

Beef & Veal

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 3 ounces (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 | %DV | %DV | %DV | %DV | %DV | %DV | | |
| Beef - 1/8" fat trim | | | | | | | | | | | | | | | | | | | | | | | |
| Chuck Blade Roast, braised | 13816 | 290 | 190 | 21 32 | 8 42 | 90 29 | 55 2 | 0 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15% | | |
| Loin Top Loin Steak, broiled | 13910 | 220 | 130 | 14 22 | 6 28 | 80 27 | 45 2 | 0 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8% | | |
| Rib Roast Large End, roasted | 13840 | 300 | 220 | 24 37 | 10 48 | 70 24 | 55 2 | 0 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 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 | 0 | 0 | 0 | 0 | 0 | 0 | 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 | 0 | 0 | 0 | 0 | 0 | 0 | 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 | 0 | 0 | 0 | 0 | 0 | 0 | 15% | | |
| Loin Sirloin Steak, broiled | 13930 | 200 | 110 | 12 18 | 4.5 24 | 75 26 | 45 2 | 0 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8% | | |
| Round Bottom Round Steak, braised | 13869 | 210 | 90 | 10 15 | 4 19 | 85 28 | 35 2 | 0 0 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10% | | |
| Brisket (whole), braised | 13804 | 280 | 190 | 21 32 | 8 40 | 80 26 | 55 2 | 0 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10% | | |
| Rib Steak Small End, broiled | 13851 | 240 | 150 | 17 26 | 7 33 | 80 27 | 45 2 | 0 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8% | | |
| Loin Tenderloin Steak, broiled | 13918 | 220 | 130 | 14 22 | 6 28 | 80 27 | 45 2 | 0 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8% | | |
| Chuck Arm Pot Roast, braised | 13810 | 250 | 150 | 16 25 | 6 32 | 100 34 | 40 2 | 0 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10% | | |
| | | | | | | | | | | | | | | | | | | | | | | | |
| Veal | | | | | | | | | | | | | | | | | | | | | | | |
| Shoulder Arm Steak, braised | 17123 | 200 | 80 | 9 13 | 3.5 17 | 125 41 | 75 3 | 0 0 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6% | | |
| Shoulder Blade Steak, braised | 17129 | 190 | 80 | 8 13 | 3 15 | 130 43 | 80 3 | 0 0 | 26 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6% | | |
| Rib Roast, roasted | 17112 | 190 | 110 | 12 18 | 4.5 23 | 90 31 | 80 3 | 0 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4% | | |
| Loin Chop, braised | 17105 | 240 | 130 | 14 22 | 6 28 | 100 33 | 65 3 | 0 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6% | | |
| Cutlets, pan-fried | 17097 | 180 | 60 | 7 11 | 2.5 13 | 90 29 | 65 3 | 0 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4% | | |
| | | | | | | | | | | | | | | | | | | | | | | | |
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*USDA National Nutrient Database for Standard Reference, USDA, ARS.

Beef and veal provide negligible amounts of dietary fiber and sugars.

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