255	1.191	
Leucine.....g	2.450		0	A	1		9.187	2.082	
Lysine.....g	2.603		0	A	1		9.761	2.212	
Methionine.....g	0.802		0	A	1		3.008	0.682	
Cystine.....g	0.397		0	A	1		1.490	0.338	
Phenylalanine.....g	1.217		0	A	1		4.562	1.034	
Tyrosine.....g	0.981		0	A	1		3.680	0.834	
Valine.....g	1.528		0	A	1		5.730	1.299	
Arginine.....g	1.992		0	A	1		7.468	1.693	
Histidine.....g	0.983		0	A	1		3.686	0.835	
Alanine.....g	1.872		0	A	1		7.021	1.592	
Aspartic acid.....g	2.805		0	A	1		10.520	2.385	
Glutamic acid.....g	4.624		0	A	1		17.339	3.930	
Glycine.....g	1.875		0	A	1		7.033	1.594	
Proline.....g	1.468		0	A	1		5.506	1.248	
Serine.....g	1.213		0	A	1		4.550	1.031	
Hydroxyproline.....g	0.324		0	A	1		1.213	0.275	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 375g: 1 steak (yield from 505 g raw meat)

Measure 2 = 85g: 3 oz

NDB No. 13456

Beef, top sirloin, separable lean only, trimmed to 0" fat, select, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13290

Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.430		0		1		10.942	3.766	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		1		1		0.716	0.247	
17:1.....g									
18:1 undifferentiated.....g	4.050		1		1		10.004	3.443	
20:1.....g	0.010		1		1		0.025	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.510		0		1		3.730	1.284	
18:2 undifferentiated.....g	1.280		1		1		3.162	1.088	
18:3 undifferentiated.....g	0.150		1		1		0.371	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		1		1		0.124	0.043	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		1		1		245	84	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0	A	1		0.527	0.181	
Threonine.....g	1.298		0	A	1		3.205	1.103	
Isoleucine.....g	1.478		0	A	1		3.650	1.256	
Leucine.....g	2.584		0	A	1		6.382	2.196	
Lysine.....g	2.745		0	A	1		6.780	2.333	
Methionine.....g	0.846		0	A	1		2.089	0.719	
Cystine.....g	0.419		0	A	1		1.035	0.356	
Phenylalanine.....g	1.283		0	A	1		3.169	1.090	
Tyrosine.....g	1.035		0	A	1		2.556	0.880	
Valine.....g	1.611		0	A	1		3.980	1.370	
Arginine.....g	2.100		0	A	1		5.188	1.785	
Histidine.....g	1.037		0	A	1		2.560	0.881	
Alanine.....g	1.975		0	A	1		4.877	1.678	
Aspartic acid.....g	2.959		0	A	1		7.308	2.515	
Glutamic acid.....g	4.876		0	A	1		12.044	4.145	
Glycine.....g	1.978		0	A	1		4.885	1.681	
Proline.....g	1.548		0	A	1		3.825	1.316	
Serine.....g	1.279		0	A	1		3.160	1.088	
Hydroxyproline.....g	0.341		0	BFPN	4		0.843	0.290	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 247g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 13290

Beef, top sirloin, separable lean only, trimmed to 1/4" fat, choice, cooked, pan-fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23610

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.331		0	NC	4		0.661	10.575	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.176		0	BFFN	4		0.050	0.797	
17:1.....g									
18:1 undifferentiated.....g	2.154		0	BFFN	4		0.611	9.769	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		0	NC	4		0.059	0.945	
18:2 undifferentiated.....g	0.167		0	BFFN	4		0.047	0.757	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.004	0.069	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	BFFN	4		0.007	0.119	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	BFFN	4		15	248	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1		0.055	0.877	
Threonine.....g	1.175		0	A	1		0.333	5.332	
Isoleucine.....g	1.339		0	A	1		0.380	6.072	
Leucine.....g	2.341		0	A	1		0.664	10.617	
Lysine.....g	2.487		0	A	1		0.705	11.280	
Methionine.....g	0.766		0	A	1		0.217	3.476	
Cystine.....g	0.380		0	A	1		0.108	1.722	
Phenylalanine.....g	1.162		0	A	1		0.329	5.272	
Tyrosine.....g	0.938		0	A	1		0.266	4.253	
Valine.....g	1.460		0	A	1		0.414	6.621	
Arginine.....g	1.903		0	A	1		0.539	8.630	
Histidine.....g	0.939		0	A	1		0.266	4.259	
Alanine.....g	1.789		0	A	1		0.507	8.114	
Aspartic acid.....g	2.680		0	A	1		0.760	12.157	
Glutamic acid.....g	4.417		0	A	1		1.252	20.036	
Glycine.....g	1.792		0	A	1		0.508	8.127	
Proline.....g	1.403		0	A	1		0.398	6.363	
Serine.....g	1.159		0	A	1		0.329	5.257	
Hydroxyproline.....g	0.309		0	BFFN	4		0.088	1.402	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23610

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23611

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.641		0	NC	4		0.465	7.444	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.126		0	BFFN	4		0.036	0.572	
17:1.....g									
18:1 undifferentiated.....g	1.513		0	BFFN	4		0.429	6.862	
20:1.....g	0.002		0	BFFN	4		0.001	0.010	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.176		0	NC	4		0.050	0.800	
18:2 undifferentiated.....g	0.142		0	BFFN	4		0.040	0.645	
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.003	0.041	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	BFFN	4		0.007	0.114	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	BFFN	4		12	189	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0	A	1		0.041	0.659	
Threonine.....g	0.882		0	A	1		0.250	4.003	
Isoleucine.....g	1.005		0	A	1		0.285	4.558	
Leucine.....g	1.757		0	A	1		0.498	7.970	
Lysine.....g	1.867		0	A	1		0.529	8.468	
Methionine.....g	0.575		0	A	1		0.163	2.609	
Cystine.....g	0.285		0	A	1		0.081	1.293	
Phenylalanine.....g	0.872		0	A	1		0.247	3.958	
Tyrosine.....g	0.704		0	A	1		0.200	3.193	
Valine.....g	1.096		0	A	1		0.311	4.971	
Arginine.....g	1.428		0	A	1		0.405	6.479	
Histidine.....g	0.705		0	A	1		0.200	3.198	
Alanine.....g	1.343		0	A	1		0.381	6.091	
Aspartic acid.....g	2.012		0	A	1		0.570	9.127	
Glutamic acid.....g	3.316		0	A	1		0.940	15.042	
Glycine.....g	1.345		0	A	1		0.381	6.101	
Proline.....g	1.053		0	A	1		0.299	4.777	
Serine.....g	0.870		0	A	1		0.247	3.947	
Hydroxyproline.....g	0.232		0	A	1		0.066	1.053	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23611

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23629

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.684		0	NC	4		0.761	12.176	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.202		0	BFFN	4		0.057	0.918	
17:1.....g									
18:1 undifferentiated.....g	2.479		0	BFFN	4		0.703	11.247	
20:1.....g	0.003		0	BFFN	4		0.001	0.011	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0	NC	4		0.068	1.089	
18:2 undifferentiated.....g	0.192		0	BFFN	4		0.054	0.871	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.005	0.080	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	BFFN	4		0.009	0.137	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0	BFFN	4		18	285	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.055	0.880	
Threonine.....g	1.179		0	A	1		0.334	5.347	
Isoleucine.....g	1.343		0	A	1		0.381	6.090	
Leucine.....g	2.347		0	A	1		0.666	10.648	
Lysine.....g	2.494		0	A	1		0.707	11.313	
Methionine.....g	0.768		0	A	1		0.218	3.486	
Cystine.....g	0.381		0	A	1		0.108	1.727	
Phenylalanine.....g	1.166		0	A	1		0.330	5.287	
Tyrosine.....g	0.940		0	A	1		0.267	4.265	
Valine.....g	1.464		0	A	1		0.415	6.641	
Arginine.....g	1.908		0	A	1		0.541	8.656	
Histidine.....g	0.942		0	A	1		0.267	4.272	
Alanine.....g	1.794		0	A	1		0.509	8.138	
Aspartic acid.....g	2.688		0	A	1		0.762	12.193	
Glutamic acid.....g	4.430		0	A	1		1.256	20.095	
Glycine.....g	1.797		0	A	1		0.509	8.151	
Proline.....g	1.407		0	A	1		0.399	6.381	
Serine.....g	1.162		0	A	1		0.330	5.273	
Hydroxyproline.....g	0.310		0	BFFN	4		0.088	1.406	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23629

