

# Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

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Serving size:

## FOOD SUMMARY

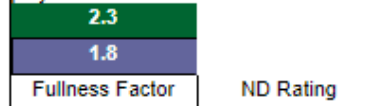
Nutrition facts label for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

This feature requires Flash player to be installed in your browser. [Download the player here.](#)  
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### Nutritional Target Map [What is this?](#)

Nutritional Target Map for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

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### NutritionData's Opinion [What is this?](#)

Weight loss: ★★☆☆☆

Optimum health: ★★☆☆☆

Weight gain: ★★☆☆☆

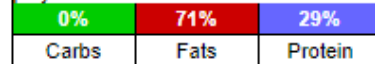
**The good:** This food is low in Sodium. It is also a good source of Vitamin B12 and Zinc.

**The bad:** This food is high in Saturated Fat. This food also contains Trans Fat.

### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

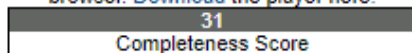
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## NUTRIENT BALANCE

Nutrient Balance Indicator for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

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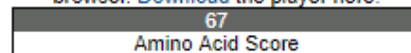


[What is this?](#)

## PROTEIN QUALITY

Protein Quality for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]

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[What is this?](#)

Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 1 ounce (28g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	71.1 (298 kJ)	4%
From Carbohydrate	0.1 (0.4 kJ)	
From Fat	50.5 (211 kJ)	
From Protein	20.5 (85.8 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	0.0 g	0%
Dietary Fiber	0.0 g	0%
Starch	0.0 g	
Sugars	0.0 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	5.6 g	9%
Saturated Fat	2.1 g	11%
Monounsaturated Fat	2.5 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	0.3 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	13.4 mg	
Total Omega-6 fatty acids	122 mg	

Learn more about these fatty acids and their equivalent names

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	4.8 g	10%

More details ▾

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	0.5 mcg	1%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	2%
Niacin	1.2 mg	6%
Vitamin B6	0.1 mg	5%
Folate	2.0 mcg	0%
Vitamin B12	0.6 mcg	10%
Pantothenic Acid	0.1 mg	1%
Choline	15.8 mg	
Betaine	2.0 mg	

More details ▾

Minerals

Amounts Per Selected Serving		%DV
Calcium	5.0 mg	1%
Iron	0.5 mg	3%
Magnesium	4.8 mg	1%
Phosphorus	44.2 mg	4%
Potassium	75.6 mg	2%
Sodium	18.8 mg	1%
Zinc	1.2 mg	8%
Copper	0.0 mg	1%
Manganese	0.0 mg	0%
Selenium	4.2 mcg	6%
Fluoride	6.3 mcg	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	19.9 mg	7%
Phytosterols	~	

More details ▾

Other	
Amounts Per Selected Serving	%DV
Alcohol	0.0 g
Water	17.3 g
Ash	0.2 g
Caffeine	0.0 mg
Theobromine	0.0 mg

**Footnotes for Beef, ground, 80% lean meat / 20% fat, raw [hamburger]**

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Nutrition Data's Opinion, Completeness Score™, Fullness Factor™, Rating, Estimated Glycemic Load (eGL), and Better Choices Substitutions™ are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or health-care professional. Nutrition Data's opinions and ratings are based on weighted averages of the nutrient densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.