

Beef

Cooked Beef Nutrition Facts

Serving Size: 3 oz. cooked 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 - braised	13804	280	190	21/32	8/40	80/27	55/2	22	0	10
Beef Brisket - Point Half - braised	13808	300	210	23/35	9/45	80/27	60/3	21	0	10
Beef Brisket - Flat Half - braised	13806	250	140	16/25	6/30	9/30	40/2	25	0	10
Beef Chuck Arm Pot Roast - braised	13810	260	150	16/25	6/30	100/33	45/2	26	0	10
Beef Chuck Blade Roast - braised	13816	290	190	21/32	9/45	90/30	55/2	23	0	15
Beef Rib Steak - Small End - broiled	13851	250	150	17/26	7/35	80/27	45/2	22	0	8
Beef Rib Roast - Large End - roasted	13840	300	220	24/37	10/50	70/23	55/2	20	0	10
Beef Loin Top Loin Steak - broiled	13910	220	130	14/22	6/30	80/27	45/2	22	0	8
Beef Loin Tenderloin Steak - broiled	13918	230	130	15/23	6/30	80/27	45/2	23	0	8
Beef Loin Sirloin Steak - broiled	13930	210	110	12/18	5/25	80/27	50/2	23	0	8
Beef Round Tip Roast (0" fat trim) - roasted	13421	160	60	7/11	2.5/13	65/22	30/1	23	0	10
Beef Round Top Round Steak - broiled	13959	160	45	5/8	2/10	70/23	35/1	27	0	10
Beef Round Bottom Round Steak - braised	13869	210	90	10/15	4/20	85/28	35/1	28	0	15
Beef Round Eye Round Steak - roasted	13878	180	70	8/12	3/15	70/23	30/1	24	0	10
Ground Beef-95% Lean/5% Fat - broiled	23558	150	50	6/9	2.5/13	65/22	55/2	22	0	15
Ground Beef - 90% Lean/10% Fat - broiled	23563	180	90	10/15	4/20	70/23	60/3	22	0	15
Ground Beef - 85% Lean/15% Fat - broiled	23568	210	120	13/20	5/25	75/25	60/3	22	0	10
Ground Beef - 80% Lean/20% Fat - broiled	23573	230	140	15/23	6/30	75/25	65/3	22	2	10

