

Bandera Grassland			USDA
Grassfed TX Longhorn Beef			Commodity
Nutrient		01/18/2016	Grain-Fed
		Beef: 4 oz (112 g) strip steak	
Protein	27.1 g	24.20%	26.16
Fat - total	5.9 g	5.30%	8.10 g
Calories	161		175
Ash		0.90%	1.92 g
Monounsaturated Fat	2860 mg	2.55 g/100	2.80 g
Polyunsaturated Fat	291 mg	0.26 g/100	2.50 g
Saturated Fat	2730 mg	2.44 g/100	2.80 g
Cholesterol	69.4 mg	62. mg/100g	74.00 mg
Water		70.30%	83.26 g
Choline		385 mg/kg	73.82 mg
Vitamin A mcg Retinol Activity Equivalents (RAE)		65 IU/100g	4.25 mcg
Retinol mcg Retinol Equivalents (RE)		65 IU/100g	0
Beta-Carotene (Vit. A)		21 IU/100g	51.00 mcg
Vitamin E mg Alpha-Tocopherol Equivalents (ATE)		1.38 mcg/kg 100g sample	0.25 mg
Vitamin K2 (MK-4)		1.38 mcg/kg 100g sample	1.02 mcg
Calcium		79.3 ppm	10.21 mg
Copper		2.05 ppm	0.08 mg
Iron	2.7	24.5 ppm	2.04 mg
Magnesium		223 ppm	26.08 mg
Phosphorus	217	1940 ppm	240.40 mg
Potassium	240	2150 ppm	387.82 mg
Selenium		0.12 ppm	23.93 mcg
Sodium	45	399 ppm	62.37 mg
Zinc	3.9	35.1 ppm	4.09 mg
Saturated Fatty Acids (total)		2.73	5.9752
Trans fatty acids (total)	33.60 mg	0.03 g/100	0.8411
Omega-3 Fatty Acids	89.60 mg	0.08 g/100	1.10 g
Omega-6 Fatty Acids	190 mg	0.17 g/100	1.50 g
Omega 9 Fatty Acids	2420 mg	2.16 g/100	
Folic acid		0.22 mg/kg	
Pantothenic acid		3.58 mg/kg	0.77 mg
Choline chloride		385 mg/kg	73.82 mg
18:1 Oleic	2420 mg	2.16 g/100	1.03 g
18:3 Linolenic	134 mg	0.12 g/100	0.02 g
18:3 alpha-Linolenic	44.80 mg	0.04 g/100	
20:0 Arachidic	11.20 mg	0.01 g/100	
20:3 Homo-gamma linolenic	11.20 mg	0.01 g/100	
20:4 Arachidonic	44.80 mg	0.04 g/100	0.01
20:5 Eicosapentaenoic (EPA)	11.20 mg	0.01 g/100	0.26 g
22:5 Docosapentaenoic (DPA)	33.60 mg	0.03 g/100	0
14:0 Myristic	224 mg	0.2 g/100	0.07 g
14:1 cis Myristoleic	56 mg	0.05 g/100	
15:0 Pentadecanoic	44.8 mg	0.04 g/100	0.01 g
16:0 Palmitic	1620 mg	1.45 g/100	0.65 g
16:1 trans Palmitelaidic	22.4 mg	0.02 g/100	
16:1 cis Palmitoleic	302 mg	0.27 g/100	
17:0 Heptadecanoic	68.30 mg	0.061 g/100	
17:1 10-Heptadecanoic	56. mg	0.05 g/100	
18:0 Stearic	739 mg	0.66 g/100	0.40 g
18:1 trans Eliadic	11.20 mg	0.01 g/100	
Alanine		1.41%	1.59 g
Arginine		1.46%	1.69 g
Aspartic Acid		1.82%	2.38 g
Cysteine		0.26%	0.33 g
Glutamic Acid		3.40%	3.93 g
Glycine		1.24%	1.59 g
Histidine		0.90%	0.83 g
Isoleucine		1.01%	1.18 g
Leucine		1.71%	2.08 g
Lysine		1.99	2.21 g
Methionine		0.58%	0.68 g
Phenylalanine		1.01	1.03 g
Proline		1.03%	1.25 g
Serine		0.93%	1.03 g
Threonine		1.10%	1.04 g
Tryptophan		0.18%	0.17 g
Tyrosine		0.66	0.83 g
Valine		1.20%	1.30 g
Sources:			
Midwest Laboratories, Inc. ©2017			WHFoods.com
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