

National Nutrient Database for Standard Reference  
Release 24

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## Statistics Report

Nutrient data for 13341, Beef, variety meats and by-products, tripe, 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
<b>Proximates</b>													
Water 1	g	84.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Energy	kcal	85	0	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Energy	kJ	355	0	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Protein 1	g	12.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Total lipid (fat) 1	g	3.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Ash 1	g	0.55	1	--	--	--	--	--	--	--	Analytical or derived	--	02/2003

												from analytical		
Carbohydrate, by difference	g	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1990
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1990
Sugars, total	g	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
<b>Minerals</b>														
Calcium, Ca 1	mg	69	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Iron, Fe 1	mg	0.59	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Magnesium, Mg 1	mg	13	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Phosphorus, P 1	mg	64	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Potassium, K 1	mg	67	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Sodium, Na 1	mg	97	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Zinc, Zn 1	mg	1.42	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Copper, Cu 1	mg	0.070	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Manganese, Mn 1	mg	0.085	1	--	--	--	--	--	--	--	--	Analytical or derived from	--	02/2003

											analytical		
Selenium, Se 1	µg	12.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Thiamin 1	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Riboflavin 1	mg	0.064	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Niacin 1	mg	0.881	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Pantothenic acid 1	mg	0.227	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin B-6 1	mg	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Folate, total 1	µg	5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2004
Folate, DFE	mcg_DFE	5	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	194.8	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Vitamin B-12 1	µg	1.39	1	--	--	--	--	--	--	--	Analytical or	--	02/2003

												derived from analytical		
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	0	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Retinol 1	µg	0	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, IU	IU	0	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lycopene	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) 1	mg	0.09	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Tocopherol, gamma 1	mg	0.02	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Tocopherol, delta 1	mg	0.00	2	--	--	--	--	--	--	--	--	Analytical or derived	--	03/2003

												from analytical		
Vitamin D (D2 + D3)	µg	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.0	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
<b>Lipids</b>														
Fatty acids, total saturated 1	g	1.291	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
4:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
6:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
8:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
10:0 1	g	0.000	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
12:0 1	g	0.000	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
14:0 1	g	0.070	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
15:0 1	g	0.024	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
16:0 1	g	0.643	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

17:0 1	g	0.081	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
18:0 1	g	0.463	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
22:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Fatty acids, total monounsaturated 1	g	1.533	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
14:1 1	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
16:1 undifferentiated 1	g	0.088	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
18:1 undifferentiated 1	g	1.413	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:1 1	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Fatty acids, total polyunsaturated 1	g	0.180	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

18:2 undifferentiated 1	g	0.116	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
18:3 undifferentiated	g	0.011	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2004
18:3 n-3 c,c,c (ALA) 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
18:3 n-6 c,c,c 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
18:4	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
20:2 n-6 c,c 1	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:3 undifferentiated 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:4 undifferentiated 1	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
20:5 n-3 (EPA)	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
22:5 n-3 (DPA)	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
22:6 n-3 (DHA)	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Fatty acids, total trans 1	g	0.150	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Cholesterol 1	mg	122	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003

Other														
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003	
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003	
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003	

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA **Variety Meats All Food Groups** , 2003 Beltsville MD

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Release 24 Software v.Release 1.0 3/30/12