

beef steak nutrition facts 100g

beef steak nutrition facts 100g provide essential information for those looking to understand the dietary value of this popular protein source. Beef steak is a staple in many diets worldwide, prized for its rich flavor and nutrient density. Analyzing the nutrition facts per 100 grams helps consumers make informed decisions about their meat intake, balancing taste with health benefits. In this article, we will explore the macronutrient profile, vitamins, minerals, and caloric content of beef steak to provide a comprehensive overview. Additionally, the discussion will include variations based on cut and cooking methods, as these factors influence the final nutritional composition. Understanding these nutrition facts is crucial for athletes, bodybuilders, and anyone focused on maintaining a balanced diet. The article also covers potential health considerations related to beef consumption and offers guidance on how to maximize its benefits.

- Macronutrient Profile of Beef Steak
- Vitamins and Minerals in Beef Steak
- Caloric Content and Energy Value
- Variations by Cut and Cooking Method
- Health Considerations and Recommendations

Macronutrient Profile of Beef Steak

The macronutrient composition of beef steak per 100g is fundamental to understanding its role in nutrition. Beef steak primarily provides high-quality protein along with varying amounts of fats and minimal carbohydrates. The specific values can differ depending on the cut and fat content.

Protein Content

Beef steak is an excellent source of complete protein, containing all nine essential amino acids required for muscle repair, growth, and overall bodily functions. Typically, a 100g serving of lean beef steak offers approximately 20 to 26 grams of protein. This makes it a favored choice among individuals seeking to increase their protein intake for muscle building or weight management.

Fat Composition

The fat content in beef steak varies widely, influenced by the cut and trimming. On average, a 100g portion contains about 5 to 15 grams of fat. This includes saturated fat,

monounsaturated fat, and small amounts of polyunsaturated fat. Saturated fat levels usually range from 2 to 6 grams per 100g, which is a consideration for those monitoring heart health. The presence of monounsaturated fats, such as oleic acid, can have positive effects on cholesterol levels.

Carbohydrates and Fiber

Beef steak contains negligible carbohydrates and no dietary fiber. This makes it suitable for low-carb and ketogenic diets. Any carbs present are typically from marinades or seasoning rather than the meat itself.

Vitamins and Minerals in Beef Steak

Beyond macronutrients, beef steak is a rich source of essential vitamins and minerals that support various bodily functions. These micronutrients contribute significantly to the nutritional value of the meat.

Key Vitamins

Beef steak offers a substantial amount of B-vitamins, particularly vitamin B12, niacin (B3), vitamin B6, and riboflavin (B2). Vitamin B12 is critical for nerve function and red blood cell formation, with 100g of beef providing over 100% of the recommended daily intake. Niacin and vitamin B6 support energy metabolism and brain health.

Important Minerals

Iron is one of the standout minerals in beef steak, predominantly in the heme form, which is highly bioavailable and effective in preventing anemia. A 100g serving typically supplies about 2.5 mg of iron, fulfilling approximately 14% of the daily recommended intake for adults. Additionally, beef contains zinc, phosphorus, and selenium, all vital for immune function, bone health, and antioxidant protection.

- Iron: Supports oxygen transport and energy metabolism
- Zinc: Essential for immune response and wound healing
- Phosphorus: Important for bone and teeth strength
- Selenium: Acts as an antioxidant and supports thyroid function

Caloric Content and Energy Value

The calories in beef steak per 100g depend largely on fat content and cooking methods. Lean cuts typically provide around 150 to 200 calories, while fattier cuts can exceed 250 calories per 100g. Understanding the energy contribution is crucial for those managing calorie intake or tracking macronutrient distribution.

Calorie Breakdown

Calories in beef steak come primarily from protein and fat. Protein contributes 4 calories per gram, whereas fat contributes 9 calories per gram. Therefore, a lean 100g serving with 25 grams of protein and 5 grams of fat would yield approximately 145 calories, while a higher-fat steak with 10 grams of fat could reach 190 calories.

Impact of Cooking Methods

Cooking techniques like grilling, broiling, or pan-frying can alter the caloric content through fat loss or absorption. For example, grilling often reduces fat content as some fat drips off, potentially lowering calories. Conversely, frying in oil adds extra calories. It is important to consider these factors when assessing the nutritional impact of a beef steak meal.

Variations by Cut and Cooking Method

The nutritional profile of beef steak varies significantly depending on the specific cut and preparation. Different cuts have varying levels of fat and tenderness, influencing both taste and nutrition.

