

Basic Report 17387, Lamb, New Zealand, imported, loin saddle, separable lean only, raw

Report Date: February 01, 2015 14:42 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 4.0 oz 113g |
|--------------------------------|------|------------------------|----------------|
| Proximates | | | |
| Water | g | 73.50 | 83.06 |
| Energy | kcal | 131 | 148 |
| Protein | g | 20.86 | 23.57 |
| Total lipid (fat) | g | 5.32 | 6.01 |
| Carbohydrate, by difference | g | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | 0.00 |
| Minerals | | | |
| Calcium, Ca | mg | 7 | 8 |
| Iron, Fe | mg | 1.54 | 1.74 |
| Magnesium, Mg | mg | 24 | 27 |
| Phosphorus, P | mg | 193 | 218 |
| Potassium, K | mg | 356 | 402 |
| Sodium, Na | mg | 75 | 85 |
| Zinc, Zn | mg | 2.54 | 2.87 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.118 | 0.133 |
| Riboflavin | mg | 0.136 | 0.154 |
| Niacin | mg | 5.918 | 6.687 |
| Vitamin B-6 | mg | 0.175 | 0.198 |
| Vitamin B-12 | µg | 1.13 | 1.28 |
| Vitamin A, RAE | µg | 4 | 5 |
| Vitamin A, IU | IU | 15 | 17 |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | 0.25 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |

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| Vitamin D | IU | 1 | 1 |
| Lipids | | | |
| Fatty acids, total saturated | g | 1.960 | 2.215 |
| Fatty acids, total monounsaturated | g | 1.549 | 1.750 |
| Fatty acids, total polyunsaturated | g | 0.351 | 0.397 |
| Cholesterol | mg | 66 | 75 |
| Other | | | |
| Caffeine | mg | 0 | 0 |