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23625

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.860		0	NC	4		0.527	8.437	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.143		0	BFFN	4		0.041	0.648	
17:1.....g									
18:1 undifferentiated.....g	1.715		0	BFFN	4		0.486	7.777	
20:1.....g	0.003		0	BFFN	4		0.001	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0	NC	4		0.057	0.907	
18:2 undifferentiated.....g	0.161		0	BFFN	4		0.046	0.731	
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.003	0.046	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4		0.008	0.130	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	47		0	BFFN	4		13	214	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0	A	1		0.041	0.653	
Threonine.....g	0.875		0	A	1		0.248	3.971	
Isoleucine.....g	0.997		0	A	1		0.283	4.522	
Leucine.....g	1.743		0	A	1		0.494	7.906	
Lysine.....g	1.852		0	A	1		0.525	8.400	
Methionine.....g	0.571		0	A	1		0.162	2.588	
Cystine.....g	0.283		0	A	1		0.080	1.283	
Phenylalanine.....g	0.865		0	A	1		0.245	3.926	
Tyrosine.....g	0.698		0	A	1		0.198	3.167	
Valine.....g	1.087		0	A	1		0.308	4.931	
Arginine.....g	1.417		0	A	1		0.402	6.427	
Histidine.....g	0.699		0	A	1		0.198	3.172	
Alanine.....g	1.332		0	A	1		0.378	6.043	
Aspartic acid.....g	1.996		0	A	1		0.566	9.053	
Glutamic acid.....g	3.289		0	A	1		0.933	14.921	
Glycine.....g	1.334		0	A	1		0.378	6.052	
Proline.....g	1.045		0	A	1		0.296	4.738	
Serine.....g	0.863		0	A	1		0.245	3.915	
Hydroxyproline.....g	0.230		0	A	1		0.065	1.044	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23625

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, choice, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23588

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.980		0	NC	4	0.561	8.982	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.149		0	BFFN	4	0.042	0.676	
17:1.....g								
18:1 undifferentiated.....g	1.829		0	BFFN	4	0.519	8.297	
20:1.....g	0.002		0	BFFN	4	0.001	0.008	
22:1 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.177		0	NC	4	0.050	0.803	
18:2 undifferentiated.....g	0.142		0	BFFN	4	0.040	0.643	
18:3 undifferentiated.....g	0.013		0	BFFN	4	0.004	0.059	
18:4.....g	0.000		0	BFFN	4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.022		0	BFFN	4	0.006	0.101	
20:5 n-3.....g	0.000		0	BFFN	4	0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4	0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	46		0	BFFN	4	13	211	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.193		0	A	1	0.055	0.875	
Threonine.....g	1.172		0	A	1	0.332	5.316	
Isoleucine.....g	1.335		0	A	1	0.378	6.054	
Leucine.....g	2.334		0	A	1	0.662	10.586	
Lysine.....g	2.479		0	A	1	0.703	11.246	
Methionine.....g	0.764		0	A	1	0.217	3.465	
Cystine.....g	0.379		0	A	1	0.107	1.717	
Phenylalanine.....g	1.159		0	A	1	0.329	5.256	
Tyrosine.....g	0.935		0	A	1	0.265	4.241	
Valine.....g	1.455		0	A	1	0.413	6.602	
Arginine.....g	1.897		0	A	1	0.538	8.605	
Histidine.....g	0.936		0	A	1	0.265	4.247	
Alanine.....g	1.784		0	A	1	0.506	8.090	
Aspartic acid.....g	2.672		0	A	1	0.758	12.121	
Glutamic acid.....g	4.404		0	A	1	1.249	19.978	
Glycine.....g	1.786		0	A	1	0.506	8.103	
Proline.....g	1.399		0	A	1	0.397	6.344	
Serine.....g	1.156		0	A	1	0.328	5.242	
Hydroxyproline.....g	0.308		0	A	1	0.087	1.398	
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23588

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, cooked, broiled

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23584

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.422		0	NC	4		0.403	6.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.109		0	BFFN	4		0.031	0.495	
17:1.....g									
18:1 undifferentiated.....g	1.311		0	BFFN	4		0.372	5.945	
20:1.....g	0.002		0	BFFN	4		0.001	0.009	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0	NC	4		0.043	0.693	
18:2 undifferentiated.....g	0.123		0	BFFN	4		0.035	0.558	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.002	0.036	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.006	0.099	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0	BFFN	4		10	164	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0	A	1		0.041	0.664	
Threonine.....g	0.889		0	A	1		0.252	4.035	
Isoleucine.....g	1.013		0	A	1		0.287	4.595	
Leucine.....g	1.771		0	A	1		0.502	8.034	
Lysine.....g	1.882		0	A	1		0.533	8.535	
Methionine.....g	0.580		0	A	1		0.164	2.630	
Cystine.....g	0.287		0	A	1		0.081	1.303	
Phenylalanine.....g	0.879		0	A	1		0.249	3.989	
Tyrosine.....g	0.710		0	A	1		0.201	3.218	
Valine.....g	1.105		0	A	1		0.313	5.011	
Arginine.....g	1.440		0	A	1		0.408	6.531	
Histidine.....g	0.711		0	A	1		0.201	3.223	
Alanine.....g	1.354		0	A	1		0.384	6.140	
Aspartic acid.....g	2.028		0	A	1		0.575	9.200	
Glutamic acid.....g	3.343		0	A	1		0.948	15.162	
Glycine.....g	1.356		0	A	1		0.384	6.150	
Proline.....g	1.061		0	A	1		0.301	4.815	
Serine.....g	0.877		0	A	1		0.249	3.978	
Hydroxyproline.....g	0.234		0	A	1		0.066	1.061	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 23584

Beef, top sirloin, separable lean only, trimmed to 1/8" fat, select, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13319

