

Basic Report 17208, Veal, variety meats and by-products, lungs, cooked, braised

Report Date: January 31, 2015 12:41 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) 300g
Proximates				
Water	g	77.59	65.95	232.77
Energy	kcal	104	88	312
Protein	g	18.74	15.93	56.22
Total lipid (fat)	g	2.64	2.24	7.92
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	7	6	21
Iron, Fe	mg	3.61	3.07	10.83
Magnesium, Mg	mg	8	7	24
Phosphorus, P	mg	232	197	696
Potassium, K	mg	142	121	426
Sodium, Na	mg	56	48	168
Zinc, Zn	mg	1.20	1.02	3.60
Vitamins				
Vitamin C, total ascorbic acid	mg	34.0	28.9	102.0
Thiamin	mg	0.032	0.027	0.096
Riboflavin	mg	0.131	0.111	0.393
Niacin	mg	2.289	1.946	6.867
Vitamin B-6	mg	0.060	0.051	0.180
Folate, DFE	µg	8	7	24
Vitamin B-12	µg	2.38	2.02	7.14
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.910	0.774	2.730

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 300g
Fatty acids, total monounsaturated	g	0.680	0.578	2.040
Fatty acids, total polyunsaturated	g	0.360	0.306	1.080
Cholesterol	mg	263	224	789