NDB No. 17148
Bison, ground, grass-fed, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.09	0.697	9	A	1		55.33		
Energy	kcal	179		0	NC	4		153		
Energy	kJ	751		0	NC	4		638		
Protein	g	25.45	0.498	9	A	1		21.64		
Total lipid (fat)	g	8.62	1.036	9	A	1		7.33		
Ash	g	1.02	0.025	9	A	1		0.87		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	BFNN	4		12		
Iron, Fe	mg	3.19		0	BFNN	4		2.71		
Magnesium, Mg	mg	23		0	BFNN	4		19		
Phosphorus, P	mg	213		0	BFNN	4		181		
Potassium, K	mg	353		0	BFNN	4		300		
Sodium, Na	mg	76		0	BFNN	4		64		
Zinc, Zn	mg	5.34		0	BFNN	4		4.54		
Copper, Cu	mg	0.151		0	BFNN	4		0.128		
Manganese, Mn	mg									
Selenium, Se	mcg	31.1		0	BFNN	4		26.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFPN	4		0.0		
Thiamin	mg	0.139		0	BFPN	4		0.118		
Riboflavin	mg	0.264		0	BFPN	4		0.225		
Niacin	mg	5.966		0	BFPN	4		5.071		
Pantothenic acid	mg									
Vitamin B-6	mg	0.401		0	BFPN	4		0.341		
Folate, total	mcg	16		0	BFPN	4		14		
Folic acid	mcg	0		0	BFPN	4		0		
Folate, food	mcg	16		0	BFPN	4		14		
Folate, DFE	mcg_DFE	16		0	NC	4		14		
Choline, total	mg	97.2		0	BFNN	4		82.6		
Betaine	mg	12.8		0	BFNN	4		10.9		
Vitamin B-12	mcg	2.44		0	BFPN	4		2.07		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	BFSN	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4		0.17		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		2	AS	1		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		2	AI	13		0.0		
Vitamin D	IU	0		2	AI	13		0		
Vitamin K (phylloquinone)	mcg	1.3		0	BFSN	4		1.1		
Lipids:										
Fatty acids, total saturated	g	3.489		0	NC	4		2.966		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 17148
Bison, ground, grass-fed, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.003		0	BFFN	4		0.003		
10:0....g	0.004		0	BFFN	4		0.003		
12:0....g	0.004		0	BFFN	4		0.003		
13:0....g									
14:0....g	0.155		0	BFFN	4		0.132		
15:0....g									
16:0....g	1.553		0	BFFN	4		1.320		
17:0....g									
18:0....g	1.771		0	BFFN	4		1.505		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.293		0	NC	4		2.799		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.172		0	BFFN	4		0.146		
17:1....g									
18:1 undifferentiated....g	3.094		0	BFFN	4		2.630		
20:1....g	0.027		0	BFFN	4		0.023		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.402		0	NC	4		0.341		
18:2 undifferentiated....g	0.313		0	BFFN	4		0.266		
18:3 undifferentiated....g	0.045		0	BFFN	4		0.039		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0	BFFN	4		0.037		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	71		0	BFSN	4		61		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.164		
Threonine....g	1.155		0	A	1		0.982		
Isoleucine....g	1.229		0	A	1		1.044		
Leucine....g	2.184		0	A	1		1.856		
Lysine....g	2.362		0	A	1		2.007		
Methionine....g	0.688		0	A	1		0.585		
Cystine....g	0.304		0	A	1		0.258		
Phenylalanine....g	1.081		0	A	1		0.919		
Tyrosine....g	0.866		0	A	1		0.736		
Valine....g	1.370		0	A	1		1.164		
Arginine....g	1.733		0	A	1		1.473		
Histidine....g	0.933		0	A	1		0.793		
Alanine....g	1.696		0	A	1		1.441		
Aspartic acid....g	2.487		0	A	1		2.114		
Glutamic acid....g	4.146		0	A	1		3.524		
Glycine....g	1.652		0	A	1		1.404		
Proline....g	1.303		0	A	1		1.108		
Serine....g	1.059		0	A	1		0.900		
Hydroxyproline....g	0.318		0	BFPN	4		0.270		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17148

Bison, ground, grass-fed, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17149
Bison, ground, grass-fed, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.59	0.835	9	A	1				
Energy	kcal	146		0	NC	4				
Energy	kJ	611		0	NC	4				
Protein	g	20.23	0.299	9	A	1				
Total lipid (fat)	g	7.21	0.922	9	A	1				
Ash	g	0.91	0.016	9	A	1				
Carbohydrate, by difference	g	0.05		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	BFNN	4				
Iron, Fe	mg	2.78		0	BFNN	4				
Magnesium, Mg	mg	21		0	BFNN	4				
Phosphorus, P	mg	194		0	BFNN	4				
Potassium, K	mg	328		0	BFNN	4				
Sodium, Na	mg	70		0	BFNN	4				
Zinc, Zn	mg	4.59		0	BFNN	4				
Copper, Cu	mg	0.140		0	BFNN	4				
Manganese, Mn	mg									
Selenium, Se	mcg	20.0		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.141		0	BFPN	4				
Riboflavin	mg	0.246		0	BFPN	4				
Niacin	mg	5.322		0	BFPN	4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.383		0	BFPN	4				
Folate, total	mcg	12		0	BFPN	4				
Folic acid	mcg	0		0	BFPN	4				
Folate, food	mcg	12		0	BFPN	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Choline, total	mg	85.8		0	BFNN	4				
Betaine	mg	12.6		0	BFNN	4				
Vitamin B-12	mcg	1.94		0	BFPN	4				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		0	BFSN	4				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		2	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		2	AI	13				
Vitamin D	IU	0		2	AI	13				
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	2.917		0	NC	4				
4:0	g	0.000		0	Z	7				

NDB No. 17149
Bison, ground, grass-fed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.003		0	BFFN	4				
10:0....g	0.003		0	BFFN	4				
12:0....g	0.003		0	BFFN	4				
13:0....g									
14:0....g	0.129		0	BFFN	4				
15:0....g									
16:0....g	1.298		0	BFFN	4				
17:0....g									
18:0....g	1.481		0	BFFN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.753		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0	BFFN	4				
17:1....g									
18:1 undifferentiated....g	2.586		0	BFFN	4				
20:1....g	0.023		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.336		0	NC	4				
18:2 undifferentiated....g	0.261		0	BFFN	4				
18:3 undifferentiated....g	0.038		0	BFFN	4				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4				
20:5 n-3 (EPA)....g	0.000		0	BFFN	4				
22:5 n-3 (DPA)....g	0.000		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFSN	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0	A	1				
Threonine....g	0.918		0	A	1				
Isoleucine....g	0.977		0	A	1				
Leucine....g	1.736		0	A	1				
Lysine....g	1.877		0	A	1				
Methionine....g	0.547		0	A	1				
Cystine....g	0.241		0	A	1				
Phenylalanine....g	0.859		0	A	1				
Tyrosine....g	0.688		0	A	1				
Valine....g	1.089		0	A	1				
Arginine....g	1.377		0	A	1				
Histidine....g	0.742		0	A	1				
Alanine....g	1.348		0	A	1				
Aspartic acid....g	1.977		0	A	1				
Glutamic acid....g	3.296		0	A	1				
Glycine....g	1.313		0	A	1				
Proline....g	1.036		0	A	1				
Serine....g	0.842		0	A	1				
Hydroxyproline....g	0.253		0	BFPN	4				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17149
Bison, ground, grass-fed, raw

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17330
Game meat , bison, ground, raw
Bison bison
buffalo
Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.25	2.053	6	A	1		54.61	72.60	
Energy....kcal	223		0	NC	4		190	252	
Energy....kJ	935		0	NC	4		795	1056	
Protein (N x 6.25)....g	18.67	1.324	6	A	1		15.87	21.09	
Total lipid (fat)....g	15.93	0.970	6	A	1		13.54	18.00	
Ash....g	0.88	0.031	6	A	1		0.75	1.00	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.654	3	A	1		9	12	
Iron, Fe....mg	2.60	0.203	6	A	1		2.21	2.93	
Magnesium, Mg....mg	19	0.546	3	A	1		17	22	
Phosphorus, P....mg	181	5.783	3	A	1		154	205	
Potassium, K....mg	307	11.465	3	A	1		261	347	
Sodium, Na....mg	66	2.615	3	A	1		56	74	
Zinc, Zn....mg	4.29	0.139	3	A	1		3.65	4.85	
Copper, Cu....mg	0.131	0.034	3	A	1		0.111	0.148	
Manganese, Mn....mg	0.009	0.000	3	A	1		0.008	0.011	
Selenium, Se....mcg	18.7	0.333	3	A	1		15.9	21.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130	0.006	3	A	1		0.111	0.147	
Riboflavin....mg	0.227	0.015	3	A	1		0.193	0.256	
Niacin....mg	4.910	0.301	3	A	1		4.174	5.548	
Pantothenic acid....mg	0.640		1	A	1		0.544	0.723	
Vitamin B-6....mg	0.353	0.016	3	A	1		0.300	0.399	
Folate, total....mcg	11		1	A	1		9	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		1	A	1		9	13	
Folate, DFE....mcg_DFE	11		0	NC	4		9	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.79	0.106	3	A	1		1.52	2.02	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		1	A	1		0.20	0.27	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.006		0	BFFN	4		0.005	0.007	

NDB No. 17330
Game meat , bison, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.007		0	BFFN	4		0.006	0.007	
12:0 g	0.007		0	BFFN	4		0.006	0.007	
13:0 g									
14:0 g	0.286		0	BFFN	4		0.243	0.323	
15:0 g	0.083		0	BFFN	4		0.071	0.094	
16:0 g	2.869		0	BFFN	4		2.439	3.242	
17:0 g	0.241		0	BFFN	4		0.205	0.273	
18:0 g	3.272		0	BFFN	4		2.781	3.698	
20:0 g	0.030		0	BFFN	4		0.026	0.034	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g									
14:1 g	0.023		0	BFFN	4		0.020	0.026	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.318		0	BFFN	4		0.270	0.359	
17:1 g	0.114		0	BFFN	4		0.097	0.129	
18:1 undifferentiated g	5.716		0	BFFN	4		4.859	6.460	
20:1 g	0.051		0	BFFN	4		0.043	0.057	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	0.578		0	BFFN	4		0.491	0.653	
18:3 undifferentiated g	0.084		0	BFFN	4		0.071	0.095	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.007		0	BFFN	4		0.006	0.008	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.081		0	BFFN	4		0.069	0.091	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70	2.596	6	A	1		59	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.141		0	A	1		0.120	0.160	
Threonine g	0.847		0	A	1		0.720	0.957	
Isoleucine g	0.901		0	A	1		0.766	1.018	
Leucine g	1.601		0	A	1		1.361	1.810	
Lysine g	1.732		0	A	1		1.472	1.957	
Methionine g	0.505		0	A	1		0.429	0.570	
Cystine g	0.223		0	A	1		0.189	0.252	
Phenylalanine g	0.793		0	A	1		0.674	0.896	
Tyrosine g	0.635		0	A	1		0.540	0.718	
Valine g	1.004		0	A	1		0.854	1.135	
Arginine g	1.271		0	A	1		1.080	1.436	
Histidine g	0.684		0	A	1		0.581	0.773	
Alanine g	1.243		0	A	1		1.057	1.405	
Aspartic acid g	1.824		0	A	1		1.551	2.061	
Glutamic acid g	3.040		0	A	1		2.584	3.435	
Glycine g	1.211		0	A	1		1.030	1.369	
Proline g	0.956		0	A	1		0.812	1.080	
Serine g	0.776		0	A	1		0.660	0.877	
Hydroxyproline g	0.233		0	BFPN	4		0.198	0.264	
Others:									

NDB No. 17330
Game meat , bison, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

Measure 2 = 113g: 1 patty

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17332

Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Bison bison

buffalo

Refuse: 8% Connective tissue, 4%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.10	0.794	6	A	1		126.29	55.34	
Energy....kcal	171		0	NC	4		331	145	
Energy....kJ	714		0	NC	4		1386	607	
Protein (N x 6.25)....g	28.05	0.410	6	A	1		54.42	23.84	
Total lipid (fat)....g	5.65	0.698	6	A	1		10.96	4.80	
Ash....g	1.17	0.033	6	A	1		2.26	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.963	3	A	1		10	4	
Iron, Fe....mg	3.47	0.121	6	A	1		6.72	2.95	
Magnesium, Mg....mg	27	0.939	3	A	1		53	23	
Phosphorus, P....mg	253	12.732	3	A	1		490	215	
Potassium, K....mg	387	12.342	3	A	1		751	329	
Sodium, Na....mg	53	3.884	3	A	1		102	45	
Zinc, Zn....mg	5.11	0.197	3	A	1		9.91	4.34	
Copper, Cu....mg	0.211	0.050	3	A	1		0.410	0.180	
Manganese, Mn....mg	0.013	0.002	3	A	1		0.026	0.011	
Selenium, Se....mcg	41.2		0	BFNN	4		80.0	35.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.227	0.017	3	A	1		0.440	0.193	
Riboflavin....mg	0.447	0.032	3	A	1		0.867	0.380	
Niacin....mg	5.570	0.520	3	A	1		10.806	4.735	
Pantothenic acid....mg	1.345		0	BFPN	4		2.610	1.144	
Vitamin B-6....mg	0.557	0.036	3	A	1		1.080	0.473	
Folate, total....mcg	18		0	BFPN	4		35	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0	BFPN	4		35	15	
Folate, DFE....mcg_DFE	18		0	NC	4		35	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.83	0.544	3	A	1		5.48	2.40	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		0.40	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.412		0	NC	4		4.680	2.050	
4:0....g									
6:0....g									

NDB No. 17332

Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g	0.002		0	BFFN	4		0.004	0.002	
10:0 g	0.002		0	BFFN	4		0.004	0.002	
12:0 g	0.002		0	BFFN	4		0.005	0.002	
13:0 g									
14:0 g	0.101		0	BFFN	4		0.197	0.086	
15:0 g	0.030		0	BFFN	4		0.057	0.025	
16:0 g	1.017		0	BFFN	4		1.974	0.865	
17:0 g	0.086		0	BFFN	4		0.166	0.073	
18:0 g	1.160		0	BFFN	4		2.251	0.986	
20:0 g	0.011		0	BFFN	4		0.021	0.009	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.206		0	NC	4		4.280	1.875	
14:1 g	0.008		0	BFFN	4		0.016	0.007	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.113		0	BFFN	4		0.218	0.096	
17:1 g	0.040		0	BFFN	4		0.078	0.034	
18:1 undifferentiated g	2.027		0	BFFN	4		3.932	1.723	
20:1 g	0.018		0	BFFN	4		0.035	0.015	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.266		0	NC	4		0.515	0.226	
18:2 undifferentiated g	0.205		0	BFFN	4		0.397	0.174	
18:3 undifferentiated g	0.030		0	BFFN	4		0.058	0.025	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g	0.002		0	BFFN	4		0.005	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.029		0	BFFN	4		0.056	0.024	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	86	1.105	6	A	1		167	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.212		0	A	1		0.411	0.180	
Threonine g	1.273		0	A	1		2.469	1.082	
Isoleucine g	1.354		0	A	1		2.627	1.151	
Leucine g	2.406		0	A	1		4.668	2.045	
Lysine g	2.603		0	A	1		5.049	2.212	
Methionine g	0.759		0	A	1		1.472	0.645	
Cystine g	0.334		0	A	1		0.649	0.284	
Phenylalanine g	1.191		0	A	1		2.311	1.012	
Tyrosine g	0.954		0	A	1		1.852	0.811	
Valine g	1.509		0	A	1		2.928	1.283	
Arginine g	1.909		0	A	1		3.704	1.623	
Histidine g	1.028		0	A	1		1.994	0.874	
Alanine g	1.868		0	A	1		3.625	1.588	
Aspartic acid g	2.741		0	A	1		5.318	2.330	
Glutamic acid g	4.569		0	A	1		8.863	3.883	
Glycine g	1.820		0	A	1		3.531	1.547	
Proline g	1.436		0	A	1		2.786	1.221	
Serine g	1.167		0	A	1		2.263	0.992	

NDB No. 17332

Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.351		0	A	1		0.680	0.298	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 steak (yield from 309.7 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17145
Game meat, antelope, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.90		0		1		224.06	56.02	
Energy....kcal	150		0	NC	4		510	128	
Energy....kJ	628				4		2134	533	
Protein (N x 6.25)....g	29.45		0		1		100.13	25.03	
Total lipid (fat)....g	2.67		0		1		9.08	2.27	
Ash....g	1.45		0		1		4.93	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		14	3	
Iron, Fe....mg	4.20		0		1		14.28	3.57	
Magnesium, Mg....mg	28		0		1		95	24	
Phosphorus, P....mg	210		0		1		714	179	
Potassium, K....mg	372		0		1		1265	316	
Sodium, Na....mg	54		0		1		184	46	
Zinc, Zn....mg	1.68		0		1		5.71	1.43	
Copper, Cu....mg	0.213		0		1		0.724	0.181	
Manganese, Mn....mg	0.022		0		1		0.075	0.019	
Selenium, Se....mcg	12.9		0	BFYN	4		43.9	11.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.260		0		1		0.884	0.221	
Riboflavin....mg	0.730		0		1		2.482	0.621	
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	9		0	BFPN	4		29	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		29	7	
Folate, DFE....mcg_DFE	9		0	NC	4		29	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.970		0		1		3.298	0.825	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1				

NDB No. 17145
Game meat, antelope, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000				1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.030		0		1		0.102	0.026	
15:0 g									
16:0 g	0.450		0		1		1.530	0.383	
17:0 g									
18:0 g	0.490		0		1		1.666	0.417	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.630		0		1		2.142	0.536	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.034	0.009	
17:1 g									
18:1 undifferentiated g	0.630		0		1		2.142	0.536	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0		1		1.972	0.493	
18:2 undifferentiated g	0.330		0		1		1.122	0.281	
18:3 undifferentiated g	0.100		0		1		0.340	0.085	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.160		0		1		0.544	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	126		0		1		428	107	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.362		0		1		4.631	1.158	
Isoleucine g	1.126		0		1		3.828	0.957	
Leucine g	2.489		0		1		8.463	2.116	
Lysine g	2.462		0		1		8.371	2.093	
Methionine g	0.838		0		1		2.849	0.712	
Cystine g	0.262		0		1		0.891	0.223	
Phenylalanine g	1.166		0		1		3.964	0.991	
Tyrosine g	1.022		0		1		3.475	0.869	
Valine g	1.310		0		1		4.454	1.114	
Arginine g	1.938		0		1		6.589	1.647	
Histidine g	1.401		0		1		4.763	1.191	
Alanine g	1.716		0		1		5.834	1.459	
Aspartic acid g	2.790		0		1		9.486	2.372	
Glutamic acid g	4.427		0		1		15.052	3.763	
Glycine g	1.323		0		1		4.498	1.125	
Proline g	1.349		0		1		4.587	1.147	
Serine g	1.244		0		1		4.230	1.057	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

NDB No. 17145
Game meat, antelope, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17144

Game meat, antelope, raw

Antilocapra americana, Bosephalus tragocamelus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.08	0.178	54		1		21.00	336.03	
Energy....kcal	114		0	NC	4		32	517	
Energy....kJ	477				4		135	2164	
Protein (N x 6.25)....g	22.38	0.136	24		1		6.34	101.52	
Total lipid (fat)....g	2.03	0.195	54		1		0.58	9.21	
Ash....g	1.10	0.017	22		1		0.31	4.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3	0.091	22		1		1	14	
Iron, Fe....mg	3.19	0.082	22		1		0.90	14.47	
Magnesium, Mg....mg	27	0.213	22		1		8	122	
Phosphorus, P....mg	188	1.055	22		1		53	853	
Potassium, K....mg	353	3.358	22		1		100	1601	
Sodium, Na....mg	51	1.200	22		1		14	231	
Zinc, Zn....mg	1.28	0.095	22		1		0.36	5.81	
Copper, Cu....mg	0.180	0.005	22		1		0.051	0.816	
Manganese, Mn....mg	0.020	0.001	22		1		0.006	0.091	
Selenium, Se....mcg	9.7		0	BFNN	4		2.7	44.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.320	0.014	18		1		0.091	1.452	
Riboflavin....mg	0.580	0.013	18		1		0.164	2.631	
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.740		0		1		0.210	3.357	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		2		1		0.000	0.000	
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.020		2		1		0.006	0.091	
15:0....g									
16:0....g	0.340		2		1		0.096	1.542	
17:0....g									
18:0....g	0.370		2		1		0.105	1.678	

NDB No. 17144
Game meat, antelope, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.480		0		1		0.136	2.177	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		2		1		0.003	0.045	
17:1....g									
18:1 undifferentiated....g	0.480		2		1		0.136	2.177	
20:1....g	0.000		2		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0		1		0.125	1.996	
18:2 undifferentiated....g	0.250		2		1		0.071	1.134	
18:3 undifferentiated....g	0.070		2		1		0.020	0.318	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		2		1		0.034	0.544	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	95	6.797	36		1		27	431	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.035		22		1		0.293	4.695	
Isoleucine....g	0.856		22		1		0.243	3.883	
Leucine....g	1.891		22		1		0.536	8.578	
Lysine....g	1.871		22		1		0.530	8.487	
Methionine....g	0.637		22		1		0.181	2.889	
Cystine....g	0.199		22		1		0.056	0.903	
Phenylalanine....g	0.886		22		1		0.251	4.019	
Tyrosine....g	0.776		22		1		0.220	3.520	
Valine....g	0.995		22		1		0.282	4.513	
Arginine....g	1.473		22		1		0.418	6.682	
Histidine....g	1.065		22		1		0.302	4.831	
Alanine....g	1.304		22		1		0.370	5.915	
Aspartic acid....g	2.120		22		1		0.601	9.616	
Glutamic acid....g	3.365		22		1		0.954	15.264	
Glycine....g	1.005		22		1		0.285	4.559	
Proline....g	1.025		22		1		0.291	4.649	
Serine....g	0.946		22		1		0.268	4.291	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17147
Game meat, bear, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.55		0		1		148.33	45.52	
Energy	kcal	259		0	NC	4		717	220	
Energy	kJ	1084		0		4		3002	921	
Protein (N x 6.25)	g	32.42		0		1		89.80	27.56	
Total lipid (fat)	g	13.39		0		1		37.09	11.38	
Ash	g	1.13		0		1		3.13	0.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		14	4	
Iron, Fe	mg	10.73		0		1		29.72	9.12	
Magnesium, Mg	mg	23		0		4		64	20	
Phosphorus, P	mg	170		0		1		471	145	
Potassium, K	mg	263		0		4		729	224	
Sodium, Na	mg	71		0		4		197	60	
Zinc, Zn	mg	10.27		0		4		28.45	8.73	
Copper, Cu	mg	0.148		0		4		0.410	0.126	
Manganese, Mn	mg									
Selenium, Se	mcg	11.2		0	BFYN	4		31.0	9.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.277	0.085	
Riboflavin	mg	0.820		0		1		2.271	0.697	
Niacin	mg	3.350		0		1		9.280	2.848	
Pantothenic acid	mg									
Vitamin B-6	mg	0.290		0		4		0.803	0.247	
Folate, total	mcg	6		0		4		17	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		17	5	
Folate, DFE	mcg_DFE	6		0	NC	4		17	5	
Choline, total	mg	122.3		0	BFNN	4		338.7	103.9	
Betaine	mg	16.1		0	BFNN	4		44.5	13.7	
Vitamin B-12	mcg	2.47		0		4		6.84	2.10	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49		0	BFSN	4		1.37	0.42	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D	IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	1.8		0	BFSN	4		4.9	1.5	
Lipids:										
Fatty acids, total saturated	g	3.540		0		4		9.806	3.009	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 17147
Game meat, bear, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.188		0		4		0.521	0.160	
15:0 g									
16:0 g	2.073		0		4		5.742	1.762	
17:0 g									
18:0 g	0.769		0		4		2.130	0.654	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.660		0		4		15.678	4.811	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.725		0		4		2.008	0.616	
17:1 g									
18:1 undifferentiated g	4.130		0		4		11.440	3.511	
20:1 g	0.057		0		4		0.158	0.048	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.400		0		4		6.648	2.040	
18:2 undifferentiated g	1.572		0		4		4.354	1.336	
18:3 undifferentiated g	0.049		0		4		0.136	0.042	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.321		0		4		0.889	0.273	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.034		0		4		0.094	0.029	
22:6 n-3 (DHA) g	0.037		0		4		0.102	0.031	
Fatty acids, total trans g									
Cholesterol mg	98		0		4		271	83	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17146

Game meat, bear, raw

Ursus arctos, Euarctos spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20		1		1		20.19	322.96	
Energy....kcal	161		0	NC	4		46	730	
Energy....kJ	674				4		191	3056	
Protein (N x 6.25)....g	20.10		1		1		5.70	91.17	
Total lipid (fat)....g	8.30		1		1		2.35	37.65	
Ash....g	0.70		1		1		0.20	3.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		1	14	
Iron, Fe....mg	6.65		2		1		1.89	30.16	
Magnesium, Mg....mg									
Phosphorus, P....mg	151		2		1		43	685	
Potassium, K....mg									
Sodium, Na....mg									
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	8.3		0	BFNN	4		2.4	37.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		1		1		0.045	0.726	
Riboflavin....mg	0.680		1		1		0.193	3.084	
Niacin....mg	3.200		1		1		0.907	14.515	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 17146
Game meat, bear, raw

Food Group: 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17151
Game meat, beaver, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.92		0		1		181.29	49.23	
Energy....kcal	212		0	NC	4		664	180	
Energy....kJ	887		0		4		2776	754	
Protein (N x 6.25)....g	34.85		0		1		109.08	29.62	
Total lipid (fat)....g	6.96		0		1		21.78	5.92	
Ash....g	1.45		0		1		4.54	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		69	19	
Iron, Fe....mg	10.00		0		1		31.30	8.50	
Magnesium, Mg....mg	29		0		1		91	25	
Phosphorus, P....mg	292		0		1		914	248	
Potassium, K....mg	403		0		1		1261	343	
Sodium, Na....mg	59		0		1		185	50	
Zinc, Zn....mg	2.27		0		4		7.11	1.93	
Copper, Cu....mg	0.189		0		4		0.592	0.161	
Manganese, Mn....mg									
Selenium, Se....mcg	43.1		0	BFYN	4		134.9	36.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		0		1		9.4	2.6	
Thiamin....mg	0.050		0		1		0.157	0.043	
Riboflavin....mg	0.310		0		1		0.970	0.264	
Niacin....mg	2.200		0		1		6.886	1.870	
Pantothenic acid....mg	0.930		0		1		2.911	0.791	
Vitamin B-6....mg	0.470		0		4		1.471	0.400	
Folate, total....mcg	11		0		1		34	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		34	9	
Folate, DFE....mcg_DFE	11		0	NC	4		34	9	
Choline, total....mg	129.9		0	BFNN	4		406.6	110.4	
Betaine....mg	17.1		0	BFNN	4		53.4	14.5	
Vitamin B-12....mcg	8.30		0		1		25.98	7.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		1.40	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		5.0	1.4	
Lipids:									
Fatty acids, total saturated....g	2.070		0		4		6.479	1.760	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 17151
Game meat, beaver, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.180		0		4		0.563	0.153	
15:0 g									
16:0 g	1.570		0		4		4.914	1.335	
17:0 g									
18:0 g	0.320		0		4		1.002	0.272	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.890		0		4		5.916	1.607	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.240		0		4		0.751	0.204	
17:1 g									
18:1 undifferentiated g	1.610		0		4		5.039	1.369	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.350		0		4		4.226	1.148	
18:2 undifferentiated g	1.070		0		4		3.349	0.910	
18:3 undifferentiated g	0.280		0		4		0.876	0.238	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	117		0		4		366	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.327		0		1		4.154	1.128	
Isoleucine g	1.489		0		1		4.661	1.266	
Leucine g	2.749		0		1		8.604	2.337	
Lysine g	3.240		0		1		10.141	2.754	
Methionine g	0.792		0		1		2.479	0.673	
Cystine g									
Phenylalanine g	1.417		0		1		4.435	1.204	
Tyrosine g	1.087		0		1		3.402	0.924	
Valine g	1.422		0		1		4.451	1.209	
Arginine g	2.141		0		1		6.701	1.820	
Histidine g	1.372		0		1		4.294	1.166	
Alanine g	1.617		0		1		5.061	1.374	
Aspartic acid g	2.772		0		1		8.676	2.356	
Glutamic acid g	4.980		0		1		15.587	4.233	
Glycine g	1.322		0		1		4.138	1.124	
Proline g	1.249		0		1		3.909	1.062	
Serine g	1.154		0		1		3.612	0.981	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17151

