

beef roast nutrition facts

beef roast nutrition facts provide valuable insight into the dietary benefits and composition of this popular cut of meat. Understanding the nutritional profile of beef roast is essential for individuals aiming to maintain a balanced diet while enjoying flavorful protein sources. This article explores the macronutrient content, micronutrients, and calorie information of beef roast, as well as its health implications and recommended serving sizes. Additionally, the discussion covers variations in nutrition based on cooking methods and different beef cuts. Comprehensive knowledge of beef roast nutrition facts helps consumers make informed decisions about incorporating it into their meal plans. The following sections detail essential aspects of beef roast nutrition and its role in a healthy diet.

- Macronutrient Composition of Beef Roast
- Micronutrients and Vitamins in Beef Roast
- Caloric Content and Serving Sizes
- Health Benefits and Considerations
- Impact of Cooking Methods on Nutrition
- Variations Among Different Beef Roast Cuts

Macronutrient Composition of Beef Roast

Beef roast is a rich source of essential macronutrients, primarily protein and fat, which contribute to its nutritional value. The macronutrient profile varies depending on the specific cut and degree of fat trimming. Generally, a 3-ounce cooked serving of beef roast contains a substantial amount of protein, moderate fat, and negligible carbohydrates.

Protein Content

Protein is the most abundant macronutrient in beef roast, making it an excellent choice for muscle repair, growth, and overall bodily function. A typical 3-ounce portion provides approximately 22 to 26 grams of high-quality protein. This protein contains all nine essential amino acids, classifying it as a complete protein source.

Fat Content

Fat content in beef roast varies significantly depending on the cut and preparation. Leaner cuts such as eye of round or top sirloin have lower fat content, ranging from 5 to 10 grams per 3-ounce serving. In contrast, fattier cuts like rib roast contain higher fat levels, potentially exceeding 15 grams per serving. The fat composition includes saturated fat, monounsaturated fat, and small amounts of polyunsaturated fat.

Carbohydrate Content

Beef roast contains virtually no carbohydrates, making it suitable for low-carb and ketogenic diets. The absence of carbs means it does not contribute to blood sugar spikes, which is beneficial for individuals managing glucose levels.

Micronutrients and Vitamins in Beef Roast

Beyond macronutrients, beef roast delivers several vital micronutrients and vitamins crucial for maintaining health. These nutrients support various physiological functions, including oxygen transport, immune response, and energy metabolism.

Iron and Zinc

Beef roast is an excellent source of heme iron, which is more readily absorbed by the body compared to non-heme iron found in plant sources. Iron plays a critical role in red blood cell production and oxygen delivery. Additionally, beef provides significant amounts of zinc, essential for immune function, wound healing, and DNA synthesis.

B Vitamins

The B vitamin complex is well represented in beef roast, particularly vitamin B12, niacin (B3), riboflavin (B2), and vitamin B6. Vitamin B12 is crucial for nerve function and the formation of red blood cells. Niacin supports energy metabolism, while riboflavin and B6 contribute to cellular function and protein metabolism.

Other Minerals

In addition to iron and zinc, beef roast contains phosphorus, selenium, and smaller amounts of magnesium and potassium. These minerals assist in bone health, antioxidant defense, and electrolyte balance.

Caloric Content and Serving Sizes

The calorie content of beef roast depends largely on the cut and fat content. Generally, a 3-ounce cooked portion of lean beef roast provides between 150 and 220 calories. This makes it a nutrient-dense option for individuals seeking to meet their energy needs without excessive caloric intake.

Recommended Serving Sizes

Nutrition guidelines recommend a serving size of approximately 3 to 4 ounces of cooked beef for adults. This portion size supplies sufficient protein and nutrients while helping to manage calorie consumption. Adjustments can be made based on individual dietary goals and activity levels.

Calorie Breakdown

The calories in beef roast come primarily from protein and fat. Protein provides 4 calories per gram, while fat delivers 9 calories per gram. Leaner cuts have a higher proportion of calories from protein, whereas fattier cuts have more calories originating from fat.

