

beef heart nutrition facts 100g

beef heart nutrition facts 100g provide valuable insights into the nutrient profile of this often overlooked organ meat. Beef heart is a nutrient-dense food that offers a rich source of essential vitamins, minerals, and macronutrients, making it a beneficial addition to various diets. Understanding the nutritional composition of beef heart per 100 grams helps consumers make informed decisions about incorporating it into their meals. This article explores the detailed beef heart nutrition facts 100g, covering its macronutrient breakdown, vitamin content, mineral profile, health benefits, and considerations for consumption. With a comprehensive overview, the following sections aim to deliver a clear understanding of what 100 grams of beef heart contains nutritionally and how it compares to other protein sources.

- Macronutrient Composition of Beef Heart
- Vitamin Content in Beef Heart
- Mineral Profile of Beef Heart
- Health Benefits of Consuming Beef Heart
- Considerations and Serving Suggestions

Macronutrient Composition of Beef Heart

Analyzing the macronutrient content of beef heart nutrition facts 100g reveals its role as a high-protein, low-fat food source. Proteins, fats, and carbohydrates are the primary macronutrients that contribute to the energy and structural needs of the body. Beef heart stands out due to its favorable composition, especially for those seeking nutrient-dense animal protein.

Protein Content

In 100 grams of beef heart, there is approximately 17 to 20 grams of protein depending on the specific cut and preparation method. This high protein content supports muscle repair, immune function, and enzyme production. The protein in beef heart contains all essential amino acids, making it a complete protein source suitable for a balanced diet.

Fat Content

Beef heart contains about 4 to 6 grams of fat per 100 grams. The fat profile includes a mix of saturated and unsaturated fats, with a moderate amount of cholesterol. This fat content is relatively low compared to other red meats, which makes beef heart a leaner option for individuals monitoring fat intake.

Carbohydrates and Calories

Carbohydrates are virtually absent in beef heart, with less than 1 gram per 100 grams, making it ideal for low-carbohydrate diets. The caloric value of beef heart nutrition facts 100g ranges from approximately 100 to 130 calories, derived mainly from protein and fat.

- Protein: 17-20g
- Fat: 4-6g
- Carbohydrates: 0-1g
- Calories: 100-130 kcal

Vitamin Content in Beef Heart

Beef heart is a rich source of several essential vitamins that contribute to overall health and well-being. Vitamins play crucial roles in metabolic processes, immune support, and cellular function. The beef heart nutrition facts 100g highlight its abundance in B-complex vitamins and other micronutrients.

B Vitamins

Beef heart is particularly rich in B vitamins such as vitamin B12, riboflavin (B2), niacin (B3), and pantothenic acid (B5). Vitamin B12 content is especially notable, providing well over 100% of the daily recommended intake per 100 grams. These vitamins are vital for energy metabolism, red blood cell formation, and neurological health.

Other Vitamins

In addition to B vitamins, beef heart contains modest amounts of vitamin A and vitamin C. Vitamin A supports vision, immune function, and skin health, while vitamin C contributes to antioxidant defense and collagen synthesis. Although present in smaller quantities, these vitamins add to the nutritional value of beef heart.

- Vitamin B12: High concentration
- Riboflavin (B2): Significant amounts
- Niacin (B3): Moderate levels
- Pantothenic acid (B5): Present

- Vitamin A and C: Trace to moderate amounts

Mineral Profile of Beef Heart

The mineral content of beef heart nutrition facts 100g enhances its status as a nutrient-dense food. Minerals are essential for bone health, oxygen transport, enzymatic reactions, and electrolyte balance. Beef heart supplies an array of important minerals including iron, zinc, selenium, and phosphorus.

Iron and Zinc

Iron content in beef heart is substantial, contributing to approximately 4 to 5 milligrams per 100 grams. This heme iron is highly bioavailable and supports oxygen transport and energy metabolism. Zinc is another key mineral present in beef heart, which is important for immune function, wound healing, and DNA synthesis.