Game meat, beaver, cooked, roasted

Common Measures:

Measure 1 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17150
Game meat, beaver, raw
Castor canadensis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.97	1.789	3		1		20.12	321.92	
Energy....kcal	146		0	NC	4		41	662	
Energy....kJ	611				4		173	2771	
Protein (N x 6.25)....g	24.05		2		1		6.82	109.09	
Total lipid (fat)....g	4.80		2		1		1.36	21.77	
Ash....g	1.00		2		1		0.28	4.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1		1		4	68	
Iron, Fe....mg	6.90		1		1		1.96	31.30	
Magnesium, Mg....mg	25		1		1		7	113	
Phosphorus, P....mg	237	26.181	3		1		67	1075	
Potassium, K....mg	348		1		1		99	1579	
Sodium, Na....mg	51		1		1		14	231	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	26.6		0	BFNN	4		7.5	120.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1		1		0.6	9.1	
Thiamin....mg	0.060		2		1		0.017	0.272	
Riboflavin....mg	0.220		2		1		0.062	0.998	
Niacin....mg	1.900		1		1		0.539	8.618	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.916		1		1		0.260	4.155	
Isoleucine....g	1.027		1		1		0.291	4.658	
Leucine....g	1.897		1		1		0.538	8.605	
Lysine....g	2.236		1		1		0.634	10.142	
Methionine....g	0.546		1		1		0.155	2.477	
Cystine....g									
Phenylalanine....g	0.977		1		1		0.277	4.432	
Tyrosine....g	0.750		1		1		0.213	3.402	
Valine....g	0.981		1		1		0.278	4.450	
Arginine....g	1.478		1		1		0.419	6.704	
Histidine....g	0.947		1		1		0.268	4.296	

NDB No. 17150
Game meat, beaver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	1.116		1		1		0.316	5.062	
Aspartic acid....g	1.912		1		1		0.542	8.673	
Glutamic acid....g	3.436		1		1		0.974	15.586	
Glycine....g	0.912		1		1		0.259	4.137	
Proline....g	0.862		1		1		0.244	3.910	
Serine....g	0.797		1		1		0.226	3.615	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17153
Game meat, beefalo, composite of cuts, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.70		0		1		209.78	52.45	
Energy....kcal	188		0	NC	4		639	160	
Energy....kJ	787				4		2674	669	
Protein (N x 6.25)....g	30.66		0		1		104.24	26.06	
Total lipid (fat)....g	6.32		0		1		21.49	5.37	
Ash....g	1.21		0		1		4.11	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		82	20	
Iron, Fe....mg	3.05		0		1		10.37	2.59	
Magnesium, Mg....mg									
Phosphorus, P....mg	250		0		1		850	213	
Potassium, K....mg	459		0		1		1561	390	
Sodium, Na....mg	82		0		1		279	70	
Zinc, Zn....mg	6.40		0		1		21.76	5.44	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	13.1		0	BFYN	4		44.5	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		0		1		30.6	7.7	
Thiamin....mg	0.030		0		1		0.102	0.026	
Riboflavin....mg	0.110		0		1		0.374	0.094	
Niacin....mg	4.890		0		1		16.626	4.157	
Pantothenic acid....mg	0.580		0		1		1.972	0.493	
Vitamin B-6....mg									
Folate, total....mcg	18		0		1		61	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		61	15	
Folate, DFE....mcg_DFE	18		0	NC	4		61	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.55		0		1		8.67	2.17	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.680		0		1		9.112	2.278	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17153

Game meat, beefalo, composite of cuts, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.010		0		1		0.034	0.009	
13:0 g									
14:0 g	0.130		0		1		0.442	0.111	
15:0 g									
16:0 g	1.260		0		1		4.284	1.071	
17:0 g									
18:0 g	1.200		0		1		4.080	1.020	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.680		0		1		9.112	2.278	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.240		0		1		0.816	0.204	
17:1 g									
18:1 undifferentiated g	2.400		0		1		8.160	2.040	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.200		0		1		0.680	0.170	
18:2 undifferentiated g	0.150		0		1		0.510	0.128	
18:3 undifferentiated g	0.060		0		1		0.204	0.051	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	58		0		1		197	49	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17152
Game meat, beefalo, composite of cuts, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.89	1.008	6		1		20.10	321.56	
Energy....kcal	143		0	NC	4		41	649	
Energy....kJ	598				4		170	2714	
Protein (N x 6.25)....g	23.30	0.334	6		1		6.61	105.69	
Total lipid (fat)....g	4.80	0.736	6		1		1.36	21.77	
Ash....g	0.92		1		1		0.26	4.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	5.669	4		1		5	82	
Iron, Fe....mg	2.32	0.195	5		1		0.66	10.52	
Magnesium, Mg....mg									
Phosphorus, P....mg	224	15.845	5		1		64	1016	
Potassium, K....mg	436	7.557	5		1		124	1978	
Sodium, Na....mg	78	5.875	5		1		22	354	
Zinc, Zn....mg	4.86	0.635	7		1		1.38	22.04	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	9.8		0	BFNN	4		2.8	44.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1		1		2.0	31.8	
Thiamin....mg	0.040	0.007	3		1		0.011	0.181	
Riboflavin....mg	0.090	0.005	3		1		0.026	0.408	
Niacin....mg	4.640	0.288	3		1		1.315	21.047	
Pantothenic acid....mg	0.550	0.020	3		1		0.156	2.495	
Vitamin B-6....mg									
Folate, total....mcg	15	3.325	3		1		4	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15	3.325	3		1		4	68	
Folate, DFE....mcg_DFE	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.42	0.299	3		1		0.69	10.98	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.040		0		1		0.578	9.253	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17152
Game meat, beefalo, composite of cuts, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.100		1		1		0.028	0.454	
15:0....g									
16:0....g	0.960		1		1		0.272	4.355	
17:0....g									
18:0....g	0.920		1		1		0.261	4.173	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.040		0		1		0.578	9.253	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		1		1		0.051	0.816	
17:1....g									
18:1 undifferentiated....g	1.820		1		1		0.516	8.256	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		1		0.043	0.680	
18:2 undifferentiated....g	0.110		1		1		0.031	0.499	
18:3 undifferentiated....g	0.040		1		1		0.011	0.181	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	44	5.438	7		1		12	200	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17333

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Bison bison

buffalo

Refuse: 11% Connective tissue, 8%, separable fat, 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.48	0.385	6	A	1		468.14	51.41	
Energy....kcal	193		0	NC	4		1496	164	
Energy....kJ	809		0	NC	4		6259	687	
Protein (N x 6.25)....g	33.78	0.592	6	A	1		261.48	28.72	
Total lipid (fat)....g	5.43	0.617	6	A	1		42.05	4.62	
Ash....g	1.08	0.040	6	A	1		8.38	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.606	3	A	1		56	6	
Iron, Fe....mg	4.86	0.230	6	A	1		37.63	4.13	
Magnesium, Mg....mg	26	0.835	3	A	1		203	22	
Phosphorus, P....mg	239	4.842	3	A	1		1852	203	
Potassium, K....mg	316	6.766	3	A	1		2443	268	
Sodium, Na....mg	57	4.286	3	A	1		440	48	
Zinc, Zn....mg	8.64	0.346	3	A	1		66.87	7.34	
Copper, Cu....mg	0.208	0.022	3	A	1		1.610	0.177	
Manganese, Mn....mg	0.017	0.001	3	A	1		0.129	0.014	
Selenium, Se....mcg	41.7	0.667	3	A	1		322.5	35.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.010	3	A	1		0.929	0.102	
Riboflavin....mg	0.470	0.012	3	A	1		3.638	0.400	
Niacin....mg	4.773	0.461	3	A	1		36.946	4.057	
Pantothenic acid....mg	1.620		0	BFPN	4		12.542	1.377	
Vitamin B-6....mg	0.458	0.103	3	A	1		3.547	0.390	
Folate, total....mcg	21		0	BFPN	4		166	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0	BFPN	4		166	18	
Folate, DFE....mcg_DFE	21		0	NC	4		166	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.38	0.374	3	A	1		18.45	2.03	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		1.80	0.20	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.320		0	NC	4		17.954	1.972	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.017	0.002	

NDB No. 17333

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.017	0.002	
12:0 g	0.002		0	BFFN	4		0.017	0.002	
13:0 g									
14:0 g	0.098		0	BFFN	4		0.755	0.083	
15:0 g	0.028		0	BFFN	4		0.220	0.024	
16:0 g	0.978		0	BFFN	4		7.573	0.832	
17:0 g	0.082		0	BFFN	4		0.637	0.070	
18:0 g	1.116		0	BFFN	4		8.637	0.948	
20:0 g	0.010		0	BFFN	4		0.080	0.009	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	2.122		0	NC	4		16.422	1.803	
14:1 g	0.008		0	BFFN	4		0.061	0.007	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.108		0	BFFN	4		0.838	0.092	
17:1 g	0.039		0	BFFN	4		0.301	0.033	
18:1 undifferentiated g	1.949		0	BFFN	4		15.088	1.657	
20:1 g	0.017		0	BFFN	4		0.133	0.015	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.255		0	NC	4		1.977	0.217	
18:2 undifferentiated g	0.197		0	BFFN	4		1.524	0.167	
18:3 undifferentiated g	0.029		0	BFFN	4		0.221	0.024	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.002		0	BFFN	4		0.018	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.028		0	BFFN	4		0.213	0.023	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	111	3.180	6	A	1		857	94	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	A	1		1.977	0.217	
Threonine g	1.533		0	A	1		11.864	1.303	
Isoleucine g	1.631		0	A	1		12.623	1.386	
Leucine g	2.898		0	A	1		22.433	2.464	
Lysine g	3.134		0	A	1		24.261	2.664	
Methionine g	0.914		0	A	1		7.072	0.777	
Cystine g	0.403		0	A	1		3.118	0.342	
Phenylalanine g	1.434		0	A	1		11.103	1.219	
Tyrosine g	1.149		0	A	1		8.897	0.977	
Valine g	1.818		0	A	1		14.069	1.545	
Arginine g	2.300		0	A	1		17.798	1.955	
Histidine g	1.238		0	A	1		9.582	1.052	
Alanine g	2.250		0	A	1		17.418	1.913	
Aspartic acid g	3.301		0	A	1		25.553	2.806	
Glutamic acid g	5.502		0	A	1		42.588	4.677	
Glycine g	2.192		0	A	1		16.969	1.863	
Proline g	1.730		0	A	1		13.388	1.470	
Serine g	1.405		0	A	1		10.875	1.194	
Hydroxyproline g	0.422		0	A	1		3.269	0.359	
Others:									

NDB No. 17333

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 774g: 1 roast (yield from 1247 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17334

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw

Bison bison

buffalo

Refuse: 12% Connective tissue, 8%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.50	0.470	6	A	1		933.94		
Energy....kcal	119		0	NC	4		1467		
Energy....kJ	496		0	NC	4		6137		
Protein (N x 6.25)....g	21.12	0.483	6	A	1		261.21		
Total lipid (fat)....g	3.15	0.284	6	A	1		38.97		
Ash....g	0.98	0.040	6	A	1		12.16		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.959	3	A	1		68		
Iron, Fe....mg	2.88	0.059	6	A	1		35.56		
Magnesium, Mg....mg	24	0.593	3	A	1		297		
Phosphorus, P....mg	213	4.410	3	A	1		2639		
Potassium, K....mg	353	5.033	3	A	1		4367		
Sodium, Na....mg	62	1.477	3	A	1		766		
Zinc, Zn....mg	5.27	0.273	3	A	1		65.23		
Copper, Cu....mg	0.202	0.070	3	A	1		2.503		
Manganese, Mn....mg	0.013	0.001	3	A	1		0.161		
Selenium, Se....mcg	28.7	2.186	3	A	1		354.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.227	0.055	3	A	1		2.804		
Riboflavin....mg	0.347	0.030	3	A	1		4.288		
Niacin....mg	4.443	0.478	3	A	1		54.964		
Pantothenic acid....mg	0.724		0	BFPN	4		8.956		
Vitamin B-6....mg	0.472	0.008	3	A	1		5.843		
Folate, total....mcg	13		0	BFPN	4		155		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13		0	BFPN	4		155		
Folate, DFE....mcg_DFE	13		0	NC	4		155		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.46	0.271	3	A	1		30.43		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	BFSN	4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFSN	4		2.01		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.345		0	NC	4		16.635		
4:0....g									
6:0....g									
8:0....g	0.001		0	BFFN	4		0.016		

NDB No. 17334

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.001		0	BFFN	4		0.016		
12:0 g	0.001		0	BFFN	4		0.016		
13:0 g									
14:0 g	0.057		0	BFFN	4		0.699		
15:0 g	0.016		0	BFFN	4		0.204		
16:0 g	0.567		0	BFFN	4		7.017		
17:0 g	0.048		0	BFFN	4		0.590		
18:0 g	0.647		0	BFFN	4		8.003		
20:0 g	0.006		0	BFFN	4		0.074		
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	1.230		0	NC	4		15.215		
14:1 g	0.005		0	BFFN	4		0.057		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.063		0	BFFN	4		0.777		
17:1 g	0.023		0	BFFN	4		0.279		
18:1 undifferentiated g	1.130		0	BFFN	4		13.980		
20:1 g	0.010		0	BFFN	4		0.124		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.148		0	NC	4		1.832		
18:2 undifferentiated g	0.114		0	BFFN	4		1.412		
18:3 undifferentiated g	0.017		0	BFFN	4		0.205		
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated g	0.001		0	BFFN	4		0.016		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.016		0	BFFN	4		0.198		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	0.876	6	A	1		798		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.160		0	A	1		1.975		
Threonine g	0.958		0	A	1		11.851		
Isoleucine g	1.019		0	A	1		12.610		
Leucine g	1.812		0	A	1		22.410		
Lysine g	1.959		0	A	1		24.236		
Methionine g	0.571		0	A	1		7.064		
Cystine g	0.252		0	A	1		3.115		
Phenylalanine g	0.897		0	A	1		11.091		
Tyrosine g	0.718		0	A	1		8.888		
Valine g	1.136		0	A	1		14.054		
Arginine g	1.437		0	A	1		17.780		
Histidine g	0.774		0	A	1		9.572		
Alanine g	1.407		0	A	1		17.400		
Aspartic acid g	2.064		0	A	1		25.526		
Glutamic acid g	3.439		0	A	1		42.544		
Glycine g	1.370		0	A	1		16.951		
Proline g	1.081		0	A	1		13.375		
Serine g	0.878		0	A	1		10.864		
Hydroxyproline g	0.264		0	A	1		3.265		
Others:									

NDB No. 17334

Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1237g: 1 roast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17331

Game meat, bison, ground, cooked, pan-broiled

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.53	0.961	6	A	1		51.79	50.60	
Energy....kcal	238		0	NC	4		207	202	
Energy....kJ	996		0	NC	4		866	846	
Protein (N x 6.25)....g	23.77	0.827	6	A	1		20.68	20.20	
Total lipid (fat)....g	15.13	1.109	6	A	1		13.17	12.86	
Ash....g	1.02	0.017	6	A	1		0.88	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.311	3	A	1		11	11	
Iron, Fe....mg	3.08	0.176	6	A	1		2.68	2.62	
Magnesium, Mg....mg	22	1.115	3	A	1		19	19	
Phosphorus, P....mg	205	11.624	3	A	1		179	175	
Potassium, K....mg	341	17.938	3	A	1		296	290	
Sodium, Na....mg	73	3.102	3	A	1		63	62	
Zinc, Zn....mg	5.14	0.441	3	A	1		4.47	4.37	
Copper, Cu....mg	0.146	0.031	3	A	1		0.127	0.124	
Manganese, Mn....mg	0.010	0.000	3	A	1		0.009	0.009	
Selenium, Se....mcg	30.0	3.606	3	A	1		26.1	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130	0.006	3	A	1		0.113	0.111	
Riboflavin....mg	0.247	0.009	3	A	1		0.215	0.210	
Niacin....mg	5.570	0.576	3	A	1		4.846	4.735	
Pantothenic acid....mg	1.140		1	A	1		0.992	0.969	
Vitamin B-6....mg	0.375	0.002	3	A	1		0.326	0.318	
Folate, total....mcg	15		1	A	1		13	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		1	A	1		13	13	
Folate, DFE....mcg_DFE	15		0	NC	4		13	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.28	0.015	3	A	1		1.98	1.94	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.24		1	A	1		0.21	0.20	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.006	0.006	3	A	1		0.005	0.005	

NDB No. 17331
Game meat, bison, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.006	0.006	3	A	1		0.005	0.005	
12:0 g	0.006	0.006	3	A	1		0.005	0.005	
13:0 g									
14:0 g	0.272	0.038	3	A	1		0.236	0.231	
15:0 g	0.079	0.014	3	A	1		0.069	0.067	
16:0 g	2.725	0.361	3	A	1		2.371	2.316	
17:0 g	0.229	0.031	3	A	1		0.199	0.195	
18:0 g	3.108	0.409	3	A	1		2.704	2.642	
20:0 g	0.029	0.006	3	A	1		0.025	0.025	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g									
14:1 g	0.022	0.003	3	A	1		0.019	0.019	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.302	0.039	3	A	1		0.262	0.256	
17:1 g	0.108	0.014	3	A	1		0.094	0.092	
18:1 undifferentiated g	5.429	0.678	3	A	1		4.724	4.615	
20:1 g	0.048	0.006	3	A	1		0.042	0.041	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	0.549	0.050	3	A	1		0.477	0.466	
18:3 undifferentiated g	0.080	0.008	3	A	1		0.069	0.068	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated g	0.006	0.006	3	A	1		0.006	0.005	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.077	0.000	3	A	1		0.067	0.065	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	83	1.610	6	A	1		72	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0	A	1		0.156	0.153	
Threonine g	1.078		0	A	1		0.938	0.917	
Isoleucine g	1.147		0	A	1		0.998	0.975	
Leucine g	2.039		0	A	1		1.774	1.733	
Lysine g	2.205		0	A	1		1.918	1.874	
Methionine g	0.643		0	A	1		0.559	0.546	
Cystine g	0.283		0	A	1		0.247	0.241	
Phenylalanine g	1.009		0	A	1		0.878	0.858	
Tyrosine g	0.809		0	A	1		0.704	0.687	
Valine g	1.279		0	A	1		1.112	1.087	
Arginine g	1.618		0	A	1		1.407	1.375	
Histidine g	0.871		0	A	1		0.758	0.740	
Alanine g	1.583		0	A	1		1.377	1.346	
Aspartic acid g	2.323		0	A	1		2.021	1.974	
Glutamic acid g	3.871		0	A	1		3.368	3.290	
Glycine g	1.542		0	A	1		1.342	1.311	
Proline g	1.217		0	A	1		1.059	1.034	
Serine g	0.988		0	A	1		0.860	0.840	
Hydroxyproline g	0.297		0	BFPN	4		0.258	0.253	
Others:									

NDB No. 17331
Game meat, bison, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 patty (yield from 112.7 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17335

Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Bison bison

buffalo

Refuse: 14% Connective tissue, 9%, separable fat, 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.48	0.752	6	A	1		115.43	54.81	
Energy....kcal	177		0	NC	4		317	150	
Energy....kJ	740		0	NC	4		1325	629	
Protein (N x 6.25)....g	29.45	0.662	6	A	1		52.72	25.03	
Total lipid (fat)....g	5.67	0.740	6	A	1		10.14	4.82	
Ash....g	1.02	0.060	6	A	1		1.82	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.419	3	A	1		12	6	
Iron, Fe....mg	2.88	0.101	6	A	1		5.16	2.45	
Magnesium, Mg....mg	26	1.053	3	A	1		46	22	
Phosphorus, P....mg	238	5.568	3	A	1		426	202	
Potassium, K....mg	371	8.083	3	A	1		664	315	
Sodium, Na....mg	52	4.168	3	A	1		93	44	
Zinc, Zn....mg	5.01	0.314	3	A	1		8.96	4.26	
Copper, Cu....mg	0.201	0.043	3	A	1		0.359	0.171	
Manganese, Mn....mg	0.012	0.003	3	A	1		0.022	0.010	
Selenium, Se....mcg	42.1		0	BFNN	4		75.3	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.137	0.013	3	A	1		0.245	0.116	
Riboflavin....mg	0.307	0.003	3	A	1		0.549	0.261	
Niacin....mg	6.687	0.539	3	A	1		11.969	5.684	
Pantothenic acid....mg	1.010		0	BFPN	4		1.807	0.858	
Vitamin B-6....mg	0.475	0.038	3	A	1		0.850	0.404	
Folate, total....mcg	18		0	BFPN	4		31	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0	BFPN	4		31	15	
Folate, DFE....mcg_DFE	18		0	NC	4		31	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.29	0.234	3	A	1		2.30	1.09	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.37	0.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.419		0	NC	4		4.330	2.056	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.004	0.002	

NDB No. 17335

Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.002		0	BFFN	4		0.004	0.002	
12:0 ... g	0.002		0	BFFN	4		0.004	0.002	
13:0 ... g									
14:0 ... g	0.102		0	BFFN	4		0.182	0.086	
15:0 ... g	0.030		0	BFFN	4		0.053	0.025	
16:0 ... g	1.020		0	BFFN	4		1.827	0.867	
17:0 ... g	0.086		0	BFFN	4		0.154	0.073	
18:0 ... g	1.164		0	BFFN	4		2.083	0.989	
20:0 ... g	0.011		0	BFFN	4		0.019	0.009	
22:0 ... g	0.000		0	BFFN	4		0.000	0.000	
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.213		0	NC	4		3.961	1.881	
14:1 ... g	0.008		0	BFFN	4		0.015	0.007	
15:1 ... g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated ... g	0.113		0	BFFN	4		0.202	0.096	
17:1 ... g	0.041		0	BFFN	4		0.073	0.034	
18:1 undifferentiated ... g	2.033		0	BFFN	4		3.639	1.728	
20:1 ... g	0.018		0	BFFN	4		0.032	0.015	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.266		0	NC	4		0.477	0.226	
18:2 undifferentiated ... g	0.205		0	BFFN	4		0.368	0.175	
18:3 undifferentiated ... g	0.030		0	BFFN	4		0.053	0.025	
18:3 n-3 c,c,c (ALA) ... g									
18:3 n-6 c,c,c ... g	0.000		0	BFFN	4		0.000	0.000	
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated ... g	0.002		0	BFFN	4		0.004	0.002	
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.029		0	BFFN	4		0.051	0.024	
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	79	1.951	6	A	1		141	67	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.223		0	A	1		0.399	0.189	
Threonine ... g	1.336		0	A	1		2.392	1.136	
Isoleucine ... g	1.422		0	A	1		2.545	1.208	
Leucine ... g	2.527		0	A	1		4.523	2.148	
Lysine ... g	2.732		0	A	1		4.891	2.323	
Methionine ... g	0.796		0	A	1		1.426	0.677	
Cystine ... g	0.351		0	A	1		0.629	0.298	
Phenylalanine ... g	1.250		0	A	1		2.238	1.063	
Tyrosine ... g	1.002		0	A	1		1.794	0.852	
Valine ... g	1.584		0	A	1		2.836	1.347	
Arginine ... g	2.005		0	A	1		3.588	1.704	
Histidine ... g	1.079		0	A	1		1.932	0.917	
Alanine ... g	1.962		0	A	1		3.511	1.667	
Aspartic acid ... g	2.878		0	A	1		5.151	2.446	
Glutamic acid ... g	4.797		0	A	1		8.586	4.077	
Glycine ... g	1.911		0	A	1		3.421	1.624	
Proline ... g	1.508		0	A	1		2.699	1.282	
Serine ... g	1.225		0	A	1		2.192	1.041	
Hydroxyproline ... g	0.368		0	A	1		0.659	0.313	
Others:									

NDB No. 17335

Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 179g: 1 steak (yield from 232.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17268

Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	74.00	0.140	100	A	1		20.98	335.66	83.62
Energy (1) ... kcal	116		0	NC	4		33	526	131
Energy ... kJ	485				4		138	2202	548
Protein (N x 6.25) ... g	22.10	0.080	100	A	1		6.27	100.25	24.97
Total lipid (fat) ... g	2.40	0.120	100	A	1		0.68	10.89	2.71
Ash ... g	1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6	0.200	93	A	1		2	27	7
Iron, Fe ... mg	2.80	0.040	96	A	1		0.79	12.70	3.16
Magnesium, Mg ... mg	24	0.100	96	A	1		7	109	27
Phosphorus, P ... mg	198	1.000	96	A	1		56	898	224
Potassium, K ... mg	344	2.000	93	A	1		98	1560	389
Sodium, Na ... mg	48	0.600	93	A	1		14	218	54
Zinc, Zn ... mg	3.20	0.050	96	A	1		0.91	14.52	3.62
Copper, Cu ... mg	0.130	0.006	95	A	1		0.037	0.590	0.147
Manganese, Mn ... mg	0.013	0.001	96	A	1		0.004	0.059	0.015
Selenium, Se ... mcg	23.3	2.000	12	A	1		6.6	105.7	26.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.046	0.003	12	A	1		0.013	0.209	0.052
Riboflavin ... mg	0.090	0.006	24	A	1		0.026	0.408	0.102
Niacin ... mg	1.838	0.102	24	A	1		0.521	8.337	2.077
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.252	0.013	12	A	1		0.071	1.143	0.285
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.20	0.160	12	A	1		0.62	9.98	2.49
Vitamin A, RAE ... mcg_RAE	1		100	AS	1		0	4	1
Vitamin A, IU ... IU	3	0.033	100	A	1		1	14	3
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.04	0.008	12	A	1		0.01	0.18	0.04
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg	0.01	0.003	12	A	1		0.00	0.05	0.01
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.898	0.300	100	A	1		0.255	4.073	1.015
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.025	0.050	100	A	1		0.007	0.113	0.028
15:0 ... g	0.050	0.110	100	A	1		0.014	0.227	0.057
16:0 ... g	0.361	0.200	100	A	1		0.102	1.637	0.408

