

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

Report Date: September 22, 2017 09:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D	IU	5	4
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0