

Beef Product* Choice Grade	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Daily Value (cooked product, based on a 2,000-calorie diet)						
								Protein	Iron	Zinc	Riboflavin	Niacin	Vitamin B6	Vitamin B12
Chuck Arm Pot Roast, Braised/Raw	190/280	65/190	7/21	2.5/8	70/75	50/70	30/22	59%	14%	46%	12%	22%	15%	38%
Clod Roast, Roasted/Raw	150/180	55/90	6/10	2/3.5	65/70	60/75	22/21	44%	14%	36%	12%	15%	12%	42%
Mock Tender Steak, Broiled/Raw	140/130	45/40	5/4	1.5/1.5	55/60	60/95	22/21	44%	14%	44%	11%	15%	14%	48%
Top Round, Broiled/Raw	160/190	50/85	5/9	2/3.5	70/45	35/65	27/25	55%	13%	32%	10%	26%	19%	27%
Bottom Round, Broiled/Raw	190/230	70/120	8/14	2.5/5	100/70	40/60	29/23	58%	14%	34%	11%	28%	20%	29%
Eye Round, Roasted/Raw	150/200	40/90	4.5/10	1.5/4	60/50	35/60	25/25	51%	12%	29%	9%	24%	18%	25%
Tip Round, Roasted/Raw	160/240	55/150	6/16	2/6	70/75	55/65	24/22	49%	14%	40%	14%	16%	17%	41%
Bottom Sirloin, Tri-Tip, Roasted/Raw	160/200	75/95	8/11	3/4	70/80	45/60	22/23	45%	8%	28%	7%	33%	23%	23%
Short Loin, Porterhouse, Broiled/Raw	180/280	90/190	10/22	3.5/9	60/75	60/60	22/21	44%	15%	29%	12%	20%	17%	32%
Short Loin, T-Bone, Broiled/Raw	170/250	75/160	9/17	3/7	50/70	65/60	23/22	46%	17%	29%	12%	20%	17%	32%
Top Loin, Broiled/Raw	170/260	65/160	7/18	2.5/7	65/65	50/60	25/23	50%	9%	31%	7%	37%	26%	26%
Tenderloin, Broiled/Raw	180/280	70/180	8/20	3/8	70/75	50/55	25/22	49%	9%	31%	7%	36%	26%	26%
Top Sirloin, Broiled/Raw	160/240	50/150	6/16	2/7	55/60	50/60	25/23	50%	10%	32%	7%	33%	23%	23%
Brisket, Flat Half, Braised/Raw	170/310	50/230	6/25	2/10	55/90	45/70	28/21	56%	14%	44%	11%	21%	14%	37%
Flank, Broiled/Raw	170/190	65/85	7/9	3/4	45/45	50/60	24/24	47%	9%	29%	7%	35%	25%	25%
Rib, Small End, Broiled/Raw	170/300	70/210	8/23	3/9	70/85	50/55	24/22	48%	9%	30%	7%	35%	25%	25%
Rib, Whole, Roasted/Raw	210/380	110/300	12/33	5/14	70/80	60/60	23/18	46%	14%	39%	10%	18%	12%	41%

***All cooked products based on choice grade, 3-oz serving, visible fat trimmed. All raw products based on 4 oz. raw (cooks to 3 oz.), lean and fat as packaged.** Chuck arm pot roast, top round, bottom round, eye round, rib small end, short loin, tenderloin, top sirloin, brisket flat half based on 1/8" trim fat. Clod roast, tip round, short loin porterhouse, short loin, t-bone, rib whole based on 1/4" trim fat. Flank, Mock Tender Steak, bottom sirloin tri-tip based on 0" trim fat. Information contained in this sheet is courtesy of the National Cattlemen's Beef Association.