

## Basic Report 17034, Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Report Date: June 28, 2017 11:43 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 3.0 oz<br>85g | 1 piece, cooked, excluding<br>refuse (yield from 1 lb raw<br>meat with refuse)<br>159g |
|--------------------------------|------|------------------------|---------------|----------------------------------------------------------------------------------------|
| <b>Proximates</b>              |      |                        |               |                                                                                        |
| Water                          | g    | 60.13                  | 51.11         | 95.61                                                                                  |
| Energy                         | kcal | 232                    | 197           | 369                                                                                    |
| Protein                        | g    | 26.16                  | 22.24         | 41.59                                                                                  |
| Total lipid (fat)              | g    | 13.31                  | 11.31         | 21.16                                                                                  |
| 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   | 21                     | 18            | 33                                                                                     |
| Iron, Fe                       | mg   | 1.77                   | 1.50          | 2.81                                                                                   |
| Magnesium, Mg                  | mg   | 23                     | 20            | 37                                                                                     |
| Phosphorus, P                  | mg   | 195                    | 166           | 310                                                                                    |
| Potassium, K                   | mg   | 315                    | 268           | 501                                                                                    |
| Sodium, Na                     | mg   | 81                     | 69            | 129                                                                                    |
| Zinc, Zn                       | mg   | 4.47                   | 3.80          | 7.11                                                                                   |
| <b>Vitamins</b>                |      |                        |               |                                                                                        |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0           | 0.0                                                                                    |
| Thiamin                        | mg   | 0.090                  | 0.076         | 0.143                                                                                  |
| Riboflavin                     | mg   | 0.230                  | 0.196         | 0.366                                                                                  |
| Niacin                         | mg   | 6.160                  | 5.236         | 9.794                                                                                  |
| Vitamin B-6                    | mg   | 0.150                  | 0.128         | 0.238                                                                                  |
| Folate, DFE                    | µg   | 22                     | 19            | 35                                                                                     |
| Vitamin B-12                   | µg   | 2.16                   | 1.84          | 3.43                                                                                   |
| Vitamin A, RAE                 | µg   | 0                      | 0             | 0                                                                                      |
| Vitamin A, IU                  | IU   | 0                      | 0             | 0                                                                                      |
| Vitamin E (alpha-tocopherol)   | mg   | 0.15                   | 0.13          | 0.24                                                                                   |

### Lipids

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>3.0 oz<br/>85g</b> | <b>1 piece, cooked, excluding<br/>refuse (yield from 1 lb raw<br/>meat with refuse)<br/>159g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------|--------------------------------------------------------------------------------------------------|
| Fatty acids, total saturated       | g           | 4.760                           | 4.046                 | 7.568                                                                                            |
| Fatty acids, total monounsaturated | g           | 5.830                           | 4.955                 | 9.270                                                                                            |
| Fatty acids, total polyunsaturated | g           | 0.870                           | 0.740                 | 1.383                                                                                            |
| Cholesterol                        | mg          | 88                              | 75                    | 140                                                                                              |
| <b>Amino Acids</b>                 |             |                                 |                       |                                                                                                  |
| <b>Other</b>                       |             |                                 |                       |                                                                                                  |