Popular Cuts and Their Nutrition

Common cuts like sirloin, ribeye, tenderloin, and flank steak differ in fat content and protein density. Ribeye tends to be higher in fat, offering more calories and saturated fat, whereas tenderloin is leaner with a higher protein-to-fat ratio. Sirloin strikes a balance between these extremes.

- **Ribeye:** High fat, rich flavor, approximately 250 calories per 100g
- **Tenderloin:** Lean, tender, about 150-170 calories per 100g
- **Sirloin:** Moderate fat, versatile, around 190 calories per 100g
- **Flank Steak:** Lean, fibrous, approximately 160 calories per 100g

Effect of Preparation and Seasoning

Marinating and seasoning do not significantly alter the core nutrition of beef steak unless additional ingredients like sugar or oil are used. However, excessive salt can increase sodium intake, which should be monitored for cardiovascular health. Grilling and broiling are preferred methods to minimize added fat, while deep-frying should be limited due to high calorie addition.

Health Considerations and Recommendations

While beef steak provides valuable nutrients, it is important to consume it in moderation and consider health guidelines. The saturated fat and cholesterol content can impact heart health if consumed excessively.

Balancing Beef Steak in a Healthy Diet

Incorporating lean cuts of beef steak as part of a balanced diet rich in fruits, vegetables, whole grains, and healthy fats is recommended. Limiting processed meats and varying protein sources can help reduce the risk of chronic diseases. Additionally, choosing grass-fed beef may provide higher levels of beneficial omega-3 fatty acids and antioxidants compared to conventionally raised beef.

Potential Risks and Moderation

Excessive consumption of red meat, including beef steak, has been linked in some studies to increased risks of colorectal cancer and cardiovascular disease. To mitigate these risks, it is advisable to limit red meat intake to recommended levels, typically around 350 to 500 grams per week, and focus on lean cuts with minimal added fats.

Frequently Asked Questions

How many calories are in 100g of beef steak?

There are approximately 250 calories in 100g of cooked beef steak.

What is the protein content in 100g of beef steak?

100g of beef steak contains about 26 grams of protein.

How much fat is in 100g of beef steak?

100g of beef steak typically contains around 15 grams of fat, depending on the cut.

Does 100g of beef steak contain carbohydrates?

Beef steak contains negligible carbohydrates, usually less than 1 gram per 100g.

What vitamins are found in 100g of beef steak?

Beef steak is rich in B vitamins, especially vitamin B12, niacin (B3), and riboflavin (B2).

How much iron is in 100g of beef steak?

100g of beef steak provides approximately 2.6 mg of iron, which helps with oxygen transport in the body.

Is 100g of beef steak a good source of zinc?

Yes, 100g of beef steak contains about 4.8 mg of zinc, important for immune function and metabolism.

What is the cholesterol level in 100g of beef steak?

100g of beef steak contains roughly 70 mg of cholesterol.

How does the fat content in 100g of beef steak vary by cut?

Fat content varies by cut; lean cuts like sirloin have around 5-10g of fat per 100g, while fattier cuts like ribeye can have 20g or more.

Additional Resources

1. The Nutritional Power of Beef Steak: A 100g Analysis

This book delves into the detailed nutritional content of a 100-gram serving of beef steak, exploring its macronutrients, vitamins, and minerals. It provides insights into how beef steak fits into a balanced diet and its role in muscle building and overall health. Readers will gain a clear understanding of calories, protein content, fat composition, and essential micronutrients found in beef steak.

2. Beef Steak Nutrition Facts: A Comprehensive Guide

Offering an in-depth look at the nutritional profile of beef steak, this guide breaks down the specifics of calories, fats, cholesterol, and protein in each 100-gram portion. The book also compares different cuts of beef steak and their varying nutritional benefits. It is an essential resource for nutritionists, fitness enthusiasts, and anyone interested in healthy eating.

3. 100g Beef Steak: Nutritional Insights and Health Benefits

Focused on the health implications of consuming beef steak, this book highlights the nutrient density of a 100-gram serving. It discusses the bioavailability of iron, zinc, and B vitamins in beef steak and their impact on energy levels and immune function. The author

also addresses common misconceptions about red meat and heart health.

4. Understanding Beef Steak Nutrition: Facts per 100g Serving

This book serves as an educational tool that presents clear nutritional facts of beef steak in a 100-gram serving size. It includes charts and tables for easy reference, making it simple to track nutrient intake. The book also touches on how preparation methods can influence the nutritional value of beef steak.

