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)

Beef - 1/8" fat trim	NDB Number*	Calories	Calories From Fat	Total Fat g / %DV	Saturated Fat g / %DV	Cholesterol mg / %DV	Sodium mg / %DV	Total Carbohydrate g / %DV	Protein g	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
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.

United States Department of Agriculture
Food Safety and Inspection Service *September 2011*