Health Benefits and Considerations

Incorporating beef roast into a balanced diet offers several health benefits due to its nutrient density. However, mindful consumption and preparation methods are necessary to maximize benefits and minimize potential risks.

Benefits of Beef Roast

- Supports muscle growth and repair through high-quality protein.
- Provides essential micronutrients like iron and zinc, supporting immune health and oxygen transport.
- Contains B vitamins that promote energy metabolism and neurological function.
- Can aid in satiety, contributing to appetite control.

Considerations and Moderation

Excessive intake of red meat, including beef roast, has been associated with

certain health concerns such as increased cardiovascular risk and colorectal cancer. Selecting lean cuts, limiting processed beef products, and balancing with plant-based foods can help mitigate these risks. Additionally, attention to portion size and cooking methods plays a role in maintaining health.

Impact of Cooking Methods on Nutrition

The method used to cook beef roast influences its nutritional profile, including fat content and formation of potentially harmful compounds. Understanding these effects helps optimize the healthfulness of beef roast meals.

Common Cooking Techniques

Roasting, grilling, braising, and slow cooking are popular methods for preparing beef roast. Each method affects moisture retention, fat content, and nutrient preservation differently.

Effect on Fat and Caloric Content

Cooking that allows fat to drain, such as roasting on a rack, can reduce the overall fat content of the finished dish. In contrast, cooking methods that retain fat, like braising, may result in higher fat and calorie levels.

Potential Formation of Harmful Compounds

High-temperature cooking methods, such as grilling and broiling, can produce heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), compounds linked to cancer risk. Using lower temperature methods and avoiding charring can minimize these substances.

Variations Among Different Beef Roast Cuts

Beef roast nutrition facts vary depending on the specific cut, which influences fat content, tenderness, and flavor. Familiarity with common cuts supports informed dietary choices.

Lean Cuts

Lean beef roasts include eye of round, top sirloin, and bottom round. These cuts have lower fat content, typically under 10 grams per 3-ounce serving, and are ideal for low-fat diets.

Moderate Fat Cuts

Chuck roast and rump roast contain moderate fat levels, providing a balance between flavor and nutrition. These cuts often require slow cooking to tenderize.

Fattier Cuts

Rib roast and prime rib have higher fat content, contributing to rich flavor and juiciness. These cuts contain more saturated fat and calories, which should be considered in meal planning.

Frequently Asked Questions

What are the basic nutrition facts of a beef roast per 3-ounce serving?

A 3-ounce serving of cooked beef roast typically contains around 180-220 calories, 22-26 grams of protein, 10-15 grams of fat, and 0 grams of carbohydrates.

Is beef roast a good source of protein?

Yes, beef roast is an excellent source of high-quality protein, providing about 22-26 grams of protein per 3-ounce serving, which supports muscle growth and repair.

How much fat is in a typical beef roast?

A typical 3-ounce serving of beef roast contains approximately 10-15 grams of fat, including saturated and unsaturated fats. The exact amount varies based on the cut and preparation method.

Does beef roast contain any carbohydrates?

No, beef roast generally contains zero grams of carbohydrates, making it a suitable option for low-carb and ketogenic diets.

What vitamins and minerals are found in beef roast?

Beef roast is rich in essential nutrients such as iron, zinc, vitamin B12, niacin (vitamin B3), and phosphorus, which are vital for energy production, immune function, and oxygen transport.

How does the fat content of lean beef roast compare to regular beef roast?

Lean beef roast contains less fat, typically around 5-8 grams per 3-ounce serving, compared to regular beef roast which can have 10-15 grams of fat. Choosing lean cuts reduces calorie and saturated fat intake.

Can beef roast be part of a heart-healthy diet?

Yes, when consumed in moderation and prepared with lean cuts, beef roast can be part of a heart-healthy diet. Limiting saturated fat intake and balancing with vegetables and whole grains is important.

How does cooking method affect the nutrition of beef roast?

