

Full Report (All Nutrients) 17362, Lamb, New Zealand, imported, subcutaneous fat, cooked

Report Date: July 16, 2019 14:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Proximates					
Water 1	g	21.77	1	--	18.50
Energy	kcal	674	--	--	573
Energy	kJ	2820	--	--	2397
Protein 1	g	5.24	1	--	4.45
Total lipid (fat) 1	g	72.28	1	--	61.44
Ash 1	g	0.09	1	--	0.08
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 1	mg	6	1	--	5
Iron, Fe 1	mg	0.70	1	--	0.59
Magnesium, Mg 1	mg	9	1	--	8
Phosphorus, P 1	mg	84	1	--	71
Potassium, K 1	mg	164	1	--	139
Sodium, Na 1	mg	43	1	--	37
Zinc, Zn 1	mg	1.03	1	--	0.88
Copper, Cu 1	mg	0.030	1	--	0.025
Manganese, Mn 1	mg	0.005	1	--	0.004
Selenium, Se 1	µg	2.1	1	--	1.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Thiamin 1	mg	0.094	1	--	0.080
Riboflavin 1	mg	0.058	1	--	0.049
Niacin 1	mg	1.530	1	--	1.301
Pantothenic acid 1	mg	0.156	1	--	0.133
Vitamin B-6 1	mg	0.061	1	--	0.052
Vitamin B-12 1	µg	0.70	1	--	0.59
Vitamin A, RAE	µg	60	--	--	51
Retinol 1	µg	60	1	--	51
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	201	--	--	171
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) 1	mg	1.02	1	--	0.87
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol) 1	µg	0.1	1	--	0.1
Vitamin D 1	IU	4	1	--	3
Lipids					
Fatty acids, total saturated	g	31.441	--	--	26.725
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0 1	g	0.029	1	--	0.025
10:0 1	g	0.066	1	--	0.056
12:0 1	g	0.058	1	--	0.049
14:0 1	g	1.304	1	--	1.108
16:0 1	g	10.597	1	--	9.007
17:0 1	g	1.362	1	--	1.158
18:0 1	g	17.798	1	--	15.128
20:0 1	g	0.090	1	--	0.076
22:0 1	g	0.137	1	--	0.116
24:0 1	g	0.000	1	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Fatty acids, total monounsaturated	g	19.735	--	--	16.775
14:1 1	g	0.020	1	--	0.017
15:1 1	g	0.000	1	--	0.000
16:1 undifferentiated 1	g	0.527	--	--	0.448
16:1 c 1	g	0.444	1	--	0.377
16:1 t 1	g	0.082	1	--	0.070
17:1 1	g	0.000	1	--	0.000
18:1 undifferentiated 1	g	19.157	--	--	16.283
18:1 c 1	g	14.859	1	--	12.630
18:1 t 1	g	4.297	1	--	3.652
20:1 1	g	0.032	1	--	0.027
22:1 undifferentiated 1	g	0.000	--	--	0.000
22:1 c 1	g	0.000	1	--	0.000
24:1 c 1	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	2.314	--	--	1.967
18:2 undifferentiated 1	g	1.599	--	--	1.359
18:2 n-6 c,c 1	g	0.564	1	--	0.479
18:2 CLAs 1	g	0.995	1	--	0.846
18:2 t,t 1	g	0.040	1	--	0.034
18:3 undifferentiated 1	g	0.662	--	--	0.563
18:3 n-3 c,c,c (ALA) 1	g	0.662	1	--	0.563
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000
20:3 undifferentiated 1	g	0.000	--	--	0.000
20:3 n-6 1	g	0.000	1	--	0.000
20:4 undifferentiated 1	g	0.000	--	--	0.000
20:4 n-6 1	g	0.000	1	--	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000
22:5 n-3 (DPA) 1	g	0.052	1	--	0.044
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000
Fatty acids, total trans	g	4.419	--	--	3.756

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Fatty acids, total trans-monoenoic	g	4.380	--	--	3.723
Cholesterol 1	mg	66	1	--	56
Amino Acids					
Tryptophan 1	g	0.058	--	--	0.049
Threonine 1	g	0.250	--	--	0.212
Isoleucine 1	g	0.235	--	--	0.200
Leucine 1	g	0.405	--	--	0.344
Lysine 1	g	0.458	--	--	0.389
Methionine 1	g	0.171	--	--	0.145
Cystine 1	g	0.069	--	--	0.059
Phenylalanine 1	g	0.206	--	--	0.175
Tyrosine 1	g	0.182	--	--	0.155
Valine 1	g	0.267	--	--	0.227
Arginine 1	g	0.353	--	--	0.300
Histidine 1	g	0.111	--	--	0.094
Alanine 1	g	0.260	--	--	0.221
Glutamic acid 1	g	0.732	--	--	0.622
Glycine 1	g	0.224	--	--	0.190
Proline 1	g	0.168	--	--	0.143
Serine 1	g	0.179	--	--	0.152
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Beef + Lamb New Zealand Limited New Zealand Beef + Lamb Study, 2012 Wellington