NDB No. 17268

Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.027	0.050	100	A	1		0.008	0.122	0.031
18:0 g	0.395	0.200	100	A	1		0.112	1.792	0.446
20:0 g									
22:0 g	0.040	0.170	100	A	1		0.011	0.181	0.045
24:0 g									
Fatty acids, total monounsaturated g	0.996	0.500	100	A	1		0.282	4.518	1.125
14:1 g	0.002	0.020	100	A	1		0.001	0.009	0.002
15:1 g									
16:1 undifferentiated g	0.048	0.060	100	A	1		0.014	0.218	0.054
17:1 g									
18:1 undifferentiated g	0.919	0.500	100	A	1		0.261	4.169	1.038
20:1 g	0.006	0.040	100	A	1		0.002	0.027	0.007
22:1 undifferentiated g	0.021	0.190	100	A	1		0.006	0.095	0.024
24:1 c g									
Fatty acids, total polyunsaturated g	0.192	0.400	100	A	1		0.054	0.871	0.217
18:2 undifferentiated g	0.184	0.400	100	A	1		0.052	0.835	0.208
18:3 undifferentiated g	0.008	0.090	100	A	1		0.002	0.036	0.009
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	62	0.700	100	A	1		18	281	70
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0	PIE	4		0.000	0.000	0.000
Threonine g	0.910		0	PIE	4		0.258	4.128	1.028
Isoleucine g	0.931		0	PIE	4		0.264	4.223	1.052
Leucine g	1.716		0	PIE	4		0.486	7.784	1.939
Lysine g	1.723		0	PIE	4		0.488	7.816	1.947
Methionine g	0.524		0	PIE	4		0.149	2.377	0.592
Cystine g	0.000		0	PIE	4		0.000	0.000	0.000
Phenylalanine g	0.827		0	PIE	4		0.234	3.751	0.935
Tyrosine g	0.710		0	PIE	4		0.201	3.221	0.802
Valine g	1.000		0	PIE	4		0.284	4.536	1.130
Arginine g	1.310		0	PIE	4		0.371	5.942	1.480
Histidine g	0.586		0	PIE	4		0.166	2.658	0.662
Alanine g	1.256		0	PIE	4		0.356	5.697	1.419
Aspartic acid g	1.917		0	PIE	4		0.543	8.696	2.166
Glutamic acid g	3.220		0	PIE	4		0.913	14.606	3.639
Glycine g	1.062		0	PIE	4		0.301	4.817	1.200
Proline g	0.882		0	PIE	4		0.250	4.001	0.997
Serine g	0.841		0	PIE	4		0.238	3.815	0.950
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

Footnotes:

1 Energy, as determined by bomb calorimetry, is 145.00 kcal.

NDB No. 17268

Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17157

Game meat, bison, separable lean only, cooked, roasted

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.54		0		1		226.24	56.56	
Energy....kcal	143		0	NC	4		486	122	
Energy....kJ	598		0		4		2034	509	
Protein (N x 6.25)....g	28.44		0		1		96.70	24.17	
Total lipid (fat)....g	2.42		0		1		8.23	2.06	
Ash....g	1.58		0		1		5.37	1.34	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		27	7	
Iron, Fe....mg	3.42		0		1		11.63	2.91	
Magnesium, Mg....mg	26		0		1		88	22	
Phosphorus, P....mg	209		0		1		711	178	
Potassium, K....mg	361		0		1		1227	307	
Sodium, Na....mg	57		0		1		194	48	
Zinc, Zn....mg	3.68		0		1		12.51	3.13	
Copper, Cu....mg	0.107		0		1		0.364	0.091	
Manganese, Mn....mg	0.008		0		1		0.027	0.007	
Selenium, Se....mcg	35.5		0	BFNN	4		120.7	30.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		4		0.340	0.085	
Riboflavin....mg	0.270		0		4		0.918	0.230	
Niacin....mg	3.710		0		4		12.614	3.154	
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0		4		1.360	0.340	
Folate, total....mcg	8		0		4		27	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		27	7	
Folate, DFE....mcg_DFE	8		0	NC	4		27	7	
Choline, total....mg	114.8		0	BFNN	4		390.4	97.6	
Betaine....mg	15.1		0	BFNN	4		51.3	12.8	
Vitamin B-12....mcg	2.86		0		4		9.72	2.43	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		1.21	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.3		0	BFSN	4		4.3	1.1	
Lipids:									
Fatty acids, total saturated....g	0.910		0		1		3.094	0.774	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17157
Game meat, bison, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.030		0		1		0.102	0.026	
15:0....g									
16:0....g	0.430		0		1		1.462	0.366	
17:0....g									
18:0....g	0.450		0		1		1.530	0.383	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0		1		3.230	0.808	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.204	0.051	
17:1....g									
18:1 undifferentiated....g	0.880		0		1		2.992	0.748	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1		0.816	0.204	
18:2 undifferentiated....g	0.140		0		1		0.476	0.119	
18:3 undifferentiated....g	0.040		0		1		0.136	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.238	0.060	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		279	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.171		0		1		3.981	0.995	
Isoleucine....g	1.198		0		1		4.073	1.018	
Leucine....g	2.210		0		1		7.514	1.879	
Lysine....g	2.219		0		1		7.545	1.886	
Methionine....g	0.674		0		1		2.292	0.573	
Cystine....g									
Phenylalanine....g	1.065		0		1		3.621	0.905	
Tyrosine....g	0.914		0		1		3.108	0.777	
Valine....g	1.287		0		1		4.376	1.094	
Arginine....g	1.686		0		1		5.732	1.433	
Histidine....g	0.754		0		1		2.564	0.641	
Alanine....g	1.615		0		1		5.491	1.373	
Aspartic acid....g	2.467		0		1		8.388	2.097	
Glutamic acid....g	4.145		0		1		14.093	3.523	
Glycine....g	1.367		0		1		4.648	1.162	
Proline....g	1.136		0		1		3.862	0.966	
Serine....g	1.083		0		1		3.682	0.921	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17157

Game meat, bison, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17156

Game meat, bison, separable lean only, raw

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.57	0.259	33		1		21.14	338.25	
Energy....kcal	109		0	NC	4		31	494	
Energy....kJ	456				4		129	2069	
Protein (N x 6.25)....g	21.62	0.164	33		1		6.13	98.07	
Total lipid (fat)....g	1.84	0.158	33		1		0.52	8.35	
Ash....g	1.20	0.037	33		1		0.34	5.44	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.240	23		1		2	27	
Iron, Fe....mg	2.60	0.060	30		1		0.74	11.79	
Magnesium, Mg....mg	25	0.329	30		1		7	113	
Phosphorus, P....mg	187	2.611	30		1		53	848	
Potassium, K....mg	343	5.295	30		1		97	1556	
Sodium, Na....mg	54	0.913	30		1		15	245	
Zinc, Zn....mg	2.80	0.069	30		1		0.79	12.70	
Copper, Cu....mg	0.090	0.010	30		1		0.026	0.408	
Manganese, Mn....mg	0.007	0.000	30		1		0.002	0.032	
Selenium, Se....mcg	27.0		0	BFNN	4		7.7	122.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg									
Riboflavin (1) ....mg	0.094	0.007	24	A	1		0.027	0.426	
Niacin (2) ....mg	1.910	0.117	24	A	1		0.541	8.664	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.690		0		1		0.196	3.130	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.020		22		1		0.006	0.091	
15:0....g									
16:0....g	0.330		22		1		0.094	1.497	
17:0....g									
18:0....g	0.350		22		1		0.099	1.588	
20:0....g									

NDB No. 17156
Game meat, bison, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.720		0		1		0.204	3.266	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		22		1		0.011	0.181	
17:1....g									
18:1 undifferentiated....g	0.670		22		1		0.190	3.039	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0		1		0.054	0.862	
18:2 undifferentiated....g	0.110		22		1		0.031	0.499	
18:3 undifferentiated....g	0.030		22		1		0.009	0.136	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		22		1		0.014	0.227	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62	2.437	50		1		18	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.890		1		1		0.252	4.037	
Isoleucine....g	0.911		1		1		0.258	4.132	
Leucine....g	1.679		1		1		0.476	7.616	
Lysine....g	1.686		1		1		0.478	7.648	
Methionine....g	0.513		1		1		0.145	2.327	
Cystine....g									
Phenylalanine....g	0.809		1		1		0.229	3.670	
Tyrosine....g	0.695		1		1		0.197	3.153	
Valine....g	0.978		1		1		0.277	4.436	
Arginine....g	1.282		1		1		0.363	5.815	
Histidine....g	0.573		1		1		0.162	2.599	
Alanine....g	1.228		1		1		0.348	5.570	
Aspartic acid....g	1.875		1		1		0.532	8.505	
Glutamic acid....g	3.150		1		1		0.893	14.288	
Glycine....g	1.039		1		1		0.295	4.713	
Proline....g	0.863		1		1		0.245	3.915	
Serine....g	0.823		1		1		0.233	3.733	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Footnotes:

1 Data represent composite of clod, ribeye, top round and top sirloin for 24 bison.

2 Data represent composite of clod, ribeye, top round and top sirloin for 24 bison.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 17156
Game meat, bison, separable lean only, raw

Food Group: 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17269

Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.40	0.110	100	A	1		21.38	342.01	85.20
Energy (1) ... kcal	109		0	NC	4		31	494	123
Energy ... kJ	456				4		129	2069	515
Protein (N x 6.25) ... g	21.10	0.070	100	A	1		5.98	95.71	23.84
Total lipid (fat) ... g	2.10	0.100	100	A	1		0.60	9.53	2.37
Ash ... g	1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	4	0.100	95	A	1		1	18	5
Iron, Fe ... mg	3.00	0.040	95	A	1		0.85	13.61	3.39
Magnesium, Mg ... mg	24	0.200	95	A	1		7	109	27
Phosphorus, P ... mg	189	2.000	95	A	1		54	857	214
Potassium, K ... mg	322	3.000	91	A	1		91	1461	364
Sodium, Na ... mg	59	0.800	92	A	1		17	268	67
Zinc, Zn ... mg	5.00	0.080	95	A	1		1.42	22.68	5.65
Copper, Cu ... mg	0.148	0.006	92	A	1		0.042	0.671	0.167
Manganese, Mn ... mg	0.014	0.000	93	A	1		0.004	0.064	0.016
Selenium, Se ... mcg	26.4	1.500	12	A	1		7.5	119.8	29.8
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.042	0.003	12	A	1		0.012	0.191	0.047
Riboflavin ... mg	0.096	0.007	24	A	1		0.027	0.435	0.108
Niacin ... mg	1.879	0.113	24	A	1		0.533	8.523	2.123
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.221	0.012	12	A	1		0.063	1.002	0.250
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.20	0.180	12	A	1		0.62	9.98	2.49
Vitamin A, RAE ... mcg_RAE	1		100	AS	1		0	3	1
Vitamin A, IU ... IU	2	0.067	100	A	1		1	9	2
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.05	0.010	12	A	1		0.01	0.21	0.05
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg	0.01	0.003	12	A	1		0.00	0.06	0.02
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.749	0.400	100	A	1		0.212	3.397	0.846
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.018	0.040	100	A	1		0.005	0.082	0.020
15:0 ... g	0.051	0.100	100	A	1		0.014	0.231	0.058
16:0 ... g	0.283	0.200	100	A	1		0.080	1.284	0.320

NDB No. 17269

Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.022	0.040	100	A	1		0.006	0.100	0.025
18:0 g	0.327	0.300	100	A	1		0.093	1.483	0.370
20:0 g									
22:0 g	0.045	0.210	100	A	1		0.013	0.204	0.051
24:0 g									
Fatty acids, total monounsaturated g	0.861	0.500	100	A	1		0.244	3.905	0.973
14:1 g	0.002	0.020	100	A	1		0.001	0.009	0.002
15:1 g									
16:1 undifferentiated g	0.044	0.050	100	A	1		0.012	0.200	0.050
17:1 g									
18:1 undifferentiated g	0.787	0.500	100	A	1		0.223	3.570	0.889
20:1 g	0.005	0.030	100	A	1		0.001	0.023	0.006
22:1 undifferentiated g	0.022	0.220	100	A	1		0.006	0.100	0.025
24:1 c g									
Fatty acids, total polyunsaturated g	0.217	0.400	100	A	1		0.062	0.984	0.245
18:2 undifferentiated g	0.208	0.400	100	A	1		0.059	0.943	0.235
18:3 undifferentiated g	0.009	0.050	100	A	1		0.003	0.041	0.010
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	0.800	100	A	1		19	299	75
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0	PIE	4		0.000	0.000	0.000
Threonine g	0.868		0	PIE	4		0.246	3.937	0.981
Isoleucine g	0.889		0	PIE	4		0.252	4.033	1.005
Leucine g	1.639		0	PIE	4		0.465	7.435	1.852
Lysine g	1.645		0	PIE	4		0.466	7.462	1.859
Methionine g	0.500		0	PIE	4		0.142	2.268	0.565
Cystine g	0.000		0	PIE	4		0.000	0.000	0.000
Phenylalanine g	0.790		0	PIE	4		0.224	3.583	0.893
Tyrosine g	0.678		0	PIE	4		0.192	3.075	0.766
Valine g	0.954		0	PIE	4		0.270	4.327	1.078
Arginine g	1.251		0	PIE	4		0.355	5.675	1.414
Histidine g	0.559		0	PIE	4		0.158	2.536	0.632
Alanine g	1.198		0	PIE	4		0.340	5.434	1.354
Aspartic acid g	1.830		0	PIE	4		0.519	8.301	2.068
Glutamic acid g	3.074		0	PIE	4		0.871	13.944	3.474
Glycine g	1.014		0	PIE	4		0.287	4.600	1.146
Proline g	0.842		0	PIE	4		0.239	3.819	0.951
Serine g	0.803		0	PIE	4		0.228	3.642	0.907
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

Footnotes:

1 Energy, as determined by bomb calorimetry, is 136.00 kcal.

NDB No. 17269

Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17336

Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled

Bison bison

buffalo

Refuse: 4% Connective tissue, 3.5%, separable fat, 0.72%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.08	0.955	6	A	1		117.14	55.32	
Energy....kcal	174		0	NC	4		312	148	
Energy....kJ	726		0	NC	4		1307	617	
Protein (N x 6.25)....g	30.18	0.582	6	A	1		54.32	25.65	
Total lipid (fat)....g	4.96	0.879	6	A	1		8.93	4.22	
Ash....g	1.20	0.028	6	A	1		2.16	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.149	3	A	1		9	4	
Iron, Fe....mg	3.52	0.201	6	A	1		6.33	2.99	
Magnesium, Mg....mg	28	1.128	3	A	1		50	23	
Phosphorus, P....mg	257	10.607	3	A	1		462	218	
Potassium, K....mg	382	14.166	3	A	1		688	325	
Sodium, Na....mg	41	3.207	3	A	1		74	35	
Zinc, Zn....mg	3.79	0.157	3	A	1		6.81	3.22	
Copper, Cu....mg	0.210	0.013	3	A	1		0.377	0.178	
Manganese, Mn....mg	0.011	0.002	3	A	1		0.019	0.009	
Selenium, Se....mcg	41.0	3.488	3	A	1		73.8	34.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.165	0.031	3	A	1		0.297	0.140	
Riboflavin....mg	0.365	0.019	3	A	1		0.657	0.310	
Niacin....mg	6.475	0.461	3	A	1		11.655	5.504	
Pantothenic acid....mg	1.448		0	BFPN	4		2.606	1.230	
Vitamin B-6....mg	0.657	0.093	3	A	1		1.182	0.558	
Folate, total....mcg	19		0	BFPN	4		35	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	BFPN	4		35	16	
Folate, DFE....mcg_DFE	19		0	NC	4		35	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.81	0.270	3	A	1		3.26	1.54	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.37	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.957		0	NC	4		3.522	1.663	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.003	0.002	

NDB No. 17336

Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.003	0.002	
12:0 g	0.002		0	BFFN	4		0.003	0.002	
13:0 g									
14:0 g	0.082		0	BFFN	4		0.148	0.070	
15:0 g	0.024		0	BFFN	4		0.043	0.020	
16:0 g	0.825		0	BFFN	4		1.486	0.702	
17:0 g	0.069		0	BFFN	4		0.125	0.059	
18:0 g	0.941		0	BFFN	4		1.694	0.800	
20:0 g	0.009		0	BFFN	4		0.016	0.007	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.790		0	NC	4		3.222	1.521	
14:1 g	0.007		0	BFFN	4		0.012	0.006	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.091		0	BFFN	4		0.164	0.078	
17:1 g	0.033		0	BFFN	4		0.059	0.028	
18:1 undifferentiated g	1.644		0	BFFN	4		2.960	1.398	
20:1 g	0.015		0	BFFN	4		0.026	0.012	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.215		0	NC	4		0.388	0.183	
18:2 undifferentiated g	0.166		0	BFFN	4		0.299	0.141	
18:3 undifferentiated g	0.024		0	BFFN	4		0.043	0.021	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.002		0	BFFN	4		0.003	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.042	0.020	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85	2.787	6	A	1		154	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0	A	1		0.411	0.194	
Threonine g	1.369		0	A	1		2.465	1.164	
Isoleucine g	1.457		0	A	1		2.622	1.238	
Leucine g	2.589		0	A	1		4.661	2.201	
Lysine g	2.800		0	A	1		5.040	2.380	
Methionine g	0.816		0	A	1		1.469	0.694	
Cystine g	0.360		0	A	1		0.648	0.306	
Phenylalanine g	1.281		0	A	1		2.307	1.089	
Tyrosine g	1.027		0	A	1		1.848	0.873	
Valine g	1.624		0	A	1		2.923	1.380	
Arginine g	2.054		0	A	1		3.698	1.746	
Histidine g	1.106		0	A	1		1.991	0.940	
Alanine g	2.010		0	A	1		3.619	1.709	
Aspartic acid g	2.949		0	A	1		5.309	2.507	
Glutamic acid g	4.915		0	A	1		8.848	4.178	
Glycine g	1.958		0	A	1		3.525	1.665	
Proline g	1.545		0	A	1		2.781	1.313	
Serine g	1.255		0	A	1		2.259	1.067	
Hydroxyproline g	0.377		0	A	1		0.679	0.321	
Others:									

NDB No. 17336

Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17337

Game meat, bison, top round, separable lean only, 1" steak, raw

Bison bison

buffalo

Refuse: 5% Connective tissue, 3%, separable fat, 2%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.95	0.432	6	A	1		361.62		
Energy....kcal	122		0	NC	4		594		
Energy....kJ	508		0	NC	4		2486		
Protein (N x 6.25)....g	23.32	0.196	6	A	1		114.02		
Total lipid (fat)....g	2.43	0.345	6	A	1		11.90		
Ash....g	1.18	0.017	6	A	1		5.79		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.253	3	A	1		22		
Iron, Fe....mg	2.66	0.163	6	A	1		13.01		
Magnesium, Mg....mg	27	0.300	3	A	1		130		
Phosphorus, P....mg	237	1.732	3	A	1		1159		
Potassium, K....mg	390	2.887	3	A	1		1907		
Sodium, Na....mg	47	1.026	3	A	1		230		
Zinc, Zn....mg	2.92	0.128	3	A	1		14.30		
Copper, Cu....mg	0.131	0.022	3	A	1		0.641		
Manganese, Mn....mg	0.047	0.032	3	A	1		0.230		
Selenium, Se....mcg	35.3	2.906	3	A	1		172.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.217	0.038	3	A	1		1.060		
Riboflavin....mg	0.337	0.030	3	A	1		1.646		
Niacin....mg	6.183	0.175	3	A	1		30.236		
Pantothenic acid....mg	0.799		0	BFPN	4		3.909		
Vitamin B-6....mg	0.562	0.022	3	A	1		2.748		
Folate, total....mcg	14		0	BFPN	4		68		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	14		0	BFPN	4		68		
Folate, DFE....mcg_DFE	14		0	NC	4		68		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.55	0.377	3	A	1		7.58		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	BFSN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	BFSN	4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.85		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.039		0	NC	4		5.080		
4:0....g									
6:0....g									
8:0....g	0.001		0	BFFN	4		0.005		

NDB No. 17337

Game meat, bison, top round, separable lean only, 1" steak, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.001		0	BFFN	4		0.005		
12:0 g	0.001		0	BFFN	4		0.005		
13:0 g									
14:0 g	0.044		0	BFFN	4		0.214		
15:0 g	0.013		0	BFFN	4		0.062		
16:0 g	0.438		0	BFFN	4		2.143		
17:0 g	0.037		0	BFFN	4		0.180		
18:0 g	0.500		0	BFFN	4		2.444		
20:0 g	0.005		0	BFFN	4		0.023		
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	0.950		0	NC	4		4.646		
14:1 g	0.004		0	BFFN	4		0.017		
15:1 g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated g	0.048		0	BFFN	4		0.237		
17:1 g	0.017		0	BFFN	4		0.085		
18:1 undifferentiated g	0.873		0	BFFN	4		4.269		
20:1 g	0.008		0	BFFN	4		0.038		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.114		0	NC	4		0.559		
18:2 undifferentiated g	0.088		0	BFFN	4		0.431		
18:3 undifferentiated g	0.013		0	BFFN	4		0.063		
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated g	0.001		0	BFFN	4		0.005		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.012		0	BFFN	4		0.060		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65	1.023	6	A	1		317		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.176		0	A	1		0.862		
Threonine g	1.058		0	A	1		5.173		
Isoleucine g	1.126		0	A	1		5.504		
Leucine g	2.000		0	A	1		9.782		
Lysine g	2.163		0	A	1		10.579		
Methionine g	0.631		0	A	1		3.084		
Cystine g	0.278		0	A	1		1.360		
Phenylalanine g	0.990		0	A	1		4.841		
Tyrosine g	0.793		0	A	1		3.879		
Valine g	1.255		0	A	1		6.135		
Arginine g	1.587		0	A	1		7.761		
Histidine g	0.854		0	A	1		4.178		
Alanine g	1.553		0	A	1		7.595		
Aspartic acid g	2.279		0	A	1		11.142		
Glutamic acid g	3.798		0	A	1		18.570		
Glycine g	1.513		0	A	1		7.399		
Proline g	1.194		0	A	1		5.838		
Serine g	0.970		0	A	1		4.742		
Hydroxyproline g	0.291		0	A	1		1.425		
Others:									

NDB No. 17337

Game meat, bison, top round, separable lean only, 1" steak, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 489g: 1 steak

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17267

Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw

Bison bison

buffalo

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	74.40	0.130	100	A	1		21.09	337.48	84.07
Energy (1) ... kcal	113		0	NC	4		32	513	128
Energy ... kJ	473				4		134	2145	534
Protein (N x 6.25) ... g	21.40	0.080	100	A	1		6.07	97.07	24.18
Total lipid (fat) ... g	2.40	0.100	100	A	1		0.68	10.89	2.71
Ash ... g	1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	5	0.200	92	A	1		1	23	6
Iron, Fe ... mg	3.00	0.030	96	A	1		0.85	13.61	3.39
Magnesium, Mg ... mg	24	0.100	96	A	1		7	109	27
Phosphorus, P ... mg	203	1.000	96	A	1		58	921	229
Potassium, K ... mg	335	2.000	92	A	1		95	1520	379
Sodium, Na ... mg	51	0.500	93	A	1		14	231	58
Zinc, Zn ... mg	3.40	0.040	96	A	1		0.96	15.42	3.84
Copper, Cu ... mg	0.155	0.005	94	A	1		0.044	0.703	0.175
Manganese, Mn ... mg	0.015	0.004	95	A	1		0.004	0.068	0.017
Selenium, Se ... mcg	25.1	1.300	12	A	1		7.1	113.9	28.4
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.045	0.003	12	A	1		0.013	0.204	0.051
Riboflavin ... mg	0.097	0.008	24	A	1		0.027	0.440	0.110
Niacin ... mg	2.017	0.149	24	A	1		0.572	9.149	2.279
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.259	0.014	12	A	1		0.073	1.175	0.293
Folate, total ... mcg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.30	0.190	12	A	1		0.65	10.43	2.60
Vitamin A, RAE ... mcg_RAE	1		100	AS	1		0	4	1
Vitamin A, IU ... IU	3	0.033	100	A	1		1	14	3
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.05	0.012	12	A	1		0.01	0.23	0.06
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg	0.01	0.004	12	A	1		0.00	0.05	0.01
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.885	0.300	100	A	1		0.251	4.014	1.000
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.025	0.040	100	A	1		0.007	0.113	0.028
15:0 ... g	0.023	0.080	100	A	1		0.007	0.104	0.026
16:0 ... g	0.342	0.200	100	A	1		0.097	1.551	0.386

NDB No. 17267

Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0 g	0.025	0.040	100	A	1		0.007	0.113	0.028
18:0 g	0.397	0.300	100	A	1		0.113	1.801	0.449
20:0 g									
22:0 g	0.048	0.190	100	A	1		0.014	0.218	0.054
24:0 g									
Fatty acids, total monounsaturated g	0.986	0.500	100	A	1		0.280	4.472	1.114
14:1 g	0.002	0.010	100	A	1		0.001	0.009	0.002
15:1 g									
16:1 undifferentiated g	0.050	0.060	100	A	1		0.014	0.227	0.057
17:1 g									
18:1 undifferentiated g	0.904	0.500	100	A	1		0.256	4.101	1.022
20:1 g	0.006	0.030	100	A	1		0.002	0.027	0.007
22:1 undifferentiated g	0.024	0.200	100	A	1		0.007	0.109	0.027
24:1 c g									
Fatty acids, total polyunsaturated g	0.217	0.300	100	A	1		0.062	0.984	0.245
18:2 undifferentiated g	0.209	0.300	100	A	1		0.059	0.948	0.236
18:3 undifferentiated g	0.008	0.050	100	A	1		0.002	0.036	0.009
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71	0.900	100	A	1		20	322	80
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.000		0	PIE	4		0.000	0.000	0.000
Threonine g	0.881		0	PIE	4		0.250	3.996	0.996
Isoleucine g	0.902		0	PIE	4		0.256	4.091	1.019
Leucine g	1.662		0	PIE	4		0.471	7.539	1.878
Lysine g	1.669		0	PIE	4		0.473	7.571	1.886
Methionine g	0.508		0	PIE	4		0.144	2.304	0.574
Cystine g	0.000		0	PIE	4		0.000	0.000	0.000
Phenylalanine g	0.801		0	PIE	4		0.227	3.633	0.905
Tyrosine g	0.688		0	PIE	4		0.195	3.121	0.777
Valine g	0.968		0	PIE	4		0.274	4.391	1.094
Arginine g	1.269		0	PIE	4		0.360	5.756	1.434
Histidine g	0.567		0	PIE	4		0.161	2.572	0.641
Alanine g	1.216		0	PIE	4		0.345	5.516	1.374
Aspartic acid g	1.856		0	PIE	4		0.526	8.419	2.097
Glutamic acid g	3.118		0	PIE	4		0.884	14.143	3.523
Glycine g	1.028		0	PIE	4		0.291	4.663	1.162
Proline g	0.854		0	PIE	4		0.242	3.874	0.965
Serine g	0.815		0	PIE	4		0.231	3.697	0.921
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

Footnotes:

