

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

Report Date: May 29, 2017 07:17 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) 255g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	4.350	3.697	11.092

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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
<b>Amino Acids</b>				
<b>Other</b>				