

NUTRIENT PROFILE OF BEEF COMPONENTS PER 4-OZ RAW PORTION

	Calories	Protein (g)	Iron (mg)	Magnesium (mg)	Zinc (mg)	Riboflavin (mg)	Vitamin B ₁₂ (mcg)	Vitamin A (IU)	Vitamin D (IU)
Beef, ground, 90% lean	199	23	2.53	23	5.41	0.17	2.5	16	3
Beef, liver	153	23	5.54	20	4.52	3.11	67	19,100	55
Beef, kidney	112	20	5.2	19	2.17	3.21	31	1,579	51
Beef, heart	127	20	4.87	24	1.92	1.02	9.7	0	0

SOURCE: USDA