Cooking methods like roasting, grilling, or broiling can help reduce added fats compared to frying. Overcooking may reduce some vitamins, but protein content remains relatively stable.

Is beef roast suitable for people following a low-carb or ketogenic diet?

Yes, beef roast is an ideal protein source for low-carb and ketogenic diets due to its high protein content and zero carbohydrates.

Additional Resources

1. The Nutritional Profile of Beef Roast: An In-Depth Guide

This book offers a comprehensive analysis of the nutritional content found in various cuts of beef roast. It breaks down macronutrients like protein, fats, and carbohydrates, as well as essential vitamins and minerals. Readers will gain insight into how beef roast can fit into different dietary plans and contribute to overall health.

2. Beef Roast and Balanced Eating: Understanding Nutrition Facts

Focusing on the role of beef roast in a balanced diet, this book explores its calorie count, fat content, and nutrient density. It also compares beef roast nutrition to other protein sources, helping readers make informed choices. Practical advice on portion control and cooking methods to preserve nutrients is also included.

3. From Farm to Table: The Nutritional Journey of Beef Roast

Tracing the nutritional changes from raising cattle to cooking beef roast, this book educates readers on how processing and preparation affect nutrient levels. It covers factors such as grass-fed vs. grain-fed beef and their impact on fat composition. The book also highlights sustainable farming

practices that influence nutritional quality.

4. Health Benefits and Considerations of Beef Roast Consumption

This book delves into the health implications of including beef roast in your diet. It addresses the benefits of high-quality protein and iron intake, while also discussing concerns related to saturated fats and cholesterol. Readers will find balanced perspectives grounded in current scientific research.

5. Cooking for Nutrition: Maximizing the Health Value of Beef Roast

Learn how different cooking techniques affect the nutritional content of beef roast in this practical guide. The book offers tips on preserving vitamins and reducing unhealthy fats during preparation. Recipes that emphasize nutrient retention without sacrificing flavor are included for home cooks.

6. Beef Roast Nutrition Facts for Athletes and Fitness Enthusiasts

Tailored for those with active lifestyles, this book highlights the role of beef roast as a rich source of muscle-building protein and essential nutrients. It discusses timing and portion sizes to optimize recovery and performance. Additionally, it provides meal plans incorporating beef roast for various fitness goals.

7. Understanding Beef Roast Labels: Decoding Nutrition Facts

This book helps readers interpret nutrition labels on packaged beef roast products. It explains common terms, serving sizes, and nutrient percentages to empower consumers. Guidance on selecting healthier options and avoiding misleading claims is also provided.

8. The Science of Beef Roast Nutrition: Key Facts and Figures

Offering a scientific approach, this book compiles data from nutritional studies on beef roast. It presents detailed charts and tables outlining macro and micronutrient levels. The book is designed for nutritionists, dietitians, and curious readers seeking evidence-based information.

9. Beef Roast in Special Diets: Nutrition Facts and Adaptations

This book explores how beef roast fits into various dietary restrictions such as keto, paleo, and low-sodium diets. It provides tailored nutritional information and modifications to accommodate health conditions like hypertension and diabetes. Readers will find practical advice for incorporating beef roast safely and nutritiously.

Beef Roast Nutrition Facts

Find other PDF articles:

<https://staging.massdevelopment.com/archive-library-201/files?ID=Fok14-6040&title=cpr-training-center-of-houston.pdf>

beef roast nutrition facts: The NutriBase Nutrition Facts Desk Reference , 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

beef roast nutrition facts: Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976

beef roast nutrition facts: Facts about USDA Commodities for the National School Lunch and Breakfast Programs , 1991

beef roast nutrition facts: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3-8 include bibliography and indexes / subject, personal author, corporate author, title, and media index.