Beef, variety meats and by-products, brain, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.980		0		1		13.970	3.383	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0		1		0.386	0.094	
17:1.....g									
18:1 undifferentiated.....g	3.470		0		1		12.180	2.950	
20:1.....g	0.240		0		1		0.842	0.204	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		8.108	1.964	
18:2 undifferentiated.....g	0.840		0		1		2.948	0.714	
18:3 undifferentiated.....g	0.050		0		1		0.176	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.290		0		1		1.018	0.247	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.290		0		1		1.018	0.247	
22:6 n-3.....g	0.670		0		1		2.352	0.570	
Fatty acids, total trans.....g									
Cholesterol.....mg	1995		0		4		7002	1696	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.362	0.088	
Threonine.....g	0.597		0		1		2.095	0.507	
Isoleucine.....g	0.487		0		1		1.709	0.414	
Leucine.....g	0.943		0		1		3.310	0.802	
Lysine.....g	0.752		0		1		2.640	0.639	
Methionine.....g	0.261		0		1		0.916	0.222	
Cystine.....g	0.223		0		1		0.783	0.190	
Phenylalanine.....g	0.635		0		1		2.229	0.540	
Tyrosine.....g	0.446		0		1		1.565	0.379	
Valine.....g	0.617		0		1		2.166	0.524	
Arginine.....g	0.686		0		1		2.408	0.583	
Histidine.....g	0.320		0		1		1.123	0.272	
Alanine.....g	0.696		0		1		2.443	0.592	
Aspartic acid.....g	1.126		0		1		3.952	0.957	
Glutamic acid.....g	1.534		0		1		5.384	1.304	
Glycine.....g	0.593		0		1		2.081	0.504	
Proline.....g	0.521		0		1		1.829	0.443	
Serine.....g	0.728		0		1		2.555	0.619	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.86		1	A	1		292.69	63.63	
Energy.....kcal	151		0	NC	4		589	128	
Energy.....kj	630		0	NC	4		2463	535	
Protein (N x 6.25).....g	11.67		1	A	1		45.64	9.92	
Total lipid (fat).....g	10.53		1	A	1		41.18	8.95	
Ash.....g	1.46		1	A	1		5.70	1.24	
Carbohydrate, by difference.....g	1.48		0	NC	4		5.78	1.26	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1	A	1		37	8	
Iron, Fe.....mg	2.30		1	A	1		8.99	1.96	
Magnesium, Mg.....mg	12		1	A	1		45	10	
Phosphorus, P.....mg	335		1	A	1		1310	285	
Potassium, K.....mg	244		1	A	1		954	207	
Sodium, Na.....mg	108		1	A	1		422	92	
Zinc, Zn.....mg	1.09		1	A	1		4.26	0.93	
Copper, Cu.....mg	0.230		1	A	1		0.899	0.196	
Manganese, Mn.....mg	0.028		1	A	1		0.109	0.024	
Selenium, Se.....mcg	21.8		1	A	1		85.2	18.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.5		1	A	1		41.1	8.9	
Thiamin.....mg	0.069		1	A	1		0.269	0.058	
Riboflavin.....mg	0.217		1	A	1		0.848	0.184	
Niacin.....mg	3.620		1	A	1		14.154	3.077	
Pantothenic acid.....mg	1.210		1	A	1		4.731	1.029	
Vitamin B-6.....mg	0.143		1	A	1		0.559	0.122	
Folate, total.....mcg	5		2	A	1		20	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2	A	1		20	4	
Folate, DFE.....mcg_DFE	5		0	NC	4		20	4	
Vitamin B-12.....mcg	10.10		1	A	1		39.49	8.59	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	117		0	AS	1		457	99	
Vitamin A, RAE.....mcg_RAE	6		0	AS	1		23	5	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	1.67		2	A	1		6.53	1.42	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.06		2	A	1		0.23	0.05	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		2	A	1		0.4	0.1	
Lipids:									
Fatty acids, total saturated.....g	2.394		0	NC	4		9.359	2.035	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.029		1	A	1		0.113	0.025	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.974		1	A	1		3.810	0.828	
17:0.....g	0.032		1	A	1		0.125	0.027	
18:0.....g	1.305		1	A	1		5.104	1.110	
20:0.....g	0.018		1	A	1		0.071	0.015	

NDB No. 13320

Beef, variety meats and by-products, brain, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.035		1	A	1		0.137	0.030	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.882		0	NC	4		7.359	1.600	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.023		1	A	1		0.089	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.667		1	A	1		6.516	1.417	
20:1.....g	0.193		1	A	1		0.754	0.164	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.632		0	NC	4		6.381	1.387	
18:2 undifferentiated.....g	0.039		1	A	1		0.154	0.034	
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.355		1	A	1		1.389	0.302	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.383		0	BFFN	4		1.496	0.325	
22:6 n-3.....g	0.855		0	BFFN	4		3.342	0.727	
Fatty acids, total trans.....g	0.510		1	A	1		1.994	0.434	
Cholesterol.....mg	3100		1	A	1		12121	2635	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	70		1	A	1		274.091	59.585	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 391g: 1 piece, cooked, excluding refuse

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13318

Beef, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.890		0	NC	4		0.536	2.136	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.021		1	A	1		0.006	0.024	
17:1.....g									
18:1 undifferentiated.....g	1.646		1	A	1		0.467	1.860	
20:1.....g	0.222		1	A	1		0.063	0.251	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.586		0	NC	4		0.450	1.792	
18:2 undifferentiated.....g	0.041		1	A	1		0.012	0.047	
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.319		1	A	1		0.090	0.361	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.374		0	BFFN	4		0.106	0.423	
22:6 n-3.....g	0.851		0	BFFN	4		0.241	0.962	
Fatty acids, total trans.....g	0.610		1	A	1		0.173	0.689	
Cholesterol.....mg	3010		1	A	1		853	3401	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	88		1	A	1		25.033	99.779	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13322

Beef, variety meats and by-products, heart, cooked, simmered

Refuse: 16% Fat and valves, 16.39%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.67		1	A	1		55.82		
Energy.....kcal	165		0	NC	4		140		
Energy.....kj	690		0	NC	4		586		
Protein (N x 6.25).....g	28.48		1	A	1		24.21		
Total lipid (fat).....g	4.73		1	A	1		4.02		
Ash.....g	0.97		1	A	1		0.82		
Carbohydrate, by difference.....g	0.15		0	NC	4		0.13		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		4		
Iron, Fe.....mg	6.38		1	A	1		5.42		
Magnesium, Mg.....mg	21		1	A	1		18		
Phosphorus, P.....mg	254		1	A	1		216		
Potassium, K.....mg	219		1	A	1		186		
Sodium, Na.....mg	59		1	A	1		50		
Zinc, Zn.....mg	2.87		1	A	1		2.44		
Copper, Cu.....mg	0.559		1	A	1		0.475		
Manganese, Mn.....mg	0.033		1	A	1		0.028		
Selenium, Se.....mcg	38.9		1	A	1		33.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.101		1	A	1		0.086		
Riboflavin.....mg	1.210		1	A	1		1.029		
Niacin.....mg	6.680		1	A	1		5.678		
Pantothenic acid.....mg	1.600		1	A	1		1.360		
Vitamin B-6.....mg	0.245		1	A	1		0.208		
Folate, total.....mcg	5		2	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		2	A	1		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Vitamin B-12.....mcg	10.80		1	A	1		9.18		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.29		2	A	1		0.25		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.03		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		2	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	1.404		1	A	1		1.193		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.050		1	A	1		0.043		
15:0.....g	0.016		1	A	1		0.014		
16:0.....g	0.610		1	A	1		0.519		
17:0.....g	0.047		1	A	1		0.040		
18:0.....g	0.669		1	A	1		0.569		
20:0.....g	0.006		1	A	1		0.005		

NDB No. 13322

Beef, variety meats and by-products, heart, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.006		1	A	1		0.005		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.011		1	A	1		0.859		
14:1.....g	0.006		1	A	1		0.005		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.059		1	A	1		0.050		
17:1.....g									
18:1 undifferentiated.....g	0.936		1	A	1		0.796		
20:1.....g	0.010		1	A	1		0.009		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.985		1	A	1		0.837		
18:2 undifferentiated.....g	0.736		1	A	1		0.626		
18:3 undifferentiated.....g	0.019		0	AS	1		0.016		
18:3 n-6 c,c,c.....g	0.007		1	A	1		0.006		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.011		1	A	1		0.009		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.219		1	A	1		0.186		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.160		1	A	1		0.136		
Cholesterol.....mg	212		1	A	1		180		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13321

Beef, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.137		1	A	1		0.322	1.285	
14:1.....g	0.007		1	A	1		0.002	0.008	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.059		1	A	1		0.017	0.067	
17:1.....g									
18:1 undifferentiated.....g	1.060		1	A	1		0.301	1.198	
20:1.....g	0.011		1	A	1		0.003	0.012	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.546		1	A	1		0.155	0.617	
18:2 undifferentiated.....g	0.395		1	A	1		0.112	0.446	
18:3 undifferentiated.....g	0.016		0	AS	1		0.005	0.018	
18:3 n-6 c,c,c.....g	0.005		1	A	1		0.001	0.006	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.007		1	A	1		0.002	0.008	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.128		1	A	1		0.036	0.145	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.180		1	A	1		0.051	0.203	
Cholesterol.....mg	124		1	A	1		35	140	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	17		1	A	1		4.706	18.758	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13324

