

Source: USDA National Nutrient Database for Standard Reference 28 slightly revised May 2016 Software v.3.8.6.4 2017-10-02

Full Report (All Nutrients)

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Nutrient data for: 13954, Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw

Food Group: Beef Products

Common Name:

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 1% Refuse Description: Bone and connective tissue

Nutrient	Unit	1Value per 100 g	Data points	Std. Error	3.0 oz = 85.0g	1 roast = 261.0g
Proximates						
Water	g	70.08	19	0.861	59.57	182.91
Energy	kcal	165 --	--		140	431
Energy	kJ	692 --	--		588	1806
Protein	g	20.64	19	0.195	17.54	53.87
Total lipid (fat)	g	8.55	19	0.797	7.27	22.32
Ash	g	1.03	19	0.025	0.88	2.69
Carbohydrate, by difference	g	0 --	--		0	0
Fiber, total dietary	g	0 --	--		0	0
Sugars, total	g	0 --	--		0	0
Minerals						
Calcium, Ca	mg	25 --	--		21	65
Iron, Fe	mg	1.49 --	--		1.27	3.89
Magnesium, Mg	mg	21 --	--		18	55
Phosphorus, P	mg	189 --	--		161	493
Potassium, K	mg	317 --	--		269	827
Sodium, Na	mg	52 --	--		44	136
Zinc, Zn	mg	3.58 --	--		3.04	9.34
Copper, Cu	mg	0.07 --	--		0.06	0.183
Manganese, Mn	mg	0.011 --	--		0.009	0.029
Selenium, Se	µg	23.1 --	--		19.6	60.3
Vitamins						
Vitamin C, total ascorbic acid	mg	0 --	--		0	0
Thiamin	mg	0.064 --	--		0.054	0.167
Riboflavin	mg	0.1 --	--		0.085	0.261
Niacin	mg	6.087 --	--		5.174	15.887
Pantothenic acid	mg	0.594 --	--		0.505	1.55
Vitamin B-6	mg	0.563 --	--		0.479	1.469
Folate, total	µg	11 --	--		9	29
Folic acid	µg	0 --	--		0	0
Folate, food	µg	11 --	--		9	29
Folate, DFE	µg	11 --	--		9	29
Choline, total	mg	86.2 --	--		73.3	225
Betaine	mg	12.7 --	--		10.8	33.1
Vitamin B-12	µg	1.06 --	--		0.9	2.77
Vitamin B-12, added	µg	0 --	--		0	0
Vitamin A, RAE	µg	0 --	--		0	0
Retinol	µg	0 --	--		0	0
Carotene, beta	µg	0 --	--		0	0
Carotene, alpha	µg	0 --	--		0	0
Cryptoxanthin, beta	µg	0 --	--		0	0
Vitamin A, IU	IU	0 --	--		0	0
Lycopene	µg	0 --	--		0	0
Lutein + zeaxanthin	µg	0 --	--		0	0
Vitamin E (alpha-tocopherol)	mg	0.32 --	--		0.27	0.84
Vitamin E, added	mg	0 --	--		0	0
Tocopherol, beta	mg	0 --	--		0	0
Tocopherol, gamma	mg	0 --	--		0	0
Tocopherol, delta	mg	0 --	--		0	0

Vitamin K (phylloquinone)	µg	1.3	--	--	1.1	3.4
Lipids						
Fatty acids, total saturated	g	3.14	--	--	2.669	8.195
4:00	g	0	--	--	0	0
6:00	g	0	--	--	0	0
8:00	g	0	--	--	0	0
10:00	g	0.007	--	--	0.006	0.018
12:00	g	0.005	--	--	0.004	0.013
14:00	g	0.206	--	--	0.175	0.538
16:00	g	1.969	--	--	1.674	5.139
18:00	g	0.954	--	--	0.811	2.49
Fatty acids, total monounsaturated	g	4.246	--	--	3.609	11.082
16:1 undifferentiated	g	0.325	--	--	0.276	0.848
18:1 undifferentiated	g	3.918	--	--	3.33	10.226
20:01	g	0.002	--	--	0.002	0.005
22:1 undifferentiated	g	0	--	--	0	0
Fatty acids, total polyunsaturated	g	0.394	--	--	0.335	1.028
18:2 undifferentiated	g	0.303	--	--	0.258	0.791
18:3 undifferentiated	g	0.052	--	--	0.044	0.136
18:04	g	0	--	--	0	0
20:4 undifferentiated	g	0.039	--	--	0.033	0.102
20:5 n-3 (EPA)	g	0	--	--	0	0
22:5 n-3 (DPA)	g	0	--	--	0	0
22:6 n-3 (DHA)	g	0	--	--	0	0
Cholesterol	mg	66	--	--	56	172
Amino Acids						
Tryptophan	g	0.136	--	--	0.116	0.355
Threonine	g	0.825	--	--	0.701	2.153
Isoleucine	g	0.939	--	--	0.798	2.451
Leucine	g	1.642	--	--	1.396	4.286
Lysine	g	1.745	--	--	1.483	4.554
Methionine	g	0.538	--	--	0.457	1.404
Cystine	g	0.266	--	--	0.226	0.694
Phenylalanine	g	0.815	--	--	0.693	2.127
Tyrosine	g	0.658	--	--	0.559	1.717
Valine	g	1.024	--	--	0.87	2.673
Arginine	g	1.335	--	--	1.135	3.484
Histidine	g	0.659	--	--	0.56	1.72
Alanine	g	1.255	--	--	1.067	3.276
Aspartic acid	g	1.88	--	--	1.598	4.907
Glutamic acid	g	3.099	--	--	2.634	8.088
Glycine	g	1.257	--	--	1.068	3.281
Proline	g	0.984	--	--	0.836	2.568
Serine	g	0.813	--	--	0.691	2.122
Hydroxyproline	g	0.217	--	--	0.184	0.566
Other						
Alcohol, ethyl	g	0	--	--	0	0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

1	National Cattleman's Beef Association (NCBA)	Nutrient Content of Retail Beef Cuts with 1/8 inch Trim Beef	2000	ChicagoIL
2	National Cattleman's Beef Association (NCBA)	Nutrient Content of Ground Beef	2000	IL