

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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**Nutrient data for: 13066,Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked,**

<u>Nutrient</u>	<u>3.0"oz"8</u> <u>5.0g</u>	<u>Unit</u>	<u>1Value</u> <u>per100g</u>	<u>1.0"piece, cooked,</u> <u>excluding refuse (yield</u> <u>from 1 lb raw meat with</u> <u>refuse)"262.0g</u>
Proximates				
Water	46.71	g	54.95	143.97
Energy	224	kcal	263	689
Protein	22.93	g	26.98	70.69
Total lipid (fat)	13.97	g	16.44	43.07
Carbohydrate, by difference	0	g	0	0
Fiber, total dietary	0	g	0	0
Sugars, total	0	g	0	0
Minerals				
Calcium, Ca	5	mg	6	16
Iron, Fe	2.83	mg	3.33	8.72
Magnesium, Mg	20	mg	23	60
Phosphorus, P	218	mg	256	671
Potassium, K	286	mg	337	883
Sodium, Na	60	mg	70	183
Zinc, Zn	4.9	mg	5.77	15.12
Vitamins				
Vitamin C, total ascorbic acid	0	mg	0	0
Thiamin	0.119	mg	0.14	0.367
Riboflavin	0.153	mg	0.18	0.472
Niacin	3.757	mg	4.42	11.58
Vitamin B-6	0.298	mg	0.35	0.917
Folate, DFE	8	Âµg	9	24
Vitamin B-12	2.8	Âµg	3.3	8.65
Vitamin A, RAE	0	Âµg	0	0
Vitamin A, IU	0	IU	0	0
Vitamin E (alpha-tocopherol)	0.59	mg	0.69	1.81
Vitamin K (phylloquinone)	2.1	Âµg	2.5	6.6
Lipids				
Fatty acids, total saturated	5.882	g	6.92	18.13
Fatty acids, total monounsaturated	5.899	g	6.94	18.183
Fatty acids, total polyunsaturated	0.451	g	0.53	1.389
Cholesterol	61	mg	72	189
Other				
Caffeine	0	mg	0	0

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