1 Energy, as determined by bomb calorimetry, is 143.00 kcal.

NDB No. 17267

Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17159
Game meat, boar, wild, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.87		0		1		217.16	54.29	
Energy	kcal	160		0	NC	4		544	136	
Energy	kJ	669		0		4		2276	569	
Protein (N x 6.25)	g	28.30		0		1		96.22	24.06	
Total lipid (fat)	g	4.38		0		1		14.89	3.72	
Ash	g	1.27		0		1		4.32	1.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		54	14	
Iron, Fe	mg	1.12		0		4		3.81	0.95	
Magnesium, Mg	mg	27		0		4		92	23	
Phosphorus, P	mg	134		0		1		456	114	
Potassium, K	mg	396		0		4		1346	337	
Sodium, Na	mg	60		0		4		204	51	
Zinc, Zn	mg	3.01		0		4		10.23	2.56	
Copper, Cu	mg	0.056		0		4		0.190	0.048	
Manganese, Mn	mg									
Selenium, Se	mcg	13.0		0	BFYN	4		44.2	11.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.310		0		1		1.054	0.264	
Riboflavin	mg	0.140		0		1		0.476	0.119	
Niacin	mg	4.210		0		1		14.314	3.579	
Pantothenic acid	mg									
Vitamin B-6	mg	0.418		0		4		1.421	0.355	
Folate, total	mcg	6		0		4		20	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		20	5	
Folate, DFE	mcg_DFE	6		0	NC	4		20	5	
Choline, total	mg	117.4		0	BFNN	4		399.3	99.8	
Betaine	mg	15.4		0	BFNN	4		52.5	13.1	
Vitamin B-12	mcg	0.70		0		4		2.38	0.60	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.38		0	BFSN	4		1.31	0.33	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D	IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	1.4		0	BFSN	4		4.7	1.2	
Lipids:										
Fatty acids, total saturated	g	1.300		0		1		4.420	1.105	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17159
Game meat, boar, wild, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.050		0		1		0.170	0.043	
15:0 g									
16:0 g	0.770		0		1		2.618	0.655	
17:0 g									
18:0 g	0.440		0		1		1.496	0.374	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.710		0		1		5.814	1.454	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220		0		1		0.748	0.187	
17:1 g									
18:1 undifferentiated g	1.490		0		1		5.066	1.267	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.640		0		1		2.176	0.544	
18:2 undifferentiated g	0.500		0		1		1.700	0.425	
18:3 undifferentiated g	0.030		0		1		0.102	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.374	0.094	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	77		0		4		262	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.380		0		1		1.292	0.323	
Threonine g	1.331		0		1		4.525	1.131	
Isoleucine g	1.367		0		1		4.648	1.162	
Leucine g	2.300		0		1		7.820	1.955	
Lysine g	2.789		0		1		9.483	2.371	
Methionine g	0.697		0		1		2.370	0.592	
Cystine g	0.367		0		1		1.248	0.312	
Phenylalanine g	1.132		0		1		3.849	0.962	
Tyrosine g	1.010		0		1		3.434	0.859	
Valine g	1.517		0		1		5.158	1.289	
Arginine g	1.965		0		1		6.681	1.670	
Histidine g	1.435		0		1		4.879	1.220	
Alanine g	1.675		0		1		5.695	1.424	
Aspartic acid g	2.626		0		1		8.928	2.232	
Glutamic acid g	4.396		0		1		14.946	3.737	
Glycine g	1.290		0		1		4.386	1.097	
Proline g	1.073		0		1		3.648	0.912	
Serine g	1.164		0		1		3.958	0.989	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17159

Game meat, boar, wild, cooked, roasted

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17158
Game meat, boar, wild, raw
Sus scrofa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.54		2		1		20.57	329.04	
Energy....kcal	122		0	NC	4		35	553	
Energy....kJ	510				4		145	2315	
Protein (N x 6.25)....g	21.51	2.641	3		1		6.10	97.57	
Total lipid (fat)....g	3.33		2		1		0.94	15.10	
Ash....g	0.97		1		1		0.27	4.40	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1		1		3	54	
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg	120		1		1		34	544	
Potassium, K....mg									
Sodium, Na....mg									
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	9.8		0	BFNN	4		2.8	44.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.390		1		1		0.111	1.769	
Riboflavin....mg	0.110		1		1		0.031	0.499	
Niacin....mg	4.000		1		1		1.134	18.144	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.990		0		1		0.281	4.491	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		3		1		0.011	0.181	
15:0....g									
16:0....g	0.580		3		1		0.164	2.631	
17:0....g									
18:0....g	0.330		3		1		0.094	1.497	

NDB No. 17158
Game meat, boar, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.300		0		1		0.369	5.897	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.170		3		1		0.048	0.771	
17:1....g									
18:1 undifferentiated....g	1.130		3		1		0.320	5.126	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0		1		0.136	2.177	
18:2 undifferentiated....g	0.380		3		1		0.108	1.724	
18:3 undifferentiated....g	0.020		3		1		0.006	0.091	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		3		1		0.023	0.363	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		1		1		0.082	1.311	
Threonine....g	1.012		1		1		0.287	4.590	
Isoleucine....g	1.039		1		1		0.295	4.713	
Leucine....g	1.748		1		1		0.496	7.929	
Lysine....g	2.120		1		1		0.601	9.616	
Methionine....g	0.530		1		1		0.150	2.404	
Cystine....g	0.279		1		1		0.079	1.266	
Phenylalanine....g	0.860		1		1		0.244	3.901	
Tyrosine....g	0.767		1		1		0.217	3.479	
Valine....g	1.153		1		1		0.327	5.230	
Arginine....g	1.493		1		1		0.423	6.772	
Histidine....g	1.091		1		1		0.309	4.949	
Alanine....g	1.273		1		1		0.361	5.774	
Aspartic acid....g	1.996		1		1		0.566	9.054	
Glutamic acid....g	3.341		1		1		0.947	15.155	
Glycine....g	0.981		1		1		0.278	4.450	
Proline....g	0.816		1		1		0.231	3.701	
Serine....g	0.884		1		1		0.251	4.010	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17161
Game meat, buffalo, water, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.81		0		1		233.95	58.49	
Energy	kcal	131		0	NC	4		445	111	
Energy	kJ	548				4		1864	466	
Protein (N x 6.25)	g	26.83		0		1		91.22	22.81	
Total lipid (fat)	g	1.80		0		1		6.12	1.53	
Ash	g	1.39		0		1		4.73	1.18	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		51	13	
Iron, Fe	mg	2.12		0		1		7.21	1.80	
Magnesium, Mg	mg	33		0		1		112	28	
Phosphorus, P	mg	220		0		1		748	187	
Potassium, K	mg	313		0		1		1064	266	
Sodium, Na	mg	56		0		1		190	48	
Zinc, Zn	mg	2.54		0		1		8.64	2.16	
Copper, Cu	mg	0.178		0		1		0.605	0.151	
Manganese, Mn	mg									
Selenium, Se	mcg	12.0		0	BFYN	4		40.8	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.030		0		1		0.102	0.026	
Riboflavin	mg	0.250		0		1		0.850	0.213	
Niacin	mg	6.290		0		1		21.386	5.347	
Pantothenic acid	mg	0.170		0		1		0.578	0.145	
Vitamin B-6	mg	0.460		0		1		1.564	0.391	
Folate, total	mcg	9		0		1		31	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		31	8	
Folate, DFE	mcg_DFE	9		0	NC	4		31	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.75		0		1		5.95	1.49	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		2.040	0.510	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17161
Game meat, buffalo, water, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.020		0		1		0.068	0.017	
15:0 g									
16:0 g	0.330		0		1		1.122	0.281	
17:0 g									
18:0 g	0.250		0		1		0.850	0.213	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.550		0		1		1.870	0.468	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.136	0.034	
17:1 g									
18:1 undifferentiated g	0.490		0		1		1.666	0.417	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.360		0		1		1.224	0.306	
18:2 undifferentiated g	0.210		0		1		0.714	0.179	
18:3 undifferentiated g	0.050		0		1		0.170	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.340	0.085	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	61		0		1		207	52	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.327		0		1		1.112	0.278	
Threonine g	1.284		0		1		4.366	1.091	
Isoleucine g	1.346		0		1		4.576	1.144	
Leucine g	2.309		0		1		7.851	1.963	
Lysine g	2.118		0		1		7.201	1.800	
Methionine g	0.672		0		1		2.285	0.571	
Cystine g	0.429		0		1		1.459	0.365	
Phenylalanine g	1.075		0		1		3.655	0.914	
Tyrosine g	1.077		0		1		3.662	0.915	
Valine g	1.427		0		1		4.852	1.213	
Arginine g	1.681		0		1		5.715	1.429	
Histidine g	0.888		0		1		3.019	0.755	
Alanine g									
Aspartic acid g	2.676		0		1		9.098	2.275	
Glutamic acid g	3.890		0		1		13.226	3.307	
Glycine g	1.046		0		1		3.556	0.889	
Proline g	1.027		0		1		3.492	0.873	
Serine g	1.151		0		1		3.913	0.978	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

NDB No. 17161
Game meat, buffalo, water, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17160
Game meat, buffalo, water, raw
Bubalus bubalis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.30	0.182	80		1		21.63	346.10	
Energy....kcal	99		0	NC	4		28	449	
Energy....kJ	414				4		117	1879	
Protein (N x 6.25)....g	20.39	0.156	85		1		5.78	92.49	
Total lipid (fat)....g	1.37	0.122	85		1		0.39	6.21	
Ash....g	1.05	0.020	67		1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.223	147		1		3	54	
Iron, Fe....mg	1.61	0.276	6		1		0.46	7.30	
Magnesium, Mg....mg	32	0.326	143		1		9	145	
Phosphorus, P....mg	197	0.982	137		1		56	894	
Potassium, K....mg	297	2.050	128		1		84	1347	
Sodium, Na....mg	53	0.338	128		1		15	240	
Zinc, Zn....mg	1.93	0.049	130		1		0.55	8.75	
Copper, Cu....mg	0.151	0.003	135		1		0.043	0.685	
Manganese, Mn....mg									
Selenium, Se....mcg	9.0		0	BFNN	4		2.6	40.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.040	0.009	6		1		0.011	0.181	
Riboflavin....mg	0.200	0.008	51		1		0.057	0.907	
Niacin....mg	5.970	0.169	51		1		1.692	27.080	
Pantothenic acid....mg	0.160	0.007	45		1		0.045	0.726	
Vitamin B-6....mg	0.530	0.020	45		1		0.150	2.404	
Folate, total....mcg	8		1		1		2	36	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1		1		2	36	
Folate, DFE....mcg_DFE	8		0	NC	4		2	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.66	0.112	45		1		0.47	7.53	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.460		0		1		0.130	2.087	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17160
Game meat, buffalo, water, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.010		2		1		0.003	0.045	
15:0 g									
16:0 g	0.250		2		1		0.071	1.134	
17:0 g									
18:0 g	0.190		2		1		0.054	0.862	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.420		0		1		0.119	1.905	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		2		1		0.009	0.136	
17:1 g									
18:1 undifferentiated g	0.370		2		1		0.105	1.678	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.270		0		1		0.077	1.225	
18:2 undifferentiated g	0.160		2		1		0.045	0.726	
18:3 undifferentiated g	0.040		2		1		0.011	0.181	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		2		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	46	3.099	5		1		13	209	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.249		3		1		0.071	1.129	
Threonine g	0.976		5		1		0.277	4.427	
Isoleucine g	1.023		5		1		0.290	4.640	
Leucine g	1.755		5		1		0.498	7.961	
Lysine g	1.610		5		1		0.456	7.303	
Methionine g	0.511		5		1		0.145	2.318	
Cystine g	0.326		1		1		0.092	1.479	
Phenylalanine g	0.817		5		1		0.232	3.706	
Tyrosine g	0.818		5		1		0.232	3.710	
Valine g	1.084		5		1		0.307	4.917	
Arginine g	1.278		5		1		0.362	5.797	
Histidine g	0.675		5		1		0.191	3.062	
Alanine g									
Aspartic acid g	2.034		2		1		0.577	9.226	
Glutamic acid g	2.956		2		1		0.838	13.408	
Glycine g	0.795		2		1		0.225	3.606	
Proline g	0.780		2		1		0.221	3.538	
Serine g	0.875		2		1		0.248	3.969	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17160
Game meat, buffalo, water, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17163
Game meat, caribou, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.43		0		1		212.26	53.07	
Energy	kcal	167		0	NC	4		568	142	
Energy	kJ	699		0		4		2376	594	
Protein (N x 6.25)	g	29.77		0		1		101.22	25.30	
Total lipid (fat)	g	4.42		0		1		15.03	3.76	
Ash	g	1.50		0		1		5.10	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		75	19	
Iron, Fe	mg	6.17		0		1		20.98	5.24	
Magnesium, Mg	mg	27		0		1		92	23	
Phosphorus, P	mg	233		0		1		792	198	
Potassium, K	mg	310		0		1		1054	264	
Sodium, Na	mg	60		0		1		204	51	
Zinc, Zn	mg	5.26		0		1		17.88	4.47	
Copper, Cu	mg	0.263		0		1		0.894	0.224	
Manganese, Mn	mg	0.087		0		1		0.296	0.074	
Selenium, Se	mcg	13.6		0	BFYN	4		46.2	11.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		1		10.2	2.6	
Thiamin	mg	0.250		0		1		0.850	0.213	
Riboflavin	mg	0.900		0		1		3.060	0.765	
Niacin	mg	5.790		0		1		19.686	4.922	
Pantothenic acid	mg	2.680		0		1		9.112	2.278	
Vitamin B-6	mg	0.320		0		1		1.088	0.272	
Folate, total	mcg	5		0		1		17	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		17	4	
Folate, DFE	mcg_DFE	5		0	NC	4		17	4	
Choline, total	mg	122.6		0	BFNN	4		416.9	104.2	
Betaine	mg	16.1		0	BFNN	4		54.8	13.7	
Vitamin B-12	mcg	6.64		0		1		22.58	5.64	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.40		0	BFSN	4		1.36	0.34	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D	IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	1.4		0	BFSN	4		4.8	1.2	
Lipids:										
Fatty acids, total saturated	g	1.700		0		1		5.780	1.445	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17163
Game meat, caribou, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.120		0		1		0.408	0.102	
15:0 g									
16:0 g	0.890		0		1		3.026	0.757	
17:0 g									
18:0 g	0.590		0		1		2.006	0.502	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.330		0		1		4.522	1.131	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		0		1		0.374	0.094	
17:1 g									
18:1 undifferentiated g	1.220		0		1		4.148	1.037	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.620		0		1		2.108	0.527	
18:2 undifferentiated g	0.310		0		1		1.054	0.264	
18:3 undifferentiated g	0.030		0		1		0.102	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.180		0		1		0.612	0.153	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.030		0		1		0.102	0.026	
22:6 n-3 (DHA) g	0.060		0		1		0.204	0.051	
Fatty acids, total trans g									
Cholesterol mg	109		0		1		371	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.458		0		1		1.557	0.389	
Threonine g	1.273		0		1		4.328	1.082	
Isoleucine g	1.347		0		1		4.580	1.145	
Leucine g	2.457		0		1		8.354	2.088	
Lysine g	2.697		0		1		9.170	2.292	
Methionine g	0.665		0		1		2.261	0.565	
Cystine g	0.214		0		1		0.728	0.182	
Phenylalanine g	1.324		0		1		4.502	1.125	
Tyrosine g	0.976		0		1		3.318	0.830	
Valine g	1.399		0		1		4.757	1.189	
Arginine g	1.771		0		1		6.021	1.505	
Histidine g	1.179		0		1		4.009	1.002	
Alanine g	1.593		0		1		5.416	1.354	
Aspartic acid g	2.633		0		1		8.952	2.238	
Glutamic acid g	4.673		0		1		15.888	3.972	
Glycine g	1.249		0		1		4.247	1.062	
Proline g	0.925		0		1		3.145	0.786	
Serine g	1.047		0		1		3.560	0.890	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17163

Game meat, caribou, cooked, roasted

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17162
Game meat, caribou, raw
Rangifer spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.45	0.504	45		1		20.26	324.10	
Energy....kcal	127		0	NC	4		36	576	
Energy....kJ	531				4		151	2410	
Protein (N x 6.25)....g	22.63	0.457	30		1		6.42	102.65	
Total lipid (fat)....g	3.36	0.330	41		1		0.95	15.24	
Ash....g	1.14	0.055	40		1		0.32	5.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.026	11		1		5	77	
Iron, Fe....mg	4.69	0.379	19		1		1.33	21.27	
Magnesium, Mg....mg	26	1.686	9		1		7	118	
Phosphorus, P....mg	208	21.426	8		1		59	943	
Potassium, K....mg	295	22.093	10		1		84	1338	
Sodium, Na....mg	57	2.469	9		1		16	259	
Zinc, Zn....mg	4.00		2		1		1.13	18.14	
Copper, Cu....mg	0.222	0.038	7		1		0.063	1.007	
Manganese, Mn....mg	0.078		1		1		0.022	0.354	
Selenium, Se....mcg	10.2		0	BFNN	4		2.9	46.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.320	0.077	7		1		0.091	1.452	
Riboflavin....mg	0.720	0.064	17		1		0.204	3.266	
Niacin....mg	5.500	0.344	13		1		1.559	24.948	
Pantothenic acid....mg	2.550		1		1		0.723	11.567	
Vitamin B-6....mg	0.370		1		1		0.105	1.678	
Folate, total....mcg	4		1		1		1	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		1		1		1	18	
Folate, DFE....mcg_DFE	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.31		1		1		1.79	28.62	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.290		0		1		0.366	5.851	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17162
Game meat, caribou, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.090		2		1		0.026	0.408	
15:0 g									
16:0 g	0.680		2		1		0.193	3.084	
17:0 g									
18:0 g	0.450		2		1		0.128	2.041	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.010		0		1		0.286	4.581	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		2		1		0.023	0.363	
17:1 g									
18:1 undifferentiated g	0.930		2		1		0.264	4.218	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.470		0		1		0.133	2.132	
18:2 undifferentiated g	0.230		2		1		0.065	1.043	
18:3 undifferentiated g	0.030		2		1		0.009	0.136	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.140		2		1		0.040	0.635	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g	0.020		2		1		0.006	0.091	
22:6 n-3 (DHA) g	0.050		2		1		0.014	0.227	
Fatty acids, total trans g									
Cholesterol mg	83		1		1		24	376	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.348		2		1		0.099	1.579	
Threonine g	0.967		5		1		0.274	4.386	
Isoleucine g	1.024		5		1		0.290	4.645	
Leucine g	1.867		5		1		0.529	8.469	
Lysine g	2.049		5		1		0.581	9.294	
Methionine g	0.506		5		1		0.143	2.295	
Cystine g	0.163		1		1		0.046	0.739	
Phenylalanine g	1.006		5		1		0.285	4.563	
Tyrosine g	0.742		5		1		0.210	3.366	
Valine g	1.063		5		1		0.301	4.822	
Arginine g	1.346		5		1		0.382	6.105	
Histidine g	0.896		5		1		0.254	4.064	
Alanine g	1.211		5		1		0.343	5.493	
Aspartic acid g	2.001		5		1		0.567	9.077	
Glutamic acid g	3.551		5		1		1.007	16.107	
Glycine g	0.949		5		1		0.269	4.305	
Proline g	0.703		5		1		0.199	3.189	
Serine g	0.795		5		1		0.225	3.606	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17162
Game meat, caribou, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17165
Game meat, deer, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.23		0		1		221.78	55.45	
Energy....kcal	158		0	NC	4		537	134	
Energy....kJ	661				4		2248	562	
Protein (N x 6.25)....g	30.21		0		1		102.71	25.68	
Total lipid (fat)....g	3.19		0		1		10.85	2.71	
Ash....g	1.52		0		1		5.17	1.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		24	6	
Iron, Fe....mg	4.47		0		1		15.20	3.80	
Magnesium, Mg....mg	24		0		1		82	20	
Phosphorus, P....mg	226		0		1		768	192	
Potassium, K....mg	335		0		1		1139	285	
Sodium, Na....mg	54		0		1		184	46	
Zinc, Zn....mg	2.75		0		1		9.35	2.34	
Copper, Cu....mg	0.300		0		1		1.020	0.255	
Manganese, Mn....mg	0.046		0		1		0.156	0.039	
Selenium, Se....mcg	12.9		0	BFYN	4		43.9	11.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180		0		1		0.612	0.153	
Riboflavin....mg	0.600		0		1		2.040	0.510	
Niacin....mg	6.710		0		1		22.814	5.704	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.250		0		1		4.250	1.063	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.030		0		1		0.102	0.026	
15:0....g									
16:0....g	0.540		0		1		1.836	0.459	
17:0....g									
18:0....g	0.670		0		1		2.278	0.570	

NDB No. 17165
Game meat, deer, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.880		0		1		2.992	0.748	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.136	0.034	
17:1....g									
18:1 undifferentiated....g	0.830		0		1		2.822	0.706	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		0		1		2.108	0.527	
18:2 undifferentiated....g	0.400		0		1		1.360	0.340	
18:3 undifferentiated....g	0.090		0		1		0.306	0.077	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.130		0		1		0.442	0.111	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	112		0		1		381	95	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.421		0		1		4.831	1.208	
Isoleucine....g	1.194		0		1		4.060	1.015	
Leucine....g	2.566		0		1		8.724	2.181	
Lysine....g	2.639		0		1		8.973	2.243	
Methionine....g	0.745		0		1		2.533	0.633	
Cystine....g	0.338		0		1		1.149	0.287	
Phenylalanine....g	1.233		0		1		4.192	1.048	
Tyrosine....g	1.069		0		1		3.635	0.909	
Valine....g	1.412		0		1		4.801	1.200	
Arginine....g	2.175		0		1		7.395	1.849	
Histidine....g	1.494		0		1		5.080	1.270	
Alanine....g	1.885		0		1		6.409	1.602	
Aspartic acid....g	2.803		0		1		9.530	2.383	
Glutamic acid....g	4.389		0		1		14.923	3.731	
Glycine....g	1.546		0		1		5.256	1.314	
Proline....g	1.557		0		1		5.294	1.323	
Serine....g	1.281		0		1		4.355	1.089	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17344

Game meat, deer, ground, cooked, pan-broiled

Cervus elaphus, Dama dama

Venison

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.23	0.418	6	A	1		59.74	54.60	
Energy....kcal	187		0	NC	4		174	159	
Energy....kJ	783		0	NC	4		728	665	
Protein (N x 6.25)....g	26.45	0.391	6	A	1		24.60	22.48	
Total lipid (fat)....g	8.22	0.296	6	A	1		7.64	6.98	
Ash....g	1.07	0.042	6	A	1		0.99	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	1.707	3	A	1		13	12	
Iron, Fe....mg	3.35	0.053	6	A	1		3.12	2.85	
Magnesium, Mg....mg	24	0.273	3	A	1		22	20	
Phosphorus, P....mg	228	2.848	3	A	1		212	194	
Potassium, K....mg	364	3.930	3	A	1		338	309	
Sodium, Na....mg	78	2.074	3	A	1		73	66	
Zinc, Zn....mg	5.20	0.121	3	A	1		4.84	4.42	
Copper, Cu....mg	0.100	0.045	3	A	1		0.093	0.085	
Manganese, Mn....mg	0.013	0.000	3	A	1		0.012	0.011	
Selenium, Se....mcg	10.3	3.383	3	A	1		9.6	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.503	0.172	3	A	1		0.468	0.428	
Riboflavin....mg	0.327	0.009	3	A	1		0.304	0.278	
Niacin....mg	9.257	2.728	3	A	1		8.609	7.868	
Pantothenic acid....mg	0.760		1	A	1		0.707	0.646	
Vitamin B-6....mg	0.468	0.022	3	A	1		0.435	0.398	
Folate, total....mcg	8		1	A	1		8	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		8	7	
Folate, DFE....mcg_DFE	8		0	NC	4		8	7	
Choline, total....mg	101.9		0	BFNN	4		94.8	86.6	
Betaine....mg	13.4		0	BFNN	4		12.5	11.4	
Vitamin B-12....mcg	2.32	0.519	3	A	1		2.16	1.97	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.68		1	A	1		0.63	0.58	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		1.3	1.2	
Lipids:									
Fatty acids, total saturated....g	3.993		0	NC	4		3.713	3.394	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 17344
Game meat, deer, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	5	A	1		0.000	0.000	
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.011	0.004	5	A	1		0.010	0.010	
13:0....g									
14:0....g	0.320	0.040	5	A	1		0.298	0.272	
15:0....g	0.086	0.012	5	A	1		0.080	0.073	
16:0....g	1.769	0.126	5	A	1		1.645	1.503	
17:0....g	0.096	0.012	5	A	1		0.089	0.081	
18:0....g	1.691	0.149	5	A	1		1.572	1.437	
20:0....g	0.019	0.003	5	A	1		0.018	0.016	
22:0....g	0.002	0.002	5	A	1		0.002	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	1.939		0	NC	4		1.803	1.648	
14:1....g	0.064	0.028	5	A	1		0.060	0.055	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.291	0.101	5	A	1		0.271	0.248	
17:1....g	0.031	0.002	5	A	1		0.028	0.026	
18:1 undifferentiated....g	1.545	0.084	5	A	1		1.436	1.313	
20:1....g	0.008	0.005	5	A	1		0.007	0.007	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.444		0	NC	4		0.413	0.378	
18:2 undifferentiated....g	0.262	0.006	5	A	1		0.244	0.223	
18:3 undifferentiated....g	0.098	0.017	5	A	1		0.091	0.083	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.004	0.002	5	A	1		0.004	0.003	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.081	0.002	5	A	1		0.075	0.069	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	98	0.924	6	A	1		91	83	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.218	0.199	
Threonine....g	0.998		0	A	1		0.928	0.848	
Isoleucine....g	1.133		0	A	1		1.054	0.963	
Leucine....g	2.008		0	A	1		1.867	1.706	
Lysine....g	2.143		0	A	1		1.993	1.822	
Methionine....g	0.616		0	A	1		0.573	0.523	
Cystine....g	0.246		0	A	1		0.229	0.209	
Phenylalanine....g	0.998		0	A	1		0.928	0.848	
Tyrosine....g	0.825		0	A	1		0.767	0.701	
Valine....g	1.281		0	A	1		1.191	1.089	
Arginine....g	1.576		0	A	1		1.466	1.340	
Histidine....g	0.788		0	A	1		0.733	0.670	
Alanine....g	1.540		0	A	1		1.432	1.309	
Aspartic acid....g	2.291		0	A	1		2.130	1.947	
Glutamic acid....g	3.744		0	A	1		3.482	3.182	
Glycine....g	1.441		0	A	1		1.340	1.225	
Proline....g	1.158		0	A	1		1.077	0.984	
Serine....g	0.911		0	A	1		0.848	0.775	

NDB No. 17344
Game meat, deer, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.382		0	BFPN	4		0.355	0.325	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 patty

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17343

Game meat, deer, ground, raw

Cervus elaphus, Dama dama

venison

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.15	0.498	6	A	1				
Energy	kcal	157		0	NC	4				
Energy	kJ	658		0	NC	4				
Protein (N x 6.25)	g	21.78	0.371	6	A	1				
Total lipid (fat)	g	7.13	0.351	6	A	1				
Ash	g	0.88	0.065	6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.390	3	A	1				
Iron, Fe	mg	2.92	0.081	6	A	1				
Magnesium, Mg	mg	21	0.393	3	A	1				
Phosphorus, P	mg	201	3.930	3	A	1				
Potassium, K	mg	330	5.696	3	A	1				
Sodium, Na	mg	75	2.991	3	A	1				
Zinc, Zn	mg	4.20	0.044	3	A	1				
Copper, Cu	mg	0.140	0.017	3	A	1				
Manganese, Mn	mg	0.014	0.002	3	A	1				
Selenium, Se	mcg	10.0	2.309	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.547	0.193	3	A	1				
Riboflavin	mg	0.287	0.003	3	A	1				
Niacin	mg	5.700	0.135	3	A	1				
Pantothenic acid	mg	0.690		1	A	1				
Vitamin B-6	mg	0.464	0.023	3	A	1				
Folate, total	mcg	4		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	4		1	A	1				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg	87.9		0	BFNN	4				
Betaine	mg	12.9		0	BFNN	4				
Vitamin B-12	mcg	1.87	0.235	3	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		1	A	1				
Carotene, beta	mcg	0		0	Z	7				
Carotene, alpha	mcg	0		0	Z	7				
Cryptoxanthin, beta	mcg	0		0	Z	7				
Vitamin A, IU	IU	0		1	A	1				
Lycopene	mcg	0		0	Z	7				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.45		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		2	AS	1				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		2	AI	13				
Vitamin D	IU	0		2	AI	13				
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	3.361		0	NC	4				
4:0	g	0.000		0	Z	7				

