

# Ground Beef Nutrient Comparisons

3 OZ. COOKED SERVING	PROTEIN (g) (%DV)	ZINC (mg)(%DV)	VITAMIN B <sub>12</sub> (mcg)(%DV)	SELENIUM (mcg)(%DV)	PHOSPHORUS (mg)(%DV)	NIACIN (mg)(%DV)	VITAMIN B <sub>6</sub> (mg)(%DV)	IRON (mg)(%DV)	TOTAL FAT (g) (%DV)	SATURATED FATTY ACIDS (g) (%DV)	CHOLESTEROL (mg)(%DV)	CALORIES (%DV)
Daily Value*	50	15	6	70	1000	20	2	18	65	20	300	2000
<b>GROUND BEEF 95% Lean-5% Fat</b>												
Pan-broiled	21.9 44%	5.5 37%	2.6 44%	17.9 26%	189 19%	5.3 27%	0.33 17%	2.4 13%	5.0 8%	2.2 11%	65 22%	139 7%
Baked	23.2 46%	5.8 39%	2.1 35%	19.0 27%	169 17%	4.7 23%	0.30 15%	2.6 14%	5.4 8%	2.4 12%	62 21%	148 7%
<b>GROUND BEEF 90% Lean-10% Fat</b>												
Pan-broiled	21.4 43%	5.4 36%	2.5 42%	17.6 25%	184 18%	5.1 26%	0.32 16%	2.4 13%	9.1 14%	3.7 18%	70 23%	173 9%
Baked	22.6 45%	5.7 38%	2.1 35%	18.4 26%	164 16%	4.4 22%	0.30 15%	2.5 14%	9.4 15%	3.8 19%	73 24%	182 9%
<b>GROUND BEEF 85% Lean-15% Fat</b>												
Pan-broiled	20.9 42%	5.3 35%	2.4 40%	17.3 25%	179 18%	4.9 25%	0.31 16%	2.3 13%	11.9 18%	4.7 23%	73 24%	197 10%
Baked	22.0 44%	5.5 37%	2.1 35%	17.9 26%	158 16%	4.2 21%	0.29 14%	2.3 13%	12.2 19%	4.8 24%	77 26%	204 10%
<b>GROUND BEEF 80% Lean-20% Fat</b>												
Pan-broiled	20.4 41%	5.2 34%	2.3 38%	16.9 24%	174 17%	4.7 24%	0.30 15%	2.2 12%	13.5 21%	5.3 26%	73 24%	209 10%
Baked	21.5 43%	5.3 35%	2.1 35%	17.3 25%	152 15%	3.9 20%	0.28 14%	2.2 12%	13.7 21%	5.3 27%	77 26%	216 11%
<b>GROUND BEEF 75% Lean-25% Fat</b>												
Pan-broiled	19.9 40%	5.1 34%	2.1 36%	16.7 24%	169 17%	4.5 22%	0.29 15%	2.1 12%	14.0 21%	5.4 27%	71 24%	211 11%
Baked	20.9 42%	5.1 34%	2.1 35%	16.7 24%	146 15%	3.7 18%	0.27 14%	2.1 11%	14.0 22%	5.4 27%	70 23%	216 11%

U.S. Department of Agriculture, Agricultural Research Service, 2002. USDA Nutrient Database for Standard Reference, Release 15.

Nutrient Data Laboratory homepage [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp) All products 3 oz. cooked servings.

\*Based on 2000 calorie intake for adults and children 4 or more years of age.