

Nutritional Values for Beef

Serving Size: 3 ounces cooked without adding fat, salt or sauce.

1/8 inch Fat Trim ----- No Visible Fat Trim	Calories	Calories from Fat	Total Fat in grams	Saturated Fat in grams	Cholesterol in milligrams	Sodium in milligrams	Protein in grams	Iron % of Daily Value
Ground Beef, broiled, well done (10% fat before cooking - Usually labeled Ground Round)	210	100	11	4	85	70	27	15
Ground Beef, broiled, well done (17% fat before cooking - Usually labeled Ground Chuck)	230	120	13	5	85	70	24	15
Ground Beef, broiled, well done (27% fat before cooking - Usually labeled Ground Beef)	250	150	17	6	85	80	23	15
Brisket, Whole, braised	290	190	21	8	80	55	22	10
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	210	100	11	4	80	60	25	15
Chuck, Arm Pot Roast, braised	260	160	18	7	85	50	24	15
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	180	60	7	3	85	55	28	20
Chuck, Blade Roast, braised	290	190	21	9	90	55	23	15
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	210	100	11	4	90	60	26	15
Rib Roast, Large End, roasted	300	220	24	10	70	55	20	10
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	200	100	11	4	70	60	23	15
1/8 inch Fat Trim ----- No Visible Fat Trim	Calories	Calories from Fat	Total Fat in grams	Saturated Fat in grams	Cholesterol in milligrams	Sodium in milligrams	Protein in grams	Iron % of Daily Value
Rib Steak, Small End, broiled	280	190	21	9	70	55	20	10
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	190	90	10	4	70	60	24	10
Top Loin, Steak, broiled	230	130	15	6	65	55	22	10
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	180	70	8	3	65	60	24	10
Loin, Tenderloin Steak, broiled	240	150	16	6	75	50	22	15
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	180	80	9	3	70	55	24	15
Loin, Sirloin Steak, broiled	210	110	12	5	75	55	24	15
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	170	60	6	2	75	55	26	15
Eye Round, Roast, roasted	170	60	7	3	60	50	24	10
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	140	40	4	2	60	55	25	10
Bottom Round, Steak, braised	220	110	12	5	80	40	25	15
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	180	60	7	2	80	45	27	15
Round, Tip Roast, roasted	190	90	10	4	70	55	23	15
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	160	50	6	2	70	55	24	15
Top Round, Steak, broiled	180	70	7	3	70	50	26	15
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	150	40	4	1	70	50	27	15