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	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%

CHICKEN & TURKEY

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)

	NDB Number*	Calories	Calories From Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g %DV	g %DV	mg %DV	mg %DV	g %DV	g	%DV	%DV	%DV	%DV
Chicken													
Whole Chicken w/o neck & giblets, roasted	5009	200	100	11 18	3 16	75 25	70 2	0 0	23	0	0	0	6%
Chicken Breast, roasted	5060	170	60	7 10	2 9	70 24	60 2	0 0	25	0	0	0	4%
Chicken Wing, roasted	5103	240	150	16 25	4.5 23	70 24	70 2	0 0	23	0	0	0	6%
Chicken Drumstick , roasted	5069	180	80	9 14	2.5 13	75 25	75 4	0 0	23	0	0	0	6%
Chicken Thigh, roasted	5094	210	120	13 20	3.5 18	80 26	70 2	0 0	21	0	0	0	6%
Turkey													
Whole Turkey w/o neck & giblets, roasted	5166	170	70	8 13	2.5 12	70 13	55 2	0 0	24	0	0	0	8%
Turkey Breast , roasted	5192	160	60	6 10	2 9	60 21	55 2	0 0	24	0	0	0	6%
Turkey Wing, roasted	5196	190	90	10 16	3 14	70 23	50 2	0 0	23	0	0	0	6%
Turkey Drumstick, roasted	5194	170	70	8 13	2.5 13	70 24	65 2	0 0	23	0	0	0	10%
Turkey Thigh, roasted	5184	190	90	10 15	3 15	75 25	65 2	0 0	23	0	0	0	10%

PORK & LAMB

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)

Pork	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	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
Loin Chop, broiled	10038	180	80	9 / 14	3 / 15	70 / 24	45 / 2	0 / 0	22	0	0	0	4%
Loin Country Style Ribs, roasted	10206	280	190	21 / 33	8 / 39	75 / 26	45 / 2	0 / 0	20	0	0	0	4%
Loin Top Loin Chop Boneless, broiled	10064	160	70	8 / 12	2.5 / 13	60 / 20	35 / 2	0 / 0	22	0	0	0	2%
Loin Rib Chop, broiled	10046	190	100	11 / 17	4 / 19	55 / 19	45 / 2	0 / 0	21	0	0	0	4%
Spareribs, braised	10089	330	230	25 / 39	9 / 47	100 / 34	80 / 3	0 / 0	24	0	0	0	8%
Loin Tenderloin, roasted	10222	120	30	3.5 / 5	1 / 6	60 / 20	45 / 2	0 / 0	22	0	0	0	6%
Shoulder Blade Steak, braised	10081	220	130	15 / 23	6 / 28	80 / 27	50 / 2	0 / 0	21	0	0	0	8%
Loin Top Roast Boneless, roasted	10065	160	70	7 / 11	2.5 / 12	65 / 22	40 / 2	0 / 0	22	0	0	0	2%
Loin Sirloin Roast, roasted	10055	190	100	11 / 17	3.5 / 17	75 / 25	50 / 2	0 / 0	22	0	0	0	4%
Lamb - 1/8” fat trim													
Shank, roasted	17233	180	90	10 / 15	4 / 19	75 / 25	55 / 2	0 / 0	22	0	0	0	10%
Shoulder Arm Chop, braised	17247	280	170	19 / 29	8 / 39	100 / 34	60 / 3	0 / 0	26	0	0	0	10%
Shoulder Blade Chop, braised	17251	280	180	20 / 31	8 / 41	95 / 32	65 / 3	0 / 0	24	0	0	0	10%
Rib Roast, roasted	17241	290	210	23 / 36	10 / 49	80 / 27	60 / 3	0 / 0	18	0	0	0	8%
Loin Chop, broiled	17237	250	160	17 / 27	7 / 36	85 / 28	65 / 3	0 / 0	22	0	0	0	8%
Leg (whole), roasted	17231	200	110	12 / 19	5 / 25	75 / 26	55 / 2	0 / 0	22	0	0	0	10%