

Basic Report 17188, Veal, variety meats and by-products, brain, raw

Report Date: September 25, 2017 18:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Proximates				
Water	g	79.78	22.62	90.15
Energy	kcal	118	33	133
Protein	g	10.32	2.93	11.66
Total lipid (fat)	g	8.21	2.33	9.28
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	10	3	11
Iron, Fe	mg	2.13	0.60	2.41
Magnesium, Mg	mg	14	4	16
Phosphorus, P	mg	274	78	310
Potassium, K	mg	315	89	356
Sodium, Na	mg	127	36	144
Zinc, Zn	mg	1.11	0.31	1.25
Vitamins				
Vitamin C, total ascorbic acid	mg	14.0	4.0	15.8
Thiamin	mg	0.130	0.037	0.147
Riboflavin	mg	0.260	0.074	0.294
Niacin	mg	4.300	1.219	4.859
Vitamin B-6	mg	0.280	0.079	0.316
Folate, DFE	µg	3	1	3
Vitamin B-12	µg	12.20	3.46	13.79
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	1.910	0.541	2.158

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	4.0 oz 113g
Fatty acids, total monounsaturated	g	1.640	0.465	1.853
Fatty acids, total polyunsaturated	g	0.950	0.269	1.073
Cholesterol	mg	1590	451	1797
Amino Acids				
Other				