

Basic Report 17368, Lamb, New Zealand, imported, liver, cooked, soaked and fried

Report Date: July 21, 2019 23:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	64.60	54.91
Energy	kcal	168	143
Protein	g	25.80	21.93
Total lipid (fat)	g	6.56	5.58
Carbohydrate, by difference	g	1.48	1.26
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	5	4
Iron, Fe	mg	5.40	4.59
Magnesium, Mg	mg	21	18
Phosphorus, P	mg	459	390
Potassium, K	mg	287	244
Sodium, Na	mg	59	50
Zinc, Zn	mg	5.10	4.33
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.570	1.335
Riboflavin	mg	5.270	4.479
Niacin	mg	12.800	10.880
Vitamin B-6	mg	0.187	0.159
Vitamin B-12	µg	57.50	48.88
Vitamin A, RAE	µg	19872	16891
Vitamin A, IU	IU	66240	56304
Vitamin E (alpha-tocopherol)	mg	1.12	0.95
Vitamin D (D2 + D3)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D	IU	0	0
Lipids			
Fatty acids, total saturated	g	1.959	1.665
Fatty acids, total monounsaturated	g	1.014	0.862
Fatty acids, total polyunsaturated	g	1.148	0.976
Fatty acids, total trans	g	0.192	0.163
Cholesterol	mg	566	481
Amino Acids			
Other			
Caffeine	mg	0	0