

**Full Report (All Nutrients) 17227, Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

Report Date: July 19, 2019 19:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Refuse:24% Refuse Description: Bone

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Energy	kJ	1134	--	--	964	2835
Protein	g	25.51	--	--	21.68	63.77
Total lipid (fat)	g	18.01	--	--	15.31	45.02
Ash	g	1.06	--	--	0.90	2.65
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
Copper, Cu	mg	0.121	--	--	0.103	0.302
Manganese, Mn	mg	0.024	--	--	0.020	0.060
Selenium, Se	µg	27.2	--	--	23.1	68.0
Fluoride, F <sup>1</sup>	µg	32.0	9	--	27.2	80.0

**Vitamins**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 250g
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
Pantothenic acid	mg	0.670	--	--	0.570	1.675
Vitamin B-6	mg	0.140	--	--	0.119	0.350
Folate, total	µg	19	--	--	16	48
Folic acid	µg	0	--	--	0	0
Folate, food	µg	19	--	--	16	48
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
10:0	g	0.050	--	--	0.043	0.125
12:0	g	0.070	--	--	0.060	0.175
14:0	g	0.690	--	--	0.587	1.725
16:0	g	3.810	--	--	3.239	9.525
18:0	g	2.410	--	--	2.049	6.025
Fatty acids, total monounsaturated	g	7.630	--	--	6.485	19.075
16:1 undifferentiated	g	0.530	--	--	0.451	1.325
18:1 undifferentiated	g	6.940	--	--	5.899	17.350
20:1	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.290	--	--	1.097	3.225
18:2 undifferentiated	g	0.980	--	--	0.833	2.450
18:3 undifferentiated	g	0.240	--	--	0.204	0.600
20:4 undifferentiated	g	0.070	--	--	0.060	0.175
Cholesterol	mg	96	--	--	82	240
<b>Amino Acids</b>						
Tryptophan	g	0.298	--	--	0.253	0.745
Threonine	g	1.092	--	--	0.928	2.730
Isoleucine	g	1.231	--	--	1.046	3.078
Leucine	g	1.984	--	--	1.686	4.960

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 250g
Lysine	g	2.253	--	--	1.915	5.633
Methionine	g	0.655	--	--	0.557	1.637
Cystine	g	0.304	--	--	0.258	0.760
Phenylalanine	g	1.038	--	--	0.882	2.595
Tyrosine	g	0.857	--	--	0.728	2.143
Valine	g	1.376	--	--	1.170	3.440
Arginine	g	1.516	--	--	1.289	3.790
Histidine	g	0.808	--	--	0.687	2.020
Alanine	g	1.534	--	--	1.304	3.835
Aspartic acid	g	2.245	--	--	1.908	5.612
Glutamic acid	g	3.702	--	--	3.147	9.255
Glycine	g	1.246	--	--	1.059	3.115
Proline	g	1.070	--	--	0.909	2.675
Serine	g	0.948	--	--	0.806	2.370

**Other**

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision