



Beef brisket, fat trimmed, cooked - 3 OZ

USDA (/brand/usda/products/513fcc648110a4cafb90ca5e)

Nutrition Facts	
Serving Size: <input type="text" value="3"/> oz (85g)	
Amount Per Serving	
Calories 247	Calories from Fat 149
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 6.4g	32%
Cholesterol 79mg	26%
Sodium 55mg	2%
Potassium 220mg	6%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A	0%
Vitamin C	0%
Calcium	0.6%
Iron	12%
* Percent Daily Values are based on a 2000 calorie diet.	

 Nutritionix App (/app)

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