beef roast nutrition facts: Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.), 1975

beef roast nutrition facts: Food and Nutrition Information and Educational Materials Center Catalog Food and Nutrition Information and Educational Materials Center (U.S.), 1973

beef roast nutrition facts: Beef'n-Up Your Dinner Plate Chef David L. Bishop, 2013-06-29 While doing research for this book I was at the meat counter of a local grocery store when two ladies walked up and started to look for some steaks. They kept picking up and setting down selection after selection. One lady said to the other, Theres just too many cuts with the name steak on them. I dont know which ones are good for grilling. Her friend said, This one looks good, but its really thick. Picking up another selection she stated, This one is a lot thinner, but its too big, I think we want individual steaks. One of the ladies asked if I worked there. I said, No but I can help you. I explained what steaks would be best for grilling and would give them a juicy tender steak. They left with their selection, looking forward to grilling great steaks. Dont let the beef counter be a mystery to you anymore! Beef is an expensive part of your grocery budget. BEEFN-UP your Dinner Plate will give you the confidence to make a meat selection, and explore many new dishes.

beef roast nutrition facts: The Essential Instant Pot® Keto Cookbook Casey Thaler, 2019-01-08 The two hottest trends in wellness made deliciously easy! Personal trainer and fitness expert Casey Thaler provides 210 ketogenic recipes for every meal of the day-fully endorsed by Instant Pot®. Eating keto has never been easier, thanks to the Instant Pot®, an electric multicooker that can sauté, bake, slow cook, and pressure cook healthy, flavorful meals. Perfect for all models of the Instant Pot, we're serving up 210 wholesome recipes that will have you eating in a fraction of the time. Casey's delicious meals contain no processed foods, are free from sugars, and omit inflammatory grains. You'll feel great indulging in keto staples like Easy Healing Bone Broth and Butter Pecan Fat Bombs; comfort food favorites like Classic Lasagna, Chicken Pot Pie, and Basil-Lime Carnitas; and guilt-free desserts like Luscious Lemon Squares, Soft and Chewy Chocolate Chip Cookie Bites, and more. Featuring guest recipes from some of the biggest names in the paleo and keto communities-like Danielle Walker, Dr. Kellyann Petrucci, and Robb Wolf-THE ESSENTIAL INSTANT POT® KETO COOKBOOK is your ultimate resource for eating clean and getting lean.

beef roast nutrition facts: New Cook Book Jennifer Darling, 2004-03 Includes two bonus chapters of recipes, menus, party and decorating ideas, and shortcut treats Bonus Chapter No. 1: Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches, appetizer parties, dessert parties, and simple dinners for busy families Additional recipes new to this edition Make-ahead information and time tables for all menus so more time is spent with guests, not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

beef roast nutrition facts: 101 Fat-Burning Workouts & Diet Strategies For Women Muscle & Fitness Hers, 2013-02-01 The ideal resource for anyone looking to lose weight and look great, this health handbook features easy-to-follow cardio and weight training routines, recipes, and meal plans. Following on the heels of the ultra-successful Triumph titles, 101 Workouts and 101 Workouts for Women, is a new book in the 101 series that delivers even more breakthrough fitness advice for people of all ages. In 101 Fat-Burning Workouts & Diet Strategies For Women, the editors of Muscle & Fitness magazine provide expert workouts, high-energy cardio routines, body-sculpting meal plans, and tasty low-fat recipes.

beef roast nutrition facts: Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

beef roast nutrition facts: *Supermarket Shortcuts* Better Homes and Gardens, 2009 A perfect cookbook for anyone who just doesn't have time to cook No time to cook? No worries! You can finally skip the drive-through and put home-cooked meals on the table any night of the week! The key is saving time not just in the kitchen, but during that time-consuming trip to the supermarket. Supermarket Shortcuts will get you in and out of the supermarket quickly, efficiently, and cheaply with strategies for streamlining your shopping, then preparing hundreds of delicious, quick meals, almost from scratch. Filled with 370 recipes made easy and speedy with convenient prepackaged foods and pre-set shopping lists, Supermarket Shortcuts includes A variety of home-style favorites and new flavors, like Cheesy Meatball Stew, Stir-fry Chicken and Peppers, and Spiked Pot Roast and Potato Simmer Ways to make meal preparation faster and easier-saving you not only time in the kitchen, but also time (and money!) at the supermarket A Shortcuts to Supper chapter presents 50 great-tasting convenience products followed by five recipes for each (250 recipes in all!), all ready with a minimum of time and effort 1 Grocery Bag, 5 ways chapter presents a shopping list with 10 ingredients and lets you decide which of five recipes you want to fix A make-ahead chapter perfect for removing stress from dinnertime A Workaday Dinners chapter with family-style recipes ready in 30 minutes or less, with short ingredients lists (10 or fewer ingredients) featuring easy-to-find convenience products and/or fresh ingredients that require minimal preparation With 24 pages of beautiful color photos, Supermarket Shortcuts has the easy, quick recipes you need to make dinnertime-and shopping for dinner-a snap.