Beef, variety meats and by-products, kidneys, cooked, simmered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.88		1	A	1		56.85		
Energy.....kcal	158		0	NC	4		135		
Energy.....kj	663		0	NC	4		563		
Protein (N x 6.25).....g	27.27		1	A	1		23.18		
Total lipid (fat).....g	4.65		1	A	1		3.96		
Ash.....g	1.31		1	A	1		1.11		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	A	1		16		
Iron, Fe.....mg	5.80		1	A	1		4.93		
Magnesium, Mg.....mg	12		1	A	1		11		
Phosphorus, P.....mg	304		1	A	1		258		
Potassium, K.....mg	135		1	A	1		115		
Sodium, Na.....mg	94		1	A	1		80		
Zinc, Zn.....mg	2.84		1	A	1		2.41		
Copper, Cu.....mg	0.564		1	A	1		0.479		
Manganese, Mn.....mg	0.185		1	A	1		0.157		
Selenium, Se.....mcg	168.0		1	A	1		142.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.160		1	A	1		0.136		
Riboflavin.....mg	2.970		1	A	1		2.525		
Niacin.....mg	3.920		1	A	1		3.332		
Pantothenic acid.....mg	1.560		1	A	1		1.326		
Vitamin B-6.....mg	0.391		1	A	1		0.332		
Folate, total.....mcg	83		2	A	1		71		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	83		2	A	1		71		
Folate, DFE.....mcg_DFE	83		0	NC	4		71		
Vitamin B-12.....mcg	24.90		1	A	1		21.17		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.08		2	A	1		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.00		2	A	1		0.00		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.066		1	A	1		0.906		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.015		1	A	1		0.013		
15:0.....g	0.012		1	A	1		0.010		
16:0.....g	0.481		1	A	1		0.409		
17:0.....g	0.028		1	A	1		0.024		
18:0.....g	0.457		1	A	1		0.388		
20:0.....g	0.017		1	A	1		0.014		

NDB No. 13324

Beef, variety meats and by-products, kidneys, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.056		1	A	1		0.048		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.711		1	A	1		0.604		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.051		1	A	1		0.043		
17:1.....g									
18:1 undifferentiated.....g	0.643		1	A	1		0.547		
20:1.....g	0.017		1	A	1		0.014		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.827		1	A	1		0.703		
18:2 undifferentiated.....g	0.464		1	A	1		0.394		
18:3 undifferentiated.....g	0.016		0	AS	1		0.014		
18:3 n-6 c,c,c.....g	0.008		1	A	1		0.007		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019		1	A	1		0.016		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.328		1	A	1		0.279		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.200		1	A	1		0.170		
Cholesterol.....mg	716		1	A	1		609		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	23		1	A	1		19.295		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13323

Beef, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.586		1	A	1		0.166	0.662	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.039		1	A	1		0.011	0.044	
17:1.....g									
18:1 undifferentiated.....g	0.535		1	A	1		0.152	0.605	
20:1.....g	0.012		1	A	1		0.003	0.014	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.545		1	A	1		0.155	0.616	
18:2 undifferentiated.....g	0.292		1	A	1		0.083	0.330	
18:3 undifferentiated.....g	0.013		0	AS	1		0.004	0.015	
18:3 n-6 c,c,c.....g	0.006		1	A	1		0.002	0.007	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.012		1	A	1		0.003	0.014	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.228		1	A	1		0.065	0.258	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.100		1	A	1		0.028	0.113	
Cholesterol.....mg	411		1	A	1		117	464	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	20		1	A	1		5.755	22.939	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.01	0.472	4	A	1		50.23	207.74	285.88
Energy.....kcal	175		0	NC	4		142	588	809
Energy.....kj	734		0	NC	4		595	2459	3384
Protein (N x 6.25).....g	26.52	0.425	4	A	1		21.48	88.83	122.23
Total lipid (fat).....g	4.68	0.344	4	A	1		3.79	15.68	21.58
Ash.....g	1.63	0.099	4	A	1		1.32	5.46	7.51
Carbohydrate, by difference.....g	5.16		0	NC	4		4.18	17.29	23.79
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.154	4	A	1		4	19	25
Iron, Fe.....mg	6.17	0.351	4	A	1		5.00	20.68	28.46
Magnesium, Mg.....mg	22	0.793	4	A	1		18	73	101
Phosphorus, P.....mg	485	8.689	4	A	1		393	1625	2236
Potassium, K.....mg	351	9.283	4	A	1		284	1176	1618
Sodium, Na.....mg	77	3.166	4	A	1		62	258	355
Zinc, Zn.....mg	5.23	0.242	4	A	1		4.23	17.51	24.10
Copper, Cu.....mg	14.588	2.589	4	A	1		11.816	48.868	67.248
Manganese, Mn.....mg	0.356	0.018	4	A	1		0.288	1.191	1.639
Selenium, Se.....mcg	32.8	1.572	4	A	1		26.6	109.9	151.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.6	2.5	3.4
Thiamin.....mg	0.177	0.009	4	A	1		0.143	0.592	0.815
Riboflavin.....mg	3.425	0.277	4	A	1		2.774	11.474	15.789
Niacin.....mg	17.475	1.182	4	A	1		14.155	58.541	80.560
Pantothenic acid.....mg	6.943	0.149	4	A	1		5.623	23.257	32.005
Vitamin B-6.....mg	1.027	0.019	4	A	1		0.832	3.440	4.733
Folate, total.....mcg	260	35.631	4	A	1		211	872	1200
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	260	35.631	4	A	1		211	872	1200
Folate, DFE.....mcg_DFE	260		0	NC	4		211	872	1200
Vitamin B-12.....mcg	83.13	7.201	4	A	1		67.33	278.47	383.21
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	26088		0	AS	1		21132	87396	120267
Vitamin A, RAE.....mcg_RAE	7744		0	AS	1		6273	25942	35700
Retinol.....mcg	7728	890.659	4	A	1		6259	25887	35624
Vitamin E (alpha-tocopherol).....mg	0.46		6	A	1		0.37	1.53	2.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.06		6	A	1		0.05	0.20	0.28
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.9	1.241	4	A	1		3.2	13.0	18.0
Lipids:									
Fatty acids, total saturated.....g	1.493		0	NC	4		1.209	5.002	6.883
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.022	0.006	4	A	1		0.018	0.073	0.100
15:0.....g	0.009	0.001	4	A	1		0.007	0.028	0.039
16:0.....g	0.427	0.077	4	A	1		0.346	1.430	1.968
17:0.....g	0.036	0.001	4	A	1		0.029	0.119	0.164
18:0.....g	0.991	0.023	4	A	1		0.803	3.321	4.570
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g	0.009	0.003	4	A	1	0.007	0.030	0.041	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.653		0	NC	4	0.529	2.186	3.008	
14:1.....g	0.002	0.002	4	A	1	0.001	0.005	0.007	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.051	0.012	4	A	1	0.041	0.171	0.235	
17:1.....g	0.012	0.002	4	A	1	0.010	0.041	0.056	
18:1 undifferentiated.....g	0.583	0.088	4	A	1	0.472	1.952	2.686	
20:1.....g	0.005	0.002	4	A	1	0.004	0.017	0.023	
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.971		0	NC	4	0.786	3.251	4.474	
18:2 undifferentiated.....g	0.369		0	AS	1	0.298	1.234	1.699	
18:2 n-6 c,c.....g	0.369	0.032	4	A	1	0.298	1.234	1.699	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.021		0	AS	1	0.017	0.070	0.096	
18:3 n-6 c,c,c.....g	0.011	0.001	4	A	1	0.009	0.037	0.051	
18:3i.....g									
18:4.....g	0.000		0	Z	7	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.010	0.004	4	A	1	0.008	0.034	0.047	
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.182	0.034	4	A	1	0.147	0.609	0.838	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.198	0.014	4	A	1	0.160	0.662	0.910	
Cholesterol.....mg	381	12.176	4	A	1	308	1275	1754	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.335		0	A	1	0.272	1.123	1.546	
Threonine.....g	1.108		0	A	1	0.897	3.711	5.107	
Isoleucine.....g	1.233		0	A	1	0.998	4.129	5.683	
Leucine.....g	2.435		0	A	1	1.972	8.156	11.224	
Lysine.....g	2.048		0	A	1	1.659	6.862	9.443	
Methionine.....g	0.692		0	A	1	0.561	2.319	3.191	
Cystine.....g	0.479		0	A	1	0.388	1.606	2.210	
Phenylalanine.....g	1.382		0	A	1	1.119	4.629	6.370	
Tyrosine.....g	1.029		0	A	1	0.833	3.446	4.742	
Valine.....g	1.606		0	A	1	1.301	5.381	7.404	
Arginine.....g	1.582		0	A	1	1.281	5.299	7.293	
Histidine.....g	0.802		0	A	1	0.649	2.686	3.696	
Alanine.....g	1.484		0	A	1	1.202	4.971	6.840	
Aspartic acid.....g	2.456		0	A	1	1.990	8.229	11.324	
Glutamic acid.....g	3.330		0	A	1	2.697	11.154	15.349	
Glycine.....g	1.484		0	A	1	1.202	4.971	6.840	
Proline.....g	1.225		0	A	1	0.992	4.104	5.647	
Serine.....g	1.154		0	A	1	0.934	3.865	5.318	
Hydroxyproline.....g	0.046		1	A	1	0.037	0.154	0.212	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

