

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

Report Date: August 16, 2017 23:55 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	2.600	2.210	9.022

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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
<b>Amino Acids</b>				
<b>Other</b>				