

## Basic Report 17227, Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Report Date: June 18, 2019 13:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 250g
<b>Proximates</b>				
Water	g	55.82	47.45	139.55
Energy	kcal	271	230	678
Protein	g	25.51	21.68	63.77
Total lipid (fat)	g	18.01	15.31	45.02
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	16	14	40
Iron, Fe	mg	1.93	1.64	4.83
Magnesium, Mg	mg	24	20	60
Phosphorus, P	mg	193	164	482
Potassium, K	mg	318	270	795
Sodium, Na	mg	72	61	180
Zinc, Zn	mg	4.74	4.03	11.85
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.100	0.085	0.250
Riboflavin	mg	0.260	0.221	0.650
Niacin	mg	6.550	5.567	16.375
Vitamin B-6	mg	0.140	0.119	0.350
Folate, DFE	µg	19	16	48
Vitamin B-12	µg	2.57	2.18	6.42
Vitamin A, IU	IU	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	7.450	6.332	18.625
Fatty acids, total monounsaturated	g	7.630	6.485	19.075

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Fatty acids, total polyunsaturated	g	1.290	1.097	3.225
Cholesterol	mg	96	82	240

**Amino Acids**

**Other**