NDB No. 13327

Beef, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotenoids:									
Carotene, beta.....mcg	182	40.450	4	A	1		147.218	608.863	837.868
Carotene, alpha.....mcg	11	0.000	4	A	1		9.056	37.454	51.541
Cryptoxanthin, beta.....mcg	21	6.459	4	A	1		17.225	71.238	98.032
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 81g: 1 slice
- Measure 2 = 335g: 1 ckd pr g
- Measure 3 = 461g: 1 raw pr g

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13325

Beef, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Fatty acids, total monounsaturated.....g	0.479		0	NC		4			
14:1.....g	0.000	0.000	4	A		1			
15:1.....g	0.000	0.000	4	A		1			
16:1 undifferentiated.....g	0.036	0.008	4	A		1			
17:1.....g	0.013	0.003	4	A		1			
18:1 undifferentiated.....g	0.423	0.051	4	A		1			
20:1.....g	0.007	0.001	4	A		1			
22:1 undifferentiated.....g	0.000		0	Z		7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.465		0	NC		4			
18:2 undifferentiated.....g	0.299		0	AS		1			
18:2 n-6 c,c.....g	0.299	0.017	4	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.016		0	AS		1			
18:3 n-6 c,c,c.....g	0.009	0.001	4	A		1			
18:3i.....g									
18:4.....g	0.000		0	Z		7			
20:2 n-6 c,c.....g	0.010	0.001	4	A		1			
20:3 undifferentiated.....g	0.000	0.000	4	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.141	0.028	4	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z		7			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	Z		7			
Fatty acids, total trans.....g	0.170	0.016	4	A		1			
Cholesterol.....mg	275	7.620	4	A		1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.263		1	A		1			
Threonine.....g	0.869		1	A		1			
Isoleucine.....g	0.967		1	A		1			
Leucine.....g	1.910		1	A		1			
Lysine.....g	1.607		1	A		1			
Methionine.....g	0.543		1	A		1			
Cystine.....g	0.376		1	A		1			
Phenylalanine.....g	1.084		1	A		1			
Tyrosine.....g	0.807		1	A		1			
Valine.....g	1.260		1	A		1			
Arginine.....g	1.241		1	A		1			
Histidine.....g	0.629		1	A		1			
Alanine.....g	1.164		1	A		1			
Aspartic acid.....g	1.927		1	A		1			
Glutamic acid.....g	2.612		1	A		1			
Glycine.....g	1.164		1	A		1			
Proline.....g	0.961		1	A		1			
Serine.....g	0.905		1	A		1			
Hydroxyproline.....g	0.046		1	A		1			
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	232	203.476	4	A		1			

NDB No. 13325

Beef, variety meats and by-products, liver, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Carotene, alpha.....mcg	11	0.000	4	A	1				
Cryptoxanthin, beta.....mcg	13	1.705	4	A	1				
Lycopene.....mcg	0	0.000	4	A	1				
Lutein + zeaxanthin.....mcg	0		4	A	1				

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Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13329

Beef, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.950		0		1		2.879	0.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		0		1		0.424	0.119	
17:1.....g									
18:1 undifferentiated.....g	0.700		0		1		2.121	0.595	
20:1.....g	0.030		0		1		0.091	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		1		1.545	0.434	
18:2 undifferentiated.....g	0.250		0		1		0.758	0.213	
18:3 undifferentiated.....g	0.030		0		1		0.091	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.636	0.179	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	277		0		1		839	235	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.186		0		1		0.564	0.158	
Threonine.....g	0.761		0		1		2.306	0.647	
Isoleucine.....g	0.973		0		1		2.948	0.827	
Leucine.....g	1.498		0		1		4.539	1.273	
Lysine.....g	1.446		0		1		4.381	1.229	
Methionine.....g	0.408		0		1		1.236	0.347	
Cystine.....g	0.313		0		1		0.948	0.266	
Phenylalanine.....g	0.829		0		1		2.512	0.705	
Tyrosine.....g	0.460		0		1		1.394	0.391	
Valine.....g	1.005		0		1		3.045	0.854	
Arginine.....g	1.234		0		1		3.739	1.049	
Histidine.....g	0.620		0		1		1.879	0.527	
Alanine.....g	1.260		0		1		3.818	1.071	
Aspartic acid.....g	1.231		0		1		3.730	1.046	
Glutamic acid.....g	2.174		0		1		6.587	1.848	
Glycine.....g	0.924		0		1		2.800	0.785	
Proline.....g	2.089		0		1		6.330	1.776	
Serine.....g	1.028		0		1		3.115	0.874	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 303g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13328

Beef, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.640		0		1		0.181	0.723	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		1		0.026	0.102	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.133	0.531	
20:1.....g	0.020		0		1		0.006	0.023	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.340		0		1		0.096	0.384	
18:2 undifferentiated.....g	0.170		0		1		0.048	0.192	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.040	0.158	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	242		1		1		69	273	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.148		3		1		0.042	0.167	
Threonine.....g	0.604		4		1		0.171	0.683	
Isoleucine.....g	0.772		3		1		0.219	0.872	
Leucine.....g	1.190		3		1		0.337	1.345	
Lysine.....g	1.148		4		1		0.325	1.297	
Methionine.....g	0.324		5		1		0.092	0.366	
Cystine.....g	0.249		4		1		0.071	0.281	
Phenylalanine.....g	0.658		4		1		0.187	0.744	
Tyrosine.....g	0.365		4		1		0.103	0.412	
Valine.....g	0.798		3		1		0.226	0.902	
Arginine.....g	0.980		3		1		0.278	1.107	
Histidine.....g	0.492		3		1		0.139	0.556	
Alanine.....g	1.001		1		1		0.284	1.131	
Aspartic acid.....g	0.977		1		1		0.277	1.104	
Glutamic acid.....g	1.726		1		1		0.489	1.950	
Glycine.....g	0.734		1		1		0.208	0.829	
Proline.....g	1.659		2		1		0.470	1.875	
Serine.....g	0.816		1		1		0.231	0.922	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13330

