

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

Report Date: October 22, 2017 11:36 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				