

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

Report Date: August 20, 2017 07:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 159g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) 159g
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
Amino Acids				
Other				