Beef, variety meats and by-products, mechanically separated beef, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.440		0		1		2.393	19.159	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560	0.017	3		1		0.159	1.271	
17:1.....g									
18:1 undifferentiated.....g	7.590	0.178	3		1		2.152	17.229	
20:1.....g	0.070	0.001	3		1		0.020	0.159	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		0.215	1.725	
18:2 undifferentiated.....g	0.590	0.020	3		1		0.167	1.339	
18:3 undifferentiated.....g	0.170	0.008	3		1		0.048	0.386	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	209	11.006	18		1		59	474	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.168		0		4		0.048	0.381	
Threonine.....g	0.474		30		1		0.134	1.076	
Isoleucine.....g	0.584		30		1		0.166	1.326	
Leucine.....g	1.199		30		1		0.340	2.722	
Lysine.....g	1.161		30		1		0.329	2.635	
Methionine.....g	0.426		30		1		0.121	0.967	
Cystine.....g	0.230		30		1		0.065	0.522	
Phenylalanine.....g	0.644		30		1		0.183	1.462	
Tyrosine.....g	0.381		30		1		0.108	0.865	
Valine.....g	0.915		30		1		0.259	2.077	
Arginine.....g	1.154		30		1		0.327	2.620	
Histidine.....g	0.443		30		1		0.126	1.006	
Alanine.....g	1.005		30		1		0.285	2.281	
Aspartic acid.....g	1.312		30		1		0.372	2.978	
Glutamic acid.....g	2.121		30		1		0.601	4.815	
Glycine.....g	1.238		30		1		0.351	2.810	
Proline.....g	0.922		30		1		0.261	2.093	
Serine.....g	0.570		30		1		0.162	1.294	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13332

Beef, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.930		0		4		13.165	5.041	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.020		0		4		2.264	0.867	
17:1.....g									
18:1 undifferentiated.....g	4.900		0		4		10.878	4.165	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.200		0		4		7.104	2.720	
18:2 undifferentiated.....g	1.870		0		4		4.151	1.590	
18:3 undifferentiated.....g	0.120		0		4		0.266	0.102	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.740		0		4		1.643	0.629	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	262		0		4		582	223	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.351		0		1		0.779	0.298	
Threonine.....g	1.257		0		1		2.791	1.068	
Isoleucine.....g	1.370		0		1		3.041	1.165	
Leucine.....g	2.116		0		1		4.698	1.799	
Lysine.....g	1.999		0		1		4.438	1.699	
Methionine.....g	0.490		0		1		1.088	0.417	
Cystine.....g	0.347		0		4		0.770	0.295	
Phenylalanine.....g	1.127		0		1		2.502	0.958	
Tyrosine.....g	1.184		0		1		2.628	1.006	
Valine.....g	1.453		0		1		3.226	1.235	
Arginine.....g	1.548		0		1		3.437	1.316	
Histidine.....g	0.533		0		1		1.183	0.453	
Alanine.....g	1.388		0		4		3.081	1.180	
Aspartic acid.....g	2.602		0		1		5.776	2.212	
Glutamic acid.....g	2.272		0		1		5.044	1.931	
Glycine.....g	1.652		0		1		3.667	1.404	
Proline.....g	1.388		0		4		3.081	1.180	
Serine.....g	1.084		0		4		2.406	0.921	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13331

Beef, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.440		0		4		1.826	7.277	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		4		0.315	1.254	
17:1.....g									
18:1 undifferentiated.....g	5.330		0		4		1.511	6.023	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.470		0		4		0.984	3.921	
18:2 undifferentiated.....g	2.030		0		4		0.576	2.294	
18:3 undifferentiated.....g	0.130		0		4		0.037	0.147	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.800		0		4		0.227	0.904	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	205		0		1		58	232	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.203		4		1		0.058	0.229	
Threonine.....g	0.728		5		1		0.206	0.823	
Isoleucine.....g	0.794		5		1		0.225	0.897	
Leucine.....g	1.226		5		1		0.348	1.385	
Lysine.....g	1.158		5		1		0.328	1.309	
Methionine.....g	0.284		4		1		0.081	0.321	
Cystine.....g	0.201		0		4		0.057	0.227	
Phenylalanine.....g	0.653		5		1		0.185	0.738	
Tyrosine.....g	0.686		1		1		0.194	0.775	
Valine.....g	0.842		5		1		0.239	0.951	
Arginine.....g	0.897		5		1		0.254	1.014	
Histidine.....g	0.309		5		1		0.088	0.349	
Alanine.....g	0.804		0		4		0.228	0.909	
Aspartic acid.....g	1.507		1		1		0.427	1.703	
Glutamic acid.....g	1.316		2		1		0.373	1.487	
Glycine.....g	0.957		1		1		0.271	1.081	
Proline.....g	0.804		0		4		0.228	0.909	
Serine.....g	0.628		0		4		0.178	0.710	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13334

Beef, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.120		0		4		3.450	0.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		4		0.493	0.136	
17:1.....g									
18:1 undifferentiated.....g	0.960		0		4		2.957	0.816	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		4		0.955	0.264	
18:2 undifferentiated.....g	0.310		0		4		0.955	0.264	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	347		0		1		1069	295	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.261		0		1		0.804	0.222	
Threonine.....g	0.988		0		1		3.043	0.840	
Isoleucine.....g	0.968		0		1		2.981	0.823	
Leucine.....g	2.217		0		1		6.828	1.884	
Lysine.....g	1.815		0		1		5.590	1.543	
Methionine.....g	0.462		0		1		1.423	0.393	
Cystine.....g	0.727		0		1		2.239	0.618	
Phenylalanine.....g	1.008		0		1		3.105	0.857	
Tyrosine.....g	0.715		0		1		2.202	0.608	
Valine.....g	1.510		0		1		4.651	1.284	
Arginine.....g	1.454		0		1		4.478	1.236	
Histidine.....g	0.900		0		1		2.772	0.765	
Alanine.....g	1.944		0		1		5.988	1.652	
Aspartic acid.....g	1.771		0		1		5.455	1.505	
Glutamic acid.....g	2.293		0		1		7.062	1.949	
Glycine.....g	1.518		0		1		4.675	1.290	
Proline.....g	1.518		0		1		4.675	1.290	
Serine.....g	0.867		0		1		2.670	0.737	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 308g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13333

Beef, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.780		0		4		0.221	0.881	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		4		0.034	0.136	
17:1.....g									
18:1 undifferentiated.....g	0.680		0		4		0.193	0.768	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		4		0.062	0.249	
18:2 undifferentiated.....g	0.220		0		4		0.062	0.249	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	263		1		1		75	297	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.190		4		1		0.054	0.215	
Threonine.....g	0.720		3		1		0.204	0.814	
Isoleucine.....g	0.706		3		1		0.200	0.798	
Leucine.....g	1.616		3		1		0.458	1.826	
Lysine.....g	1.323		3		1		0.375	1.495	
Methionine.....g	0.337		3		1		0.096	0.381	
Cystine.....g	0.530		1		1		0.150	0.599	
Phenylalanine.....g	0.735		3		1		0.208	0.831	
Tyrosine.....g	0.521		2		1		0.148	0.589	
Valine.....g	1.101		3		1		0.312	1.244	
Arginine.....g	1.060		2		1		0.301	1.198	
Histidine.....g	0.656		2		1		0.186	0.741	
Alanine.....g	1.417		1		1		0.402	1.601	
Aspartic acid.....g	1.291		1		1		0.366	1.459	
Glutamic acid.....g	1.672		1		1		0.474	1.889	
Glycine.....g	1.107		1		1		0.314	1.251	
Proline.....g	1.107		1		1		0.314	1.251	
Serine.....g	0.632		1		1		0.179	0.714	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13335

