

NUTRITION FACTS OF STEAK

NUTRITION FACTS FOR TRIMMED, 3oz COOKED (4oz RAW) PORTIONS



Bottom Round
180 Calories
6g Fat
0g Carbs
29g Protein



Brisket Flat Half
170 Calories
6g Fat
0g Carbs
28g Protein



Chuck Short Ribs
200 Calories
12g Fat
0g Carbs
24g Protein



Cowboy Steak
220 Calories
14g Fat
0g Carbs
23g Protein



Denver
180 Calories
11g Fat
0g Carbs
22g Protein



Flank
160 Calories
6g Fat
0g Carbs
23g Protein



Filet Mignon/Tenderloin
170 Calories
7g Fat
0g Carbs
26g Protein



Flat Iron
180 Calories
9g Fat
0g Carbs
23g Protein



Eye of Round
130 Calories
3g Fat
0g Carbs
25g Protein



Porterhouse
180 Calories
9g Fat
0g Carbs
24g Protein



Bone-In Rib-Eye
190 Calories
10g Fat
0g Carbs
23g Protein



Rib-Eye
170 Calories
8g Fat
0g Carbs
24g Protein



Skirt
200 Calories
11g Fat
0g Carbs
25g Protein



Strip (Boneless)
160 Calories
6g Fat
0g Carbs
25g Protein



T-Bone
180 Calories
9g Fat
0g Carbs
23g Protein



Top Round
140 Calories
3g Fat
0g Carbs
25g Protein



Top Sirloin
150 Calories
5g Fat
0g Carbs
26g Protein



Tri Tip
220 Calories
13g Fat
0g Carbs
25g Protein

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Steak Nutritional Guide

Didier Musso



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