



Bandera Grassland™
Grassfed TX Longhorn Beef
01/18/2016

USDA
 Commodity
 Grain-Fed

Nutrient		Beef: 4 oz (112 g) strip steak
Protein	27.1 g	24.20%
Fat - total	5.9 g	5.30%
Calories	161	
Ash		0.90%
Monounsaturated Fat	2860 mg	2.55 g/100
Polyunsaturated Fat	291 mg	0.26 g/100
Saturated Fat	2730 mg	2.44 g/100
Cholesterol	69.4 mg	62. mg/100g
Water		70.30%
Choline		385 mg/kg
Vitamin A mcg Retinol Activity Equivalents (RAE)		65 IU/100g
Retinol mcg Retinol Equivalents (RE)		65 IU/100g
Beta-Carotene (Vit. A)		21 IU/100g
Vitamin E mg Alpha-Tocopherol Equivalents (ATE)		1.38 mcg/kg 100g sample
Vitamin K2 (MK-4)		1.38 mcg/kg 100g sample
Calcium		79.3 ppm
Copper		2.05 ppm
Iron	2.7	24.5 ppm
Magnesium		223 ppm
Phosphorus	217	1940 ppm
Potassium	240	2150 ppm
Selenium		0.12 ppm
Sodium	45	399 ppm
Zinc	3.9	35.1 ppm
Saturated Fatty Acids (total)		2.73
Trans fatty acids (total)	33.60 mg	0.03 g/100
Omega-3 Fatty Acids	89.60 mg	0.08 g/100
Omega-6 Fatty Acids	190 mg	0.17 g/100
Omega 9 Fatty Acids	2420 mg	2.16 g/100
Folic acid		0.22 mg/kg
Pantothenic acid		3.58 mg/kg
Choline chloride		385 mg/kg
18:1 Oleic	2420 mg	2.16 g/100
18:3 Linolenic	134 mg	0.12 g/100
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
20:5 Eicosapentaenoic (EPA)	11.20 mg	0.01 g/100
22:5 Docosapentaenoic (DPA)	33.60 mg	0.03 g/100
14:0 Myristic	224 mg	0.2 g/100
14:1 cis Myristoleic	56 mg	0.05 g/100
15:0 Pentadecanoic	44.8 mg	0.04 g/100
16:0 Palmitic	1620 mg	1.45 g/100
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
18:1 trans Eliadic	11.20 mg	0.01 g/100
Alanine		1.41%
Arginine		1.46%
Aspartic Acid		1.82%
Cysteine		0.26%
Glutamic Acid		3.40%
Glycine		1.24%
Histidine		0.90%
Isoleucine		1.01%
Leucine		1.71%
Lysine		1.99
Methionine		0.58%
Phenylalanine		1.01
Proline		1.03%
Serine		0.93%
Threonine		1.10%
Tryptophan		0.18%
Tyrosine		0.66
Valine		1.20%

Other Breed Grassfed
26.16
8.10 g
175
1.92 g
2.80 g
2.50 g
2.80 g
74.00 mg
83.26 g
73.82 mg
4.25 mcg
0
51.00 mcg
0.25 mg
1.02 mcg
10.21 mg
0.08 mg
2.04 mg
26.08 mg
240.40 mg
387.82 mg
23.93 mcg
62.37 mg
4.09 mg
5.9752
0.8411
1.10 g
1.50 g
0.77 mg
73.82 mg
1.03 g
0.02 g
0.01
0.26 g
0
0.07 g
0.01 g
0.65 g
0.40 g
1.59 g
1.69 g
2.38 g
0.33 g
3.93 g
1.59 g
0.83 g
1.18 g
2.08 g
2.21 g
0.68 g
1.03 g
1.25 g
1.03 g
1.04 g
0.17 g
0.83 g
1.30 g