Beef, variety meats and by-products, suet, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.520		0		1		8.936	35.618	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.180	0.109	36		1		0.618	2.463	
17:1.....g									
18:1 undifferentiated.....g	28.860	0.700	42		1		8.182	32.612	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.170		0		1		0.899	3.582	
18:2 undifferentiated.....g	2.150	0.234	40		1		0.610	2.430	
18:3 undifferentiated.....g	0.860	0.092	31		1		0.244	0.972	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	2.168	5		1		19	77	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.010		0	NR	4		0.003	0.011	
Threonine.....g	0.060		0	NR	4		0.017	0.068	
Isoleucine.....g	0.068		0	NR	4		0.019	0.077	
Leucine.....g	0.119		0	NR	4		0.034	0.135	
Lysine.....g	0.127		0	NR	4		0.036	0.143	
Methionine.....g	0.039		0	NR	4		0.011	0.044	
Cystine.....g	0.019		0	NR	4		0.005	0.022	
Phenylalanine.....g	0.059		0	NR	4		0.017	0.067	
Tyrosine.....g	0.048		0	NR	4		0.014	0.054	
Valine.....g	0.074		0	NR	4		0.021	0.084	
Arginine.....g	0.097		0	NR	4		0.027	0.110	
Histidine.....g	0.048		0	NR	4		0.014	0.054	
Alanine.....g	0.091		0	NR	4		0.026	0.103	
Aspartic acid.....g	0.137		0	NR	4		0.039	0.154	
Glutamic acid.....g	0.225		0	NR	4		0.064	0.254	
Glycine.....g	0.091		0	NR	4		0.026	0.103	
Proline.....g	0.072		0	NR	4		0.020	0.081	
Serine.....g	0.059		0	NR	4		0.017	0.067	
Hydroxyproline.....g	0.016		0	BFPN	4		0.004	0.018	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 13335

Beef, variety meats and by-products, suet, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13338

Beef, variety meats and by-products, thymus, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.640		0		4		32.918	7.344	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.490		0		4		5.677	1.267	
17:1.....g									
18:1 undifferentiated.....g	7.150		0		4		27.242	6.078	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.660		0		4		17.755	3.961	
18:2 undifferentiated.....g	2.720		0		4		10.363	2.312	
18:3 undifferentiated.....g	0.170		0		4		0.648	0.145	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	294		0		1		1120	250	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.640	0.143	
Threonine.....g	0.790		0		1		3.010	0.672	
Isoleucine.....g	0.745		0		1		2.838	0.633	
Leucine.....g	1.458		0		1		5.555	1.239	
Lysine.....g	1.818		0		1		6.927	1.545	
Methionine.....g	0.304		0		1		1.158	0.258	
Cystine.....g	0.280		0		4		1.067	0.238	
Phenylalanine.....g	0.626		0		1		2.385	0.532	
Tyrosine.....g	0.454		0		4		1.730	0.386	
Valine.....g	0.947		0		1		3.608	0.805	
Arginine.....g	1.440		0		1		5.486	1.224	
Histidine.....g	0.385		0		1		1.467	0.327	
Alanine.....g	1.119		0		4		4.263	0.951	
Aspartic acid.....g	2.098		0		4		7.993	1.783	
Glutamic acid.....g	1.832		0		4		6.980	1.557	
Glycine.....g	1.332		0		4		5.075	1.132	
Proline.....g	1.119		0		4		4.263	0.951	
Serine.....g	0.874		0		4		3.330	0.743	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 381g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13337

Beef, variety meats and by-products, thymus, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.050		0		4		1.999	7.967	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.220		0		4		0.346	1.379	
17:1.....g									
18:1 undifferentiated.....g	5.830		0		4		1.653	6.588	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.800		0		4		1.077	4.294	
18:2 undifferentiated.....g	2.220		0		4		0.629	2.509	
18:3 undifferentiated.....g	0.140		0		4		0.040	0.158	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	223		1		1		63	252	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.094		2		1		0.027	0.106	
Threonine.....g	0.440		1		1		0.125	0.497	
Isoleucine.....g	0.415		1		1		0.118	0.469	
Leucine.....g	0.813		1		1		0.230	0.919	
Lysine.....g	1.013		1		1		0.287	1.145	
Methionine.....g	0.170		1		1		0.048	0.192	
Cystine.....g	0.156		0		4		0.044	0.176	
Phenylalanine.....g	0.349		1		1		0.099	0.394	
Tyrosine.....g	0.532		0		4		0.151	0.601	
Valine.....g	0.528		1		1		0.150	0.597	
Arginine.....g	0.803		1		1		0.228	0.907	
Histidine.....g	0.214		1		1		0.061	0.242	
Alanine.....g	0.624		0		4		0.177	0.705	
Aspartic acid.....g	1.169		0		4		0.331	1.321	
Glutamic acid.....g	1.021		0		4		0.289	1.154	
Glycine.....g	0.743		0		4		0.211	0.840	
Proline.....g	0.624		0		4		0.177	0.705	
Serine.....g	0.487		0		4		0.138	0.550	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 13340

Beef, variety meats and by-products, tongue, cooked, simmered

Refuse: 16% Skin and connective tissue, 5.74%; Cartilage and connective tissue, 10.35%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.87		1	A	1		49.19		
Energy.....kcal	284		0	NC	4		241		
Energy.....kj	1186		0	NC	4		1008		
Protein (N x 6.25).....g	19.29		1	A	1		16.39		
Total lipid (fat).....g	22.30		1	A	1		18.96		
Ash.....g	0.69		1	A	1		0.58		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1	A	1		4		
Iron, Fe.....mg	2.61		1	A	1		2.22		
Magnesium, Mg.....mg	15		1	A	1		13		
Phosphorus, P.....mg	145		1	A	1		123		
Potassium, K.....mg	184		1	A	1		156		
Sodium, Na.....mg	65		1	A	1		55		
Zinc, Zn.....mg	4.09		1	A	1		3.48		
Copper, Cu.....mg	0.148		1	A	1		0.126		
Manganese, Mn.....mg	0.018		1	A	1		0.015		
Selenium, Se.....mcg	13.2		1	A	1		11.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1	A	1		1.1		
Thiamin.....mg	0.022		1	A	1		0.019		
Riboflavin.....mg	0.294		1	A	1		0.250		
Niacin.....mg	3.490		1	A	1		2.967		
Pantothenic acid.....mg	0.745		1	A	1		0.633		
Vitamin B-6.....mg	0.155		1	A	1		0.132		
Folate, total.....mcg	7		1	A	1		6		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		1	A	1		6		
Folate, DFE.....mcg_DFE	7		0	NC	4		6		
Vitamin B-12.....mcg	3.13		1	A	1		2.66		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol).....mg	0.30		2	A	1		0.26		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.03		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		2	A	1		1.0		
Lipids:									
Fatty acids, total saturated.....g	8.125		0	NC	4		6.906		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.024		1	A	1		0.020		
13:0.....g									
14:0.....g	0.732		1	A	1		0.622		
15:0.....g	0.126		1	A	1		0.107		
16:0.....g	4.643		1	A	1		3.947		
17:0.....g	0.253		1	A	1		0.215		
18:0.....g	2.347		1	A	1		1.995		
20:0.....g	0.000		1	A	1		0.000		

NDB No. 13340

Beef, variety meats and by-products, tongue, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	10.102		0	NC	4		8.587		
14:1.....g	0.192		1	A	1		0.163		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.929		1	A	1		0.790		
17:1.....g									
18:1 undifferentiated.....g	8.905		1	A	1		7.569		
20:1.....g	0.076		1	A	1		0.065		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.746		0	NC	4		0.634		
18:2 undifferentiated.....g	0.526		1	A	1		0.447		
18:3 undifferentiated.....g	0.091		0	AS	1		0.077		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.058		1	A	1		0.049		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.840		1	A	1		0.714		
Cholesterol.....mg	132		1	A	1		112		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13339

