

# Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked

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Common Name: *hamburger, ground chuck*

NDB No: 23576 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 2300 grams	Number of Data Points
<b>Proximates</b>			
Water	g	1327.10	12
Energy	kcal	5842	0
Energy	kJ	24403	0
Protein	g	580.75	12
Total lipid (fat)	g	371.91	12
Ash	g	20.70	12
Carbohydrate, by difference	g	0.00	0
Fiber, total dietary	g	0.0	0
Sugars, total	g	0.00	0
<b>Minerals</b>			
Calcium, Ca	mg	529	12
Iron, Fe	mg	59.34	12
Magnesium, Mg	mg	437	12
Phosphorus, P	mg	4117	12
Potassium, K	mg	6233	12
Sodium, Na	mg	1541	12
Zinc, Zn	mg	143.52	12
Copper, Cu	mg	1.840	11
Manganese, Mn	mg	0.207	12
Fluoride, F	mcg	515.2	57
Selenium, Se	mcg	466.9	12
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0
Thiamin	mg	1.012	12
Riboflavin	mg	3.910	12
Niacin	mg	106.421	12
Pantothenic acid	mg	13.110	6
Vitamin B-6	mg	7.567	12
Folate, total	mcg	161	6
Folic acid	mcg	0	0
Folate, food	mcg	161	6

Folate, DFE	mcg_DFE	161	0
Choline, total	mg	1860.7	0
Betaine	mg	184.0	0
Vitamin B-12	mcg	57.04	12
Vitamin B-12, added	mcg	0.00	0
Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	6
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	0	0
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	0	0
Vitamin E (alpha-tocopherol)	mg	10.35	0
Vitamin E, added	mg	0.00	0
Vitamin K (phylloquinone)	mcg	34.5	0
<b>Lipids</b>			
Fatty acids, total saturated	g	141.174	0
4:0	g	0.000	0
6:0	g	0.000	0
8:0	g	0.000	0
10:0	g	0.000	0
12:0	g	0.253	0
14:0	g	10.580	0
15:0	g	1.725	0
16:0	g	79.028	0
17:0	g	4.002	0
18:0	g	43.884	0
20:0	g	0.276	0
22:0	g	0.000	0
Fatty acids, total monounsaturated	g	164.818	0
14:1	g	2.967	0
15:1	g	0.000	0
16:1 undifferentiated	g	13.478	0
17:1	g	2.691	0
18:1 undifferentiated	g	141.289	0
20:1	g	1.150	0
22:1 undifferentiated	g	0.000	0
Fatty acids, total polyunsaturated	g	10.787	0
18:2 undifferentiated	g	8.303	0

	g	1.265	0
18:3 n-3 c,c,c	g	1.035	0
18:3 n-6 c,c,c	g	0.276	0
18:4	g	0.000	0
20:2 n-6 c,c	g	0.000	0
20:3 undifferentiated	g	0.000	0
20:4 undifferentiated	g	0.966	0
20:5 n-3	g	0.000	0
22:5 n-3	g	0.000	0
22:6 n-3	g	0.000	0
Fatty acids, total trans	g	25.967	0
Cholesterol	mg	2070	12
<b>Amino acids</b>			
Tryptophan	g	2.714	0
Threonine	g	22.241	0
Isoleucine	g	25.760	0
Leucine	g	45.264	0
Lysine	g	47.932	0
Methionine	g	14.743	0
Cystine	g	5.888	0
Phenylalanine	g	22.816	0
Tyrosine	g	17.664	0
Valine	g	28.566	0
Arginine	g	38.295	0
Histidine	g	18.607	0
Alanine	g	36.961	0
Aspartic acid	g	52.210	0
Glutamic acid	g	86.595	0
Glycine	g	41.538	0
Proline	g	30.866	0
Serine	g	23.506	0
Hydroxyproline	g	9.660	0
<b>Other</b>			
Alcohol, ethyl	g	0.0	0
Caffeine	mg	0	0
Theobromine	mg	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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