BILLYDOE MEATS

Beef & Veal Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size 3 ounces (84g)

Beef - 1/8" fat trim	NDB Number*	Calories	Calories From Fat	Total Fat g	%DV	Saturated Fat g	%DV	Cholesterol mg	%DV	Sodium mg	%DV	Total Carbohydrate g	%DV	Protein g	%DV	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Chuck Blade Roast, braised	13816	290	190	21	32	8	42	90	29	55	2	0	0	22	0	0	0	15%
Loin Top Loin Steak, broiled	13910	220	130	14	22	6	28	80	27	45	2	0	0	22	0	0	0	8%
Rib Roast Large End, roasted	13840	300	220	24	37	10	48	70	24	55	2	0	0	19	0	0	0	10%
Round Eye Round Steak, roasted	13878	170	70	8	12	3	15	70	23	30	1	0	0	24	0	0	0	10%
Round Top Round Steak, broiled	13893	170	70	8	12	3	14	75	25	35	1	0	0	26	0	0	0	10%
Round Tip Roast, roasted	13884	180	90	10	15	3.5	18	70	23	55	2	0	0	23	0	0	0	15%
Loin Sirloin Steak, broiled	13930	200	110	12	18	4.5	24	75	26	45	2	0	0	23	0	0	0	8%
Round Bottom Round Steak, braised	13869	210	90	10	15	4	19	85	28	35	2	0	0	28	0	0	0	10%
Brisket (whole), braised	13804	280	190	21	32	8	40	80	26	55	2	0	0	22	0	0	0	10%
Rib Steak Small End, broiled	13851	240	150	17	26	7	33	80	27	45	2	0	0	22	0	0	0	8%
Loin Tenderloin Steak, broiled	13918	220	130	14	22	6	28	80	27	45	2	0	0	22	0	0	0	8%
Chuck Arm Pot Roast, braised	13810	250	150	16	25	6	32	100	34	40	2	0	0	25	0	0	0	10%
Veal																			
Shoulder Arm Steak, braised	17123	200	80	9	13	3.5	17	125	41	75	3	0	0	28	0	0	0	6%
Shoulder Blade Steak, braised	17129	190	80	8	13	3	15	130	43	80	3	0	0	26	0	0	0	6%
Rib Roast, roasted	17112	190	110	12	18	4.5	23	90	31	80	3	0	0	20	0	0	0	4%
Loin Chop, braised	17105	240	130	14	22	6	28	100	33	65	3	0	0	25	0	0	0	6%
Cutlets, pan-fried	17097	180	60	7	11	2.5	13	90	29	65	3	0	0	27	0	0	0	4%