

Basic Report 17186, Lamb, variety meats and by-products, brain, cooked, braised

Report Date: March 22, 2018 15:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 347g
Proximates				
Water	g	75.73	64.37	262.78
Energy	kcal	145	123	503
Protein	g	12.55	10.67	43.55
Total lipid (fat)	g	10.17	8.64	35.29
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	12	10	42
Iron, Fe	mg	1.68	1.43	5.83
Magnesium, Mg	mg	14	12	49
Phosphorus, P	mg	337	286	1169
Potassium, K	mg	205	174	711
Sodium, Na	mg	134	114	465
Zinc, Zn	mg	1.36	1.16	4.72
Vitamins				
Vitamin C, total ascorbic acid	mg	12.0	10.2	41.6
Thiamin	mg	0.110	0.093	0.382
Riboflavin	mg	0.240	0.204	0.833
Niacin	mg	2.470	2.100	8.571
Vitamin B-6	mg	0.110	0.093	0.382
Folate, DFE	µg	5	4	17
Vitamin B-12	µg	9.25	7.86	32.10
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	2.600	2.210	9.022

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 347g
Fatty acids, total monounsaturated	g	1.840	1.564	6.385
Fatty acids, total polyunsaturated	g	1.040	0.884	3.609
Cholesterol	mg	2043	1737	7089
Amino Acids				
Other				