NDB No. 17343
Game meat, deer, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.000		0	BFFN	4				
12:0....g	0.005		0	BFFN	4				
13:0....g									
14:0....g	0.215		0	BFFN	4				
15:0....g	0.088		0	BFFN	4				
16:0....g	1.326		0	BFFN	4				
17:0....g	0.096		0	BFFN	4				
18:0....g	1.610		0	BFFN	4				
20:0....g	0.019		0	BFFN	4				
22:0....g	0.003		0	BFFN	4				
24:0....g									
Fatty acids, total monounsaturated....g	1.344		0	NC	4				
14:1....g	0.016		0	BFFN	4				
15:1....g	0.000		0	BFFN	4				
16:1 undifferentiated....g	0.107		0	BFFN	4				
17:1....g	0.024		0	BFFN	4				
18:1 undifferentiated....g	1.197		0	BFFN	4				
20:1....g	0.000		0	BFFN	4				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.394		0	NC	4				
18:2 undifferentiated....g	0.225		0	BFFN	4				
18:3 undifferentiated....g	0.104		0	BFFN	4				
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		0	BFFN	4				
20:3 undifferentiated....g	0.000		0	BFFN	4				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.064		0	BFFN	4				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g									
Cholesterol....mg	80		0	BFYN	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1				
Threonine....g	0.818		0	A	1				
Isoleucine....g	0.929		0	A	1				
Leucine....g	1.645		0	A	1				
Lysine....g	1.756		0	A	1				
Methionine....g	0.505		0	A	1				
Cystine....g	0.202		0	A	1				
Phenylalanine....g	0.818		0	A	1				
Tyrosine....g	0.676		0	A	1				
Valine....g	1.050		0	A	1				
Arginine....g	1.292		0	A	1				
Histidine....g	0.646		0	A	1				
Alanine....g	1.262		0	A	1				
Aspartic acid....g	1.877		0	A	1				
Glutamic acid....g	3.069		0	A	1				
Glycine....g	1.181		0	A	1				
Proline....g	0.949		0	A	1				
Serine....g	0.747		0	A	1				

NDB No. 17343
Game meat, deer, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.313		0	BFPN	4				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17345

Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

Cervus elaphus, Dama dama

venison

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	67.07	0.482	6	A	1		36.22	57.01	
Energy ... kcal	150		0	NC	4		81	128	
Energy ... kJ	629		0	NC	4		340	535	
Protein (N x 6.25) ... g	30.20	0.200	6	A	1		16.31	25.67	
Total lipid (fat) ... g	2.38	0.317	6	A	1		1.29	2.03	
Ash ... g	1.25	0.043	6	A	1		0.68	1.06	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	6	1.288	3	A	1		3	5	
Iron, Fe ... mg	4.09	0.215	6	A	1		2.21	3.48	
Magnesium, Mg ... mg	30	0.433	3	A	1		16	25	
Phosphorus, P ... mg	277	7.234	3	A	1		150	235	
Potassium, K ... mg	398	11.319	3	A	1		215	338	
Sodium, Na ... mg	57	4.333	3	A	1		31	49	
Zinc, Zn ... mg	3.63	0.488	3	A	1		1.96	3.08	
Copper, Cu ... mg	0.227	0.028	3	A	1		0.122	0.193	
Manganese, Mn ... mg	0.029	0.003	3	A	1		0.016	0.025	
Selenium, Se ... mcg	13.3	2.333	3	A	1		7.2	11.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.280	0.030	3	A	1		0.151	0.238	
Riboflavin ... mg	0.513	0.062	3	A	1		0.277	0.436	
Niacin ... mg	10.757	0.960	3	A	1		5.809	9.143	
Pantothenic acid ... mg	0.868		0	BFPN	4		0.469	0.738	
Vitamin B-6 ... mg	0.756	0.063	3	A	1		0.408	0.642	
Folate, total ... mcg	9		0	BFPN	4		5	8	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	9		0	BFPN	4		5	8	
Folate, DFE ... mcg_DFE	9		0	NC	4		5	8	
Choline, total ... mg	113.0		0	BFNN	4		61.0	96.1	
Betaine ... mg	14.8		0	BFNN	4		8.0	12.6	
Vitamin B-12 ... mcg	1.83	0.278	3	A	1		0.99	1.56	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	NC	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.62		0	BFSN	4		0.34	0.53	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D ... IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone) ... mcg	1.2		0	BFSN	4		0.7	1.1	
Lipids:									
Fatty acids, total saturated ... g	0.878		0	NC	4		0.474	0.747	
4:0 ... g	0.000		0	Z	7		0.000	0.000	

NDB No. 17345

Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.001		0	BFFN	4		0.001	0.001	
13:0 g									
14:0 g	0.056		0	BFFN	4		0.030	0.048	
15:0 g	0.023		0	BFFN	4		0.012	0.019	
16:0 g	0.346		0	BFFN	4		0.187	0.294	
17:0 g	0.025		0	BFFN	4		0.014	0.021	
18:0 g	0.421		0	BFFN	4		0.227	0.358	
20:0 g	0.005		0	BFFN	4		0.003	0.004	
22:0 g	0.001		0	BFFN	4		0.000	0.001	
24:0 g									
Fatty acids, total monounsaturated g	0.351		0	NC	4		0.190	0.298	
14:1 g	0.004		0	BFFN	4		0.002	0.004	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.028		0	BFFN	4		0.015	0.024	
17:1 g	0.006		0	BFFN	4		0.003	0.005	
18:1 undifferentiated g	0.313		0	BFFN	4		0.169	0.266	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.103		0	NC	4		0.056	0.087	
18:2 undifferentiated g	0.059		0	BFFN	4		0.032	0.050	
18:3 undifferentiated g	0.027		0	BFFN	4		0.015	0.023	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.017		0	BFFN	4		0.009	0.014	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79	1.490	6	A	1		42	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0	A	1		0.145	0.229	
Threonine g	1.148		0	A	1		0.620	0.976	
Isoleucine g	1.304		0	A	1		0.704	1.109	
Leucine g	2.311		0	A	1		1.248	1.964	
Lysine g	2.467		0	A	1		1.332	2.097	
Methionine g	0.709		0	A	1		0.383	0.603	
Cystine g	0.284		0	A	1		0.153	0.241	
Phenylalanine g	1.148		0	A	1		0.620	0.976	
Tyrosine g	0.950		0	A	1		0.513	0.807	
Valine g	1.475		0	A	1		0.796	1.253	
Arginine g	1.815		0	A	1		0.980	1.543	
Histidine g	0.907		0	A	1		0.490	0.771	
Alanine g	1.772		0	A	1		0.957	1.506	
Aspartic acid g	2.637		0	A	1		1.424	2.242	
Glutamic acid g	4.310		0	A	1		2.328	3.664	
Glycine g	1.659		0	A	1		0.896	1.410	
Proline g	1.333		0	A	1		0.720	1.133	
Serine g	1.049		0	A	1		0.567	0.892	

NDB No. 17345

Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.440		0	BFPN	4		0.237	0.374	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17164
Game meat, deer, raw
Odocoileus spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.57	0.188	44		1		20.86	333.71	
Energy	kcal	120		0	NC	4		34	544	
Energy	kJ	502				4		142	2277	
Protein (N x 6.25)	g	22.96	0.263	33		1		6.51	104.15	
Total lipid (fat)	g	2.42	0.211	50		1		0.69	10.98	
Ash	g	1.16	0.054	27		1		0.33	5.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.470	20		1		1	23	
Iron, Fe	mg	3.40	0.221	20		1		0.96	15.42	
Magnesium, Mg	mg	23	0.292	14		1		7	104	
Phosphorus, P	mg	202	4.781	19		1		57	916	
Potassium, K	mg	318	14.334	19		1		90	1442	
Sodium, Na	mg	51	2.065	19		1		14	231	
Zinc, Zn	mg	2.09	0.142	14		1		0.59	9.48	
Copper, Cu	mg	0.253	0.011	19		1		0.072	1.148	
Manganese, Mn	mg	0.041	0.002	13		1		0.012	0.186	
Selenium, Se	mcg	9.7		0	BFNN	4		2.7	44.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.220	0.006	63		1		0.062	0.998	
Riboflavin	mg	0.480	0.015	33		1		0.136	2.177	
Niacin	mg	6.370	0.633	4		1		1.806	28.894	
Pantothenic acid	mg									
Vitamin B-6	mg	0.370		0		4		0.105	1.678	
Folate, total	mcg	4		0		4		1	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		1	18	
Folate, DFE	mcg_DFE	4		0	NC	4		1	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	6.31		0		4		1.79	28.62	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.06	0.91	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.1		0	BFSN	4		0.3	5.1	
Lipids:										
Fatty acids, total saturated	g	0.950		0		1		0.269	4.309	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 17164
Game meat, deer, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		16		1		0.000	0.000	
12:0 g	0.000		16		1		0.000	0.000	
13:0 g									
14:0 g	0.020		16		1		0.006	0.091	
15:0 g									
16:0 g	0.410		16		1		0.116	1.860	
17:0 g									
18:0 g	0.510		16		1		0.145	2.313	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.670		0		1		0.190	3.039	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		16		1		0.009	0.136	
17:1 g									
18:1 undifferentiated g	0.630		16		1		0.179	2.858	
20:1 g	0.000		16		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.470		0		1		0.133	2.132	
18:2 undifferentiated g	0.310		16		1		0.088	1.406	
18:3 undifferentiated g	0.070		16		1		0.020	0.318	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		16		1		0.028	0.454	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	85	5.527	43		1		24	386	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.080		13		1		0.306	4.899	
Isoleucine g	0.908		13		1		0.257	4.119	
Leucine g	1.951		13		1		0.553	8.850	
Lysine g	2.006		13		1		0.569	9.099	
Methionine g	0.566		13		1		0.160	2.567	
Cystine g	0.257		13		1		0.073	1.166	
Phenylalanine g	0.937		13		1		0.266	4.250	
Tyrosine g	0.812		13		1		0.230	3.683	
Valine g	1.073		13		1		0.304	4.867	
Arginine g	1.653		13		1		0.469	7.498	
Histidine g	1.135		13		1		0.322	5.148	
Alanine g	1.433		13		1		0.406	6.500	
Aspartic acid g	2.130		13		1		0.604	9.662	
Glutamic acid g	3.336		13		1		0.946	15.132	
Glycine g	1.175		13		1		0.333	5.330	
Proline g	1.183		13		1		0.335	5.366	
Serine g	0.974		13		1		0.276	4.418	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17164
Game meat, deer, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17346

Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Cervus elaphus, Dama dama

venison

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.78	0.474	6	A	1		175.17	50.82	
Energy....kcal	191		0	NC	4		558	162	
Energy....kJ	797		0	NC	4		2336	678	
Protein (N x 6.25)....g	36.28	0.425	6	A	1		106.31	30.84	
Total lipid (fat)....g	3.95	0.313	6	A	1		11.57	3.36	
Ash....g	1.12	0.017	6	A	1		3.27	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.693	3	A	1		19	5	
Iron, Fe....mg	5.01	0.347	6	A	1		14.66	4.25	
Magnesium, Mg....mg	28	0.498	3	A	1		82	24	
Phosphorus, P....mg	261	6.658	3	A	1		765	222	
Potassium, K....mg	313	5.292	3	A	1		917	266	
Sodium, Na....mg	52	1.114	3	A	1		153	44	
Zinc, Zn....mg	8.64	0.712	3	A	1		25.32	7.35	
Copper, Cu....mg	0.285	0.021	3	A	1		0.836	0.243	
Manganese, Mn....mg	0.026	0.009	3	A	1		0.076	0.022	
Selenium, Se....mcg	17.7	2.963	3	A	1		51.8	15.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.153	0.027	3	A	1		0.449	0.130	
Riboflavin....mg	0.657	0.084	3	A	1		1.924	0.558	
Niacin....mg	7.430	1.175	3	A	1		21.770	6.316	
Pantothenic acid....mg	1.025		0	BFPN	4		3.003	0.871	
Vitamin B-6....mg	0.481	0.078	3	A	1		1.409	0.409	
Folate, total....mcg	11		0	BFPN	4		32	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0	BFPN	4		32	9	
Folate, DFE....mcg_DFE	11		0	NC	4		32	9	
Choline, total....mg	134.1		0	BFNN	4		393.0	114.0	
Betaine....mg	17.6		0	BFNN	4		51.6	15.0	
Vitamin B-12....mcg	3.06	0.814	3	A	1		8.97	2.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.75		0	BFSN	4		2.21	0.64	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.5		0	BFSN	4		4.5	1.3	
Lipids:									
Fatty acids, total saturated....g	1.959		0	NC	4		5.741	1.666	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 17346

Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		0	BFFN	4		0.000	0.000	
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.003		0	BFFN	4		0.009	0.003	
13:0 g									
14:0 g	0.125		0	BFFN	4		0.367	0.106	
15:0 g	0.051		0	BFFN	4		0.150	0.043	
16:0 g	0.773		0	BFFN	4		2.264	0.657	
17:0 g	0.056		0	BFFN	4		0.164	0.048	
18:0 g	0.939		0	BFFN	4		2.750	0.798	
20:0 g	0.011		0	BFFN	4		0.032	0.009	
22:0 g	0.002		0	BFFN	4		0.005	0.001	
24:0 g									
Fatty acids, total monounsaturated g	0.783		0	NC	4		2.295	0.666	
14:1 g	0.009		0	BFFN	4		0.027	0.008	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.062		0	BFFN	4		0.182	0.053	
17:1 g	0.014		0	BFFN	4		0.041	0.012	
18:1 undifferentiated g	0.698		0	BFFN	4		2.045	0.593	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.230		0	NC	4		0.673	0.195	
18:2 undifferentiated g	0.131		0	BFFN	4		0.384	0.111	
18:3 undifferentiated g	0.061		0	BFFN	4		0.178	0.052	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.038		0	BFFN	4		0.110	0.032	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	113	2.113	6	A	1		331	96	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.318		0	A	1		0.932	0.270	
Threonine g	1.356		0	A	1		3.974	1.153	
Isoleucine g	1.541		0	A	1		4.514	1.309	
Leucine g	2.729		0	A	1		7.997	2.320	
Lysine g	2.914		0	A	1		8.537	2.477	
Methionine g	0.837		0	A	1		2.453	0.712	
Cystine g	0.335		0	A	1		0.981	0.285	
Phenylalanine g	1.356		0	A	1		3.974	1.153	
Tyrosine g	1.122		0	A	1		3.287	0.954	
Valine g	1.741		0	A	1		5.103	1.480	
Arginine g	2.143		0	A	1		6.280	1.822	
Histidine g	1.072		0	A	1		3.140	0.911	
Alanine g	2.093		0	A	1		6.133	1.779	
Aspartic acid g	3.115		0	A	1		9.126	2.647	
Glutamic acid g	5.090		0	A	1		14.915	4.327	
Glycine g	1.959		0	A	1		5.740	1.665	
Proline g	1.574		0	A	1		4.612	1.338	
Serine g	1.239		0	A	1		3.631	1.053	

NDB No. 17346

Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.519		0	BFPN	4		1.521	0.441	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 293g: 1 roast

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17347

Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

Cervus elaphus, Dama dama

venison

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.20	0.600	6	A	1		135.74	57.12	
Energy....kcal	149		0	NC	4		301	127	
Energy....kJ	623		0	NC	4		1258	529	
Protein (N x 6.25)....g	29.90	0.547	6	A	1		60.40	25.42	
Total lipid (fat)....g	2.35	0.306	6	A	1		4.75	2.00	
Ash....g	1.27	0.049	6	A	1		2.56	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.295	3	A	1		11	4	
Iron, Fe....mg	4.25	0.075	6	A	1		8.57	3.61	
Magnesium, Mg....mg	33	0.666	3	A	1		66	28	
Phosphorus, P....mg	299	6.119	3	A	1		605	254	
Potassium, K....mg	434	14.859	3	A	1		877	369	
Sodium, Na....mg	57	2.321	3	A	1		115	48	
Zinc, Zn....mg	3.99	0.485	3	A	1		8.06	3.39	
Copper, Cu....mg	0.254	0.009	3	A	1		0.513	0.216	
Manganese, Mn....mg	0.022	0.002	3	A	1		0.045	0.019	
Selenium, Se....mcg	11.0	0.577	3	A	1		22.2	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.260	0.012	3	A	1		0.525	0.221	
Riboflavin....mg	0.563	0.032	3	A	1		1.138	0.479	
Niacin....mg	8.780	0.455	3	A	1		17.736	7.463	
Pantothenic acid....mg	0.856		0	BFPN	4		1.730	0.728	
Vitamin B-6....mg	0.614	0.075	3	A	1		1.240	0.522	
Folate, total....mcg	9		0	BFPN	4		19	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		19	8	
Folate, DFE....mcg_DFE	9		0	NC	4		19	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.62	0.384	3	A	1		7.31	3.07	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.62		0	BFSN	4		1.26	0.53	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.142		0	NC	4		2.307	0.971	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 17347

Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.003		0	BFFN	4		0.007	0.003	
13:0 g									
14:0 g	0.092		0	BFFN	4		0.185	0.078	
15:0 g	0.024		0	BFFN	4		0.049	0.021	
16:0 g	0.506		0	BFFN	4		1.022	0.430	
17:0 g	0.027		0	BFFN	4		0.055	0.023	
18:0 g	0.484		0	BFFN	4		0.977	0.411	
20:0 g	0.005		0	BFFN	4		0.011	0.005	
22:0 g	0.001		0	BFFN	4		0.001	0.000	
24:0 g									
Fatty acids, total monounsaturated g	0.554		0	NC	4		1.120	0.471	
14:1 g	0.018		0	BFFN	4		0.037	0.016	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.083		0	BFFN	4		0.168	0.071	
17:1 g	0.009		0	BFFN	4		0.018	0.007	
18:1 undifferentiated g	0.442		0	BFFN	4		0.892	0.375	
20:1 g	0.002		0	BFFN	4		0.004	0.002	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.127		0	NC	4		0.257	0.108	
18:2 undifferentiated g	0.075		0	BFFN	4		0.151	0.064	
18:3 undifferentiated g	0.028		0	BFFN	4		0.056	0.024	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.001		0	BFFN	4		0.002	0.001	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.047	0.020	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	88	3.303	6	A	1		178	75	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.266		0	A	1		0.537	0.226	
Threonine g	1.133		0	A	1		2.289	0.963	
Isoleucine g	1.287		0	A	1		2.600	1.094	
Leucine g	2.280		0	A	1		4.607	1.938	
Lysine g	2.434		0	A	1		4.917	2.069	
Methionine g	0.700		0	A	1		1.413	0.595	
Cystine g	0.280		0	A	1		0.565	0.238	
Phenylalanine g	1.133		0	A	1		2.289	0.963	
Tyrosine g	0.937		0	A	1		1.893	0.797	
Valine g	1.455		0	A	1		2.939	1.237	
Arginine g	1.791		0	A	1		3.617	1.522	
Histidine g	0.895		0	A	1		1.809	0.761	
Alanine g	1.749		0	A	1		3.533	1.487	
Aspartic acid g	2.602		0	A	1		5.257	2.212	
Glutamic acid g	4.253		0	A	1		8.591	3.615	
Glycine g	1.637		0	A	1		3.307	1.391	
Proline g	1.315		0	A	1		2.657	1.118	
Serine g	1.035		0	A	1		2.091	0.880	
Hydroxyproline g	0.434		0	A	1		0.876	0.369	
Others:									

NDB No. 17347

Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 202g: 1 roast (yield from 271.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17348

Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Cervus elaphus, Dama dama

venison

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.10	0.254	6	A	1		67.42	56.19	
Energy ... kcal	152		0	NC	4		155	129	
Energy ... kJ	635		0	NC	4		647	539	
Protein (N x 6.25) ... g	31.47	0.315	6	A	1		32.10	26.75	
Total lipid (fat) ... g	1.92	0.075	6	A	1		1.96	1.63	
Ash ... g	1.20	0.045	6	A	1		1.22	1.02	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	4	0.237	3	A	1		5	4	
Iron, Fe ... mg	4.23	0.233	6	A	1		4.31	3.59	
Magnesium, Mg ... mg	30	0.669	3	A	1		30	25	
Phosphorus, P ... mg	272	4.667	3	A	1		277	231	
Potassium, K ... mg	377	16.862	3	A	1		385	320	
Sodium, Na ... mg	45	3.103	3	A	1		46	38	
Zinc, Zn ... mg	3.67	0.508	3	A	1		3.74	3.12	
Copper, Cu ... mg	0.272	0.019	3	A	1		0.278	0.231	
Manganese, Mn ... mg	0.018	0.002	3	A	1		0.019	0.016	
Selenium, Se ... mcg	11.3	1.202	3	A	1		11.6	9.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.250	0.025	3	A	1		0.255	0.213	
Riboflavin ... mg	0.500	0.055	3	A	1		0.510	0.425	
Niacin ... mg	8.400	0.970	3	A	1		8.568	7.140	
Pantothenic acid ... mg	0.904		0	BFPN	4		0.922	0.769	
Vitamin B-6 ... mg	0.710	0.031	3	A	1		0.724	0.603	
Folate, total ... mcg	10		0	BFPN	4		10	8	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	10		0	BFPN	4		10	8	
Folate, DFE ... mcg_DFE	10		0	NC	4		10	8	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.27	0.492	3	A	1		2.32	1.93	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	BFSN	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	NC	4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.64		0	BFSN	4		0.66	0.55	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	1.030		0	NC	4		1.051	0.876	
4:0 ... g	0.000		0	Z	7		0.000	0.000	
6:0 ... g	0.000		0	Z	7		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 17348

Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFFN	4		0.000	0.000	
12:0 g	0.002		0	BFFN	4		0.002	0.001	
13:0 g									
14:0 g	0.066		0	BFFN	4		0.067	0.056	
15:0 g	0.027		0	BFFN	4		0.027	0.023	
16:0 g	0.406		0	BFFN	4		0.414	0.345	
17:0 g	0.030		0	BFFN	4		0.030	0.025	
18:0 g	0.494		0	BFFN	4		0.503	0.420	
20:0 g	0.006		0	BFFN	4		0.006	0.005	
22:0 g	0.001		0	BFFN	4		0.001	0.001	
24:0 g									
Fatty acids, total monounsaturated g	0.412		0	BFFN	4		0.420	0.350	
14:1 g	0.005		0	BFFN	4		0.005	0.004	
15:1 g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated g	0.033		0	BFFN	4		0.033	0.028	
17:1 g	0.007		0	BFFN	4		0.008	0.006	
18:1 undifferentiated g	0.367		0	BFFN	4		0.374	0.312	
20:1 g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.121		0	NC	4		0.123	0.103	
18:2 undifferentiated g	0.069		0	BFFN	4		0.070	0.059	
18:3 undifferentiated g	0.032		0	BFFN	4		0.033	0.027	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.000		0	BFFN	4		0.000	0.000	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.020		0	BFFN	4		0.020	0.017	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	85	2.209	6	A	1		87	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.282		0	A	1		0.288	0.240	
Threonine g	1.204		0	A	1		1.228	1.024	
Isoleucine g	1.368		0	A	1		1.395	1.163	
Leucine g	2.423		0	A	1		2.472	2.060	
Lysine g	2.587		0	A	1		2.639	2.199	
Methionine g	0.743		0	A	1		0.758	0.632	
Cystine g	0.297		0	A	1		0.303	0.253	
Phenylalanine g	1.204		0	A	1		1.228	1.024	
Tyrosine g	0.996		0	A	1		1.016	0.847	
Valine g	1.546		0	A	1		1.577	1.314	
Arginine g	1.903		0	A	1		1.941	1.618	
Histidine g	0.951		0	A	1		0.971	0.809	
Alanine g	1.858		0	A	1		1.896	1.580	
Aspartic acid g	2.765		0	A	1		2.821	2.350	
Glutamic acid g	4.520		0	A	1		4.610	3.842	
Glycine g	1.739		0	A	1		1.774	1.479	
Proline g	1.397		0	A	1		1.425	1.188	
Serine g	1.100		0	A	1		1.122	0.935	
Hydroxyproline g	0.461		0	A	1		0.470	0.392	
Others:									

NDB No. 17348

Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 1 steak (yield from 134.9 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17167
Game meat, elk, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.28		0		1		225.35	56.34	
Energy....kcal	146		0	NC	4		496	124	
Energy....kJ	611				4		2077	519	
Protein (N x 6.25)....g	30.19		0		1		102.65	25.66	
Total lipid (fat)....g	1.90		0		1		6.46	1.62	
Ash....g	1.32		0		1		4.49	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		17	4	
Iron, Fe....mg	3.63		0		1		12.34	3.09	
Magnesium, Mg....mg	24		0		1		82	20	
Phosphorus, P....mg	180		0		1		612	153	
Potassium, K....mg	328		0		1		1115	279	
Sodium, Na....mg	61		0		1		207	52	
Zinc, Zn....mg	3.16		0		1		10.74	2.69	
Copper, Cu....mg	0.142		0		1		0.483	0.121	
Manganese, Mn....mg	0.013		0		1		0.044	0.011	
Selenium, Se....mcg	13.0		0	BFYN	4		44.2	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	9		0	BFPN	4		30	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		30	7	
Folate, DFE....mcg_DFE	9		0	NC	4		30	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.700		0		1		2.380	0.595	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	

NDB No. 17167
Game meat, elk, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.050		0		1		0.170	0.043	
15:0 g									
16:0 g	0.460		0		1		1.564	0.391	
17:0 g									
18:0 g	0.190		0		1		0.646	0.162	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.480		0		1		1.632	0.408	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170		0		1		0.578	0.145	
17:1 g									
18:1 undifferentiated g	0.300		0		1		1.020	0.255	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.400		0		1		1.360	0.340	
18:2 undifferentiated g	0.230		0		1		0.782	0.196	
18:3 undifferentiated g	0.060		0		1		0.204	0.051	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.374	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	73		0		1		248	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.545		0		1		1.853	0.463	
Threonine g	1.315		0		1		4.471	1.118	
Isoleucine g	0.973		0		1		3.308	0.827	
Leucine g	2.546		0		1		8.656	2.164	
Lysine g	2.803		0		1		9.530	2.383	
Methionine g	0.725		0		1		2.465	0.616	
Cystine g									
Phenylalanine g	1.198		0		1		4.073	1.018	
Tyrosine g	1.081		0		1		3.675	0.919	
Valine g	1.066		0		1		3.624	0.906	
Arginine g	2.073		0		1		7.048	1.762	
Histidine g	0.964		0		1		3.278	0.819	
Alanine g	1.896		0		1		6.446	1.612	
Aspartic acid g	2.962		0		1		10.071	2.518	
Glutamic acid g	4.804		0		1		16.334	4.083	
Glycine g	1.282		0		1		4.359	1.090	
Proline g	1.306		0		1		4.440	1.110	
Serine g	1.318		0		1		4.481	1.120	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

NDB No. 17167
Game meat, elk, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17339
Game meat, elk, ground, cooked, pan-broiled

