Nutrient Analysis Report



Farm/Business: Client

Sample Group(s): Cow (Beef) - Ribeye

Species: Cow (Beef)

Nutrient Group: Macronutrients & Proximates

Generated: October 14, 2026

From the Center of Human Nutrition Studies Lab at Utah State University

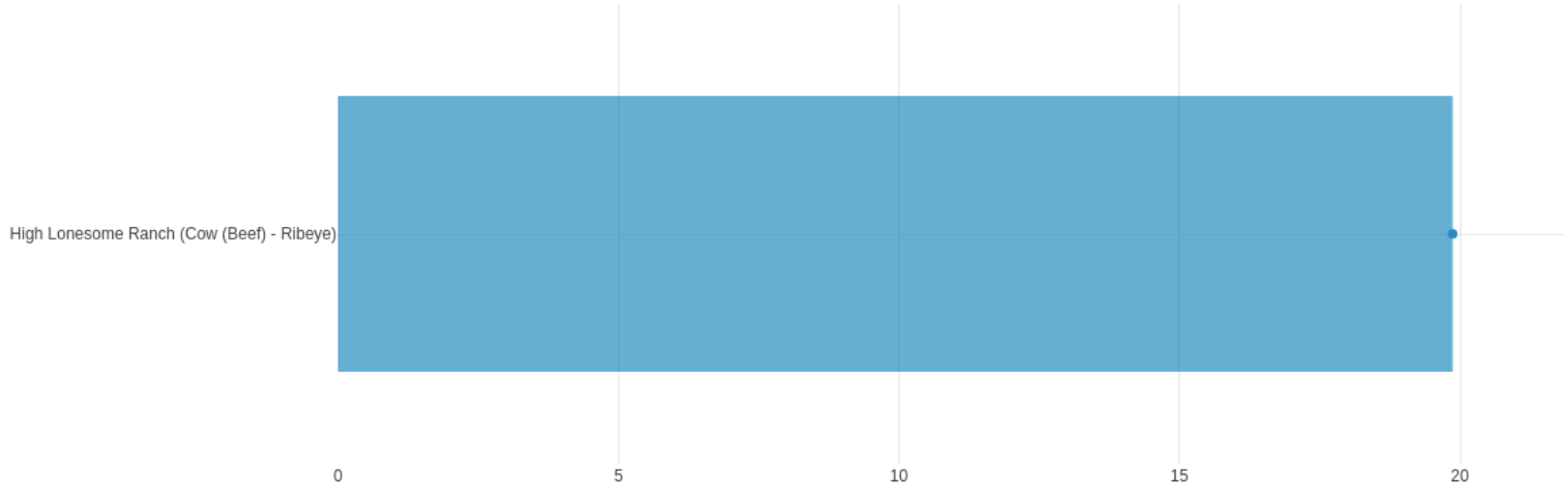
Other

Protein (g/100g)

Quick Statistics

GROUP	MEAN
Client	19.870

Protein (g/100g)



Additional Information: Protein

Recommended Daily Value (RDA):

50 g

Biological Effects:

