

**Statistics Report 17227, Lamb, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**
**Report Date: July 21, 2019 15:13 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	g	55.82	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Energy	kcal	271	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Energy	kJ	1134	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2006
Protein	g	25.51	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Total lipid (fat)	g	18.01	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Ash	g	1.06	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
<b>Minerals</b>													
Calcium, Ca	mg	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Iron, Fe	mg	1.93	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Magnesium, Mg	mg	24	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Phosphorus, P	mg	193	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Potassium, K	mg	318	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Sodium, Na	mg	72	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Zinc, Zn	mg	4.74	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu	mg	0.121	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Manganese, Mn	mg	0.024	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Selenium, Se	µg	27.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/1998
Fluoride, F <sup>1</sup>	µg	32.0	9	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/1995
Thiamin	mg	0.100	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Riboflavin	mg	0.260	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Niacin	mg	6.550	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Pantothenic acid	mg	0.670	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Vitamin B-6	mg	0.140	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Folate, total	µg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2006
Folate, DFE	µg	19	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2006
Vitamin B-12	µg	2.57	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
<b>Lipids</b>													
Fatty acids, total saturated	g	7.450	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
10:0	g	0.050	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
14:0	g	0.690	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
16:0	g	3.810	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:0	g	2.410	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Fatty acids, total monounsaturated	g	7.630	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
16:1 undifferentiated	g	0.530	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:1 undifferentiated	g	6.940	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
20:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Fatty acids, total polyunsaturated	g	1.290	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:2 undifferentiated	g	0.980	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
18:3 undifferentiated	g	0.240	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
20:4 undifferentiated	g	0.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Cholesterol	mg	96	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
<b>Amino Acids</b>													
Tryptophan	g	0.298	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Threonine	g	1.092	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Isoleucine	g	1.231	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Leucine	g	1.984	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Lysine	g	2.253	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Methionine	g	0.655	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.304	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Phenylalanine	g	1.038	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Tyrosine	g	0.857	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Valine	g	1.376	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Arginine	g	1.516	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Histidine	g	0.808	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Alanine	g	1.534	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Aspartic acid	g	2.245	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Glutamic acid	g	3.702	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Glycine	g	1.246	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Proline	g	1.070	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995
Serine	g	0.948	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1995

**Sources of Data**  
<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision