

**Basic Report 17369, Lamb, New Zealand, imported, liver, raw**

**Report Date: September 20, 2019 06:38 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>
<b>Proximates</b>			
Water	g	70.80	80.00
Energy	kcal	136	154
Protein	g	20.70	23.39
Total lipid (fat)	g	4.92	5.56
Carbohydrate, by difference	g	2.22	2.51
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	4	5
Iron, Fe	mg	4.60	5.20
Magnesium, Mg	mg	18	20
Phosphorus, P	mg	381	431
Potassium, K	mg	285	322
Sodium, Na	mg	59	67
Zinc, Zn	mg	3.40	3.84
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.210	1.367
Riboflavin	mg	4.210	4.757
Niacin	mg	13.700	15.481
Vitamin B-6	mg	0.218	0.246
Vitamin B-12	µg	59.00	66.67
Vitamin A, RAE	µg	15434	17440
Vitamin A, IU	IU	51447	58135
Vitamin E (alpha-tocopherol)	mg	0.86	0.97
Vitamin D (D2 + D3)	µg	0.0	0.0

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Vitamin D	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	1.514	1.711
Fatty acids, total monounsaturated	g	0.817	0.923
Fatty acids, total polyunsaturated	g	0.920	1.040
Fatty acids, total trans	g	0.146	0.165
Cholesterol	mg	386	436
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0