

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

Report Date: August 21, 2017 04:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products

Common Name: URMIS #2994

Refuse:21% Refuse Description: Bone and connective tissue 21%

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 114g	1 leg trotter off 2,674g
Proximates						
Water	g	68.68	--	--	78.30	1836.50
Energy	kcal	175	--	--	200	4680
Energy	kJ	734	--	--	837	19627
Protein	g	21.95	--	--	25.02	586.94
Total lipid (fat)	g	9.73	--	--	11.09	260.18
Ash	g	0.96	--	--	1.09	25.67
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
Copper, Cu	mg	0.118	--	--	0.135	3.155
Manganese, Mn	mg	0.005	--	--	0.006	0.134
Selenium, Se	µg	6.9	--	--	7.9	184.5

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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
Pantothenic acid	mg	0.704	--	--	0.803	18.825
Vitamin B-6	mg	0.426	--	--	0.486	11.391
Vitamin B-12	µg	1.56	--	--	1.78	41.71
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	2	53
Retinol	µg	2	--	--	2	53
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	8	--	--	9	214
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.13	2.94
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D2 (ergocalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	4.464	--	--	5.089	119.367
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.011	--	--	0.013	0.294
12:0	g	0.024	--	--	0.027	0.642
14:0	g	0.298	--	--	0.340	7.969
15:0	g	0.058	--	--	0.066	1.551
16:0	g	2.097	--	--	2.391	56.074

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17:0	g	0.141	--	--	0.161	3.770
18:0	g	1.812	--	--	2.066	48.453
20:0	g	0.016	--	--	0.018	0.428
22:0	g	0.007	--	--	0.008	0.187
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	3.934	--	--	4.485	105.195
14:1	g	0.007	--	--	0.008	0.187
15:1	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.123	--	--	0.140	3.289
17:1	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	3.800	--	--	4.332	101.612
18:1 c	g	3.323	--	--	3.788	88.857
18:1 t	g	0.477	--	--	0.544	12.755
20:1	g	0.004	--	--	0.005	0.107
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
22:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.692	--	--	0.789	18.504
18:2 undifferentiated	g	0.468	--	--	0.534	12.514
18:2 n-6 c,c	g	0.244	--	--	0.278	6.525
18:2 CLAs	g	0.088	--	--	0.100	2.353
18:2 t not further defined	g	0.136	--	--	0.155	3.637
18:3 undifferentiated	g	0.108	--	--	0.123	2.888
18:3 n-3 c,c,c (ALA)	g	0.107	--	--	0.122	2.861
18:3 n-6 c,c,c	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c	g	0.001	--	--	0.001	0.027
20:3 undifferentiated	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.053	--	--	0.060	1.417
20:5 n-3 (EPA)	g	0.020	--	--	0.023	0.535
22:5 n-3 (DPA)	g	0.033	--	--	0.038	0.882
22:6 n-3 (DHA)	g	0.009	--	--	0.010	0.241
Fatty acids, total trans	g	0.612	--	--	0.698	16.365
Fatty acids, total trans-monoenoic	g	0.477	--	--	0.544	12.755

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Cholesterol	mg	76	--	--	87	2032
Amino Acids						
Tryptophan	g	0.228	--	--	0.260	6.097
Threonine	g	0.897	--	--	1.023	23.986
Isoleucine	g	0.914	--	--	1.042	24.440
Leucine	g	1.567	--	--	1.786	41.902
Lysine	g	1.674	--	--	1.908	44.763
Methionine	g	0.530	--	--	0.604	14.172
Cystine	g	0.224	--	--	0.255	5.990
Phenylalanine	g	0.816	--	--	0.930	21.820
Tyrosine	g	0.686	--	--	0.782	18.344
Valine	g	0.983	--	--	1.121	26.285
Arginine	g	1.309	--	--	1.492	35.003
Histidine	g	0.574	--	--	0.654	15.349
Alanine	g	1.249	--	--	1.424	33.398
Aspartic acid	g	1.802	--	--	2.054	48.185
Glutamic acid	g	2.930	--	--	3.340	78.348
Glycine	g	1.159	--	--	1.321	30.992
Proline	g	0.930	--	--	1.060	24.868
Serine	g	0.780	--	--	0.889	20.857
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0