



Beef, rib, shortribs, separable lean and fat, choice, raw

TOTAL
8.7
7.1

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

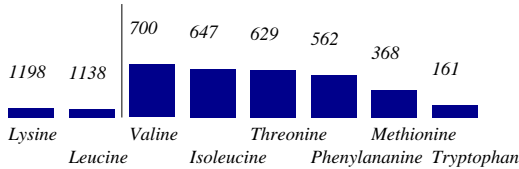
FIBER
0
0

Energy [kcal per 100 gr. food]



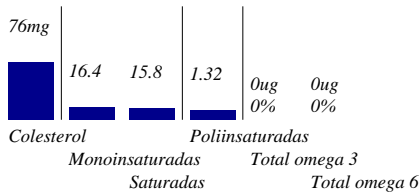
kCALs
16.9
14.9
5

Essential aminoacids profile [mg per 100 gr. food]



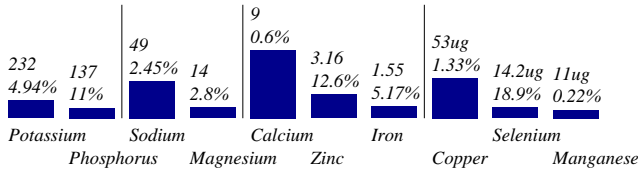
PROTE.
31.3
25.7
100

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



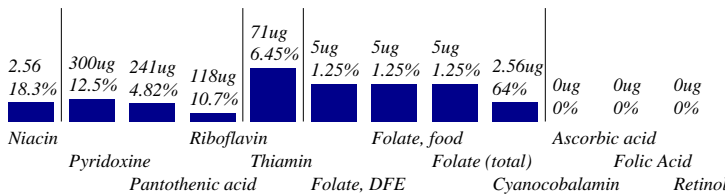
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
6

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
10

Phytochemicals profile [mg of nutrient per 100 gr. food]

0ug
Phytosterols (total)