

Ground Beef Product*	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Daily Value (based on a 2,000-calorie diet)						
								Protein	Iron	Zinc	Riboflavin	Niacin	Vitamin B6	Vitamin B12
75% Lean - 25% Fat, Pan-broiled/Raw	210/330	130/250	14/28	5/11	70/85	75/75	20/18	40%	12%	34%	9%	22%	15%	36%
80% Lean - 20% Fat, Pan-broiled/Raw	210/280	120/200	14/22	5/9	75/80	70/75	20/19	41%	12%	34%	9%	24%	15%	38%
85% Lean - 15% Fat, Pan-broiled/Raw	200/240	110/150	12/17	4.5/7	75/75	65/75	21/21	42%	13%	35%	9%	25%	16%	40%
90% Lean - 10% Fat, Pan-broiled/Raw	170/200	80/100	9/11	3.5/4.5	70/75	65/75	21/22	43%	13%	36%	9%	26%	16%	42%
95% Lean - 5% Fat, Pan-broiled/Raw	140/150	45/50	5/6	2.5/2.5	65/70	60/75	22/24	44%	13%	37%	9%	27%	17%	44%

\*Information contained in this sheet is courtesy of the National Cattlemen's Beef Association.

8/7/06