Cervus elaphus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.14	0.825	5	A	1		60.93	54.52	
Energy....kcal	193		0	NC	4		183	164	
Energy....kJ	806		0	NC	4		765	685	
Protein (N x 6.25)....g	26.64	0.473	5	A	1		25.31	22.64	
Total lipid (fat)....g	8.74	0.816	5	A	1		8.30	7.43	
Ash....g	1.04	0.081	5	A	1		0.99	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.235	3	A	1		9	8	
Iron, Fe....mg	3.34	0.119	3	A	1		3.17	2.84	
Magnesium, Mg....mg	24	0.467	3	A	1		23	20	
Phosphorus, P....mg	221	3.756	3	A	1		210	188	
Potassium, K....mg	354	2.906	3	A	1		337	301	
Sodium, Na....mg	85	4.697	3	A	1		81	73	
Zinc, Zn....mg	6.56	0.207	3	A	1		6.23	5.58	
Copper, Cu....mg	0.142	0.008	3	A	1		0.135	0.121	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.011	0.010	
Selenium, Se....mcg	9.0		2	A	1		8.6	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.125		2	A	1		0.119	0.106	
Riboflavin....mg	0.320		2	A	1		0.304	0.272	
Niacin....mg	5.320		2	A	1		5.054	4.522	
Pantothenic acid....mg	1.050		1	A	1		0.998	0.893	
Vitamin B-6....mg	0.420		2	A	1		0.399	0.357	
Folate, total....mcg	8		1	A	1		7	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1	A	1		7	7	
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.57		2	A	1		2.44	2.18	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		1	A	1		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.57		1	A	1		0.54	0.48	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.002		0	NC	4		3.802	3.402	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 17339
Game meat, elk, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
8:0 ... g	0.003	0.003	3	A	1		0.003	0.003	
10:0 ... g	0.003	0.003	3	A	1		0.003	0.003	
12:0 ... g	0.013	0.003	3	A	1		0.012	0.011	
13:0 ... g									
14:0 ... g	0.395	0.061	3	A	1		0.375	0.336	
15:0 ... g	0.048	0.005	3	A	1		0.045	0.040	
16:0 ... g	2.303	0.316	3	A	1		2.188	1.957	
17:0 ... g	0.054	0.003	3	A	1		0.051	0.046	
18:0 ... g	1.177	0.206	3	A	1		1.119	1.001	
20:0 ... g	0.006	0.003	3	A	1		0.006	0.005	
22:0 ... g	0.000	0.000	3	A	1		0.000	0.000	
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.757		0	NC	4		2.620	2.344	
14:1 ... g	0.133	0.034	3	A	1		0.126	0.113	
15:1 ... g	0.006	0.003	3	A	1		0.006	0.005	
16:1 undifferentiated ... g	0.775	0.174	3	A	1		0.736	0.658	
17:1 ... g	0.029	0.006	3	A	1		0.027	0.024	
18:1 undifferentiated ... g	1.793	0.289	3	A	1		1.703	1.524	
20:1 ... g	0.022	0.003	3	A	1		0.021	0.019	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.412		0	NC	4		0.391	0.350	
18:2 undifferentiated ... g	0.252	0.039	3	A	1		0.239	0.214	
18:3 undifferentiated ... g	0.070	0.008	3	A	1		0.067	0.060	
18:3 n-3 c,c,c (ALA) ... g									
18:3 n-6 c,c,c ... g	0.003	0.003	3	A	1		0.003	0.003	
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.003	0.003	3	A	1		0.003	0.003	
20:3 undifferentiated ... g	0.003	0.003	3	A	1		0.003	0.003	
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.080	0.006	3	A	1		0.076	0.068	
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	78		2	A	1		74	66	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.238		0	A	1		0.226	0.202	
Threonine ... g	1.070		0	A	1		1.017	0.910	
Isoleucine ... g	1.118		0	A	1		1.062	0.950	
Leucine ... g	1.986		0	A	1		1.887	1.688	
Lysine ... g	2.176		0	A	1		2.068	1.850	
Methionine ... g	0.654		0	A	1		0.621	0.556	
Cystine ... g	0.262		0	A	1		0.249	0.222	
Phenylalanine ... g	0.975		0	A	1		0.926	0.829	
Tyrosine ... g	0.833		0	A	1		0.791	0.708	
Valine ... g	1.237		0	A	1		1.175	1.051	
Arginine ... g	1.594		0	A	1		1.514	1.355	
Histidine ... g	0.821		0	A	1		0.780	0.698	
Alanine ... g	1.487		0	A	1		1.412	1.264	
Aspartic acid ... g	2.236		0	A	1		2.124	1.900	
Glutamic acid ... g	3.782		0	A	1		3.593	3.215	
Glycine ... g	1.356		0	A	1		1.288	1.152	
Proline ... g	1.130		0	A	1		1.073	0.960	
Serine ... g	0.951		0	A	1		0.904	0.809	

NDB No. 17339
Game meat, elk, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.250		0	A	1		0.237	0.212	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 patty (yield from 104.1 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17338
Game meat, elk, ground, raw
Cervus elaphus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.84	0.835	5	A	1		70.22		
Energy	kcal	172		0	NC	4		176		
Energy	kJ	722		0	NC	4		736		
Protein (N x 6.25)	g	21.76	0.333	5	A	1		22.20		
Total lipid (fat)	g	8.82	1.422	5	A	1		9.00		
Ash	g	1.04	0.081	5	A	1		1.06		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12	2.988	3	A	1		12		
Iron, Fe	mg	2.75	0.132	3	A	1		2.81		
Magnesium, Mg	mg	22	0.418	3	A	1		22		
Phosphorus, P	mg	195	1.856	3	A	1		199		
Potassium, K	mg	322	2.404	3	A	1		328		
Sodium, Na	mg	79	3.105	3	A	1		81		
Zinc, Zn	mg	5.40	0.123	3	A	1		5.50		
Copper, Cu	mg	0.150	0.025	3	A	1		0.153		
Manganese, Mn	mg	0.023	0.011	3	A	1		0.023		
Selenium, Se	mcg	8.0		2	A	1		8.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.125		2	A	1		0.128		
Riboflavin	mg	0.260		2	A	1		0.265		
Niacin	mg	4.890		2	A	1		4.988		
Pantothenic acid	mg	0.960		1	A	1		0.979		
Vitamin B-6	mg	0.336		2	A	1		0.343		
Folate, total	mcg	7		1	A	1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		1	A	1		7		
Folate, DFE	mcg_DFE	7		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.13		2	A	1		2.17		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.28		1	A	1		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.469		0	NC	4		3.538		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.005		0	BFFN	4		0.005		

NDB No. 17338
Game meat, elk, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.005		0	BFFN	4		0.005		
12:0 g	0.009		0	BFFN	4		0.010		
13:0 g									
14:0 g	0.339		0	BFFN	4		0.346		
15:0 g	0.043		0	BFFN	4		0.044		
16:0 g	2.029		0	BFFN	4		2.070		
17:0 g	0.053		0	BFFN	4		0.054		
18:0 g	0.981		0	BFFN	4		1.000		
20:0 g	0.005		0	BFFN	4		0.005		
22:0 g	0.000		0	BFFN	4		0.000		
24:0 g									
Fatty acids, total monounsaturated g	2.507		0	NC	4		2.557		
14:1 g	0.110		0	BFFN	4		0.112		
15:1 g	0.010		0	BFFN	4		0.010		
16:1 undifferentiated g	0.678		0	BFFN	4		0.691		
17:1 g	0.029		0	BFFN	4		0.029		
18:1 undifferentiated g	1.656		0	BFFN	4		1.689		
20:1 g	0.024		0	BFFN	4		0.025		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.415		0	NC	4		0.424		
18:2 undifferentiated g	0.251		0	BFFN	4		0.256		
18:3 undifferentiated g	0.072		0	BFFN	4		0.074		
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.005		0	BFFN	4		0.005		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.005		0	BFFN	4		0.005		
20:3 undifferentiated g	0.005		0	BFFN	4		0.005		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.078		0	BFFN	4		0.079		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	BFYN	4		67		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0	A	1		0.198		
Threonine g	0.874		0	A	1		0.892		
Isoleucine g	0.913		0	A	1		0.931		
Leucine g	1.622		0	A	1		1.655		
Lysine g	1.778		0	A	1		1.813		
Methionine g	0.534		0	A	1		0.545		
Cystine g	0.214		0	A	1		0.218		
Phenylalanine g	0.797		0	A	1		0.813		
Tyrosine g	0.680		0	A	1		0.694		
Valine g	1.010		0	A	1		1.030		
Arginine g	1.302		0	A	1		1.328		
Histidine g	0.670		0	A	1		0.684		
Alanine g	1.214		0	A	1		1.239		
Aspartic acid g	1.826		0	A	1		1.863		
Glutamic acid g	3.089		0	A	1		3.151		
Glycine g	1.107		0	A	1		1.130		
Proline g	0.923		0	A	1		0.941		
Serine g	0.777		0	A	1		0.793		
Hydroxyproline g	0.204		0	A	1		0.208		
Others:									

NDB No. 17338
Game meat, elk, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 102g: 1 patty (yield from 102.2 g raw meat)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17340

Game meat, elk, loin, separable lean only, cooked, broiled

Cervus elaphus

Refuse: 6% Connective tissue, 2%, separable fat, 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.50	0.833	7	A	1		73.53	54.83	
Energy....kcal	167		0	NC	4		190	142	
Energy....kJ	699		0	NC	4		797	594	
Protein (N x 6.25)....g	31.00	0.443	7	A	1		35.34	26.35	
Total lipid (fat)....g	3.84	0.893	7	A	1		4.38	3.27	
Ash....g	1.14	0.037	7	A	1		1.30	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		6	4	
Iron, Fe....mg	3.96	0.381	3	A	1		4.51	3.37	
Magnesium, Mg....mg	28		2	A	1		31	23	
Phosphorus, P....mg	256		2	A	1		291	217	
Potassium, K....mg	404		2	A	1		461	343	
Sodium, Na....mg	54		2	A	1		62	46	
Zinc, Zn....mg	5.10		2	A	1		5.81	4.33	
Copper, Cu....mg	0.173		2	A	1		0.197	0.147	
Manganese, Mn....mg	0.012		2	A	1		0.013	0.010	
Selenium, Se....mcg	10.5		0	BFNN	4		12.0	8.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		1	A	1		0.182	0.136	
Riboflavin....mg	0.330		1	A	1		0.376	0.281	
Niacin....mg	8.980		1	A	1		10.237	7.633	
Pantothenic acid....mg	1.222		0	BFPN	4		1.393	1.039	
Vitamin B-6....mg	0.470		1	A	1		0.536	0.400	
Folate, total....mcg	9		0	BFPN	4		10	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		10	8	
Folate, DFE....mcg_DFE	9		0	NC	4		10	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.83		1	A	1		0.95	0.71	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.56		0	BFSN	4		0.64	0.48	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.511		0	NC	4		1.723	1.285	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.002		0	BFFN	4		0.002	0.002	

NDB No. 17340
Game meat, elk, loin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.002	0.002	
12:0 g	0.004		0	BFFN	4		0.005	0.004	
13:0 g									
14:0 g	0.148		0	BFFN	4		0.169	0.126	
15:0 g	0.019		0	BFFN	4		0.021	0.016	
16:0 g	0.884		0	BFFN	4		1.008	0.751	
17:0 g	0.023		0	BFFN	4		0.026	0.020	
18:0 g	0.427		0	BFFN	4		0.487	0.363	
20:0 g	0.002		0	BFFN	4		0.002	0.002	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	1.092		0	NC	4		1.245	0.928	
14:1 g	0.048		0	BFFN	4		0.055	0.041	
15:1 g	0.004		0	BFFN	4		0.005	0.004	
16:1 undifferentiated g	0.295		0	BFFN	4		0.337	0.251	
17:1 g	0.013		0	BFFN	4		0.014	0.011	
18:1 undifferentiated g	0.722		0	BFFN	4		0.823	0.613	
20:1 g	0.011		0	BFFN	4		0.012	0.009	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.181		0	NC	4		0.206	0.154	
18:2 undifferentiated g	0.109		0	BFFN	4		0.125	0.093	
18:3 undifferentiated g	0.032		0	BFFN	4		0.036	0.027	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.002		0	BFFN	4		0.002	0.002	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.002		0	BFFN	4		0.002	0.002	
20:3 undifferentiated g	0.002		0	BFFN	4		0.002	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.034		0	BFFN	4		0.038	0.029	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	75	4.218	3	A	1		85	63	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.277		0	A	1		0.316	0.235	
Threonine g	1.246		0	A	1		1.420	1.059	
Isoleucine g	1.301		0	A	1		1.483	1.106	
Leucine g	2.311		0	A	1		2.635	1.964	
Lysine g	2.533		0	A	1		2.887	2.153	
Methionine g	0.761		0	A	1		0.868	0.647	
Cystine g	0.304		0	A	1		0.347	0.259	
Phenylalanine g	1.135		0	A	1		1.294	0.965	
Tyrosine g	0.969		0	A	1		1.104	0.823	
Valine g	1.439		0	A	1		1.641	1.223	
Arginine g	1.854		0	A	1		2.114	1.576	
Histidine g	0.955		0	A	1		1.089	0.812	
Alanine g	1.730		0	A	1		1.972	1.470	
Aspartic acid g	2.602		0	A	1		2.966	2.212	
Glutamic acid g	4.401		0	A	1		5.017	3.741	
Glycine g	1.578		0	A	1		1.799	1.341	
Proline g	1.315		0	A	1		1.499	1.118	
Serine g	1.107		0	A	1		1.262	0.941	
Hydroxyproline g	0.291		0	A	1		0.331	0.247	
Others:									

NDB No. 17340

Game meat, elk, loin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 steak (yield from 148.1 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17166
Game meat, elk, raw
Cervus elaphyus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.38	0.204	30		1		21.09	337.39	
Energy....kcal	111		0	NC	4		31	503	
Energy....kJ	464				4		132	2107	
Protein (N x 6.25)....g	22.95	0.187	22		1		6.51	104.10	
Total lipid (fat)....g	1.45	0.160	30		1		0.41	6.58	
Ash....g	1.00	0.017	22		1		0.28	4.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.147	21		1		1	18	
Iron, Fe....mg	2.76	0.099	23		1		0.78	12.52	
Magnesium, Mg....mg	23	0.314	21		1		7	104	
Phosphorus, P....mg	161	1.793	21		1		46	730	
Potassium, K....mg	312	5.876	21		1		88	1415	
Sodium, Na....mg	58	1.792	21		1		16	263	
Zinc, Zn....mg	2.40	0.069	21		1		0.68	10.89	
Copper, Cu....mg	0.120	0.003	21		1		0.034	0.544	
Manganese, Mn....mg	0.012	0.000	21		1		0.003	0.054	
Selenium, Se....mcg	9.8		0	BFNN	4		2.8	44.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.530		0		1		0.150	2.404	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		3		1		0.000	0.000	
12:0....g	0.000		3		1		0.000	0.000	
13:0....g									
14:0....g	0.030		3		1		0.009	0.136	
15:0....g									
16:0....g	0.350		3		1		0.099	1.588	
17:0....g									
18:0....g	0.140		3		1		0.040	0.635	
20:0....g									

NDB No. 17166
Game meat, elk, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.360		0		1		0.102	1.633	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		3		1		0.037	0.590	
17:1....g									
18:1 undifferentiated....g	0.230		3		1		0.065	1.043	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0		1		0.085	1.361	
18:2 undifferentiated....g	0.170		3		1		0.048	0.771	
18:3 undifferentiated....g	0.040		3		1		0.011	0.181	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		3		1		0.026	0.408	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	55	3.264	29		1		16	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.414		1		1		0.117	1.878	
Threonine....g	0.999		1		1		0.283	4.531	
Isoleucine....g	0.740		1		1		0.210	3.357	
Leucine....g	1.935		1		1		0.549	8.777	
Lysine....g	2.131		1		1		0.604	9.666	
Methionine....g	0.551		1		1		0.156	2.499	
Cystine....g									
Phenylalanine....g	0.910		1		1		0.258	4.128	
Tyrosine....g	0.822		1		1		0.233	3.729	
Valine....g	0.810		1		1		0.230	3.674	
Arginine....g	1.575		1		1		0.447	7.144	
Histidine....g	0.733		1		1		0.208	3.325	
Alanine....g	1.441		1		1		0.409	6.536	
Aspartic acid....g	2.251		1		1		0.638	10.211	
Glutamic acid....g	3.651		1		1		1.035	16.561	
Glycine....g	0.974		1		1		0.276	4.418	
Proline....g	0.992		1		1		0.281	4.500	
Serine....g	1.002		1		1		0.284	4.545	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17341

Game meat, elk, round, separable lean only, cooked, broiled

Cervus elaphus

Refuse: 5% Connective tissue, 4%, separable fat, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.43	0.596	8	A	1		115.15	55.61	
Energy....kcal	156		0	NC	4		274	133	
Energy....kJ	652		0	NC	4		1148	554	
Protein (N x 6.25)....g	30.94	0.499	8	A	1		54.45	26.30	
Total lipid (fat)....g	2.64	0.214	8	A	1		4.64	2.24	
Ash....g	1.28	0.031	8	A	1		2.24	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		9	4	
Iron, Fe....mg	4.08	0.377	3	A	1		7.18	3.47	
Magnesium, Mg....mg	28		2	A	1		50	24	
Phosphorus, P....mg	266		2	A	1		468	226	
Potassium, K....mg	392		2	A	1		690	333	
Sodium, Na....mg	51		2	A	1		89	43	
Zinc, Zn....mg	5.64		2	A	1		9.93	4.79	
Copper, Cu....mg	0.221		2	A	1		0.388	0.187	
Manganese, Mn....mg	0.015		2	A	1		0.026	0.013	
Selenium, Se....mcg	10.6		0	BFNN	4		18.7	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180		1	A	1		0.317	0.153	
Riboflavin....mg	0.460		1	A	1		0.810	0.391	
Niacin....mg	7.160		1	A	1		12.602	6.086	
Pantothenic acid....mg	1.219		0	BFPN	4		2.146	1.036	
Vitamin B-6....mg	0.466		1	A	1		0.820	0.396	
Folate, total....mcg	9		0	BFPN	4		16	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		16	8	
Folate, DFE....mcg_DFE	9		0	NC	4		16	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.50		1	A	1		2.64	1.28	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.54		0	BFSN	4		0.96	0.46	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.037		0	NC	4		1.826	0.882	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.001		0	BFFN	4		0.002	0.001	

NDB No. 17341

Game meat, elk, round, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.001		0	BFFN	4		0.002	0.001	
12:0 g	0.003		0	BFFN	4		0.005	0.002	
13:0 g									
14:0 g	0.101		0	BFFN	4		0.179	0.086	
15:0 g	0.013		0	BFFN	4		0.023	0.011	
16:0 g	0.607		0	BFFN	4		1.068	0.516	
17:0 g	0.016		0	BFFN	4		0.028	0.013	
18:0 g	0.293		0	BFFN	4		0.516	0.249	
20:0 g	0.001		0	BFFN	4		0.003	0.001	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	0.750		0	NC	4		1.319	0.637	
14:1 g	0.033		0	BFFN	4		0.058	0.028	
15:1 g	0.003		0	BFFN	4		0.005	0.002	
16:1 undifferentiated g	0.203		0	BFFN	4		0.357	0.172	
17:1 g	0.009		0	BFFN	4		0.015	0.007	
18:1 undifferentiated g	0.495		0	BFFN	4		0.872	0.421	
20:1 g	0.007		0	BFFN	4		0.013	0.006	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.124		0	NC	4		0.219	0.106	
18:2 undifferentiated g	0.075		0	BFFN	4		0.132	0.064	
18:3 undifferentiated g	0.022		0	BFFN	4		0.038	0.018	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.001		0	BFFN	4		0.003	0.001	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.001		0	BFFN	4		0.003	0.001	
20:3 undifferentiated g	0.001		0	BFFN	4		0.003	0.001	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.023		0	BFFN	4		0.041	0.020	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	78	1.477	3	A	1		137	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.276		0	A	1		0.486	0.235	
Threonine g	1.243		0	A	1		2.188	1.057	
Isoleucine g	1.298		0	A	1		2.285	1.104	
Leucine g	2.307		0	A	1		4.059	1.961	
Lysine g	2.527		0	A	1		4.448	2.148	
Methionine g	0.760		0	A	1		1.337	0.646	
Cystine g	0.304		0	A	1		0.535	0.258	
Phenylalanine g	1.133		0	A	1		1.993	0.963	
Tyrosine g	0.967		0	A	1		1.702	0.822	
Valine g	1.436		0	A	1		2.528	1.221	
Arginine g	1.851		0	A	1		3.257	1.573	
Histidine g	0.953		0	A	1		1.677	0.810	
Alanine g	1.726		0	A	1		3.039	1.467	
Aspartic acid g	2.597		0	A	1		4.570	2.207	
Glutamic acid g	4.392		0	A	1		7.730	3.733	
Glycine g	1.574		0	A	1		2.771	1.338	
Proline g	1.312		0	A	1		2.309	1.115	
Serine g	1.105		0	A	1		1.945	0.939	
Hydroxyproline g	0.290		0	A	1		0.510	0.247	
Others:									

NDB No. 17341

Game meat, elk, round, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 steak (yield from 233.1 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17342

Game meat, elk, tenderloin, separable lean only, cooked, broiled

Cervus elaphus

Refuse: 4% Connective tissue, 3%, separable fat, 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.93	0.308	8	A	1		59.73	55.19	
Energy....kcal	162		0	NC	4		149	138	
Energy....kJ	678		0	NC	4		624	577	
Protein (N x 6.25)....g	30.76	0.520	8	A	1		28.30	26.15	
Total lipid (fat)....g	3.41	0.326	8	A	1		3.14	2.90	
Ash....g	1.34	0.060	8	A	1		1.23	1.14	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		5	4	
Iron, Fe....mg	4.07	0.156	3	A	1		3.74	3.46	
Magnesium, Mg....mg	29		2	A	1		27	25	
Phosphorus, P....mg	285		2	A	1		262	242	
Potassium, K....mg	392		2	A	1		361	333	
Sodium, Na....mg	50		2	A	1		46	42	
Zinc, Zn....mg	4.12		2	A	1		3.79	3.50	
Copper, Cu....mg	0.349		2	A	1		0.321	0.296	
Manganese, Mn....mg	0.019		2	A	1		0.017	0.016	
Selenium, Se....mcg	10.5		0	BFNN	4		9.7	8.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.144		0	BFPN	4		0.133	0.123	
Riboflavin....mg	0.370		0	BFPN	4		0.340	0.314	
Niacin....mg	6.143		0	BFPN	4		5.652	5.222	
Pantothenic acid....mg	1.212		0	BFPN	4		1.115	1.031	
Vitamin B-6....mg	0.485		0	BFPN	4		0.446	0.412	
Folate, total....mcg	9		0	BFPN	4		8	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0	BFPN	4		8	8	
Folate, DFE....mcg_DFE	9		0	NC	4		8	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.96		0	BFPN	4		2.72	2.52	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFSN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.55		0	BFSN	4		0.51	0.47	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.342		0	NC	4		1.235	1.141	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.002		0	BFFN	4		0.002	0.002	

NDB No. 17342

Game meat, elk, tenderloin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.002		0	BFFN	4		0.002	0.002	
12:0 g	0.004		0	BFFN	4		0.003	0.003	
13:0 g									
14:0 g	0.131		0	BFFN	4		0.121	0.112	
15:0 g	0.017		0	BFFN	4		0.015	0.014	
16:0 g	0.785		0	BFFN	4		0.722	0.667	
17:0 g	0.021		0	BFFN	4		0.019	0.017	
18:0 g	0.379		0	BFFN	4		0.349	0.322	
20:0 g	0.002		0	BFFN	4		0.002	0.002	
22:0 g	0.000		0	BFFN	4		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	0.970		0	NC	4		0.892	0.824	
14:1 g	0.043		0	BFFN	4		0.039	0.036	
15:1 g	0.004		0	BFFN	4		0.003	0.003	
16:1 undifferentiated g	0.262		0	BFFN	4		0.241	0.223	
17:1 g	0.011		0	BFFN	4		0.010	0.010	
18:1 undifferentiated g	0.641		0	BFFN	4		0.590	0.545	
20:1 g	0.009		0	BFFN	4		0.009	0.008	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.161		0	NC	4		0.148	0.137	
18:2 undifferentiated g	0.097		0	BFFN	4		0.089	0.083	
18:3 undifferentiated g	0.028		0	BFFN	4		0.026	0.024	
18:3 n-3 c,c,c (ALA) g									
18:3 n-6 c,c,c g	0.002		0	BFFN	4		0.002	0.002	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.002		0	BFFN	4		0.002	0.002	
20:3 undifferentiated g	0.002		0	BFFN	4		0.002	0.002	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.030		0	BFFN	4		0.028	0.025	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		1	A	1		66	61	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.275		0	A	1		0.253	0.233	
Threonine g	1.236		0	A	1		1.137	1.051	
Isoleucine g	1.291		0	A	1		1.188	1.097	
Leucine g	2.293		0	A	1		2.110	1.949	
Lysine g	2.513		0	A	1		2.312	2.136	
Methionine g	0.755		0	A	1		0.695	0.642	
Cystine g	0.302		0	A	1		0.278	0.257	
Phenylalanine g	1.126		0	A	1		1.036	0.957	
Tyrosine g	0.961		0	A	1		0.884	0.817	
Valine g	1.428		0	A	1		1.314	1.214	
Arginine g	1.840		0	A	1		1.693	1.564	
Histidine g	0.948		0	A	1		0.872	0.805	
Alanine g	1.717		0	A	1		1.579	1.459	
Aspartic acid g	2.582		0	A	1		2.375	2.195	
Glutamic acid g	4.367		0	A	1		4.018	3.712	
Glycine g	1.566		0	A	1		1.440	1.331	
Proline g	1.305		0	A	1		1.200	1.109	
Serine g	1.099		0	A	1		1.011	0.934	
Hydroxyproline g	0.288		0	A	1		0.265	0.245	
Others:									

NDB No. 17342

Game meat, elk, tenderloin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 steak (yield from 123.5 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17169
Game meat, goat, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.21		0		1		231.91	57.98	
Energy....kcal	143		0	NC	4		486	122	
Energy....kJ	599		0	NC	4		2035	509	
Protein (N x 6.25)....g	27.10		0		1		92.14	23.04	
Total lipid (fat)....g	3.03		0		1		10.30	2.58	
Ash....g	1.46		0		1		4.96	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		58	14	
Iron, Fe....mg	3.73		0		1		12.68	3.17	
Magnesium, Mg....mg	0		0		1		0	0	
Phosphorus, P....mg	201		0		1		683	171	
Potassium, K....mg	405		0		1		1377	344	
Sodium, Na....mg	86		0		1		292	73	
Zinc, Zn....mg	5.27		0		1		17.92	4.48	
Copper, Cu....mg	0.303		0		1		1.030	0.258	
Manganese, Mn....mg	0.042		0		1		0.143	0.036	
Selenium, Se....mcg	11.8		0	BFYN	4		40.1	10.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.306	0.077	
Riboflavin....mg	0.610		0		1		2.074	0.519	
Niacin....mg	3.950		0		1		13.430	3.358	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....mcg	5		0		1		17	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		17	4	
Folate, DFE....mcg_DFE	5		0	NC	4		17	4	
Choline, total....mg	106.4		0	BFNN	4		361.7	90.4	
Betaine....mg	14.0		0	BFNN	4		47.5	11.9	
Vitamin B-12....mcg	1.19		0		1		4.05	1.01	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFSN	4		1.15	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.2		0	BFSN	4		4.1	1.0	
Lipids:									
Fatty acids, total saturated....g	0.930		0		1		3.162	0.791	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17169
Game meat, goat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.040		0		1		0.136	0.034	
15:0 g									
16:0 g	0.430		0		1		1.462	0.366	
17:0 g									
18:0 g	0.430		0		1		1.462	0.366	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.360		0		1		4.624	1.156	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.204	0.051	
17:1 g									
18:1 undifferentiated g	1.240		0		1		4.216	1.054	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.230		0		1		0.782	0.196	
18:2 undifferentiated g	0.130		0		1		0.442	0.111	
18:3 undifferentiated g	0.020		0		1		0.068	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.272	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	75		0		1		255	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.403		0		1		1.370	0.343	
Threonine g	1.290		0		1		4.386	1.097	
Isoleucine g	1.371		0		1		4.661	1.165	
Leucine g	2.258		0		1		7.677	1.919	
Lysine g	2.016		0		1		6.854	1.714	
Methionine g	0.726		0		1		2.468	0.617	
Cystine g	0.323		0		1		1.098	0.275	
Phenylalanine g	0.941		0		1		3.199	0.800	
Tyrosine g	0.833		0		1		2.832	0.708	
Valine g	1.452		0		1		4.937	1.234	
Arginine g	1.989		0		1		6.763	1.691	
Histidine g	0.565		0		1		1.921	0.480	
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17169

