

## Basic Report 17169, Game meat, goat, cooked, roasted

Report Date: August 25, 2019 03:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked (yield from 1 lb raw meat, boneless) 340g
<b>Proximates</b>				
Water	g	68.21	57.98	231.91
Energy	kcal	143	122	486
Protein	g	27.10	23.04	92.14
Total lipid (fat)	g	3.03	2.58	10.30
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	17	14	58
Iron, Fe	mg	3.73	3.17	12.68
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	201	171	683
Potassium, K	mg	405	344	1377
Sodium, Na	mg	86	73	292
Zinc, Zn	mg	5.27	4.48	17.92
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.090	0.076	0.306
Riboflavin	mg	0.610	0.518	2.074
Niacin	mg	3.950	3.357	13.430
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	5	4	17
Vitamin B-12	µg	1.19	1.01	4.05
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.34	0.29	1.16

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.2	1.0	4.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.930	0.790	3.162
Fatty acids, total monounsaturated	g	1.360	1.156	4.624
Fatty acids, total polyunsaturated	g	0.230	0.196	0.782
Cholesterol	mg	75	64	255
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0