

Basic Report 17201, Lamb, variety meats and by-products, liver, cooked, pan-fried

Report Date: July 17, 2019 06:40 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) 322g
Proximates				
Water	g	56.20	47.77	180.96
Energy	kcal	238	202	766
Protein	g	25.53	21.70	82.21
Total lipid (fat)	g	12.65	10.75	40.73
Carbohydrate, by difference	g	3.78	3.21	12.17
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	9	8	29
Iron, Fe	mg	10.20	8.67	32.84
Magnesium, Mg	mg	23	20	74
Phosphorus, P	mg	427	363	1375
Potassium, K	mg	352	299	1133
Sodium, Na	mg	124	105	399
Zinc, Zn	mg	5.63	4.79	18.13
Vitamins				
Vitamin C, total ascorbic acid	mg	13.0	11.1	41.9
Thiamin	mg	0.350	0.297	1.127
Riboflavin	mg	4.590	3.901	14.780
Niacin	mg	16.680	14.178	53.710
Vitamin B-6	mg	0.950	0.807	3.059
Folate, DFE	µg	400	340	1288
Vitamin B-12	µg	85.70	72.84	275.95
Vitamin A, RAE	µg	7782	6615	25058
Vitamin A, IU	IU	25998	22098	83714
Lipids				
Fatty acids, total saturated	g	4.900	4.165	15.778

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Fatty acids, total monounsaturated	g	2.640	2.244	8.501
Fatty acids, total polyunsaturated	g	1.890	1.607	6.086
Cholesterol	mg	493	419	1587
Amino Acids				
Other				