

**Basic Report 17415, Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised**

Report Date: July 15, 2019 20:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	50.14	42.62
Energy	kcal	322	274
Protein	g	26.79	22.77
Total lipid (fat)	g	23.86	20.28
Carbohydrate, by difference	g	0.05	0.04
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	34	29
Iron, Fe	mg	1.74	1.48
Magnesium, Mg	mg	20	17
Phosphorus, P	mg	162	138
Potassium, K	mg	207	176
Sodium, Na	mg	57	48
Zinc, Zn	mg	5.35	4.55
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.046	0.039
Riboflavin	mg	0.190	0.161
Niacin	mg	2.674	2.273
Vitamin B-6	mg	0.102	0.087
Vitamin B-12	µg	2.11	1.79
Vitamin A, RAE	µg	15	13
Vitamin A, IU	IU	49	42
Vitamin E (alpha-tocopherol)	mg	0.69	0.59
Vitamin D (D2 + D3)	µg	0.2	0.2

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin D	IU	7	6
<b>Lipids</b>			
Fatty acids, total saturated	g	9.596	8.157
Fatty acids, total monounsaturated	g	6.769	5.754
Fatty acids, total polyunsaturated	g	1.039	0.883
Fatty acids, total trans	g	1.137	0.966
Cholesterol	mg	95	81
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0