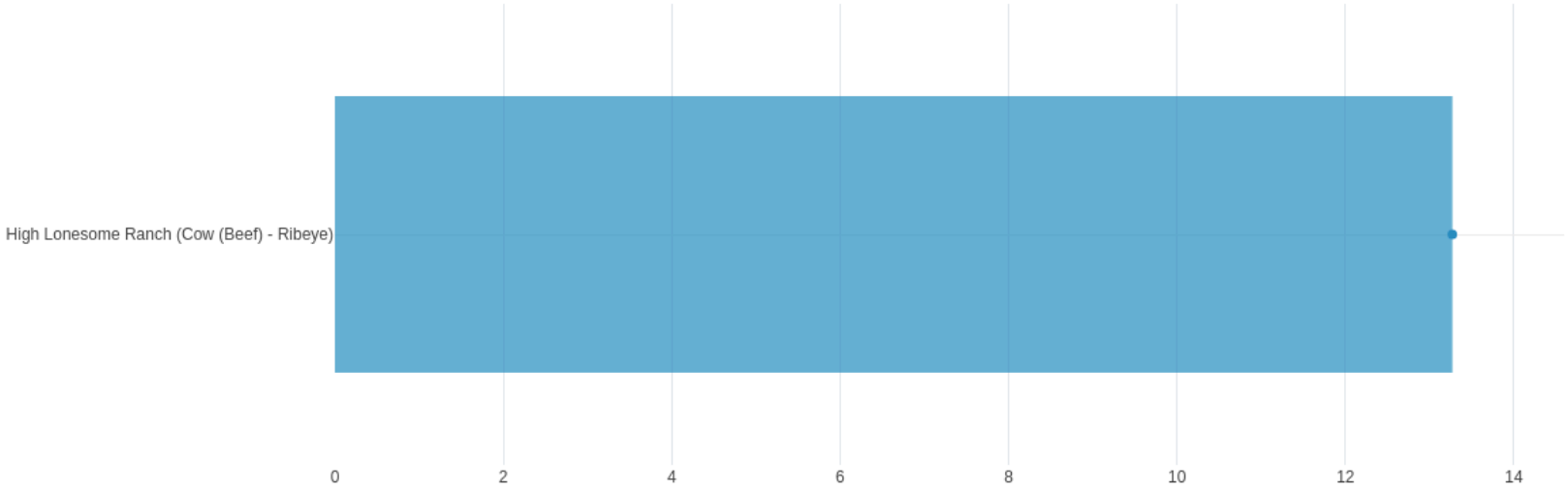
Protein is an essential macronutrient found in a variety of foods, including meat, dairy products, legumes, and nuts. It plays a crucial role in building and repairing tissues, producing enzymes and hormones, and supporting overall bodily functions. Proteins are composed of amino acids, which are essential for maintaining muscle mass, immune function, and overall health.

Fat (g/100g)

Quick Statistics

GROUP	MEAN
Client	13.270

Fat (g/100g)



Additional Information: Fat

Recommended Daily Value (RDA):

78 g

Biological Effects:

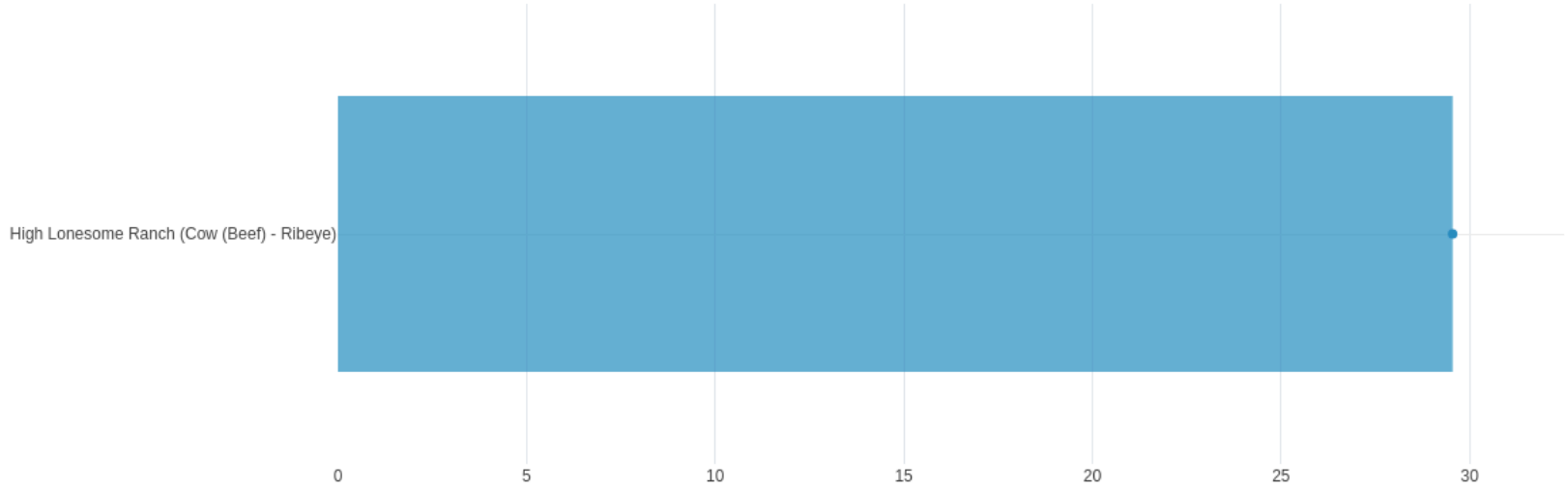
Fat is an essential macronutrient found in foods such as oils, nuts, seeds, and animal sourced foods such as milk, meat/fish, and eggs. It provides a concentrated source of energy, aids in the absorption of fat-soluble vitamins, and supports cell structure and function. Fats are composed of fatty acids, which are important for brain health, hormone production, and overall well-being.

