

Basic Report 17189, Veal, variety meats and by-products, brain, cooked, braised

Report Date: March 22, 2018 15:09 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) 339g |
|--------------------------------|------|------------------------|---------------|--|
| Proximates | | | | |
| Water | g | 76.89 | 65.36 | 260.66 |
| Energy | kcal | 136 | 116 | 461 |
| Protein | g | 11.48 | 9.76 | 38.92 |
| Total lipid (fat) | g | 9.63 | 8.19 | 32.65 |
| Carbohydrate, by difference | g | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 16 | 14 | 54 |
| Iron, Fe | mg | 1.67 | 1.42 | 5.66 |
| Magnesium, Mg | mg | 16 | 14 | 54 |
| Phosphorus, P | mg | 385 | 327 | 1305 |
| Potassium, K | mg | 214 | 182 | 725 |
| Sodium, Na | mg | 156 | 133 | 529 |
| Zinc, Zn | mg | 1.61 | 1.37 | 5.46 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 13.0 | 11.1 | 44.1 |
| Thiamin | mg | 0.080 | 0.068 | 0.271 |
| Riboflavin | mg | 0.200 | 0.170 | 0.678 |
| Niacin | mg | 2.430 | 2.066 | 8.238 |
| Vitamin B-6 | mg | 0.170 | 0.145 | 0.576 |
| Folate, DFE | µg | 3 | 3 | 10 |
| Vitamin B-12 | µg | 9.65 | 8.20 | 32.71 |
| Vitamin A, RAE | µg | 0 | 0 | 0 |
| Vitamin A, IU | IU | 0 | 0 | 0 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 2.180 | 1.853 | 7.390 |

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|------------------------------------|-------------|---------------------------------|-----------------------|---|
| Fatty acids, total monounsaturated | g | 1.740 | 1.479 | 5.899 |
| Fatty acids, total polyunsaturated | g | 1.490 | 1.266 | 5.051 |
| Cholesterol | mg | 3100 | 2635 | 10509 |
| Amino Acids | | | | |
| Other | | | | |