

# Beef: A force of nature.

**Protein 35g**

Potassium 6%

Riboflavin 25%

Vitamin B<sub>6</sub> 15%

**ZINC 79%**

PHOSPHORUS 16%

**Pantothenate 20%**



Magnesium 6%

**NIACIN 40%**

SELENIUM 53%

**Vitamin B<sub>12</sub> 100%**

**IRON 19%**

Nutrient % Daily Value - per 100 grams cooked beef. Source of nutrient values: Health Canada, Canadian Nutrient File, 2015, food code 6172: beef, composite cuts, steak/roast, lean and fat