

Nutrition Information for cut: Beef, ground, 81% lean meat/219% fat, raw

Nutrition Facts	
Serving Size 4 oz (112g)	
raw, as packaged	
Servings Per Container varied	
Amount Per Serving	
Calories 280	Calories from Fat 190
% Daily Value*	
Total Fat 21g	33%
Saturated Fat 8g	41%
Cholesterol 80mg	27%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Protein 20g	
Iron 10%	• Riboflavin 10%
Niacin 25%	• Vitamin B6 20%
Vitamin B12 40%	• Phosphorus 20%
Zinc 30%	• Selenium 25%
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium	
* Percent Daily Values are based on a 2,000-calorie diet	



Funded by The Beef Checkoff

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