

Basic Report 17367, Lamb, New Zealand, imported, kidney, raw

Report Date: June 28, 2017 08:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Proximates			
Water	g	81.02	91.55
Energy	kcal	84	95
Protein	g	15.21	17.19
Total lipid (fat)	g	2.54	2.87
Carbohydrate, by difference	g	0.03	0.03
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	8	9
Iron, Fe	mg	6.60	7.46
Magnesium, Mg	mg	16	18
Phosphorus, P	mg	245	277
Potassium, K	mg	231	261
Sodium, Na	mg	168	190
Zinc, Zn	mg	1.81	2.05
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.413	0.467
Riboflavin	mg	1.279	1.445
Niacin	mg	8.426	9.521
Vitamin B-6	mg	0.173	0.195
Vitamin B-12	µg	50.37	56.92
Vitamin A, RAE	µg	61	69
Vitamin A, IU	IU	204	231
Vitamin E (alpha-tocopherol)	mg	0.42	0.47
Vitamin D (D2 + D3)	µg	0.1	0.1

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g
Vitamin D	IU	5	6
Lipids			
Fatty acids, total saturated	g	0.768	0.868
Fatty acids, total monounsaturated	g	0.391	0.442
Fatty acids, total polyunsaturated	g	0.540	0.610
Fatty acids, total trans	g	0.046	0.052
Cholesterol	mg	369	417
Amino Acids			
Other			
Caffeine	mg	0	0