

Beef

Raw Beef Nutrition Facts

Serving Size: 4 oz. raw serving Fat trim: 1/8" fat trim (unless otherwise noted) Quality grade: All grades Percent Daily Value (%DV) Based on a 2,000 calorie diet All products listed are not a significant source of dietary fiber, sugars, total carbohydrates, vitamin A, and vitamin C	USDA National Nutrient Database for Standard Reference Number	Calories	Calories from Fat	Total Fat: g/%DV	Saturated Fat: g/%DV	Cholesterol: mg/%DV	Sodium: mg/%DV	Protein: g	Calcium: %DV	Iron: %DV
Beef Brisket - Whole	13803	290	190	22/34	9/45	75/25	80/3	21	0	10
Beef Brisket - Point Half	13807	300	210	24/37	10/50	80/27	80/3	20	0	10
Beef Brisket - Flat Half	13805	310	230	25/38	10/50	105/35	65/3	20	0	10
Beef Chuck Arm Pot Roast	13809	280	180	20/31	8/40	105/35	70/3	22	0	10
Beef Chuck Blade Roast	13815	280	200	22/34	9/45	80/27	75/3	19	0	15
Beef Rib Steak - Small End	13850	290	190	22/34	9/45	90/30	55/2	22	2	8
Beef Rib Roast - Large End	13838	360	280	31/48	13/65	80/27	60/3	18	0	10
Beef Loin Top Loin Steak	13909	260	160	18/28	7/35	90/30	60/3	23	2	10
Beef Loin Tenderloin Steak	13917	280	190	21/32	8/40	95/32	55/2	22	2	8
Beef Loin Sirloin Steak	13929	230	130	14/22	6/30	85/28	60/3	23	2	10
Beef Round Tip Roast (0" fat trim)	13486	170	70	8/12	3/15	70/23	60/3	23	2	10
Beef Round Top Round Steak	13891	190	80	9/14	3.5/18	80/27	70/3	25	2	10
Beef Round Bottom Round Steak	13868	220	120	13/20	5/25	85/28	65/3	23	2	10
Beef Round Eye Round Steak	13877	190	80	9/14	3.5/18	75/25	65/3	24	2	10
Ground Beef - 95% Lean / 5% Fat	23557	160	50	6/9	2.5/13	70/23	75/3	24	0	15
Ground Beef - 90% Lean / 10% Fat	23562	200	100	11/17	4.5/23	75/25	75/3	23	0	15
Ground Beef - 85% Lean / 15% Fat	23567	240	150	17/26	7/35	75/25	75/3	21	0	15
Ground Beef - 80% Lean / 20% Fat	23572	290	200	25/35	9/45	80/27	75/3	19	2	10