Beef, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total monounsaturated.....g	7.240		0		1	2.053	8.181	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.550	0.036	4		1	0.156	0.622	
17:1.....g								
18:1 undifferentiated.....g	6.550	0.318	4		1	1.857	7.402	
20:1.....g	0.140		0		4	0.040	0.158	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.900		0		1	0.255	1.017	
18:2 undifferentiated.....g	0.580	0.042	4		1	0.164	0.655	
18:3 undifferentiated.....g	0.000		1		1	0.000	0.000	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.310	0.077	3		1	0.088	0.350	
20:5 n-3.....g	0.000		0		4	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	87		1		1	25	98	
Phytosterols.....mg	0		0		4	0	0	
Amino Acids:								
Tryptophan.....g	0.114		4		1	0.032	0.129	
Threonine.....g	0.648		4		1	0.184	0.732	
Isoleucine.....g	0.641		4		1	0.182	0.724	
Leucine.....g	1.113		4		1	0.316	1.258	
Lysine.....g	1.149		4		1	0.326	1.298	
Methionine.....g	0.315		4		1	0.089	0.356	
Cystine.....g	0.195		4		1	0.055	0.220	
Phenylalanine.....g	0.615		4		1	0.174	0.695	
Tyrosine.....g	0.482		4		1	0.137	0.545	
Valine.....g	0.713		4		1	0.202	0.806	
Arginine.....g	0.949		4		1	0.269	1.072	
Histidine.....g	0.386		4		1	0.109	0.436	
Alanine.....g	0.858		4		1	0.243	0.970	
Aspartic acid.....g	1.361		4		1	0.386	1.538	
Glutamic acid.....g	2.053		4		1	0.582	2.320	
Glycine.....g	0.894		4		1	0.253	1.010	
Proline.....g	0.696		4		1	0.197	0.786	
Serine.....g	0.601		4		1	0.170	0.679	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	z	7	0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 13 Beef Products

NDB No. 23640

Beef, variety meats and by-products, tripe, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.604		1	A	1				
14:1.....g	0.015		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.091		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	1.477		1	A	1				
20:1.....g	0.021		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		1	A	1				
18:2 undifferentiated.....g	0.137		1	A	1				
18:3 undifferentiated.....g	0.000		0	A	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.006		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.057		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.200		1	A	1				
Cholesterol.....mg	157		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 13341

Beef, variety meats and by-products, tripe, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.16		1	A	1		23.86	95.10	
Energy.....kcal	85		0	NC	4		24	96	
Energy.....kj	355		0	NC	4		101	401	
Protein (N x 6.25).....g	12.07		1	A	1		3.42	13.64	
Total lipid (fat).....g	3.69		1	A	1		1.05	4.17	
Ash.....g	0.55		1	A	1		0.16	0.62	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		1	A	1		19	78	
Iron, Fe.....mg	0.59		1	A	1		0.17	0.67	
Magnesium, Mg.....mg	13		1	A	1		4	14	
Phosphorus, P.....mg	64		1	A	1		18	72	
Potassium, K.....mg	67		1	A	1		19	75	
Sodium, Na.....mg	97		1	A	1		27	109	
Zinc, Zn.....mg	1.42		1	A	1		0.40	1.60	
Copper, Cu.....mg	0.070		1	A	1		0.020	0.079	
Manganese, Mn.....mg	0.085		1	A	1		0.024	0.096	
Selenium, Se.....mcg	12.5		1	A	1		3.5	14.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.000		1	A	1		0.000	0.000	
Riboflavin.....mg	0.064		1	A	1		0.018	0.072	
Niacin.....mg	0.881		1	A	1		0.250	0.996	
Pantothenic acid.....mg	0.227		1	A	1		0.064	0.257	
Vitamin B-6.....mg	0.014		1	A	1		0.004	0.016	
Folate, total.....mcg	5		2	A	1		1	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2	A	1		1	6	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	6	
Vitamin B-12.....mcg	1.39		1	A	1		0.39	1.57	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09		2	A	1		0.03	0.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.291		1	A	1		0.366	1.459	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.070		1	A	1		0.020	0.079	
15:0.....g	0.024		1	A	1		0.007	0.027	
16:0.....g	0.643		1	A	1		0.182	0.727	
17:0.....g	0.081		1	A	1		0.023	0.092	
18:0.....g	0.463		1	A	1		0.131	0.523	
20:0.....g	0.004		1	A	1		0.001	0.005	

NDB No. 13341

Beef, variety meats and by-products, tripe, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.006		1	A	1		0.002	0.007	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.533		1	A	1		0.435	1.732	
14:1.....g	0.015		1	A	1		0.004	0.017	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.088		1	A	1		0.025	0.099	
17:1.....g									
18:1 undifferentiated.....g	1.413		1	A	1		0.401	1.597	
20:1.....g	0.017		1	A	1		0.005	0.019	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		1	A	1		0.051	0.203	
18:2 undifferentiated.....g	0.116		1	A	1		0.033	0.131	
18:3 undifferentiated.....g	0.011		0	AS	1		0.003	0.012	
18:3 n-6 c,c,c.....g	0.004		1	A	1		0.001	0.005	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.005		1	A	1		0.001	0.006	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.048		1	A	1		0.014	0.054	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.150		1	A	1		0.043	0.170	
Cholesterol.....mg	122		1	A	1		35	138	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

NDB No. 23501

USDA Commodity, beef patties with VPP, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.709		1	A	1		5.242		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.817		1	A	1		0.556		
17:1.....g									
18:1 undifferentiated.....g	6.672		1	A	1		4.537		
20:1.....g	0.044		1	A	1		0.030		
22:1 undifferentiated.....g	0.002		1	A	1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.626		1	A	1		0.426		
18:2 undifferentiated.....g	0.468		1	A	1		0.318		
18:3 undifferentiated.....g	0.087		1	A	1		0.059		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		1	A	1		0.027		
20:5 n-3.....g	0.004		1	A	1		0.003		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	38		1	A	1		26		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	26		1	A	1		17.351		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 patty

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23506
 USDA Commodity, beef patties with VPP, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.769		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	6.649		1	A	1				
20:1.....g	0.049		1	A	1				
22:1 undifferentiated.....g	0.006		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.573		1	A	1				
18:2 undifferentiated.....g	0.452		1	A	1				
18:3 undifferentiated.....g	0.056		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		1	A	1				
20:5 n-3.....g	0.004		1	A	1				
22:5 n-3.....g	0.009		1	A	1				
22:6 n-3.....g	0.009		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	28		1	A	1				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23502

USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.504		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.767		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	6.529		1	A	1				
20:1.....g	0.054		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		1	A	1				
18:2 undifferentiated.....g	0.437		1	A	1				
18:3 undifferentiated.....g	0.076		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.057		1	A	1				
20:5 n-3.....g	0.007		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.006		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	89		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23508

USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.413		0	BFFN		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	6.403		0	BFFN		4			
20:1.....g	0.020		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0	BFFN		4			
18:2 undifferentiated.....g	0.053		0	BFFN		4			
18:3 undifferentiated.....g	0.070		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	BFFN		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23503

USDA Commodity, beef, patties (100%), frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.081		1	A	1		5.172		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
20:1.....g	0.048		1	A	1		0.031		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		1	A	1		0.377		
18:2 undifferentiated.....g	0.467		1	A	1		0.299		
18:3 undifferentiated.....g	0.060		1	A	1		0.038		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1	A	1		0.019		
20:5 n-3.....g	0.007		1	A	1		0.004		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.003		1	A	1		0.002		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		1	A	1		55		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 patty

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 23507

USDA Commodity, beef, patties (100%), frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	6.861		0	BFFN		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN		4			
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN		4			
20:1.....g	0.020		0	BFFN		4			
22:1 undifferentiated.....g	0.000		0	BFFN		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.643		0	BFFN		4			
18:2 undifferentiated.....g	0.047		0	BFFN		4			
18:3 undifferentiated.....g	0.081		0	BFFN		4			
18:4.....g	0.000		0	BFFN		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		0	BFFN		4			
20:5 n-3.....g	0.000		0	BFFN		4			
22:5 n-3.....g	0.000		0	BFFN		4			
22:6 n-3.....g	0.000		0	BFFN		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	BFFN		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 13 Beef Products

USDA National Nutrient Database for Standard Reference, Release 18 (2005)