

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 23572, Beef, ground, 80% lean meat / 20% fat, raw

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	61.94	72	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Energy	kcal	254	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Energy	kJ	1062	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein 1	g	17.17	72	0.172	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Total lipid (fat) 1	g	20.00	72	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Ash 1	g	0.84	72	0.024	--	--	--	--	--	--	Analytical or derived	--	03/2002

												from analytical		
Carbohydrate, by difference	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002	
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002	
Sugars, total	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002	
Minerals														
Calcium, Ca 1	mg	18	36	2.031	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002	
Iron, Fe 1	mg	1.94	36	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Magnesium, Mg 1	mg	17	36	0.222	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Phosphorus, P 1	mg	158	36	1.849	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Potassium, K 1	mg	270	36	2.943	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Sodium, Na 1	mg	67	36	1.168	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Zinc, Zn 1	mg	4.18	36	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Copper, Cu 1	mg	0.061	36	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002	
Manganese, Mn 1	mg	0.010	36	0.001	--	--	--	--	--	--	Analytical or derived from	--	03/2009	

											analytical		
Selenium, Se 1	µg	15.0	72	0.877	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Fluoride, F 2 3 4 5	µg	22.4	57	5.206	3.8	71.9	12.0	11.089	33.773	4	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Thiamin 1	mg	0.043	36	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Riboflavin 1	mg	0.148	36	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Niacin 1	mg	4.227	36	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Pantothenic acid 1	mg	0.502	6	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Vitamin B-6 1	mg	0.323	36	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Folate, total 1	µg	7	5	0.785	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2004
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Folate, food 1	µg	7	5	0.785	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2004
Folate, DFE	mcg_DFE	7	0	--	--	--	--	--	--	--	Calculated or imputed	--	11/2009

Choline, total 1	mg	56.4	12	2.535	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Betaine 1	mg	7.3	12	0.434	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2004
Vitamin B-12 1	µg	2.14	36	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	02/2006
Vitamin A, RAE	mcg_RAE	0	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Retinol 1	µg	0	6	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Vitamin A, IU	IU	0	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Lycopene	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Vitamin E (alpha-tocopherol)	mg	0.41	0	--	--	--	--	--	--	--	Calculated or imputed	--	07/2002
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.1	0	--	--	--	--	--	--	--	Analytical or derived from	--	03/2009

											analytical		
Vitamin D3 (cholecalciferol)	µg	0.1	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D	IU	5	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin K (phylloquinone) 1	µg	1.8	12	0.161	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Lipids													
Fatty acids, total saturated 1	g	7.673	35	0.138	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
4:0	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	05/2002
6:0	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	05/2002
8:0	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
10:0 1	g	0.000	47	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
12:0 1	g	0.014	47	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
14:0 1	g	0.601	47	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
15:0 1	g	0.097	47	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
16:0 1	g	4.348	47	0.061	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

17:0 1	g	0.227	47	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:0 1	g	2.400	47	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
20:0 1	g	0.017	47	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
22:0 1	g	0.000	47	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Fatty acids, total monounsaturated 1	g	8.757	35	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
14:1 1	g	0.162	47	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
15:1 1	g	0.000	47	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
16:1 undifferentiated 1	g	0.724	47	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
17:1 1	g	0.135	47	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:1 undifferentiated 1	g	7.672	47	0.118	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
20:1 1	g	0.066	47	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	05/2002

Fatty acids, total polyunsaturated 1	g	0.520	35	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
18:2 undifferentiated 1	g	0.420	47	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:3 undifferentiated 1	g	0.063	47	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:3 n-3 c,c,c (ALA) 1	g	0.051	35	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:3 n-6 c,c,c 1	g	0.015	47	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
18:4	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	05/2002
20:2 n-6 c,c 1	g	0.000	47	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
20:3 undifferentiated 1	g	0.000	47	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
20:4 undifferentiated 1	g	0.034	47	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
20:5 n-3 (EPA) 6	g	0.002	15	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) 6	g	0.012	15	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) 6	g	0.001	15	--	--	--	--	--	--	--	Analytical or derived from	--	05/2011

											analytical		
Fatty acids, total trans 1	g	1.232	3	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2006
Cholesterol 1	mg	71	36	1.442	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2002
Amino Acids													
Tryptophan 1	g	0.080	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Threonine 1	g	0.658	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Isoleucine 1	g	0.763	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Leucine 1	g	1.339	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Lysine 1	g	1.419	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Methionine 1	g	0.436	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Cystine 1	g	0.174	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Phenylalanine 1	g	0.675	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Tyrosine 1	g	0.523	0	--	--	--	--	--	--	--	Analytical or derived from	--	10/2003

											analytical		
Valine 1	g	0.845	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Arginine 1	g	1.133	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Histidine 1	g	0.551	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Alanine 1	g	1.094	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Aspartic acid 1	g	1.545	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Glutamic acid 1	g	2.563	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Glycine 1	g	1.230	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Proline 1	g	0.913	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Serine 1	g	0.696	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2003
Hydroxyproline	g	0.329	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2006
Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002

Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2002
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Sources of Data

¹*National Cattlemen's Beef Association (NCBA) Nutrient Content of Ground Beef* , 2000 Chicago IL

²*Robert Ophaug Fluoride, Unpublished - Ophaug* , Microdiffision

³*J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents* , New York State Fluoride Analysis Contract - report date 12/1/1988

⁴*Albert Kingman Kingman, A. Unpublished data. NIDR/NIH, 1984* , 9. Kingman, A. Unpublished data. NIDR/NIH, 1984.

⁵*Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods* , 1983 British Journal of Nutrition 49 pp.295-301

⁶*National Cattlemen's Beef Association (NCBA) Nutrient Content of Beef* , 2010 Chicago IL

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