

Basic Report 17396, Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted

Report Date: May 30, 2017 03:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	66.70	56.70
Energy	kcal	173	147
Protein	g	24.39	20.73
Total lipid (fat)	g	8.38	7.12
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	11	9
Iron, Fe	mg	1.76	1.50
Magnesium, Mg	mg	24	20
Phosphorus, P	mg	200	170
Potassium, K	mg	330	280
Sodium, Na	mg	67	57
Zinc, Zn	mg	2.56	2.18
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.057	0.048
Riboflavin	mg	0.210	0.178
Niacin	mg	6.267	5.327
Vitamin B-6	mg	0.291	0.247
Vitamin B-12	µg	1.31	1.11
Vitamin A, RAE	µg	3	3
Vitamin A, IU	IU	11	9
Vitamin E (alpha-tocopherol)	mg	0.29	0.25
Vitamin D (D2 + D3)	µg	0.1	0.1

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D	IU	5	4
Lipids			
Fatty acids, total saturated	g	3.196	2.717
Fatty acids, total monounsaturated	g	2.399	2.039
Fatty acids, total polyunsaturated	g	0.430	0.365
Fatty acids, total trans	g	0.313	0.266
Cholesterol	mg	72	61
Amino Acids			
Other			
Caffeine	mg	0	0