

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	g	mg	mg	g	g	%DV	%DV	%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	15%
Loin Top Loin Steak, broiled	13910	220	130	14 22	6 28	80 27	45 2	0 0	22	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	10%
Round Eye Round Steak, roasted	13878	170	70	8 12	3 15	70 23	30 1	0 0	24	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	10%
Round Tip Roast, roasted	13884	180	90	10 15	3.5 18	70 23	55 2	0 0	23	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	8%
Round Bottom Round Steak, braised	13869	210	90	10 15	4 19	85 28	35 2	0 0	28	0	0	0	10%
Brisket (whole), braised	13804	280	190	21 32	8 40	80 26	55 2	0 0	22	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	8%
Loin Tenderloin Steak, broiled	13918	220	130	14 22	6 28	80 27	45 2	0 0	22	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	10%
Veal													
Shoulder Arm Steak, braised	17123	200	80	9 13	3.5 17	125 41	75 3	0 0	28	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	6%
Rib Roast, roasted	17112	190	110	12 18	4.5 23	90 31	80 3	0 0	20	0	0	0	4%
Loin Chop, braised	17105	240	130	14 22	6 28	100 33	65 3	0 0	25	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	4%

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

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