beef roast nutrition facts: *The Complete Guide to Developing Nutritional Skills* Delores D. Fedrick, 2015-02-24 The need to understand proper nutrition is a national emergency, don't you agree? We can see obesity, chronic diseases, and other health conditions spreading at epidemic proportions, and the culprit of such problems is sadly our very own eating habits and lifestyles. The Complete Guide to Developing Nutritional Skills is intended to be an eye-opener of practical information on how to see food intake and food labels like a nutritionist. It really isn't rocket science but as easy as ABC. Read and learn how to calculate your body's basic daily nutrient needs. Discover how to decode nutrition facts labels from a different vantage point. This manual will guide you in leading healthy lives, addressing gaps in nutritional knowledge, and executing smarter solutions to health challenges. Every household should have one!

beef roast nutrition facts: *The Sonoma Diet Cookbook* Connie Guttersen, 2006 Companion cookbook to The Sonoma diet book inspired by the Mediterranean way of eating and touched by the global flavors of Asia and Latin America.

beef roast nutrition facts: *Rowing News* , 1995-07-02

beef roast nutrition facts: *Foods & Nutrition Encyclopedia, Two Volume Set* Marion Eugene Ensminger, Audrey H. Ensminger, 1993-11-09 Foods and Nutrition Encyclopedia, Second Edition is the updated, expanded version of what has been described as a monumental, classic work. This new edition contains more than 2,400 pages; 1,692 illustrations, 96 of which are full-color photographs; 2,800 entries (topics); and 463 tables, including a table of 2,500 food compositions. A comprehensive index enables you to find information quickly and easily.

beef roast nutrition facts: *Rowing News* , 1997-06-22

beef roast nutrition facts: *Better Homes and Gardens Year-Round Slow Cooker* ,

beef roast nutrition facts: *The Best of Closet Cooking 2025* Kevin Lynch, 25 of the tastiest and most popular recipes on Closet Cooking, the 2025 edition.

beef roast nutrition facts: *Recipes & Information* Sandy Stein, 2009-08 This Recipes & Information cookbook is the result of 50 plus years of accumulating thousands of recipes and information that have their roots in everyday and party foods with a diverse background of American, Italian, Jewish, Oriental, Hispanic, Eastern and European flavors about everything from soup to nuts. The book contains about 800 recipes. Included in this cook are a wealth of tips, information, and historical facts related to eating, drinking, cooking and baking appetizer, soup, stew, meat, pasta, noodle, fish, seafood, vegetable, gravy, sauce, dessert and baking recipes. The cookbook contains 100 pages related to information on more than 75 subjects.

Related to beef roast nutrition facts

Calories in Roast Beef and Nutrition Facts - FatSecret There are 56 calories in 1 thin slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 oz of boneless (yield after cooking) and 1 oz of

Calories in 1 oz of boneless Roast Beef and Nutrition Facts There are 76 calories in 1 ounce of boneless Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in Roast Beef - FatSecret The favorite choice for the term "Roast Beef" is 1 medium slice of Roast Beef which has about 110 calories. Calorie and nutritional information for a variety of types and serving sizes of Roast

