

Basic Report 17363, Lamb, New Zealand, imported, chump, boneless, separable lean only, raw

Report Date: August 16, 2017 23:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	74.58	84.28
Energy	kcal	121	137
Protein	g	21.68	24.50
Total lipid (fat)	g	3.83	4.33
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	4	5
Iron, Fe	mg	1.52	1.72
Magnesium, Mg	mg	24	27
Phosphorus, P	mg	201	227
Potassium, K	mg	346	391
Sodium, Na	mg	62	70
Zinc, Zn	mg	2.89	3.27
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.154	0.174
Riboflavin	mg	0.128	0.145
Niacin	mg	5.256	5.939
Vitamin B-6	mg	0.150	0.169
Vitamin B-12	µg	2.06	2.33
Vitamin A, RAE	µg	5	6
Vitamin A, IU	IU	15	17
Vitamin E (alpha-tocopherol)	mg	0.32	0.36
Vitamin D (D2 + D3)	µg	0.0	0.0

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Vitamin D	IU	1	1
Lipids			
Fatty acids, total saturated	g	1.265	1.429
Fatty acids, total monounsaturated	g	1.005	1.136
Fatty acids, total polyunsaturated	g	0.311	0.351
Fatty acids, total trans	g	0.077	0.087
Cholesterol	mg	65	73
Amino Acids			
Other			
Caffeine	mg	0	0