

Basic Report 17200, Lamb, variety meats and by-products, liver, cooked, braised

Report Date: September 20, 2019 21:05 EDT

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) 336g
Proximates				
Water	g	56.67	48.17	190.41
Energy	kcal	220	187	739
Protein	g	30.57	25.98	102.72
Total lipid (fat)	g	8.81	7.49	29.60
Carbohydrate, by difference	g	2.53	2.15	8.50
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	8	7	27
Iron, Fe	mg	8.28	7.04	27.82
Magnesium, Mg	mg	22	19	74
Phosphorus, P	mg	420	357	1411
Potassium, K	mg	221	188	743
Sodium, Na	mg	56	48	188
Zinc, Zn	mg	7.89	6.71	26.51
Vitamins				
Vitamin C, total ascorbic acid	mg	4.0	3.4	13.4
Thiamin	mg	0.230	0.196	0.773
Riboflavin	mg	4.030	3.425	13.541
Niacin	mg	12.150	10.328	40.824
Vitamin B-6	mg	0.490	0.416	1.646
Folate, DFE	µg	73	62	245
Vitamin B-12	µg	76.50	65.03	257.04
Vitamin A, RAE	µg	7491	6367	25170
Vitamin A, IU	IU	24945	21203	83815
Lipids				
Fatty acids, total saturated	g	3.410	2.899	11.458

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Fatty acids, total monounsaturated	g	1.840	1.564	6.182
Fatty acids, total polyunsaturated	g	1.310	1.114	4.402
Cholesterol	mg	501	426	1683
Amino Acids				
Other				