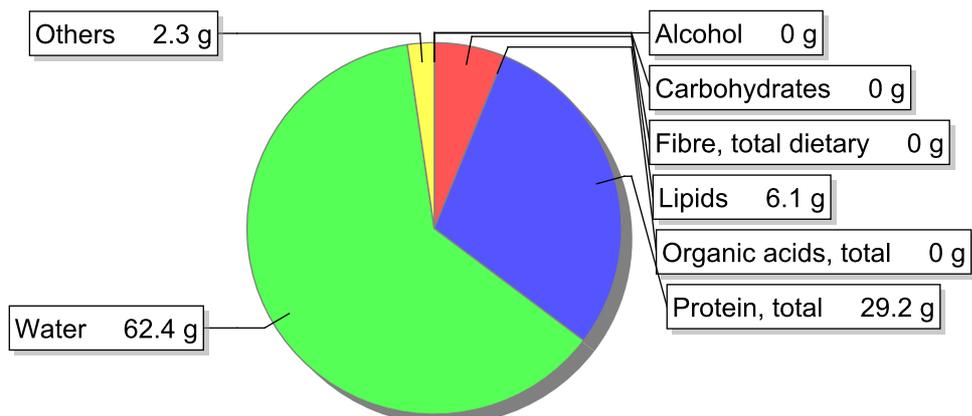


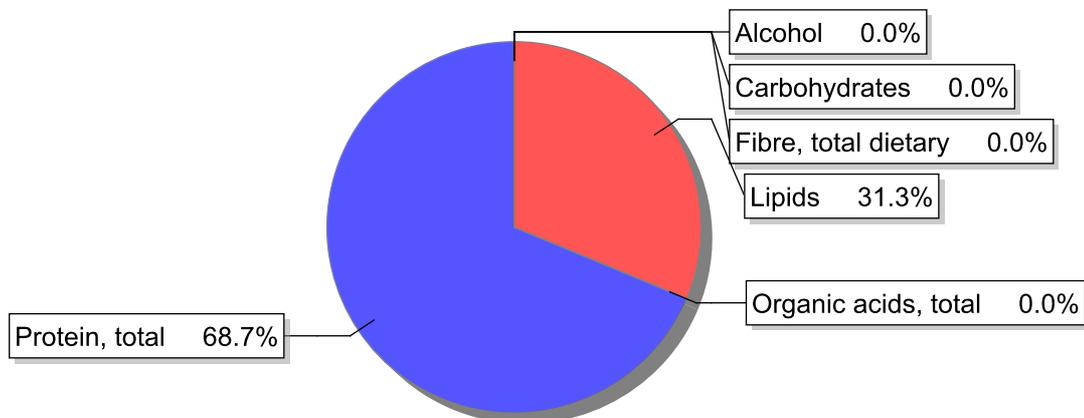
## Food

**Name:** Beef, sirloin, lean, roasted, no sauce  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 100%  
**Code:** IS208  
**FoodEX2 Code:** A01QX

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 172   | kcal |           |
| energy kJ, total metabolisable     | 722   | kJ   |           |
| fatty acids, total saturated       | 2.6   | g    |           |
| fatty acids, total monounsaturated | 2.6   | g    |           |
| fatty acids, total polyunsaturated | 0.4   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.1   | g    |           |
| fatty acids, total trans           | 0.3   | g    |           |
| sugars, total                      | 0     | g    |           |
| sucrose                            | 0     | g    |           |

| Name   | Value | Unit | Source(s) |
|--|-------|------|-----------|
| <b>lactose</b>   | 0     | g    |           |
| <b>oligosaccharides, available</b>                                     | 0     | g    |           |
| <b>fibre, total dietary</b>  | 0     | g    |           |
| <b>protein, total</b>  | 29.2  | g    |           |
| <b>alcohol</b>   | 0     | g    |           |
| <b>water</b>   | 62.4  | g    |           |
| <b>organic acids, total</b>  | 0     | g    |           |
| <b>cholesterol</b>   | 89    | mg   |           |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 0     | µg   |           |
| <b>carotene, total (vitamin A precursors)</b>                          | 0     | µg   |           |
| <b>vitamin D</b>   | 0.4   | µg   |           |
| <b>alpha-tocopherol</b>  | 0.04  | mg   |           |
| <b>thiamin</b>   | 0.07  | mg   |           |
| <b>riboflavin</b>  | 0.2   | mg   |           |
| <b>niacin, preformed</b>   | 4     | mg   |           |
| <b>niacin equivalents, total</b>                                       | 10    | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 6.2   | mg   |           |
| <b>vitamin B-6, total</b>  | 0.31  | mg   |           |
| <b>vitamin B-12</b>  | 2     | µg   |           |
| <b>vitamin C</b>   | 0     | mg   |           |
| <b>folate, total</b>   | 12    | µg   |           |
| <b>ash</b>   | 1.80  | g    |           |
| <b>sodium</b>  | 260   | mg   |           |
| <b>potassium</b>   | 380   | mg   |           |
| <b>calcium</b>   | 14    | mg   |           |
| <b>phosphorus</b>  | 180   | mg   |           |
| <b>magnesium</b>   | 31    | mg   |           |
| <b>iron, total</b>   | 2.1   | mg   |           |
| <b>zinc</b>  | 5.3   | mg   |           |

## Legend

| Code | Name        |
|------|-------------|
| g    | gram        |
| kJ   | kilojoule   |
| kcal | kilocalorie |
| mg   | milligram   |
| µg   | microgram   |

## References