

Basic Report 17362, Lamb, New Zealand, imported, subcutaneous fat, cooked

Report Date: June 25, 2019 21:57 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 21.77 | 18.50 |
| Energy | kcal | 674 | 573 |
| Protein | g | 5.24 | 4.45 |
| Total lipid (fat) | g | 72.28 | 61.44 |
| Carbohydrate, by difference | g | 0.62 | 0.53 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | 0.00 |
| Minerals | | | |
| Calcium, Ca | mg | 6 | 5 |
| Iron, Fe | mg | 0.70 | 0.59 |
| Magnesium, Mg | mg | 9 | 8 |
| Phosphorus, P | mg | 84 | 71 |
| Potassium, K | mg | 164 | 139 |
| Sodium, Na | mg | 43 | 37 |
| Zinc, Zn | mg | 1.03 | 0.88 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.094 | 0.080 |
| Riboflavin | mg | 0.058 | 0.049 |
| Niacin | mg | 1.530 | 1.301 |
| Vitamin B-6 | mg | 0.061 | 0.052 |
| Vitamin B-12 | µg | 0.70 | 0.59 |
| Vitamin A, RAE | µg | 60 | 51 |
| Vitamin A, IU | IU | 201 | 171 |
| Vitamin E (alpha-tocopherol) | mg | 1.02 | 0.87 |
| Vitamin D (D2 + D3) | µg | 0.1 | 0.1 |

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| Vitamin D | IU | 4 | 3 |
| Lipids | | | |
| Fatty acids, total saturated | g | 31.441 | 26.725 |
| Fatty acids, total monounsaturated | g | 19.735 | 16.775 |
| Fatty acids, total polyunsaturated | g | 2.314 | 1.967 |
| Fatty acids, total trans | g | 4.419 | 3.756 |
| Cholesterol | mg | 66 | 56 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |