

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

Report Date: December 18, 2017 00:07 EST

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

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 339g
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				