



Beef Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size:
Raw – 4oz (112g)
Cooked – 3oz (84g)

	NDB Number*	Calories	Calories from Fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrate		Protein		Vitamin A		Vitamin C		Calcium		Iron	
				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV
Beef - 1/8" fat trim																							
Chuck Blade Roast, RAW	13815	280	200	22 33	9 44	80 27	75 3	0 0	19 0	0 0	0 0	0 0	15 15										
Chuck Blade Roast, BRAISED	13816	290	190	21 32	8 42	90 29	55 2	0 0	22 0	0 0	0 0	15 15											
Loin Top Loin Steak, RAW	13909	260	160	17 27	7 35	90 30	60 2	0 0	23 0	0 0	2 2	10 10											
Loin Top Loin Steak, BROILED	13910	220	130	14 22	6 28	80 27	45 2	0 0	22 0	0 0	0 0	8 8											
Rib Roast Large End, RAW	13838	350	280	31 47	13 63	80 27	60 3	0 0	18 0	0 0	0 0	10 10											
Rib Roast Large End, ROASTED	13840	300	220	24 37	10 48	70 24	55 2	0 0	19 0	0 0	0 0	10 10											
Round Eye Round Steak, RAW	13877	190	80	9 14	3.5 18	75 25	65 3	0 0	24 0	0 0	2 2	10 10											
Round Eye Round Steak, ROASTED	13878	170	70	8 12	3 15	70 23	30 1	0 0	24 0	0 0	0 0	10 10											
Round Top Round Steak, RAW	13891	190	80	9 14	3.5 17	75 26	65 3	0 0	25 0	0 0	2 2	10 10											
Round Top Round Steak, BROILED	13893	170	70	8 12	3 14	75 25	35 1	0 0	26 0	0 0	0 0	10 10											
Round Tip Roast, RAW	13883	210	120	13 20	5 26	75 24	65 3	0 0	22 0	0 0	0 0	10 10											
Round Tip Roast, ROASTED	13884	180	90	10 15	3.5 18	70 23	55 2	0 0	23 0	0 0	0 0	15 15											
Loin Sirloin Steak, RAW	13929	230	130	14 22	6 29	85 28	60 2	0 0	23 0	0 0	2 2	10 10											
Loin Sirloin Steak, BROILED	13930	200	110	12 18	4.5 24	75 26	45 2	0 0	23 0	0 0	0 0	8 8											
Round Bottom Round Steak, RAW	13868	220	120	13 20	5 25	80 27	65 3	0 0	23 0	0 0	2 2	10 10											
Round Bottom Round Steak, BRAISED	13869	210	90	10 15	4 19	85 28	35 2	0 0	28 0	0 0	0 0	10 10											
Brisket (whole), RAW	13803	280	190	21 33	8 42	75 25	75 3	0 0	21 0	0 0	0 0	10 10											
Brisket (whole), BRAISED	13804	280	190	21 32	8 40	80 26	55 2	0 0	22 0	0 0	0 0	10 10											
Rib Steak Small End, RAW	13850	280	190	21 33	9 43	90 30	55 2	0 0	22 0	0 0	2 2	8 8											
Rib Steak Small End, BROILED	13851	240	150	17 26	7 33	80 27	45 2	0 0	22 0	0 0	0 0	8 8											
Loin Tenderloin Steak, RAW	13917	280	180	20 31	9 47	95 32	55 2	0 0	22 0	0 0	2 2	8 8											
Loin Tenderloin Steak, BROILED	13918	220	130	14 22	6 28	80 27	45 2	0 0	22 0	0 0	0 0	8 8											
Chuck Arm Pot Roast, RAW	13809	270	180	20 31	8 41	100 34	70 3	0 0	22 0	0 0	0 0	10 10											
Chuck Arm Pot Roast, BRAISED	13810	250	150	16 25	6 32	100 34	40 2	0 0	25 0	0 0	0 0	10 10											

Beef provides negligible amounts of dietary fiber and sugars.

SOURCE: *USDA National Nutrient Database for Standard Reference, USDA, ARS.

Data is from United States Department of Agriculture | Food Safety and Inspection Service | September 2011