

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 13000, Beef, grass-fed, strip steaks, lean only, raw

Report Date: April 18, 2016 17:49 EDT

Nutrient values and weights are for edible portion.

Food Group : Beef Products

Refuse: 34% Refuse Description: 23% Bone and connective tissue, 11% Separable fat

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 214g
Proximates						
Water 1	g	73.42	38	0.200	62.41	157.12
Energy	kcal	117	--	--	99	250
Energy	kJ	488	--	--	415	1044
Protein 1	g	23.07	38	0.124	19.61	49.37
Total lipid (fat) 1	g	2.69	36	0.161	2.29	5.76
Ash 1	g	1.69	38	0.143	1.44	3.62
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca 1	mg	9	11	0.704	8	19
Iron, Fe 1	mg	1.85	11	0.091	1.57	3.96
Magnesium, Mg 1	mg	23	11	0.282	20	49
Phosphorus, P 1	mg	212	11	1.942	180	454
Potassium, K 1	mg	342	11	1.723	291	732
Sodium, Na 1	mg	55	11	1.006	47	118
Zinc, Zn 1	mg	3.61	11	0.141	3.07	7.73
Copper, Cu 1	mg	0.068	11	0.004	0.058	0.146
Manganese, Mn 1	mg	0.009	11	0.000	0.008	0.019
Selenium, Se 1	µg	21.1	11	5.295	17.9	45.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 214g
Thiamin 1	mg	0.052	11	0.002	0.044	0.111
Riboflavin	mg	0.124	--	--	0.105	0.265
Niacin	mg	6.703	--	--	5.698	14.344
Pantothenic acid	mg	0.678	--	--	0.576	1.451
Vitamin B-6	mg	0.651	--	--	0.553	1.393
Folate, total	µg	13	--	--	11	28
Folic acid	µg	0	--	--	0	0
Folate, food	µg	13	--	--	11	28
Folate, DFE	µg	13	--	--	11	28
Choline, total 1	mg	65.1	11	2.140	55.3	139.3
Betaine 1	mg	7.6	11	0.448	6.5	16.3
Vitamin B-12 1	µg	1.27	11	0.121	1.08	2.72
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0.19	0.47
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin K (phylloquinone)	µg	0.9	--	--	0.8	1.9
Lipids						
Fatty acids, total saturated	g	1.032	--	--	0.877	2.208
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 1	g	0.000	14	0.000	0.000	0.000
10:0 1	g	0.001	14	0.000	0.001	0.002
12:0 1	g	0.001	14	0.000	0.001	0.002
14:0 1	g	0.061	14	0.008	0.052	0.131
15:0 1	g	0.011	14	0.001	0.009	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 214g
16:0 1	g	0.575	14	0.073	0.489	1.230
17:0 1	g	0.026	14	0.003	0.022	0.056
18:0 1	g	0.354	14	0.036	0.301	0.758
20:0 1	g	0.003	14	0.000	0.003	0.006
22:0 1	g	0.000	14	0.000	0.000	0.000
24:0 1	g	0.000	14	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.995	--	--	0.846	2.129
14:1 1	g	0.012	14	0.002	0.010	0.026
15:1 1	g	0.000	14	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.070	14	0.009	0.060	0.150
17:1 1	g	0.000	14	0.000	0.000	0.000
18:1 undifferentiated 1	g	0.910	14	0.110	0.774	1.947
18:1 c 1	g	0.819	14	0.099	0.696	1.753
18:1 t 1	g	0.091	14	0.011	0.077	0.195
20:1 1	g	0.003	14	0.000	0.003	0.006
22:1 undifferentiated 1	g	0.000	14	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.108	--	--	0.092	0.231
18:2 undifferentiated 1	g	0.080	14	0.010	0.068	0.171
18:2 n-6 c,c 1	g	0.041	14	0.004	0.035	0.088
18:2 CLAs 1	g	0.017	14	0.002	0.014	0.036
18:2 t not further defined 1	g	0.022	14	0.004	0.019	0.047
18:3 undifferentiated 1	g	0.015	14	0.002	0.013	0.032
18:3 n-3 c,c,c (ALA) 1	g	0.015	14	0.002	0.013	0.032
18:3 n-6 c,c,c 1	g	0.000	14	0.000	0.000	0.000
18:4 1	g	0.000	14	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	14	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	14	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.006	14	0.001	0.005	0.013
20:5 n-3 (EPA) 1	g	0.002	14	0.000	0.002	0.004
22:5 n-3 (DPA) 1	g	0.004	14	0.001	0.003	0.009
22:6 n-3 (DHA) 1	g	0.000	14	0.000	0.000	0.000
Fatty acids, total trans	g	0.113	--	--	0.096	0.242

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 steak 214g
Fatty acids, total trans-monoenoic	g	0.091	--	--	0.077	0.195
Cholesterol ¹	mg	55	14	0.904	47	118
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹National Cattlemen's Beef Association (NCBA) Grass- fed Beef from Texas Tech University, 2005 Chicago IL