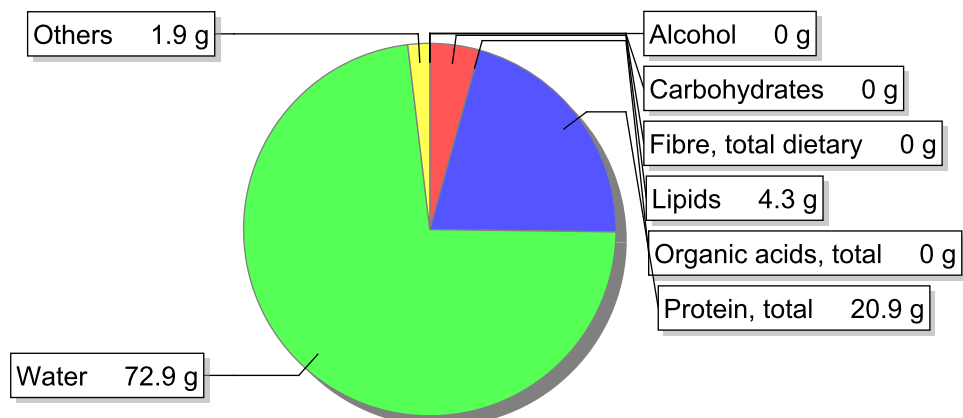


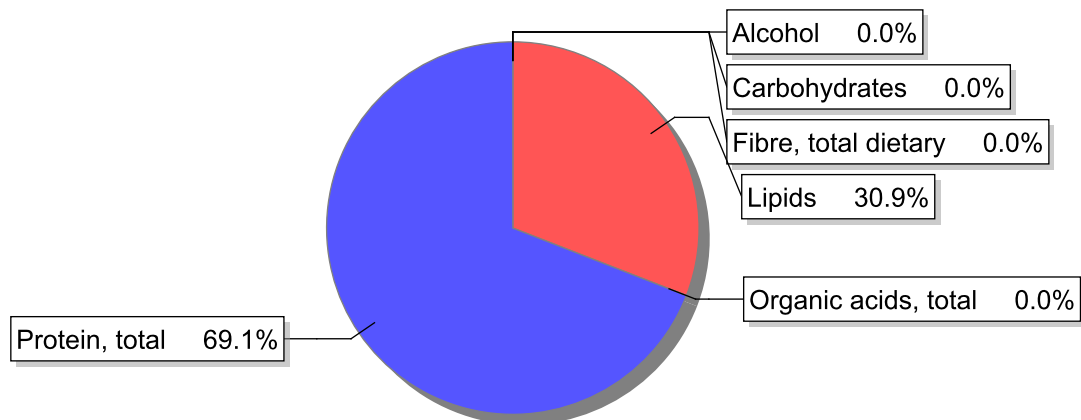
## Food

**Name:** Beef, steak, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 92%  
**Code:** IS217  
**FoodEX2 Code:** A01QX

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	122	kcal	
energy kJ, total metabolisable	514	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.2	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>	20.9	g	
<b>alcohol</b>	0	g	
<b>water</b>	72.9	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	61	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>	0.5	µg	
<b>alpha-tocopherol</b>	0.04	mg	
<b>thiamin</b>	0.1	mg	
<b>riboflavin</b>	0.16	mg	
<b>niacin, preformed</b>	4.6	mg	
<b>niacin equivalents, total</b>	9.1	mg	
<b>niacin equivalents from tryptophan</b>	4.5	mg	
<b>vitamin B-6, total</b>	0.51	mg	
<b>vitamin B-12</b>	2	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	16	µg	
<b>ash</b>	1.10	g	
<b>sodium</b>	60	mg	
<b>potassium</b>	370	mg	
<b>calcium</b>	9	mg	
<b>phosphorus</b>	170	mg	
<b>magnesium</b>	23	mg	
<b>iron, total</b>	1.4	mg	
<b>zinc</b>	3.6	mg	

## Legend

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

## References