Game meat, goat, cooked, roasted

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17171
Game meat, horse, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.98		0		1		217.53	54.38	
Energy....kcal	175		0	NC	4		595	149	
Energy....kJ	732				4		2489	622	
Protein (N x 6.25)....g	28.14		0		1		95.68	23.92	
Total lipid (fat)....g	6.05		0		1		20.57	5.14	
Ash....g	1.31		0		1		4.45	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		27	7	
Iron, Fe....mg	5.03		0		1		17.10	4.28	
Magnesium, Mg....mg	25		0		1		85	21	
Phosphorus, P....mg	247		0		1		840	210	
Potassium, K....mg	379		0		1		1289	322	
Sodium, Na....mg	55		0		1		187	47	
Zinc, Zn....mg	3.82		0		1		12.99	3.25	
Copper, Cu....mg	0.171		0		1		0.581	0.145	
Manganese, Mn....mg	0.022		0		1		0.075	0.019	
Selenium, Se....mcg	13.5		0	BFYN	4		45.9	11.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		1		6.8	1.7	
Thiamin....mg	0.100		0		1		0.340	0.085	
Riboflavin....mg	0.120		0		1		0.408	0.102	
Niacin....mg	4.840		0		1		16.456	4.114	
Pantothenic acid....mg									
Vitamin B-6....mg	0.330		0		1		1.122	0.281	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.16		0		1		10.74	2.69	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.900		0		1		6.460	1.615	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.034	0.009	
13:0....g									
14:0....g	0.220		0		1		0.748	0.187	
15:0....g									
16:0....g	1.410		0		1		4.794	1.199	
17:0....g									
18:0....g	0.200		0		1		0.680	0.170	

NDB No. 17171
Game meat, horse, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.120		0		1		7.208	1.802	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		1.394	0.349	
17:1....g									
18:1 undifferentiated....g	1.710		0		1		5.814	1.454	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.850		0		1		2.890	0.723	
18:2 undifferentiated....g	0.380		0		1		1.292	0.323	
18:3 undifferentiated....g	0.470		0		1		1.598	0.400	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0		1		231	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0		1		1.187	0.297	
Threonine....g	1.262		0		1		4.291	1.073	
Isoleucine....g	1.334		0		1		4.536	1.134	
Leucine....g	2.232		0		1		7.589	1.897	
Lysine....g	2.398		0		1		8.153	2.038	
Methionine....g	0.623		0		1		2.118	0.530	
Cystine....g	0.393		0		1		1.336	0.334	
Phenylalanine....g	1.157		0		1		3.934	0.983	
Tyrosine....g	0.882		0		1		2.999	0.750	
Valine....g	1.458		0		1		4.957	1.239	
Arginine....g	1.843		0		1		6.266	1.567	
Histidine....g	1.081		0		1		3.675	0.919	
Alanine....g	1.616		0		1		5.494	1.374	
Aspartic acid....g	2.768		0		1		9.411	2.353	
Glutamic acid....g	4.101		0		1		13.943	3.486	
Glycine....g	1.359		0		1		4.621	1.155	
Proline....g	1.307		0		1		4.444	1.111	
Serine....g	1.074		0		1		3.652	0.913	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17170
Game meat, horse, raw
Equus caballus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.63	0.341	139		1		20.59	329.45	
Energy....kcal	133		0	NC	4		38	603	
Energy....kJ	556				4		158	2524	
Protein (N x 6.25)....g	21.39	0.230	123		1		6.06	97.03	
Total lipid (fat)....g	4.60	0.394	119		1		1.30	20.87	
Ash....g	0.99	0.014	69		1		0.28	4.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.238	25		1		2	27	
Iron, Fe....mg	3.82	0.339	21		1		1.08	17.33	
Magnesium, Mg....mg	24	0.625	46		1		7	109	
Phosphorus, P....mg	221	9.668	23		1		63	1002	
Potassium, K....mg	360	6.714	45		1		102	1633	
Sodium, Na....mg	53	1.638	36		1		15	240	
Zinc, Zn....mg	2.90	0.479	16		1		0.82	13.15	
Copper, Cu....mg	0.144	0.006	263		1		0.041	0.653	
Manganese, Mn....mg	0.019	0.005	8		1		0.005	0.086	
Selenium, Se....mcg	10.1		0	BFNN	4		2.9	45.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1		1		0.3	4.5	
Thiamin....mg	0.130		1		1		0.037	0.590	
Riboflavin....mg	0.100		1		1		0.028	0.454	
Niacin....mg	4.600		1		1		1.304	20.866	
Pantothenic acid....mg									
Vitamin B-6....mg	0.380	0.067	6		1		0.108	1.724	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.00		1		1		0.85	13.61	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.440		0		1		0.408	6.532	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		21		1		0.003	0.045	
13:0....g									
14:0....g	0.170		21		1		0.048	0.771	
15:0....g									
16:0....g	1.080		21		1		0.306	4.899	
17:0....g									
18:0....g	0.160		21		1		0.045	0.726	

NDB No. 17170
Game meat, horse, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.610		0		1		0.456	7.303	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.310		21		1		0.088	1.406	
17:1....g									
18:1 undifferentiated....g	1.300		21		1		0.369	5.897	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.650		0		1		0.184	2.948	
18:2 undifferentiated....g	0.290		21		1		0.082	1.315	
18:3 undifferentiated....g	0.360		21		1		0.102	1.633	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	52	2.516	13		1		15	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		72		1		0.075	1.202	
Threonine....g	0.959		27		1		0.272	4.350	
Isoleucine....g	1.014		27		1		0.287	4.600	
Leucine....g	1.696		27		1		0.481	7.693	
Lysine....g	1.823		27		1		0.517	8.269	
Methionine....g	0.473		27		1		0.134	2.146	
Cystine....g	0.299		23		1		0.085	1.356	
Phenylalanine....g	0.879		27		1		0.249	3.987	
Tyrosine....g	0.670		27		1		0.190	3.039	
Valine....g	1.108		27		1		0.314	5.026	
Arginine....g	1.401		27		1		0.397	6.355	
Histidine....g	0.822		27		1		0.233	3.729	
Alanine....g	1.228		27		1		0.348	5.570	
Aspartic acid....g	2.104		27		1		0.596	9.544	
Glutamic acid....g	3.116		27		1		0.883	14.134	
Glycine....g	1.033		27		1		0.293	4.686	
Proline....g	0.994		27		1		0.282	4.509	
Serine....g	0.817		27		1		0.232	3.706	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17173
Game meat, moose, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.83		0		1		230.62	57.66	
Energy	kcal	134		0	NC	4		456	114	
Energy	kJ	561		0		4		1906	477	
Protein (N x 6.25)	g	29.27		0		1		99.52	24.88	
Total lipid (fat)	g	0.97		0		1		3.30	0.82	
Ash	g	1.49		0		1		5.07	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		20	5	
Iron, Fe	mg	4.22		0		1		14.35	3.59	
Magnesium, Mg	mg	24		0		1		82	20	
Phosphorus, P	mg	176		0		1		598	150	
Potassium, K	mg	334		0		1		1136	284	
Sodium, Na	mg	69		0		1		235	59	
Zinc, Zn	mg	3.68		0		1		12.51	3.13	
Copper, Cu	mg	0.079		0		1		0.269	0.067	
Manganese, Mn	mg	0.009		0		1		0.031	0.008	
Selenium, Se	mcg	12.8		0	BFYN	4		43.5	10.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		1		17.0	4.3	
Thiamin	mg	0.050		0		1		0.170	0.043	
Riboflavin	mg	0.340		0		1		1.156	0.289	
Niacin	mg	5.260		0		1		17.884	4.471	
Pantothenic acid	mg									
Vitamin B-6	mg	0.370		0		4		1.258	0.315	
Folate, total	mcg	4		0		4		14	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		14	3	
Folate, DFE	mcg_DFE	4		0	NC	4		14	3	
Choline, total	mg	115.4		0	BFNN	4		392.4	98.1	
Betaine	mg	15.2		0	BFNN	4		51.6	12.9	
Vitamin B-12	mcg	6.31		0		4		21.45	5.36	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.68	0.17	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		2	AI	13		0.0	0.0	
Vitamin D	IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	1.2		0	BFSN	4		4.1	1.0	
Lipids:										
Fatty acids, total saturated	g	0.290		0		1		0.986	0.247	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17173
Game meat, moose, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.120		0		1		0.408	0.102	
17:0 g									
18:0 g	0.170		0		1		0.578	0.145	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.200		0		1		0.680	0.170	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.034	0.009	
17:1 g									
18:1 undifferentiated g	0.180		0		1		0.612	0.153	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.310		0		1		1.054	0.264	
18:2 undifferentiated g	0.190		0		1		0.646	0.162	
18:3 undifferentiated g	0.030		0		1		0.102	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.306	0.077	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	78		0		1		265	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.344		0		1		4.570	1.142	
Isoleucine g	1.405		0		1		4.777	1.194	
Leucine g	2.576		0		1		8.758	2.190	
Lysine g	2.655		0		1		9.027	2.257	
Methionine g	0.749		0		1		2.547	0.637	
Cystine g									
Phenylalanine g	1.264		0		1		4.298	1.074	
Tyrosine g	1.077		0		1		3.662	0.915	
Valine g	1.592		0		1		5.413	1.353	
Arginine g	1.892		0		1		6.433	1.608	
Histidine g	0.983		0		1		3.342	0.836	
Alanine g	1.686		0		1		5.732	1.433	
Aspartic acid g	2.749		0		1		9.347	2.337	
Glutamic acid g	4.739		0		1		16.113	4.028	
Glycine g	1.278		0		1		4.345	1.086	
Proline g	1.189		0		1		4.043	1.011	
Serine g	1.049		0		1		3.567	0.892	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17173

Game meat, moose, cooked, roasted

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17172
Game meat, moose, raw
Alces alces

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.55	0.348	36		1		21.42	342.69	
Energy....kcal	102		0	NC	4		29	463	
Energy....kJ	427				4		121	1936	
Protein (N x 6.25)....g	22.24	0.298	35		1		6.31	100.88	
Total lipid (fat)....g	0.74	0.104	37		1		0.21	3.36	
Ash....g	1.13	0.025	36		1		0.32	5.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.546	29		1		1	23	
Iron, Fe....mg	3.21	0.167	29		1		0.91	14.56	
Magnesium, Mg....mg	23	0.376	27		1		7	104	
Phosphorus, P....mg	158	4.278	30		1		45	717	
Potassium, K....mg	317	3.438	27		1		90	1438	
Sodium, Na....mg	65	1.182	27		1		18	295	
Zinc, Zn....mg	2.80	0.056	26		1		0.79	12.70	
Copper, Cu....mg	0.067	0.002	26		1		0.019	0.304	
Manganese, Mn....mg	0.008	0.000	26		1		0.002	0.036	
Selenium, Se....mcg	9.6		0	BFNN	4		2.7	43.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		1.1	18.1	
Thiamin....mg	0.060	0.021	3		1		0.017	0.272	
Riboflavin....mg	0.270		2		1		0.077	1.225	
Niacin....mg	5.000		1		1		1.418	22.680	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.220		0		1		0.062	0.998	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.090		1		1		0.026	0.408	
17:0....g									
18:0....g	0.130		1		1		0.037	0.590	

NDB No. 17172
Game meat, moose, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.150		0		1		0.043	0.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.003	0.045	
17:1....g									
18:1 undifferentiated....g	0.140		1		1		0.040	0.635	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1		0.068	1.089	
18:2 undifferentiated....g	0.140		1		1		0.040	0.635	
18:3 undifferentiated....g	0.030		1		1		0.009	0.136	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		1		1		0.020	0.318	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59	3.253	33		1		17	268	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.021		1		1		0.289	4.631	
Isoleucine....g	1.068		1		1		0.303	4.844	
Leucine....g	1.957		1		1		0.555	8.877	
Lysine....g	2.018		1		1		0.572	9.154	
Methionine....g	0.569		1		1		0.161	2.581	
Cystine....g									
Phenylalanine....g	0.961		1		1		0.272	4.359	
Tyrosine....g	0.819		1		1		0.232	3.715	
Valine....g	1.210		1		1		0.343	5.489	
Arginine....g	1.438		1		1		0.408	6.523	
Histidine....g	0.747		1		1		0.212	3.388	
Alanine....g	1.281		1		1		0.363	5.811	
Aspartic acid....g	2.089		1		1		0.592	9.476	
Glutamic acid....g	3.602		1		1		1.021	16.339	
Glycine....g	0.972		1		1		0.276	4.409	
Proline....g	0.904		1		1		0.256	4.101	
Serine....g	0.797		1		1		0.226	3.615	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17175
Game meat, muskrat, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.58		0		1		173.97	47.24	
Energy	kcal	234		0	NC	4		732	199	
Energy	kJ	979				4		3064	832	
Protein (N x 6.25)	g	30.09		0		1		94.18	25.58	
Total lipid (fat)	g	11.74		0		1		36.75	9.98	
Ash	g	1.71		0		1		5.35	1.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		0		1		113	31	
Iron, Fe	mg	7.10		0		1		22.22	6.04	
Magnesium, Mg	mg	26		0		1		81	22	
Phosphorus, P	mg	271		0		1		848	230	
Potassium, K	mg	320		0		1		1002	272	
Sodium, Na	mg	95		0		1		297	81	
Zinc, Zn	mg	2.27		0		1		7.11	1.93	
Copper, Cu	mg	0.189		0		1		0.592	0.161	
Manganese, Mn	mg	0.032		0		1		0.100	0.027	
Selenium, Se	mcg	14.8		0	BFYN	4		46.3	12.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		1		21.9	6.0	
Thiamin	mg	0.080		0		1		0.250	0.068	
Riboflavin	mg	0.710		0		1		2.222	0.604	
Niacin	mg	7.190		0		1		22.505	6.112	
Pantothenic acid	mg	0.930		0		1		2.911	0.791	
Vitamin B-6	mg	0.470		0		1		1.471	0.400	
Folate, total	mcg	11		0		1		34	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		34	9	
Folate, DFE	mcg_DFE	11		0	NC	4		34	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	8.30		0		1		25.98	7.06	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 17175
Game meat, muskrat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	121		0		1		379	103	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.237		0		1		3.872	1.051	
Isoleucine....g	1.146		0		1		3.587	0.974	
Leucine....g	2.373		0		1		7.427	2.017	
Lysine....g	2.359		0		1		7.384	2.005	
Methionine....g	0.501		0		1		1.568	0.426	
Cystine....g									
Phenylalanine....g	1.242		0		1		3.887	1.056	
Tyrosine....g	0.823		0		1		2.576	0.700	
Valine....g	1.338		0		1		4.188	1.137	
Arginine....g	1.444		0		1		4.520	1.227	
Histidine....g	0.895		0		1		2.801	0.761	
Alanine....g	1.589		0		1		4.974	1.351	
Aspartic acid....g	2.600		0		1		8.138	2.210	
Glutamic acid....g	3.832		0		1		11.994	3.257	
Glycine....g	1.468		0		1		4.595	1.248	
Proline....g	1.203		0		1		3.765	1.023	
Serine....g	1.078		0		1		3.374	0.916	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17174
Game meat, muskrat, raw
Ondatra zibethica

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.35	1.502	4		1		19.66	314.57	
Energy....kcal	162		0	NC	4		46	735	
Energy....kJ	678				4		192	3075	
Protein (N x 6.25)....g	20.76	0.507	5		1		5.89	94.17	
Total lipid (fat)....g	8.10	2.454	4		1		2.30	36.74	
Ash....g	1.18	0.049	5		1		0.33	5.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1		1		7	113	
Iron, Fe....mg									
Magnesium, Mg....mg	22		1		1		6	100	
Phosphorus, P....mg	220		1		1		62	998	
Potassium, K....mg	276		1		1		78	1252	
Sodium, Na....mg	82		1		1		23	372	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	9.1		0	BFNN	4		2.6	41.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		1		1		1.4	22.7	
Thiamin....mg	0.090		2		1		0.026	0.408	
Riboflavin....mg	0.520		2		1		0.147	2.359	
Niacin....mg	6.200		1		1		1.758	28.123	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.854		1		1		0.242	3.874	
Isoleucine....g	0.791		1		1		0.224	3.588	
Leucine....g	1.638		1		1		0.464	7.430	
Lysine....g	1.628		1		1		0.462	7.385	
Methionine....g	0.345		1		1		0.098	1.565	
Cystine....g									
Phenylalanine....g	0.857		1		1		0.243	3.887	
Tyrosine....g	0.568		1		1		0.161	2.576	
Valine....g	0.923		1		1		0.262	4.187	
Arginine....g	0.996		1		1		0.282	4.518	
Histidine....g	0.618		1		1		0.175	2.803	

NDB No. 17174
Game meat, muskrat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine....g	1.096		1		1		0.311	4.971	
Aspartic acid....g	1.794		1		1		0.509	8.138	
Glutamic acid....g	2.644		1		1		0.750	11.993	
Glycine....g	1.013		1		1		0.287	4.595	
Proline....g	0.830		1		1		0.235	3.765	
Serine....g	0.744		1		1		0.211	3.375	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17176

Game meat, opossum, cooked, roasted

Didelphis virginiana

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.30		1		1		232.62	49.56	
Energy....kcal	221		0	NC	4		882	188	
Energy....kJ	925		0		4		3689	786	
Protein (N x 6.25)....g	30.20		1		1		120.50	25.67	
Total lipid (fat)....g	10.20		1		1		40.70	8.67	
Ash....g	2.30		1		1		9.18	1.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		4		68	14	
Iron, Fe....mg	4.64		0		4		18.51	3.94	
Magnesium, Mg....mg	34		0		4		136	29	
Phosphorus, P....mg	278		0		4		1109	236	
Potassium, K....mg	438		0		4		1748	372	
Sodium, Na....mg	58		0		4		231	49	
Zinc, Zn....mg	2.28		0		4		9.10	1.94	
Copper, Cu....mg	0.189		0		4		0.754	0.161	
Manganese, Mn....mg									
Selenium, Se....mcg	18.2		0	BFNN	4		72.6	15.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		1		1		0.399	0.085	
Riboflavin....mg	0.370		1		1		1.476	0.315	
Niacin....mg	8.430		0		4		33.636	7.166	
Pantothenic acid....mg									
Vitamin B-6....mg	0.470		0		4		1.875	0.400	
Folate, total....mcg	10		0		4		40	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		4		40	9	
Folate, DFE....mcg_DFE	10		0	NC	4		40	9	
Choline, total....mg	116.5		0	BFNN	4		464.9	99.0	
Betaine....mg	15.3		0	BFNN	4		61.1	13.0	
Vitamin B-12....mcg	8.30		0		4		33.12	7.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.77	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		6.3	1.3	
Lipids:									
Fatty acids, total saturated....g	1.206		0		4		4.812	1.025	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 17176
Game meat, opossum, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.044		0		4		0.176	0.037	
15:0 g									
16:0 g	0.965		0		4		3.850	0.820	
17:0 g									
18:0 g	0.176		0		4		0.702	0.150	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.773		0		4		15.054	3.207	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.307		0		4		1.225	0.261	
17:1 g									
18:1 undifferentiated g	3.444		0		4		13.742	2.927	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.983		0		4		11.902	2.536	
18:2 undifferentiated g	2.939		0		4		11.727	2.498	
18:3 undifferentiated g	0.066		0		4		0.263	0.056	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	129		0		4		515	110	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 399g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17178
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.61		0		1		189.71	51.52	
Energy....kcal	197		0	NC	4		617	167	
Energy....kJ	824				4		2580	701	
Protein (N x 6.25)....g	29.06		0		1		90.96	24.70	
Total lipid (fat)....g	8.05		0		1		25.20	6.84	
Ash....g	1.04		0		1		3.26	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		59	16	
Iron, Fe....mg	2.27		0		1		7.11	1.93	
Magnesium, Mg....mg	21		0		1		66	18	
Phosphorus, P....mg	263		0		1		823	224	
Potassium, K....mg	383		0		1		1199	326	
Sodium, Na....mg	47		0		1		147	40	
Zinc, Zn....mg	2.27		0		1		7.11	1.93	
Copper, Cu....mg	0.189		0		1		0.592	0.161	
Manganese, Mn....mg	0.032		0		1		0.100	0.027	
Selenium, Se....mcg	38.5		0	BFYN	4		120.5	32.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.282	0.077	
Riboflavin....mg	0.210		0		1		0.657	0.179	
Niacin....mg	8.430		0		1		26.386	7.166	
Pantothenic acid....mg	0.930		0		1		2.911	0.791	
Vitamin B-6....mg	0.470		0		1		1.471	0.400	
Folate, total....mcg	11		0		1		34	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		34	9	
Folate, DFE....mcg_DFE	11		0	NC	4		34	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	8.30		0		1		25.98	7.06	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.400		0		1		7.512	2.040	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17178
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.210		0		1		0.657	0.179	
15:0 g									
16:0 g	1.810		0		1		5.665	1.539	
17:0 g									
18:0 g	0.380		0		1		1.189	0.323	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.170		0		1		6.792	1.845	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.260		0		1		0.814	0.221	
17:1 g									
18:1 undifferentiated g	1.860		0		1		5.822	1.581	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.560		0		1		4.883	1.326	
18:2 undifferentiated g	1.240		0		1		3.881	1.054	
18:3 undifferentiated g	0.320		0		1		1.002	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	82		0		1		257	70	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.384		0		1		1.202	0.326	
Threonine g	1.300		0		1		4.069	1.105	
Isoleucine g	1.379		0		1		4.316	1.172	
Leucine g	2.264		0		1		7.086	1.924	
Lysine g	2.544		0		1		7.963	2.162	
Methionine g	0.727		0		1		2.276	0.618	
Cystine g	0.365		0		1		1.142	0.310	
Phenylalanine g	1.193		0		1		3.734	1.014	
Tyrosine g	1.035		0		1		3.240	0.880	
Valine g	1.477		0		1		4.623	1.255	
Arginine g	1.795		0		1		5.618	1.526	
Histidine g	0.815		0		1		2.551	0.693	
Alanine g	1.753		0		1		5.487	1.490	
Aspartic acid g	2.839		0		1		8.886	2.413	
Glutamic acid g	4.662		0		1		14.592	3.963	
Glycine g	1.578		0		1		4.939	1.341	
Proline g	1.420		0		1		4.445	1.207	
Serine g	1.288		0		1		4.031	1.095	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

NDB No. 17178
Game meat, rabbit, domesticated, composite of cuts, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17179
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.82		0		1		175.87	50.00	
Energy....kcal	206		0	NC	4		616	175	
Energy....kJ	862		0		4		2577	733	
Protein (N x 6.25)....g	30.38		0		1		90.84	25.82	
Total lipid (fat)....g	8.41		0		1		25.15	7.15	
Ash....g	1.09		0		1		3.26	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0		1		60	17	
Iron, Fe....mg	2.37		0		1		7.09	2.01	
Magnesium, Mg....mg	20		0		1		60	17	
Phosphorus, P....mg	226		0		1		676	192	
Potassium, K....mg	300		0		1		897	255	
Sodium, Na....mg	37		0		1		111	31	
Zinc, Zn....mg	2.37		0		1		7.09	2.01	
Copper, Cu....mg	0.176		0		1		0.526	0.150	
Manganese, Mn....mg	0.032		0		1		0.096	0.027	
Selenium, Se....mcg	38.5		0	BFYN	4		115.1	32.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.179	0.051	
Riboflavin....mg	0.170		0		1		0.508	0.145	
Niacin....mg	7.160		0		1		21.408	6.086	
Pantothenic acid....mg	0.670		0		1		2.003	0.570	
Vitamin B-6....mg	0.340		0		1		1.017	0.289	
Folate, total....mcg	9		0		1		27	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		1		27	8	
Folate, DFE....mcg_DFE	9		0	NC	4		27	8	
Choline, total....mg	121.2		0	BFNN	4		362.4	103.0	
Betaine....mg	15.9		0	BFNN	4		47.6	13.5	
Vitamin B-12....mcg	6.51		0		1		19.46	5.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		1.31	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.6		0	BFSN	4		4.7	1.3	
Lipids:									
Fatty acids, total saturated....g	2.510		0		1		7.505	2.134	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17179

Game meat, rabbit, domesticated, composite of cuts, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.220		0		1		0.658	0.187	
15:0 g									
16:0 g	1.890		0		1		5.651	1.607	
17:0 g									
18:0 g	0.390		0		1		1.166	0.332	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.270		0		1		6.787	1.930	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0		1		0.837	0.238	
17:1 g									
18:1 undifferentiated g	1.940		0		1		5.801	1.649	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.630		0		1		4.874	1.386	
18:2 undifferentiated g	1.300		0		1		3.887	1.105	
18:3 undifferentiated g	0.340		0		1		1.017	0.289	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86		0		1		257	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.401		0		1		1.199	0.341	
Threonine g	1.359		0		1		4.063	1.155	
Isoleucine g	1.441		0		1		4.309	1.225	
Leucine g	2.367		0		1		7.077	2.012	
Lysine g	2.660		0		1		7.953	2.261	
Methionine g	0.760		0		1		2.272	0.646	
Cystine g	0.382		0		1		1.142	0.325	
Phenylalanine g	1.247		0		1		3.729	1.060	
Tyrosine g	1.082		0		1		3.235	0.920	
Valine g	1.544		0		1		4.617	1.312	
Arginine g	1.877		0		1		5.612	1.595	
Histidine g	0.852		0		1		2.547	0.724	
Alanine g	1.833		0		1		5.481	1.558	
Aspartic acid g	2.968		0		1		8.874	2.523	
Glutamic acid g	4.874		0		1		14.573	4.143	
Glycine g	1.649		0		1		4.931	1.402	
Proline g	1.485		0		1		4.440	1.262	
Serine g	1.346		0		1		4.025	1.144	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17179

Game meat, rabbit, domesticated, composite of cuts, cooked, stewed

Common Measures:

