



Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, raw

TOTAL
0
0

Macronutrient profile [gr. of nutrient per 100 gr. food]



- Proteins
- Water
- Sugars
- Fibre
- Alcohol
- Lipids
- Other

FIBER
0
0

Energy [kcal per 100 gr. food]



kCALs
0
0
0

Main lipids profile [gr of lipid per 100 gr. food]

0ug 0ug
 0% 0%
 Total omega 3
 Total omega 6

EFA
0