

Ground Beef Nutrient Comparisons

	Protein (g)	Vitamin B ₁₂ (mcg)	Zinc (mg)	Niacin (mg)	Selenium (mcg)	Phosphorus (mg)	Vitamin B ₆ (mg)	Iron (mg)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Calories
Daily Value*	50	6	15	20	70	1000	2	18	65	20	300	2000
Ground Beef, 95% lean / 5% fat, pan-broiled	21.9	2.6	5.5	5.3	17.9	189	0.33	2.4	5.0	2.2	65	139
% Daily Value Provided by a 3 oz. Serving	44%	44%	37%	27%	26%	19%	17%	13%	8%	11%	22%	7%
Ground Beef, 95% lean / 5% fat, baked	23.2	2.1	5.8	4.7	19.0	169	0.30	2.6	5.4	2.4	62	148
% Daily Value Provided by a 3 oz. Serving	46%	35%	39%	23%	27%	17%	15%	14%	8%	12%	21%	7%
Ground Beef, 90% lean / 10% fat, pan-broiled	21.4	2.5	5.4	5.1	17.6	184	0.32	2.4	9.1	3.7	70	173
% Daily Value Provided by a 3 oz. Serving	43%	42%	36%	26%	25%	18%	16%	13%	14%	18%	23%	9%
Ground Beef, 90% lean / 10% fat, baked	22.6	2.1	5.7	4.4	18.4	164	0.30	2.5	9.4	3.8	73	182
% Daily Value Provided by a 3 oz. Serving	45%	35%	38%	22%	26%	16%	15%	14%	15%	19%	24%	9%
Ground Beef, 85% lean / 15% fat, pan-broiled	20.9	2.4	5.3	4.9	17.3	179	0.31	2.3	11.9	4.7	73	197
% Daily Value Provided by a 3 oz. Serving	42%	40%	35%	25%	25%	18%	16%	13%	18%	23%	24%	10%
Ground Beef, 85% lean / 15% fat, baked	22.0	2.1	5.5	4.2	17.9	158	0.29	2.3	12.2	4.8	77	204
% Daily Value Provided by a 3 oz. Serving	44%	35%	37%	21%	26%	16%	14%	13%	19%	24%	26%	10%
Ground Beef, 80% lean / 20% fat, pan-broiled	20.4	2.3	5.2	4.7	16.9	174	0.30	2.2	13.5	5.3	73	209
% Daily Value Provided by a 3 oz. Serving	41%	38%	34%	24%	24%	17%	15%	12%	21%	26%	24%	10%
Ground Beef, 80% lean / 20% fat, baked	21.5	2.1	5.3	3.9	17.3	152	0.28	2.2	13.7	5.3	77	216
% Daily Value Provided by a 3 oz. Serving	43%	35%	35%	20%	25%	15%	14%	12%	21%	27%	26%	11%
Ground Beef, 75% lean / 25% fat, pan-broiled	19.9	2.1	5.1	4.5	16.7	169	0.29	2.1	14.0	5.4	71	211
% Daily Value Provided by a 3 oz. Serving	40%	36%	34%	22%	24%	17%	15%	12%	21%	27%	24%	11%
Ground Beef, 75% lean / 25% fat, baked	20.9	2.1	5.1	3.7	16.7	146	0.27	2.1	14.0	5.4	70	216
% Daily Value Provided by a 3 oz. Serving	42%	35%	34%	18%	24%	15%	14%	11%	22%	27%	23%	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. All products 3 oz. cooked servings.

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