5. Beef Steak Calories and Nutrition: What 100g Really Means

Examining the calorie content and nutrient breakdown of beef steak, this book explains how a 100-gram portion contributes to daily dietary needs. It discusses lean vs. fatty cuts and their effect on calorie count and fat intake. Additionally, the book offers tips on selecting and cooking beef steak to maximize nutritional benefits.

6. The Science Behind Beef Steak Nutrition per 100 Grams

This book provides a scientific perspective on the composition of beef steak, analyzing protein quality, fat types, and micronutrient levels per 100 grams. It integrates current research on meat nutrition and its effects on human health. Readers interested in food science and dietetics will find this book particularly valuable.

7. Beef Steak and Nutrition: Exploring the 100g Serving

Covering the basics of beef steak nutrition, this book explains the essential nutrients found in a standard 100-gram serving. It discusses how beef steak supports muscle growth, brain function, and metabolic health. The book also addresses sustainable consumption and ethical considerations related to beef.

8. The Complete Guide to Beef Steak Nutrition Facts (100g Portions)

A thorough reference that catalogs the nutritional facts of various beef steak cuts per 100 grams, this guide is ideal for diet planning. It covers macronutrients, vitamins, minerals, and the impact of cooking techniques. The book also includes meal ideas that highlight the nutritional strengths of beef steak.

9. Beef Steak Nutrition: Calories, Protein, and More in 100 Grams

This concise book highlights the key nutritional components of beef steak, focusing on calories, protein content, and essential vitamins and minerals in a 100-gram serving. It emphasizes the role of beef steak in supporting physical performance and recovery. Nutritional charts and practical advice make it useful for athletes and health-conscious readers alike.

Beef Steak Nutrition Facts 100g

Find other PDF articles:

<http://www.devensbusiness.com/archive-library-008/files?ID=dui84-1679&title=2002-chevy-silverado-ac-diagram.pdf>

Ruth Deery, 2013-12-04 Making good nutritional choices can mean women optimise the outcomes of their birthing experience and offer their babies the best possible start in life. To support this, all health professionals who work with women during pregnancy, birth and the postnatal period need to have an appropriate knowledge of nutrition, healthy eating and other food related issues. This evidence-based text provides an informative and accessible introduction to nutrition in pregnancy and childbirth. As well as allowing readers to recognise when nutritional deficiency may be creating challenges, it explores the psychosocial and cultural context of food and considers their relevance for women's eating behaviour. Finally, important emerging issues, such as eating during labour, food supplements and maternal obesity, are discussed. An important reference for health professionals working in midwifery or public health contexts especially, this book is also the ideal companion for a course on nutrition in pregnancy and childbirth.

beef steak nutrition facts 100g: British Food Facts & Figures, 1986 , 1986

beef steak nutrition facts 100g: Patient Problems in Clinical Nutrition Mark L. Wahlqvist, Jitka S. Vobecky, International Union of Nutritional Sciences, 1987 Abstract: The objectives of this manual are to provide examples of nutritional problems in clinical medicine, to encourage the readers own self-assessment of them, and to provide critiques of the problems with some sources for further reading. The first section of this publication presents a discussion of the definition of clinical nutrition. The second section presents 149 case studies of nutritional problems organized geographically. Each case study concludes with questions accompanied by full critiques of the recommended answers supported by references to the literature. Section III, resources in clinical nutrition, includes lists of nutrition texts and journals and food and nutrition tables, charts, and formula.

beef steak nutrition facts 100g: *Fruit & Vegetable Facts & Pointers* United Fresh Fruit and Vegetable Association, 1967

beef steak nutrition facts 100g: *Broiler Growing* , 1959

beef steak nutrition facts 100g: Hands-On General Science Activities With Real-Life Applications Pam Walker, Elaine Wood, 2008-04-21 In this second edition of Hands-On General Science Activities with Real Life Applications, Pam Walker and Elaine Wood have completely revised and updated their must-have resource for science teachers of grades 5-12. The book offers a dynamic collection of classroom-ready lessons, projects, and lab activities that encourage students to integrate basic science concepts and skills into everyday life.

