

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

**Report Date: August 20, 2017 07:45 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 oz 113g</b>
Vitamin D	IU	5	6
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0