

**Basic Report 17458, Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw**

Report Date: February 22, 2018 02:08 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 4.0 oz<br>114g | 1 leg trotter off<br>2,674g |
|--------------------------------|------|------------------------|----------------|-----------------------------|
| <b>Proximates</b>              |      |                        |                |                             |
| Water                          | g    | 68.68                  | 78.30          | 1836.50                     |
| Energy                         | kcal | 175                    | 200            | 4680                        |
| Protein                        | g    | 21.95                  | 25.02          | 586.94                      |
| Total lipid (fat)              | g    | 9.73                   | 11.09          | 260.18                      |
| Carbohydrate, by difference    | g    | 0.00                   | 0.00           | 0.00                        |
| Fiber, total dietary           | g    | 0.0                    | 0.0            | 0.0                         |
| Sugars, total                  | g    | 0.00                   | 0.00           | 0.00                        |
| <b>Minerals</b>                |      |                        |                |                             |
| Calcium, Ca                    | mg   | 3                      | 3              | 80                          |
| Iron, Fe                       | mg   | 2.09                   | 2.38           | 55.89                       |
| Magnesium, Mg                  | mg   | 21                     | 24             | 562                         |
| Phosphorus, P                  | mg   | 156                    | 178            | 4171                        |
| Potassium, K                   | mg   | 225                    | 256            | 6016                        |
| Sodium, Na                     | mg   | 75                     | 86             | 2006                        |
| Zinc, Zn                       | mg   | 2.72                   | 3.10           | 72.73                       |
| <b>Vitamins</b>                |      |                        |                |                             |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0            | 0.0                         |
| Thiamin                        | mg   | 0.132                  | 0.150          | 3.530                       |
| Riboflavin                     | mg   | 0.370                  | 0.422          | 9.894                       |
| Niacin                         | mg   | 6.251                  | 7.126          | 167.152                     |
| Vitamin B-6                    | mg   | 0.426                  | 0.486          | 11.391                      |
| Vitamin B-12                   | µg   | 1.56                   | 1.78           | 41.71                       |
| Vitamin A, RAE                 | µg   | 2                      | 2              | 53                          |
| Vitamin A, IU                  | IU   | 8                      | 9              | 214                         |
| Vitamin E (alpha-tocopherol)   | mg   | 0.11                   | 0.13           | 2.94                        |
| Vitamin D (D2 + D3)            | µg   | 0.0                    | 0.0            | 0.0                         |

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|------------------------------------|-------------|---------------------------------|------------------------|-------------------------------------|
| Vitamin D                          | IU          | 0                               | 0                      | 0                                   |
| <b>Lipids</b>                      |             |                                 |                        |                                     |
| Fatty acids, total saturated       | g           | 4.464                           | 5.089                  | 119.367                             |
| Fatty acids, total monounsaturated | g           | 3.934                           | 4.485                  | 105.195                             |
| Fatty acids, total polyunsaturated | g           | 0.692                           | 0.789                  | 18.504                              |
| Fatty acids, total trans           | g           | 0.612                           | 0.698                  | 16.365                              |
| Cholesterol                        | mg          | 76                              | 87                     | 2032                                |
| <b>Amino Acids</b>                 |             |                                 |                        |                                     |
| <b>Other</b>                       |             |                                 |                        |                                     |
| Caffeine                           | mg          | 0                               | 0                      | 0                                   |