Other Essential Minerals

Besides iron and zinc, beef heart provides selenium, phosphorus, and smaller amounts of magnesium and potassium. Selenium acts as an antioxidant, phosphorus supports bone and teeth health, and potassium helps regulate fluid balance and nerve signals.

- Iron: 4-5 mg
- Zinc: Moderate levels
- Selenium: Present in beneficial amounts
- Phosphorus: Supports skeletal health
- Magnesium and Potassium: Minor but valuable contributions

Health Benefits of Consuming Beef Heart

Incorporating beef heart into the diet can offer numerous health benefits due to its nutrient density and bioavailability. The beef heart nutrition facts 100g suggest it is a valuable source of high-quality protein, vitamins, and minerals that support various physiological functions.

Supports Muscle and Tissue Repair

The high protein content facilitates muscle growth and tissue repair, which is essential for athletes, active individuals, and those recovering from injury. The complete amino acid profile enhances protein synthesis and overall body maintenance.

Promotes Cardiovascular and Immune Health

Vitamins such as B12 and minerals like zinc and selenium contribute to cardiovascular health by supporting red blood cell formation and reducing oxidative stress. These nutrients also bolster immune system function, improving resistance to infections.

Enhances Energy Metabolism

B vitamins in beef heart play critical roles in converting food into energy. Adequate intake helps reduce fatigue, supports cognitive function, and maintains metabolic efficiency.

- Rich protein source for muscle repair
- Supports immune system health
- Provides antioxidants for cellular protection
- Enhances energy levels through B vitamins

Considerations and Serving Suggestions

While beef heart is nutritious, certain considerations should be taken into account when including it in the diet. Awareness of sourcing, preparation, and portion size ensures safe and enjoyable consumption of this organ meat.

Sourcing and Quality

Choosing beef heart from grass-fed or organically raised cattle may improve the nutrient profile and reduce exposure to contaminants. Freshness and proper handling are important to maintain flavor and safety.

Preparation Methods

Beef heart can be cooked in various ways such as grilling, braising, or slow cooking. Due to its dense muscle tissue, tenderizing techniques and slow cooking help achieve a palatable texture. Incorporating herbs and spices can enhance its flavor while maintaining nutritional integrity.

Portion Control and Frequency

Consuming beef heart in moderate amounts, such as 100 to 150 grams per serving, aligns well with dietary guidelines. Frequency should consider individual health conditions, especially regarding cholesterol intake and organ meat preferences.

- Opt for high-quality, fresh beef heart
- Use slow cooking or marinating to improve texture
- Moderate portion sizes recommended
- Include as part of a varied diet

Frequently Asked Questions

What are the calories in 100g of beef heart?

100 grams of beef heart contains approximately 112 calories.

How much protein is in 100g of beef heart?

There are about 17 grams of protein in 100 grams of beef heart.

Is beef heart high in fat?

Beef heart contains roughly 5 grams of fat per 100 grams, which is moderate compared to other cuts of beef.

What vitamins are found in 100g of beef heart?

Beef heart is rich in B vitamins, particularly vitamin B12, riboflavin (B2), niacin (B3), and folate.

Does 100g of beef heart provide significant iron?

Yes, 100 grams of beef heart provides around 4 mg of iron, making it a good source of this mineral.

How much cholesterol is in 100g of beef heart?

Beef heart contains approximately 150 mg of cholesterol per 100 grams.

Is beef heart a good source of minerals?

Yes, beef heart is rich in minerals such as zinc, phosphorus, and selenium.

Can eating 100g of beef heart support muscle growth?

Yes, due to its high protein content and rich supply of amino acids, 100 grams of beef heart can support muscle growth and repair.

Additional Resources

1. *Beef Heart Nutrition Facts: A Comprehensive Guide to 100g Servings*

This book delves into the detailed nutritional profile of beef heart, focusing on the values found in 100-gram servings. Readers will discover insights into protein content, vitamins, minerals, and caloric values. It also explores the benefits of incorporating beef heart into a balanced diet.

