

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

Report Date: August 18, 2017 06:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 114g	1 leg trotter off 2,674g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	4.0 oz 114g	1 leg trotter off 2,674g
Vitamin D	IU	0	0	0
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0