

Beef Product* Select Grade	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
Chuck Arm Pot Roast, Braised/Raw	170/270	50/175	5/20	2/8	50/75	50/70	29/22	59%	14%	48%	11%	21%	14%	33%
Clod Roast, Roasted/Raw	140/190	45/90	5/10	1.5/3.5	55/70	60/65	23/22	45%	15%	36%	13%	15%	12%	44%
Mock Tender Steak, Broiled/Raw	130/130	40/30	4/3.5	1.5/1	50/65	60/70	22/22	44%	13%	44%	12%	16%	14%	49%
Top Round, Broiled/Raw	150/190	35/80	4/9	1.5/3.5	50/45	35/70	27/25	54%	13%	32%	9%	23%	18%	23%
Bottom Round, Broiled/Raw	170/210	50/110	5/12	2/5	70/60	40/70	29/23	59%	13%	34%	9%	25%	19%	25%
Eye Round, Roasted/Raw	140/180	30/75	3.5/9	1/3.5	45/45	35/70	25/24	50%	11%	29%	8%	22%	17%	22%
Tip Round, Roasted/Raw	150/210	50/120	5/13	2/5	70/75	55/65	24/22	49%	14%	40%	14%	16%	17%	41%
Bottom Sirloin, Tri-Tip, Roasted/Raw	150/180	55/80	6/9	2/3	50/65	50/60	23/23	46%	8%	28%	7%	34%	26%	18%
Short Loin, Porterhouse, Broiled/Raw	170/250	75/150	8/17	3.5/7	50/65	60/60	23/24	46%	15%	29%	12%	20%	17%	32%
Short Loin, T-Bone, Broiled/Raw	170/230	70/130	8/14	3/6	45/50	60/60	23/22	47%	17%	29%	12%	20%	17%	32%
Top Loin, Broiled/Raw	150/250	45/150	5/17	2/7	45/60	55/60	25/23	50%	9%	31%	8%	37%	28%	20%
Tenderloin, Broiled/Raw	170/280	60/190	7/21	2.5/8	60/75	55/55	25/22	49%	9%	30%	8%	36%	27%	20%
Top Sirloin, Broiled/Raw	150/210	40/110	4/13	1.5/5	40/45	55/60	25/23	50%	9%	30%	8%	36%	28%	20%
Brisket, Flat Half, Braised/Raw	160/310	40/230	4.5/25	1.5/10	45/90	45/65	28/20	56%	13%	46%	10%	20%	13%	32%
Flank, Broiled/Raw	150/160	50/60	6/7	2/3	35/35	50/60	24/24	48%	8%	29%	7%	35%	26%	19%
Rib, Small End, Broiled/Raw	160/280	50/180	5/20	2/8	50/75	55/55	26/22	53%	9%	32%	8%	38%	29%	21%
Rib, Whole, Roasted/Raw	180/340	80/260	9/28	3.5/12	70/80	60/60	23/19	46%	14%	39%	10%	18%	12%	41%

***All cooked products based on select 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.