2. *The Nutritional Power of Beef Heart: Facts and Figures for Health Enthusiasts*

Aimed at health-conscious readers, this book highlights the unique nutrients found in beef heart, including its rich iron and B-vitamin content. It breaks down the nutrition facts per 100 grams and discusses how these contribute to overall wellness. The book also offers comparisons with other organ meats.

3. *Understanding Beef Heart: Nutrition Facts per 100g and Dietary Benefits*

This guide provides an easy-to-understand breakdown of beef heart's nutritional components in a 100-gram portion. It explains how the nutrients support bodily functions and athletic performance. Additionally, it touches on preparation methods that preserve nutritional value.

4. *Beef Heart Nutrition Facts: Unlocking the Secrets of Organ Meat Nutrition*

Explore the often overlooked benefits of beef heart with this detailed nutritional analysis. The book provides data for a 100g serving and explains the significance of each nutrient. It also addresses common misconceptions about organ meats and their place in modern diets.

5. *From Farm to Table: The Nutritional Facts of 100g Beef Heart*

Tracing the journey of beef heart from sourcing to consumption, this book emphasizes the nutritional facts of a standard 100-gram serving. It offers tips on selecting high-quality beef heart and maximizing its health benefits through proper cooking. The book is ideal for culinary enthusiasts and nutritionists alike.

6. *Beef Heart in Nutrition: Facts, Benefits, and Serving Suggestions for 100g Portions*

This title combines scientific data with practical advice, presenting the nutrition facts of beef heart per 100 grams alongside benefits for heart health and muscle maintenance. Readers will find serving suggestions that complement the nutrient profile. It's a useful resource for those looking to diversify their protein intake.

7. *Organ Meats Explored: Beef Heart Nutrition Facts for the Conscious Eater (100g Serving)*

Focusing on organ meats, this book spotlights beef heart and its impressive nutritional facts per 100-gram serving. It guides readers through the nutrient density and how beef heart compares to other meats. The book also discusses the environmental and ethical aspects of consuming organ meats.

8. *The Complete Beef Heart Nutrition Guide: Facts and Figures for 100g Servings*

Offering a thorough overview, this guide lists comprehensive nutritional facts for 100 grams of beef heart, including macronutrients and micronutrients. It explains how these nutrients impact health and suggests ways to incorporate beef heart into various diets. This resource is perfect for dietitians and food scientists.

9. *Beef Heart Nutrition Facts 100g: A Practical Handbook for Healthy Eating*

Designed as a practical handbook, this book presents clear and concise nutrition facts for a 100-gram serving of beef heart. It highlights key health benefits such as high protein and essential nutrient content. The book also includes meal planning tips to help readers make the most of this nutrient-rich organ meat.

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emphasizing prevention, it has teamed with cookbook authors Bonnie Sanders Polin and Frances Towner Giedt to create the most complete and easy-to-follow plan yet for preventing heart disease: Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook. Polin and Giedt have developed outstanding recipes that taste too good to be good for you (but are), ranging from Cajun Grilled Shrimp with Fresh Pineapple Salsa to Chipotle Chicken and Corn Tamale Pies, All-American Meatloaf, and even New York-Style Cheesecake. The authors also provide a week's worth of menus for each of three caloric plans to take the guesswork out of eating from morning to night. With this guide handy, there's no irksome hunt for answers to heart-related diet and fitness questions. Just turn the pages to find: • How many eggs can be safely consumed per week • Lists of foods rich in omega-3 oils and tips on avoiding mercury in fish • Ideas for healthy snacks under 200 calories • Strategies for eating out • Why fiber is the key to good nutrition • How to choose the healthiest protein-and the facts on soy • The latest findings on alcohol • How using a pedometer can keep you out of a gym • How to calculate a healthy body weight • How to keep kids fit and cope with finicky eating habits Backed by the reputation of Cleveland Clinic, this all-in-one guide is the easy, enjoyable way for Americans to care for their hearts and live longer, healthier lives.

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