

The table below shows the amounts of key nutrients found in 100 grams of cooked, lean only beef.

Energy and Nutrients	Amount
Energy	213 Cal
Protein	34.6 g
Carbohydrate	< 1 g
Total fat	8.8 g
Saturates	3.6 g
Monounsaturates	4.1 g
Polyunsaturates	0.40 g
Trans	0.28 g
Cholesterol	82.4 mg
Calcium	10 mg
Iron	3.3 mg
Magnesium	26 mg
Phosphorus	207 mg
Potassium	294 mg
Sodium	55 mg
Zinc	8.6 mg
Selenium*	27 µg
Niacin	14 NE
Pantothenate	1.0 mg
Riboflavin	0.32 mg
Thiamine	0.07 mg
Vitamin B ₆	0.27 mg
Vitamin B ₁₂	2.6 µg
Vitamin D*	0.79 µg

* Selenium and Vitamin D were not included in the analyses; these values are from the 2005 Canadian Nutrient File.