Calories in 100 g of Roast Beef and Nutrition Facts - FatSecret There are 267 calories in 100 grams of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 medium slice of Roast Beef and Nutrition Facts There are 112 calories in 1 medium slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 serving of Roast Beef and Nutrition Facts There are 227 calories in 1 serving of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield after

Calories in 1 oz of boneless (yield after cooking) Roast Beef and There are 59 calories in 1 ounce of boneless (yield after cooking) Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz

Calories in 1 cup of diced Roast Beef and Nutrition Facts There are 358 calories in 1 cup of diced Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in Roast Beef (Lean Only Eaten) and Nutrition Facts Get full nutrition facts and other common serving sizes of Roast Beef (Lean Only Eaten) including 1 oz of boneless (yield after cooking, fat removed) and 1 thin slice

Calories in Pot Roast and Nutrition Facts - FatSecret There are 297 calories in 1 cup of Pot Roast. Get full nutrition facts and other common serving sizes of Pot Roast including 1 oz and 100 g

Calories in Roast Beef and Nutrition Facts - FatSecret There are 56 calories in 1 thin slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 oz of boneless (yield after cooking) and 1 oz

Calories in 1 oz of boneless Roast Beef and Nutrition Facts There are 76 calories in 1 ounce of boneless Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless

Calories in Roast Beef - FatSecret The favorite choice for the term "Roast Beef" is 1 medium slice of Roast Beef which has about 110 calories. Calorie and nutritional information for a variety of types and serving sizes of Roast

Calories in 100 g of Roast Beef and Nutrition Facts - FatSecret There are 267 calories in 100

grams of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 medium slice of Roast Beef and Nutrition Facts There are 112 calories in 1 medium slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 serving of Roast Beef and Nutrition Facts There are 227 calories in 1 serving of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield after

Calories in 1 oz of boneless (yield after cooking) Roast Beef and There are 59 calories in 1 ounce of boneless (yield after cooking) Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz

Calories in 1 cup of diced Roast Beef and Nutrition Facts There are 358 calories in 1 cup of diced Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in Roast Beef (Lean Only Eaten) and Nutrition Facts Get full nutrition facts and other common serving sizes of Roast Beef (Lean Only Eaten) including 1 oz of boneless (yield after cooking, fat removed) and 1 thin slice

Calories in Pot Roast and Nutrition Facts - FatSecret There are 297 calories in 1 cup of Pot Roast. Get full nutrition facts and other common serving sizes of Pot Roast including 1 oz and 100 g

Calories in Roast Beef and Nutrition Facts - FatSecret There are 56 calories in 1 thin slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 oz of boneless (yield after cooking) and 1 oz of

Calories in 1 oz of boneless Roast Beef and Nutrition Facts There are 76 calories in 1 ounce of boneless Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in Roast Beef - FatSecret The favorite choice for the term "Roast Beef" is 1 medium slice of Roast Beef which has about 110 calories. Calorie and nutritional information for a variety of types and serving sizes of Roast

Calories in 100 g of Roast Beef and Nutrition Facts - FatSecret There are 267 calories in 100 grams of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 medium slice of Roast Beef and Nutrition Facts There are 112 calories in 1 medium slice of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in 1 serving of Roast Beef and Nutrition Facts There are 227 calories in 1 serving of Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield after

Calories in 1 oz of boneless (yield after cooking) Roast Beef and There are 59 calories in 1 ounce of boneless (yield after cooking) Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz

Calories in 1 cup of diced Roast Beef and Nutrition Facts There are 358 calories in 1 cup of diced Roast Beef. Get full nutrition facts and other common serving sizes of Roast Beef including 1 thin slice and 1 oz of boneless (yield

Calories in Roast Beef (Lean Only Eaten) and Nutrition Facts Get full nutrition facts and other common serving sizes of Roast Beef (Lean Only Eaten) including 1 oz of boneless (yield after cooking, fat removed) and 1 thin slice

Calories in Pot Roast and Nutrition Facts - FatSecret There are 297 calories in 1 cup of Pot Roast. Get full nutrition facts and other common serving sizes of Pot Roast including 1 oz and 100 g