

Basic Report 17223, Veal, variety meats and by-products, tongue, cooked, braised

Report Date: February 23, 2018 23:31 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) 255g
Proximates				
Water	g	64.08	54.47	163.40
Energy	kcal	202	172	515
Protein	g	25.85	21.97	65.92
Total lipid (fat)	g	10.10	8.59	25.75
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	9	8	23
Iron, Fe	mg	2.09	1.78	5.33
Magnesium, Mg	mg	18	15	46
Phosphorus, P	mg	166	141	423
Potassium, K	mg	162	138	413
Sodium, Na	mg	64	54	163
Zinc, Zn	mg	4.51	3.83	11.50
Vitamins				
Vitamin C, total ascorbic acid	mg	6.0	5.1	15.3
Thiamin	mg	0.070	0.060	0.179
Riboflavin	mg	0.350	0.297	0.892
Niacin	mg	1.470	1.250	3.748
Vitamin B-6	mg	0.150	0.128	0.383
Folate, DFE	µg	9	8	23
Vitamin B-12	µg	5.30	4.50	13.52
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	4.350	3.697	11.092

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit, cooked (yield from 1 lb raw meat) 255g
Fatty acids, total monounsaturated	g	4.610	3.919	11.756
Fatty acids, total polyunsaturated	g	0.380	0.323	0.969
Cholesterol	mg	238	202	607
Amino Acids				
Other				