

Statistics Report 17362, Lamb, New Zealand, imported, subcutaneous fat, cooked
Report Date: September 19, 2019 15:04 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 | g | 21.77 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Energy | kcal | 674 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| Energy | kJ | 2820 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| Protein 1 | g | 5.24 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Total lipid (fat) 1 | g | 72.28 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Ash 1 | g | 0.09 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Carbohydrate, by difference | g | 0.62 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Sugars, total | g | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 6 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

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|---------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Iron, Fe 1 | mg | 0.70 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Magnesium, Mg 1 | mg | 9 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Phosphorus, P 1 | mg | 84 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Potassium, K 1 | mg | 164 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Sodium, Na 1 | mg | 43 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Zinc, Zn 1 | mg | 1.03 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Copper, Cu 1 | mg | 0.030 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Manganese, Mn 1 | mg | 0.005 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Selenium, Se 1 | µg | 2.1 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Thiamin 1 | mg | 0.094 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Riboflavin 1 | mg | 0.058 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Niacin 1 | mg | 1.530 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Pantothenic acid 1 | mg | 0.156 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin B-6 1 | mg | 0.061 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin B-12 1 | µg | 0.70 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin A, RAE | µg | 60 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Retinol 1 | µg | 60 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |

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|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin A, IU | IU | 201 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Vitamin E (alpha-tocopherol) 1 | mg | 1.02 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin D (D2 + D3) | µg | 0.1 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin D3 (cholecalciferol) 1 | µg | 0.1 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Vitamin D 1 | IU | 4 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 31.441 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| 4:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| 6:0 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| 8:0 1 | g | 0.029 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 10:0 1 | g | 0.066 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

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|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 12:0 1 | g | 0.058 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 14:0 1 | g | 1.304 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 16:0 1 | g | 10.597 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 17:0 1 | g | 1.362 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:0 1 | g | 17.798 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:0 1 | g | 0.090 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 22:0 1 | g | 0.137 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 24:0 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Fatty acids, total monounsaturated | g | 19.735 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| 14:1 1 | g | 0.020 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 15:1 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 16:1 undifferentiated 1 | g | 0.527 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 16:1 c 1 | g | 0.444 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 16:1 t 1 | g | 0.082 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 17:1 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:1 undifferentiated 1 | g | 19.157 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:1 c 1 | g | 14.859 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:1 t 1 | g | 4.297 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:1 1 | g | 0.032 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 22:1 undifferentiated 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 22:1 c 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 24:1 c 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Fatty acids, total polyunsaturated | g | 2.314 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| 18:2 undifferentiated 1 | g | 1.599 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:2 n-6 c,c 1 | g | 0.564 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:2 CLAs 1 | g | 0.995 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:2 t,t 1 | g | 0.040 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:3 undifferentiated 1 | g | 0.662 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.662 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:3 n-6 c,c,c 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 18:4 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:2 n-6 c,c 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:3 undifferentiated 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:3 n-6 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:4 undifferentiated 1 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:4 n-6 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 20:5 n-3 (EPA) 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 22:5 n-3 (DPA) 1 | g | 0.052 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| 22:6 n-3 (DHA) 1 | g | 0.000 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Fatty acids, total trans | g | 4.419 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| Fatty acids, total trans-monoenoic | g | 4.380 | -- | -- | 0 | 0 | -- | -- | -- | -- | Calculated or imputed | -- | 02/2014 |
| Cholesterol 1 | mg | 66 | 1 | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

Amino Acids

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Tryptophan ¹ | g | 0.058 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Threonine ¹ | g | 0.250 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Isoleucine ¹ | g | 0.235 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Leucine ¹ | g | 0.405 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Lysine ¹ | g | 0.458 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Methionine ¹ | g | 0.171 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Cystine ¹ | g | 0.069 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Phenylalanine ¹ | g | 0.206 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Tyrosine ¹ | g | 0.182 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Valine ¹ | g | 0.267 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Arginine ¹ | g | 0.353 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Histidine ¹ | g | 0.111 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Alanine ¹ | g | 0.260 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Glutamic acid ¹ | g | 0.732 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Glycine ¹ | g | 0.224 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Proline ¹ | g | 0.168 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Serine ¹ | g | 0.179 | -- | -- | 0 | 0 | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2014 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | -- | -- | -- | -- | Assumed zero | -- | 02/2014 |

Sources of Data

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