beef steak nutrition facts 100g: Nursing Mirror and Midwives Journal , 1977

beef steak nutrition facts 100g: *Adding Value to Iowa's Agricultural Commodities* , 1996

beef steak nutrition facts 100g: *The Book of Tofu: Food for mankind* William Shurtleff, 1975

beef steak nutrition facts 100g: *The World Almanac & Book of Facts* , 1946

beef steak nutrition facts 100g: The World Almanac and Book of Facts , 1946

beef steak nutrition facts 100g: *Chambers Book of Facts* , 2007 Nowhere else can such a wealth of facts and figures be found in one conveniently sized book. Chambers Book of Facts is the most up-to-date, reliable source of facts and figures available, with over 160,000 facts covering all fields of inquiry, including history, science, arts and culture, sports, and more. Additional resources such as mini-biographies provide a depth of information not found in other almanacs or fact-finders. This accessible reference will satisfy the needs of readers looking for quick answers and invite more leisurely browsing through its fascinating pages. - 600 headings covering 280 fields of interest - Up-to-date and easy to use, with an index for quick and easy reference - An indispensable aid to the trivia buff and the crossword-puzzle solver

beef steak nutrition facts 100g: *The Medical World* , 1926

beef steak nutrition facts 100g: *Food and Nutrition News* , 1973

beef steak nutrition facts 100g: Food & Wine , 1988

beef steak nutrition facts 100g: *Hospital Management* , 1941

beef steak nutrition facts 100g: *Consumer Reports* , 1959

beef steak nutrition facts 100g: The Country Gentleman , 1907

beef steak nutrition facts 100g: Produce News , 1977-07

beef steak nutrition facts 100g: P2-39-01 - Nutritional Value of Cooked and Sous-vide

Beef: Mineral Compounds Content Julia Bogdanowicz, 2017 Meat, including beef, is a rich source of minerals in the human diet [1,2]. However, different thermal treatments might affect minerals concentration in beef and thus its nutritional value. The aim of the study was to determine the degree of coverage of the demand for minerals by consuming 100g of steam-cooked and sous-vide beef. Material for the study were semimembranosus muscles (n = 12), cut into 2.5 cm thick steaks, which were subjected to steam cooking to obtain 75u00b0C in geometric centre and sous-vide treatment at 60u00b0C for 4h. The content of minerals was analyzed by flame atomic absorption spectrometry method (flame:acetylene-air). Percentages of the recommended daily allowance (RDA) of Ca, Cu, Fe, Mg, Zn and the adequate intake (AI) of Mn, K, Na in 100g of thermal processed beef were determined for adults (males and females, aged 19-50 years) and for children (aged 4-8 years) based on the Institute of Medicine, National Academies, recommendations. The concentration of Ca, Fe, Zn, and Cu was higher in steam-cooked beef, whereas Na and K in sous-vide beef. Thermal processes beef was very good source of Zn and Fe; 100g of steam-cooked beef satisfied 119% of Zn RDA for children, 54% for males and 74% for females, whereas sous-vide beef 101%, 46% and 63%, respectively. A portion of steam-cooked beef provided 32% of Fe RDA for children, 40% for males and 18% for females, whereas sous-vide beef 21%, 26% and 11%, respectively. The steam-cooked meat was also relatively good source of Cu and provided from 12% RDA (males and females) to 25% (children), whereas sous-vide beef from 10% to 20%, respectively. Thermal processed beef was moderate source for Mg (from 4 to 13% of RDA) and K (from 7 to 9% of AI) and poor source of Ca (up to 0.5% of RDA), Mn (up to 0.3% of AI) and Na (up to 3% of AI). Daily requirements for minerals were satisfied to higher degree by a 100g portion of steam-cooked beef, which was caused by lower cooking loss than sous-vide samples. References[1] Gerber et al. (2009). Meat Science, 81, 148u2013154. doi:10.1016/j.meatsci.2008.07.012[2] Lopes et al. (2015). Meat Science, 99, 38u201343, doi:10.1016/j.meatsci.2014.08.012Project financially supported by Minister of Science and Higher Education in the range of the program entitled.

Related to beef steak nutrition facts 100g

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef

exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

Related to beef steak nutrition facts 100g

Flank Steak (Men's Health10y) Flank steak is made from the cow's abdominal muscles. It's one of the healthiest beef cuts—ounce for ounce, a flank steak has fewer calories and more protein than a ribeye or porterhouse. It's one of

Flank Steak (Men's Health10y) Flank steak is made from the cow's abdominal muscles. It's one of the healthiest beef cuts—ounce for ounce, a flank steak has fewer calories and more protein than a ribeye or porterhouse. It's one of

Back to Home: <http://www.devensbusiness.com>