Cholesterol (mg/100g)

Quick Statistics

GROUP	MEAN
Client	29.550

Cholesterol (mg/100g)



Additional Information: Cholesterol

Recommended Daily Value (RDA):

300 mg

Biological Effects:

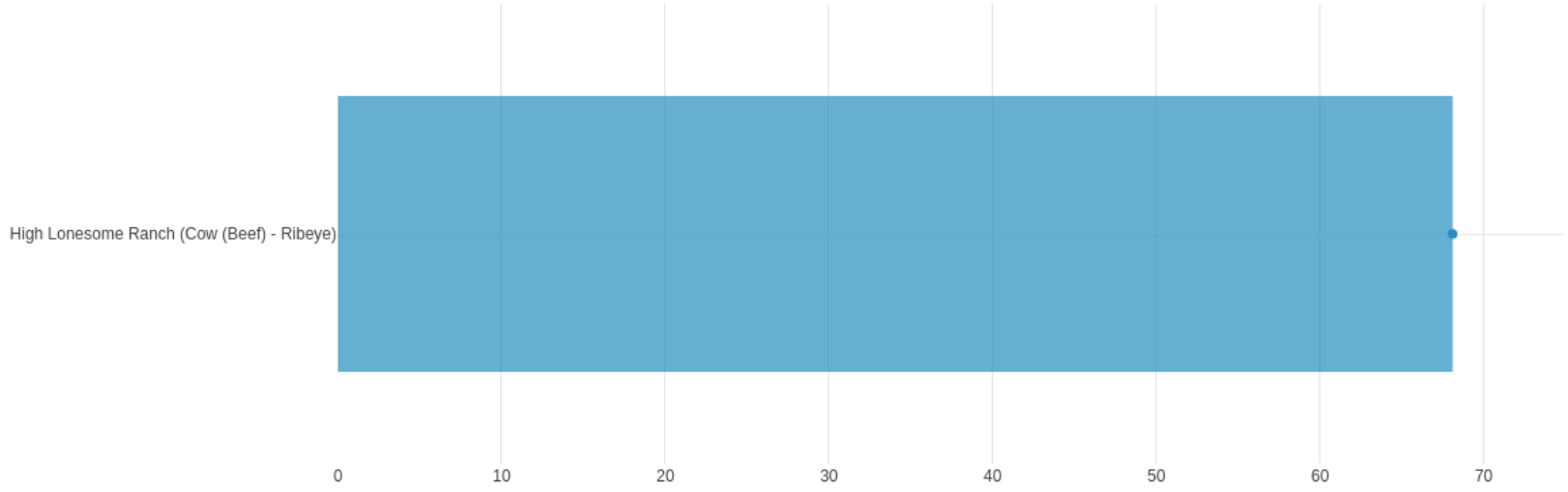
A vital structural component of cell membranes, essential for maintaining fluidity and integrity, while also serving as a precursor for steroid hormones, bile acids, and vitamin D.

Moisture Content (%)

Quick Statistics

GROUP	MEAN
Client	68.100

Moisture Content (%)



Additional Information: Moisture Content

Recommended Daily Value (RDA):	Biological Effects:
N/A	No biological effects data available