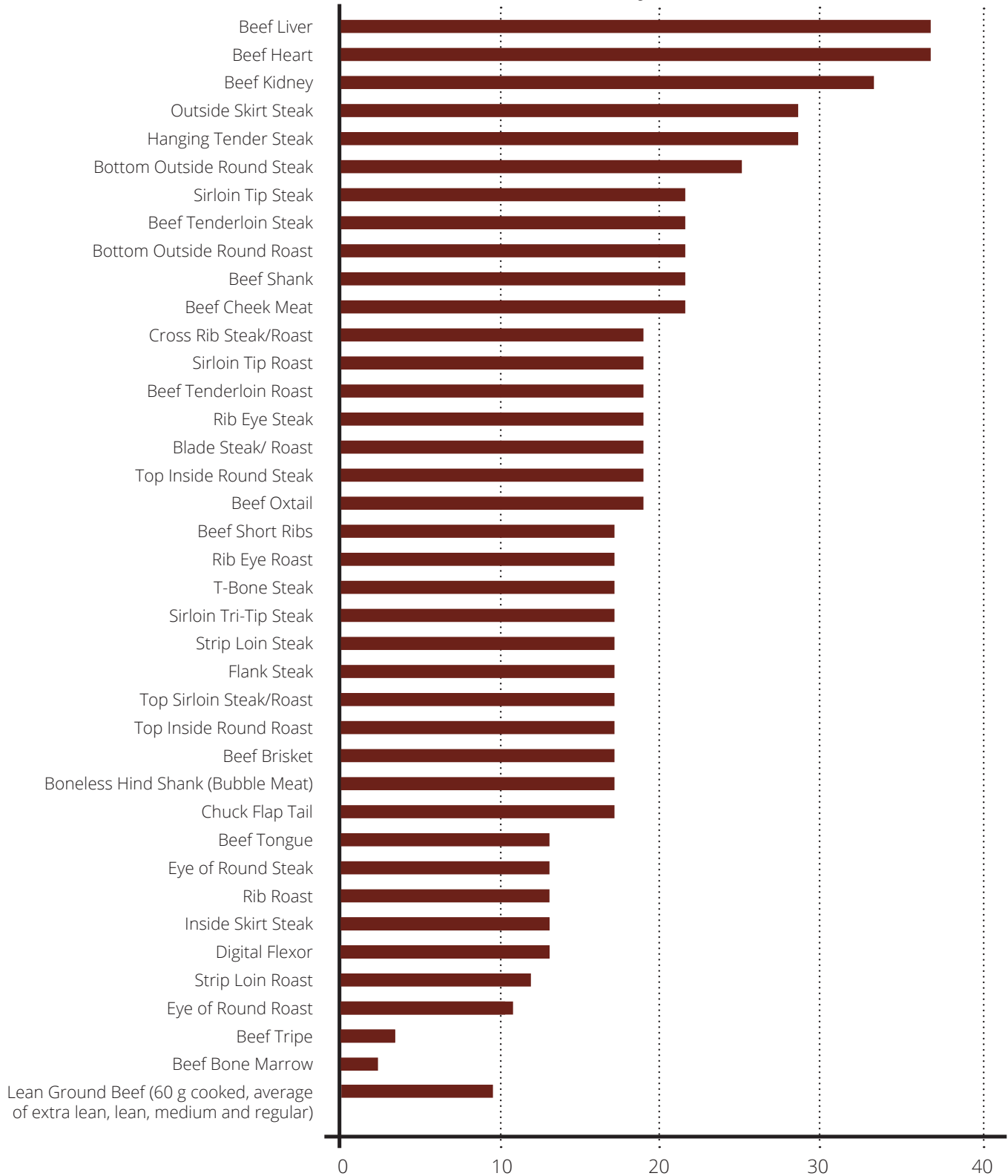


# Iron Content of Various Beef Cuts

(per 100 gram cooked portion)

% Daily Value



Nutrient values from Health Canada, Canadian Nutrient File (2015), USDA, FoodData Central (2019), or laboratory analysis (Bureau Veritas, 2022).

