

**Statistics Report 17204, Veal, variety meats and by-products, liver, cooked, pan-fried**
**Report Date: September 23, 2019 10:04 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	59.87	2	--	59.74	59.99	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Energy	kcal	193	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	807	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Protein <a href="#">1</a>	g	27.37	2	--	26.38	28.35	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Total lipid (fat) <a href="#">1</a>	g	6.51	2	--	5.37	7.65	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Ash <a href="#">1</a>	g	1.79	2	--	1.77	1.81	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	4.47	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1989
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	7	2	--	6	8	1.0	--	--	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe <a href="#">1</a>	mg	5.98	2	--	5.91	6.05	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Magnesium, Mg <a href="#">1</a>	mg	23	2	--	22	24	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Phosphorus, P <a href="#">1</a>	mg	483	2	--	460	506	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Potassium, K <a href="#">1</a>	mg	353	2	--	345	360	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Sodium, Na <a href="#">1</a>	mg	85	2	--	85	86	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Zinc, Zn <a href="#">1</a>	mg	11.90	2	--	4.9	18.9	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Copper, Cu <a href="#">1</a>	mg	15.050	2	--	10.7	19.4	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Manganese, Mn <a href="#">1</a>	mg	0.302	2	--	0.25	0.36	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Selenium, Se <a href="#">1</a>	µg	24.9	2	--	16.3	33.5	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Fluoride, F <a href="#">2</a>	µg	5.0	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2006

**Vitamins**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Thiamin <a href="#">1</a>	mg	0.178	2	--	0.17	0.18	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Riboflavin <a href="#">1</a>	mg	3.060	2	--	2.5	3.62	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Niacin <a href="#">1</a>	mg	14.350	2	--	13.7	15	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Pantothenic acid <a href="#">1</a>	mg	7.075	2	--	6.29	7.86	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin B-6 <a href="#">1</a>	mg	0.891	2	--	0.76	1.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Folate, total <a href="#">3</a> <a href="#">4</a>	µg	350	2	--	320	380	--	--	--	2	Analytical or derived from analytical	--	02/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Folate, food	µg	350	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	350	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Choline, total <a href="#">1</a>	mg	411.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine <a href="#">1</a>	mg	8.1	2	--	6.2	10.1	1.0	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamin B-12 <a href="#">1</a>	µg	72.50	2	--	66.6	78.4	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, RAE	µg	20074	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Retinol <a href="#">1</a>	µg	20070	2	--	4,740	35,400	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Carotene, beta <a href="#">1</a>	µg	40	2	--	31	49	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Carotene, alpha <a href="#">1</a>	µg	11	2	--	11	11	--	--	--	1	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta <a href="#">1</a>	µg	16	2	--	11	20	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin A, IU	IU	66989	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene <a href="#">1</a>	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) <a href="#">3</a> <a href="#">4</a>	mg	0.60	4	--	0.59	0.61	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma <a href="#">3</a> <a href="#">4</a>	mg	0.03	4	--	0.02	0.04	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocopherol, delta <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, alpha <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, beta <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Tocotrienol, delta <a href="#">3</a> <a href="#">4</a>	mg	0.00	4	--	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin K (phylloquinone) <a href="#">1</a>	µg	1.6	2	--	0.8	2.5	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	2.109	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	2	--	0	0	--	--	--	1	Assumed zero	--	02/2003
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
8:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
10:0 <a href="#">1</a>	g	0.005	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
12:0 <a href="#">1</a>	g	0.005	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
14:0 <a href="#">1</a>	g	0.075	2	--	0.04	0.11	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
15:0 <a href="#">1</a>	g	0.016	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
16:0 <a href="#">1</a>	g	0.884	2	--	0.52	1.25	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
17:0 <a href="#">1</a>	g	0.044	2	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
18:0 <a href="#">1</a>	g	1.075	2	--	1.05	1.1	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
20:0 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <a href="#">1</a>	g	0.006	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Fatty acids, total monounsaturated	g	1.194	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
14:1 <a href="#">1</a>	g	0.014	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
15:1 <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
16:1 undifferentiated <a href="#">1</a>	g	0.115	2	--	0.06	0.17	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
17:1 <a href="#">1</a>	g	0.019	2	--	0	0.04	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
18:1 undifferentiated <a href="#">1</a>	g	1.037	2	--	0.6	1.47	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
20:1 <a href="#">1</a>	g	0.010	2	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Fatty acids, total polyunsaturated	g	1.159	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated	g	0.704	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c <a href="#">1</a>	g	0.704	2	--	0.57	0.84	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
18:3 undifferentiated	g	0.047	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.039	2	--	0.01	0.07	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
18:3 n-6 c,c,c <a href="#">1</a>	g	0.008	2	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
20:2 n-6 c,c <a href="#">1</a>	g	0.014	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
20:4 undifferentiated <a href="#">1</a>	g	0.348	2	--	0.34	0.35	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Fatty acids, total trans <a href="#">1</a>	g	0.285	2	--	0.27	0.3	1.0	--	--	1	Analytical or derived from analytical	--	02/2003



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <a href="#">1</a>	mg	485	2	--	436	534	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.347	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine <a href="#">1</a>	g	1.106	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine <a href="#">1</a>	g	1.227	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine <a href="#">1</a>	g	2.414	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine <a href="#">1</a>	g	2.062	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine <a href="#">1</a>	g	0.712	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine <a href="#">1</a>	g	0.471	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine <a href="#">1</a>	g	1.387	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine <a href="#">1</a>	g	1.005	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <a href="#">1</a>	g	1.607	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine <a href="#">1</a>	g	1.771	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine <a href="#">1</a>	g	0.798	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine <a href="#">1</a>	g	1.719	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid <a href="#">1</a>	g	2.589	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid <a href="#">1</a>	g	3.474	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine <a href="#">1</a>	g	2.204	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline <a href="#">1</a>	g	1.582	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine <a href="#">1</a>	g	1.243	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Hydroxyproline <a href="#">1</a>	g	0.100	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6i, 2002 Beltsville MD

<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6j, 2002 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD