

**Basic Report 17206, Lamb, variety meats and by-products, lungs, cooked, braised**

Report Date: January 31, 2015 12:40 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 381g
<b>Proximates</b>				
Water	g	75.83	64.46	288.91
Energy	kcal	113	96	431
Protein	g	19.88	16.90	75.74
Total lipid (fat)	g	3.10	2.64	11.81
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	12	10	46
Iron, Fe	mg	4.57	3.88	17.41
Magnesium, Mg	mg	11	9	42
Phosphorus, P	mg	188	160	716
Potassium, K	mg	127	108	484
Sodium, Na	mg	84	71	320
Zinc, Zn	mg	1.93	1.64	7.35
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	28.0	23.8	106.7
Thiamin	mg	0.034	0.029	0.130
Riboflavin	mg	0.139	0.118	0.530
Niacin	mg	2.428	2.064	9.251
Vitamin B-6	mg	0.060	0.051	0.229
Folate, DFE	µg	8	7	30
Vitamin B-12	µg	2.52	2.14	9.60
Vitamin A, RAE	µg	32	27	122
Vitamin A, IU	IU	106	90	404
<b>Lipids</b>				
Fatty acids, total saturated	g	1.060	0.901	4.039

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Fatty acids, total monounsaturated	g	0.800	0.680	3.048
Fatty acids, total polyunsaturated	g	0.430	0.366	1.638
Cholesterol	mg	284	241	1082