

Nutrient Bang for Your Calorie Buck

3-OUNCE COOKED SERVING	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	IRON (mg)	ZINC (mg)	THIAMIN (mg)	RIBOFLAVIN (mg)	NIACIN (mg)	B ₆ (mg)	PANTOTHENIC ACID (mg)	B ₁₂ (mcg)
BEEF													
Daily Value*	2000	65	20	300	50	18	15	1.5	1.7	20	2	10	6
Bottom Round Roast and Steak	139	4.9	1.7	64	23.8	2.0	4.1	0.05	0.13	4.3	0.3	0.5	1.3
95% Lean Ground Beef	139	5.1	2.4	65	21.9	2.4	5.5	0.04	0.15	5.3	0.3	0.5	2.6
Eye Round Roast and Steak	144	4.0	1.4	53	25.3	2.1	4.3	0.06	0.14	4.5	0.3	0.5	1.4
Sirloin Tip Side Steak	143	4.1	1.6	68	24.7	2.4	6.2	0.06	0.17	5.0	0.5	0.7	3.6
Chuck Shoulder Pot Roast	147	5.7	1.8	60	22.4	2.6	5.4	0.08	0.21	2.9	0.2	N/A	2.6
Round Tip Roast and Steak	148	5.3	1.9	75	23.4	2.0	4.0	0.05	0.13	4.2	0.3	0.5	1.3
Sirloin Tip Center Roast and Steak	150	5.8	2.1	65	23.1	2.1	5.8	0.05	0.18	4.4	0.4	0.6	2.7
Shoulder Petite Tender and Medallions	150	6.1	2.4	66	22.3	2.2	4.5	0.07	0.23	4.4	0.5	0.7	4.4
Round Steak	154	5.3	1.9	66	24.8	2.3	4.0	0.09	0.19	3.6	0.3	0.3	2.7
Bottom Round (Western Griller) Steak	155	6.0	2.2	65	23.4	2.5	4.3	0.06	0.18	6.4	0.6	0.7	3.4
Shoulder Center (Ranch) Steak	155	6.5	2.4	65	22.4	2.4	6.0	0.06	0.25	4.5	0.5	0.7	4.2
Top Sirloin Steak	156	4.9	1.9	49	26.0	1.7	4.9	0.07	0.13	7.4	0.6	0.5	1.5
Top Round Roast and Steak	157	4.6	1.6	61	27.1	2.3	4.7	0.06	0.15	4.9	0.4	0.5	1.5
Tri-Tip Roast and Steak	158	7.1	2.6	61	22.8	1.5	4.2	0.06	0.12	6.7	0.5	0.4	1.3
Flank Steak	158	6.3	2.6	42	23.7	1.5	4.3	0.07	0.12	6.8	0.5	0.5	1.4
Top Loin (Strip) Steak	161	6.0	2.3	56	24.9	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Chuck Shoulder Steak	161	6.0	1.9	80	24.9	3.2	6.7	0.06	0.22	2.7	0.2	N/A	2.5
Brisket Flat Half	167	5.1	1.9	49	28.2	2.4	6.8	0.06	0.18	4.1	0.3	0.6	2.1
Tenderloin Roast and Steak	170	7.1	2.7	67	24.7	1.6	4.6	0.07	0.13	7.1	0.5	0.5	1.4
Shank Cross Cuts	171	5.4	1.9	66	28.6	3.3	8.9	0.12	0.18	5.0	0.3	0.3	3.2
T-Bone Steak	172	8.2	3.0	48	23.0	3.1	4.3	0.09	0.21	3.9	0.3	0.3	1.9
PORK													
Daily Value*	2000	65	20	300	50	18	15	1.5	1.7	20	2	10	6
Top Loin Chop	141	3.6	1.3	65	25.4	0.5	1.8	0.50	0.16	8.8	0.4	0.7	0.6
Tenderloin	159	5.4	1.9	80	25.9	1.2	2.5	0.84	0.33	4.4	0.4	0.8	0.9
Sirloin Chop	181	8.6	3.1	72	24.2	0.9	2.3	0.87	0.32	4.0	0.5	0.7	0.7
Rib Chop	186	8.3	2.9	69	26.2	0.7	2.0	0.95	0.28	5.2	0.4	0.6	0.7
POULTRY													
Daily Value*	2000	65	20	300	50	18	15	1.5	1.7	20	2	10	6
Skinless, Boneless Chicken Breast	140	3.0	0.9	72	26.4	0.9	0.9	0.06	0.10	11.7	0.5	0.8	0.3
Skinless, Boneless Turkey Breast	115	0.6	0.2	71	25.6	1.3	1.5	0.04	0.11	6.4	0.5	0.6	0.3
FISH													
Daily Value*	2000	65	20	300	50	18	15	1.5	1.7	20	2	10	6
Cod	89	0.7	0.1	47	19.4	0.4	0.5	0.08	0.07	2.1	0.2	0.2	0.9
Light Tuna Canned in Water	99	0.7	0.2	26	21.7	1.3	0.7	0.03	0.06	11.3	0.3	0.2	2.5
Halibut	119	2.5	0.4	35	22.7	0.9	0.5	0.06	0.08	6.1	0.3	0.3	1.2
Salmon	175	10.5	2.1	54	18.8	0.3	0.4	0.29	0.12	6.8	0.6	1.3	2.4

*Daily Value based on a 2000-calorie intake for adults and children 4 or more years of age. Source: USDA.