Measure 1 = 299g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17177

Game meat, rabbit, domesticated, composite of cuts, raw

Oryctolagus spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.82	0.271	87		1		20.64	330.31	
Energy	kcal	136		0	NC	4		39	617	
Energy	kJ	569				4		161	2581	
Protein (N x 6.25)	g	20.05	0.260	60		1		5.68	90.95	
Total lipid (fat)	g	5.55	0.339	62		1		1.57	25.17	
Ash	g	0.72	0.069	34		1		0.20	3.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.712	23		1		4	59	
Iron, Fe	mg	1.57	0.296	3		1		0.45	7.12	
Magnesium, Mg	mg	19	1.697	26		1		5	86	
Phosphorus, P	mg	213	12.018	3		1		60	966	
Potassium, K	mg	330	25.166	3		1		94	1497	
Sodium, Na	mg	41	1.529	21		1		12	186	
Zinc, Zn	mg	1.57	0.088	3		1		0.45	7.12	
Copper, Cu	mg	0.145		2		1		0.041	0.658	
Manganese, Mn	mg	0.026	0.004	8		1		0.007	0.118	
Selenium, Se	mcg	23.7		0	BFNN	4		6.7	107.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.100		1		1		0.028	0.454	
Riboflavin	mg	0.150		2		1		0.043	0.680	
Niacin	mg	7.270		2		1		2.061	32.977	
Pantothenic acid	mg	0.800		1		1		0.227	3.629	
Vitamin B-6	mg	0.500		1		1		0.142	2.268	
Folate, total	mcg	8		2		1		2	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		2		1		2	36	
Folate, DFE	mcg_DFE	8		0	NC	4		2	36	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	7.16		2		1		2.03	32.48	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.660		0		1		0.471	7.530	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17177
Game meat, rabbit, domesticated, composite of cuts, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.150		21		1		0.043	0.680	
15:0 g									
16:0 g	1.250		21		1		0.354	5.670	
17:0 g									
18:0 g	0.260		21		1		0.074	1.179	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.500		0		1		0.425	6.804	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		21		1		0.051	0.816	
17:1 g									
18:1 undifferentiated g	1.280		21		1		0.363	5.806	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.080		0		1		0.306	4.899	
18:2 undifferentiated g	0.860		21		1		0.244	3.901	
18:3 undifferentiated g	0.220		21		1		0.062	0.998	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	57	1.976	77		1		16	259	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		2		1		0.075	1.202	
Threonine g	0.897		8		1		0.254	4.069	
Isoleucine g	0.951		8		1		0.270	4.314	
Leucine g	1.562		8		1		0.443	7.085	
Lysine g	1.756		8		1		0.498	7.965	
Methionine g	0.502		8		1		0.142	2.277	
Cystine g	0.252		2		1		0.071	1.143	
Phenylalanine g	0.823		8		1		0.233	3.733	
Tyrosine g	0.714		4		1		0.202	3.239	
Valine g	1.019		8		1		0.289	4.622	
Arginine g	1.239		8		1		0.351	5.620	
Histidine g	0.562		8		1		0.159	2.549	
Alanine g	1.210		4		1		0.343	5.489	
Aspartic acid g	1.959		4		1		0.555	8.886	
Glutamic acid g	3.217		4		1		0.912	14.592	
Glycine g	1.089		4		1		0.309	4.940	
Proline g	0.980		4		1		0.278	4.445	
Serine g	0.889		4		1		0.252	4.033	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17177
Game meat, rabbit, domesticated, composite of cuts, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17181
Game meat, rabbit, wild, cooked, stewed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.37		0		1		183.50	52.16	
Energy	kcal	173		0	NC	4		517	147	
Energy	kJ	724		0		4		2164	615	
Protein (N x 6.25)	g	33.02		0		1		98.73	28.07	
Total lipid (fat)	g	3.51		0		1		10.49	2.98	
Ash	g	1.70		0		1		5.08	1.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		54	15	
Iron, Fe	mg	4.85		0		1		14.50	4.12	
Magnesium, Mg	mg	31		0		1		93	26	
Phosphorus, P	mg	240		0		1		718	204	
Potassium, K	mg	343		0		1		1026	292	
Sodium, Na	mg	45		0		1		135	38	
Zinc, Zn	mg	2.38		0		4		7.12	2.02	
Copper, Cu	mg	0.176		0		4		0.526	0.150	
Manganese, Mn	mg									
Selenium, Se	mcg	15.2		0	BFYN	4		45.4	12.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		1		0.060	0.017	
Riboflavin	mg	0.070		0		1		0.209	0.060	
Niacin	mg	6.400		0		1		19.136	5.440	
Pantothenic acid	mg									
Vitamin B-6	mg	0.340		0		4		1.017	0.289	
Folate, total	mcg	8		0		4		24	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		24	7	
Folate, DFE	mcg_DFE	8		0	NC	4		24	7	
Choline, total	mg	129.9		0	BFNN	4		388.4	110.4	
Betaine	mg	17.1		0	BFNN	4		51.0	14.5	
Vitamin B-12	mcg	6.51		0		4		19.46	5.53	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.41		0	BFSN	4		1.23	0.35	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D	IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	1.5		0	BFSN	4		4.4	1.2	
Lipids:										
Fatty acids, total saturated	g	1.050		0		1		3.140	0.893	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17181
Game meat, rabbit, wild, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.090		0		1		0.269	0.077	
15:0....g									
16:0....g	0.790		0		1		2.362	0.672	
17:0....g									
18:0....g	0.160		0		1		0.478	0.136	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0		1		2.841	0.808	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.359	0.102	
17:1....g									
18:1 undifferentiated....g	0.810		0		1		2.422	0.689	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0		1		2.033	0.578	
18:2 undifferentiated....g	0.540		0		1		1.615	0.459	
18:3 undifferentiated....g	0.140		0		1		0.419	0.119	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	123		0		1		368	105	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.436		0		1		1.304	0.371	
Threonine....g	1.477		0		1		4.416	1.255	
Isoleucine....g	1.567		0		1		4.685	1.332	
Leucine....g	2.573		0		1		7.693	2.187	
Lysine....g	2.891		0		1		8.644	2.457	
Methionine....g	0.826		0		1		2.470	0.702	
Cystine....g	0.415		0		1		1.241	0.353	
Phenylalanine....g	1.355		0		1		4.051	1.152	
Tyrosine....g	1.176		0		1		3.516	1.000	
Valine....g	1.678		0		1		5.017	1.426	
Arginine....g	2.040		0		1		6.100	1.734	
Histidine....g	0.926		0		1		2.769	0.787	
Alanine....g	1.992		0		1		5.956	1.693	
Aspartic acid....g	3.226		0		1		9.646	2.742	
Glutamic acid....g	5.297		0		1		15.838	4.502	
Glycine....g	1.793		0		1		5.361	1.524	
Proline....g	1.614		0		1		4.826	1.372	
Serine....g	1.463		0		1		4.374	1.244	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17181

Game meat, rabbit, wild, cooked, stewed

Common Measures:

Measure 1 = 299g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17180
Game meat, rabbit, wild, raw
Sylvilagus spp., Oryctolagus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.51	0.412	31		1		21.12	337.98	
Energy....kcal	114		0	NC	4		32	517	
Energy....kJ	477				4		135	2164	
Protein (N x 6.25)....g	21.79	0.183	32		1		6.18	98.84	
Total lipid (fat)....g	2.32	0.396	30		1		0.66	10.52	
Ash....g	1.12	0.017	28		1		0.32	5.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		1		1		3	54	
Iron, Fe....mg	3.20		1		1		0.91	14.52	
Magnesium, Mg....mg	29		1		1		8	132	
Phosphorus, P....mg	226		1		1		64	1025	
Potassium, K....mg	378	6.305	98		1		107	1715	
Sodium, Na....mg	50	0.875	98		1		14	227	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	9.4		0	BFNN	4		2.7	42.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.030		1		1		0.009	0.136	
Riboflavin....mg	0.060		1		1		0.017	0.272	
Niacin....mg	6.500		1		1		1.843	29.484	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.690		0		1		0.196	3.130	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.060		21		1		0.017	0.272	
15:0....g									
16:0....g	0.520		21		1		0.147	2.359	
17:0....g									
18:0....g	0.110		21		1		0.031	0.499	

NDB No. 17180
Game meat, rabbit, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.630		0		1		0.179	2.858	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		21		1		0.023	0.363	
17:1....g									
18:1 undifferentiated....g	0.540		21		1		0.153	2.449	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0		1		0.128	2.041	
18:2 undifferentiated....g	0.360		21		1		0.102	1.633	
18:3 undifferentiated....g	0.090		21		1		0.026	0.408	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81	1.603	40		1		23	367	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		2		1		0.082	1.306	
Threonine....g	0.975		8		1		0.276	4.423	
Isoleucine....g	1.034		8		1		0.293	4.690	
Leucine....g	1.698		8		1		0.481	7.702	
Lysine....g	1.908		8		1		0.541	8.655	
Methionine....g	0.545		8		1		0.155	2.472	
Cystine....g	0.274		2		1		0.078	1.243	
Phenylalanine....g	0.895		8		1		0.254	4.060	
Tyrosine....g	0.776		4		1		0.220	3.520	
Valine....g	1.108		8		1		0.314	5.026	
Arginine....g	1.346		8		1		0.382	6.105	
Histidine....g	0.611		8		1		0.173	2.771	
Alanine....g	1.315		4		1		0.373	5.965	
Aspartic acid....g	2.129		4		1		0.604	9.657	
Glutamic acid....g	3.496		4		1		0.991	15.858	
Glycine....g	1.183		4		1		0.335	5.366	
Proline....g	1.065		4		1		0.302	4.831	
Serine....g	0.966		4		1		0.274	4.382	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17182

Game meat, raccoon, cooked, roasted

Procyon lotor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.30		1		1		216.66	46.16	
Energy....kcal	255		0	NC	4		1017	217	
Energy....kJ	1067		0		4		4257	907	
Protein (N x 6.25)....g	29.20		1		1		116.51	24.82	
Total lipid (fat)....g	14.50		1		1		57.86	12.33	
Ash....g	1.50		1		1		5.99	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		4		56	12	
Iron, Fe....mg	7.10		0		4		28.33	6.04	
Magnesium, Mg....mg	30		0		4		120	26	
Phosphorus, P....mg	261		0		4		1041	222	
Potassium, K....mg	398		0		4		1588	338	
Sodium, Na....mg	79		0		4		315	67	
Zinc, Zn....mg	2.27		0		4		9.06	1.93	
Copper, Cu....mg	0.189		0		4		0.754	0.161	
Manganese, Mn....mg									
Selenium, Se....mcg	18.0		0	BFNN	4		71.8	15.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.590		2		1		2.354	0.502	
Riboflavin....mg	0.520		1		1		2.075	0.442	
Niacin....mg	4.680		0		4		18.673	3.978	
Pantothenic acid....mg									
Vitamin B-6....mg	0.470		0		4		1.875	0.400	
Folate, total....mcg	11		0		4		44	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		4		44	9	
Folate, DFE....mcg_DFE	11		0	NC	4		44	9	
Choline, total....mg	115.4		0	BFNN	4		460.5	98.1	
Betaine....mg	15.2		0	BFNN	4		60.5	12.9	
Vitamin B-12....mcg	8.30		0		4		33.12	7.06	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		1.94	0.41	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.7		0	BFSN	4		6.9	1.5	
Lipids:									
Fatty acids, total saturated....g	4.070		0		4		16.239	3.460	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17182
Game meat, raccoon, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.552		0		1		2.202	0.469	
15:0 ... g									
16:0 ... g	2.285		0		1		9.117	1.942	
17:0 ... g									
18:0 ... g	1.131		0		1		4.513	0.961	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.210		0		4		20.788	4.429	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.961		0		1		3.834	0.817	
17:1 ... g									
18:1 undifferentiated ... g	4.079		0		1		16.275	3.467	
20:1 ... g	0.056		0		1		0.223	0.048	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.090		0		4		8.339	1.777	
18:2 undifferentiated ... g	1.281		0		1		5.111	1.089	
18:3 undifferentiated ... g	0.063		0		1		0.251	0.054	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.371		0		1		1.480	0.315	
20:5 n-3 (EPA) ... g	0.051		0		1		0.203	0.043	
22:5 n-3 (DPA) ... g	0.100		0		1		0.399	0.085	
22:6 n-3 (DHA) ... g	0.032		0		1		0.128	0.027	
Fatty acids, total trans ... g									
Cholesterol ... mg	97		0		4		387	82	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 399g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17184
Game meat, squirrel, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.07		0		1		194.28	52.76	
Energy....kcal	173		0	NC	4		541	147	
Energy....kJ	724		0		4		2266	615	
Protein (N x 6.25)....g	30.77		0		1		96.31	26.15	
Total lipid (fat)....g	4.69		0		4		14.68	3.99	
Ash....g	1.68		0		1		5.26	1.43	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		0		1		9	3	
Iron, Fe....mg	6.81		0		1		21.32	5.79	
Magnesium, Mg....mg	28		0		1		88	24	
Phosphorus, P....mg	211		0		1		660	179	
Potassium, K....mg	352		0		1		1102	299	
Sodium, Na....mg	119		0		1		372	101	
Zinc, Zn....mg	1.78		0		4		5.57	1.51	
Copper, Cu....mg	0.148		0		4		0.463	0.126	
Manganese, Mn....mg	0.032		0		1		0.100	0.027	
Selenium, Se....mcg	15.1		0	BFYN	4		47.3	12.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.188	0.051	
Riboflavin....mg	0.290		0		1		0.908	0.247	
Niacin....mg	4.640		0		1		14.523	3.944	
Pantothenic acid....mg	0.930		0		1		2.911	0.791	
Vitamin B-6....mg	0.370		0		4		1.158	0.315	
Folate, total....mcg	9		0		4		28	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		28	8	
Folate, DFE....mcg_DFE	9		0	NC	4		28	8	
Choline, total....mg	122.9		0	BFNN	4		384.8	104.5	
Betaine....mg	16.2		0	BFNN	4		50.6	13.7	
Vitamin B-12....mcg	6.51		0		4		20.38	5.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		1.26	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		1	AI	13		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.4		0	BFSN	4		4.5	1.2	
Lipids:									
Fatty acids, total saturated....g	0.850		0		4		2.661	0.723	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 17184
Game meat, squirrel, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.020		0		1		0.063	0.017	
15:0 g									
16:0 g	0.440		0		1		1.377	0.374	
17:0 g									
18:0 g	0.080		0		1		0.250	0.068	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.330		0		4		4.163	1.131	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.140		0		1		0.438	0.119	
17:1 g									
18:1 undifferentiated g	1.570		0		1		4.914	1.335	
20:1 g	0.076		0		4		0.238	0.065	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.460		0		4		4.570	1.241	
18:2 undifferentiated g	1.340		0		1		4.194	1.139	
18:3 undifferentiated g	0.030		0		1		0.094	0.026	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.189		0		4		0.592	0.161	
20:5 n-3 (EPA) g	0.006		0		4		0.019	0.005	
22:5 n-3 (DPA) g	0.015		0		4		0.047	0.013	
22:6 n-3 (DHA) g	0.103		0		4		0.322	0.088	
Fatty acids, total trans g									
Cholesterol mg	121		0		1		379	103	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.172		0		1		3.668	0.996	
Isoleucine g	1.172		0		1		3.668	0.996	
Leucine g	2.211		0		1		6.920	1.879	
Lysine g	2.225		0		1		6.964	1.891	
Methionine g	0.675		0		1		2.113	0.574	
Cystine g									
Phenylalanine g	1.191		0		1		3.728	1.012	
Tyrosine g	0.921		0		1		2.883	0.783	
Valine g	1.216		0		1		3.806	1.034	
Arginine g	1.605		0		1		5.024	1.364	
Histidine g	0.803		0		1		2.513	0.683	
Alanine g	1.457		0		1		4.560	1.238	
Aspartic acid g	2.447		0		1		7.659	2.080	
Glutamic acid g	4.160		0		1		13.021	3.536	
Glycine g	1.334		0		1		4.175	1.134	
Proline g	1.147		0		1		3.590	0.975	
Serine g	1.009		0		1		3.158	0.858	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17184

Game meat, squirrel, cooked, roasted

Common Measures:

Measure 1 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17183
Game meat, squirrel, raw
Sciuridae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.83	0.507	17		1		20.93	334.89	
Energy....kcal	120		0	NC	4		34	544	
Energy....kJ	502				4		142	2277	
Protein (N x 6.25)....g	21.23	0.194	17		1		6.02	96.30	
Total lipid (fat)....g	3.21	0.563	16		1		0.91	14.56	
Ash....g	1.16	0.047	16		1		0.33	5.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		1		1		1	9	
Iron, Fe....mg	4.70		1		1		1.33	21.32	
Magnesium, Mg....mg	24		1		1		7	109	
Phosphorus, P....mg	172		2		1		49	780	
Potassium, K....mg	304		1		1		86	1379	
Sodium, Na....mg	103		1		1		29	467	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg	9.3		0	BFNN	4		2.6	42.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		1		1		0.020	0.318	
Riboflavin....mg	0.210		1		1		0.060	0.953	
Niacin....mg	4.000		1		1		1.134	18.144	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.380		0		1		0.108	1.724	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.020		5		1		0.006	0.091	
15:0....g									
16:0....g	0.300		5		1		0.085	1.361	
17:0....g									
18:0....g	0.050		5		1		0.014	0.227	

NDB No. 17183
Game meat, squirrel, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.180		0		1		0.335	5.352	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		5		1		0.028	0.454	
17:1....g									
18:1 undifferentiated....g	1.080		5		1		0.306	4.899	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.940		0		1		0.266	4.264	
18:2 undifferentiated....g	0.920		5		1		0.261	4.173	
18:3 undifferentiated....g	0.020		5		1		0.006	0.091	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83	5.069	15		1		24	376	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.809		1		1		0.229	3.670	
Isoleucine....g	0.809		1		1		0.229	3.670	
Leucine....g	1.525		1		1		0.432	6.917	
Lysine....g	1.536		1		1		0.435	6.967	
Methionine....g	0.465		1		1		0.132	2.109	
Cystine....g									
Phenylalanine....g	0.822		1		1		0.233	3.729	
Tyrosine....g	0.635		1		1		0.180	2.880	
Valine....g	0.839		1		1		0.238	3.806	
Arginine....g	1.107		1		1		0.314	5.021	
Histidine....g	0.554		1		1		0.157	2.513	
Alanine....g	1.006		1		1		0.285	4.563	
Aspartic acid....g	1.688		1		1		0.479	7.657	
Glutamic acid....g	2.871		1		1		0.814	13.023	
Glycine....g	0.921		1		1		0.261	4.178	
Proline....g	0.792		1		1		0.225	3.593	
Serine....g	0.696		1		1		0.197	3.157	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17168
Goat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.84	0.215	92		1		21.50	344.01	
Energy....kcal	109		0	NC	4		31	494	
Energy....kJ	456				4		129	2069	
Protein (N x 6.25)....g	20.60	0.179	97		1		5.84	93.44	
Total lipid (fat)....g	2.31	0.102	118		1		0.65	10.48	
Ash....g	1.11	0.021	91		1		0.31	5.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.366	14		1		4	59	
Iron, Fe....mg	2.83	0.207	52		1		0.80	12.84	
Magnesium, Mg....mg									
Phosphorus, P....mg	180	11.701	14		1		51	816	
Potassium, K....mg	385	8.520	7		1		109	1746	
Sodium, Na....mg	82	5.598	7		1		23	372	
Zinc, Zn....mg	4.00	0.088	47		1		1.13	18.14	
Copper, Cu....mg	0.256	0.015	46		1		0.073	1.161	
Manganese, Mn....mg	0.038	0.004	46		1		0.011	0.172	
Selenium, Se....mcg	8.8		0	BFNN	4		2.5	39.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.009	6		1		0.031	0.499	
Riboflavin....mg	0.490	0.053	6		1		0.139	2.223	
Niacin....mg	3.750	0.190	9		1		1.063	17.010	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	5		1		1		1	23	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1		1		1	23	
Folate, DFE....mcg_DFE	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.13		1		1		0.32	5.13	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.710		0		1		0.201	3.221	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17168
Goat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		13		1		0.000	0.000	
12:0 g	0.000		13		1		0.000	0.000	
13:0 g									
14:0 g	0.030		13		1		0.009	0.136	
15:0 g									
16:0 g	0.330		13		1		0.094	1.497	
17:0 g									
18:0 g	0.330		13		1		0.094	1.497	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.030		0		1		0.292	4.672	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		13		1		0.011	0.181	
17:1 g									
18:1 undifferentiated g	0.940		13		1		0.266	4.264	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.170		0		1		0.048	0.771	
18:2 undifferentiated g	0.100		13		1		0.028	0.454	
18:3 undifferentiated g	0.020		13		1		0.006	0.091	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		13		1		0.017	0.272	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	57	1.792	7		1		16	259	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.306		1		1		0.087	1.388	
Threonine g	0.981		1		1		0.278	4.450	
Isoleucine g	1.042		1		1		0.295	4.727	
Leucine g	1.716		1		1		0.486	7.784	
Lysine g	1.532		1		1		0.434	6.949	
Methionine g	0.552		1		1		0.156	2.504	
Cystine g	0.245		1		1		0.069	1.111	
Phenylalanine g	0.715		1		1		0.203	3.243	
Tyrosine g	0.633		1		1		0.179	2.871	
Valine g	1.103		1		1		0.313	5.003	
Arginine g	1.512		1		1		0.429	6.858	
Histidine g	0.429		1		1		0.122	1.946	
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17168
Goat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17281

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.71		0	PAK	1		158.52	49.90	
Energy....kcal	256		0	MC	9		691	218	
Energy....kJ	1071				9		2892	910	
Protein (N x 6.25)....g	24.52		0	PAK	1		66.20	20.84	
Total lipid (fat)....g	16.82		0	PAK	1		45.41	14.30	
Ash....g	0.98		0	PAK	1		2.65	0.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAK	1		46	14	
Iron, Fe....mg	1.93		0	PAK	1		5.21	1.64	
Magnesium, Mg....mg	22		0	PAK	1		59	19	
Phosphorus, P....mg	195		0	PAK	1		527	166	
Potassium, K....mg	301		0	PAK	1		813	256	
Sodium, Na....mg	76		0	PAK	1		205	65	
Zinc, Zn....mg	4.68		0	PAK	1		12.64	3.98	
Copper, Cu....mg	0.142		0	PAK	1		0.383	0.121	
Manganese, Mn....mg	0.013		0	PAK	1		0.035	0.011	
Selenium, Se....mcg	10.1		0	BFYN	4		27.3	8.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.123		0	PAK	1		0.332	0.105	
Riboflavin....mg	0.332		0	PAK	1		0.896	0.282	
Niacin....mg	5.441		0	PAK	1		14.691	4.625	
Pantothenic acid....mg	0.816		0	PAK	1		2.203	0.694	
Vitamin B-6....mg	0.366		0	PAK	1		0.988	0.311	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.87		0	PAK	1		7.75	2.44	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.940		0	MC	9		21.438	6.749	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.027		0	PAK	1		0.073	0.023	
12:0....g	0.049		0	PAK	1		0.132	0.042	
13:0....g									
14:0....g	0.633		0	PAK	1		1.709	0.538	
15:0....g	0.097		0	PAK	1		0.262	0.082	
16:0....g	3.721		0	PAK	1		10.047	3.163	
17:0....g	0.251		0	PAK	1		0.678	0.213	
18:0....g	3.129		0	PAK	1		8.448	2.660	

NDB No. 17281

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.032		0	PAK	1		0.086	0.027	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.711		0	MC	9		18.120	5.704	
14:1 ... g	0.028		0	PAK	1		0.076	0.024	
15:1 ... g									
16:1 undifferentiated ... g	0.307		0	PAK	1		0.829	0.261	
17:1 ... g									
18:1 undifferentiated ... g	6.195		0	PAK	1		16.727	5.266	
20:1 ... g	0.059		0	PAK	1		0.159	0.050	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.660		0	MC	9		1.782	0.561	
18:2 undifferentiated ... g	0.410		0	PAK	1		1.107	0.349	
18:3 undifferentiated ... g	0.196		0	PAK	1		0.529	0.167	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.041		0	PAK	1		0.111	0.035	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	87		0	PAK	1		235	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.772	0.243	
Threonine ... g	1.048		0		1		2.830	0.891	
Isoleucine ... g	1.185		0		1		3.200	1.007	
Leucine ... g	1.907		0		1		5.149	1.621	
Lysine ... g	2.166		0		1		5.848	1.841	
Methionine ... g	0.628		0		1		1.696	0.534	
Cystine ... g	0.294		0		1		0.794	0.250	
Phenylalanine ... g	0.997		0		1		2.692	0.847	
Tyrosine ... g	0.824		0		1		2.225	0.700	
Valine ... g	1.322		0		1		3.569	1.124	
Arginine ... g	1.456		0		1		3.931	1.238	
Histidine ... g	0.777		0		1		2.098	0.660	
Alanine ... g	1.475		0		1		3.983	1.254	
Aspartic acid ... g	2.158		0		1		5.827	1.834	
Glutamic acid ... g	3.558		0		1		9.607	3.024	
Glycine ... g	1.197		0		1		3.232	1.017	
Proline ... g	1.028		0		1		2.776	0.874	
Serine ... g	0.910		0		1		2.457	0.774	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 270g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17280

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.93		0	PAK	1		18.41	294.52	55.19
Energy....kcal	229		0	MC	9		65	1039	195
Energy....kJ	958				9		272	4346	814
Protein (N x 6.25)....g	17.84		0	PAK	1		5.06	80.92	15.16
Total lipid (fat)....g	16.97		0	PAK	1		4.81	76.98	14.42
Ash....g	0.88		0	PAK	1		0.25	3.99	0.75
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAK	1		4	59	11
Iron, Fe....mg	1.43		0	PAK	1		0.41	6.49	1.22
Magnesium, Mg....mg	20		0	PAK	1		6	91	17
Phosphorus, P....mg	168		0	PAK	1		48	762	143
Potassium, K....mg	284		0	PAK	1		81	1288	241
Sodium, Na....mg	74		0	PAK	1		21	336	63
Zinc, Zn....mg	3.67		0	PAK	1		1.04	16.65	3.12
Copper, Cu....mg	0.145		0	PAK	1		0.041	0.658	0.123
Manganese, Mn....mg	0.011		0	PAK	1		0.003	0.050	0.009
Selenium, Se....mcg	7.5		0	BFZN	4		2.1	34.0	6.4
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.133		0	PAK	1		0.038	0.603	0.113
Riboflavin....mg	0.261		0	PAK	1		0.074	1.184	0.222
Niacin....mg	4.934		0	PAK	1		1.399	22.381	4.194
Pantothenic acid....mg	0.557		0	PAK	1		0.158	2.527	0.473
Vitamin B-6....mg	0.339		0	PAK	1		0.096	1.538	0.288
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.47		0	PAK	1		0.70	11.20	2.10
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.189		0	MC	9		2.322	37.145	6.961
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.029		0	PAK	1		0.008	0.132	0.025
12:0....g	0.053		0	PAK	1		0.015	0.240	0.045
13:0....g									
14:0....g	0.662		0	PAK	1		0.188	3.003	0.563
15:0....g	0.104		0	PAK	1		0.029	0.472	0.088
16:0....g	3.863		0	PAK	1		1.095	17.523	3.284
17:0....g	0.255		0	PAK	1		0.072	1.157	0.217
18:0....g	3.195		0	PAK	1		0.906	14.493	2.716

NDB No. 17280

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.029		0	PAK	1		0.008	0.132	0.025
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.910		0	MC	9		1.959	31.344	5.874
14:1 g	0.026		0	PAK	1		0.007	0.118	0.022
15:1 g									
16:1 undifferentiated g	0.326		0	PAK	1		0.092	1.479	0.277
17:1 g									
18:1 undifferentiated g	6.372		0	PAK	1		1.806	28.903	5.416
20:1 g	0.062		0	PAK	1		0.018	0.281	0.053
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.718		0	MC	9		0.204	3.257	0.610
18:2 undifferentiated g	0.422		0	PAK	1		0.120	1.914	0.359
18:3 undifferentiated g	0.202		0	PAK	1		0.057	0.916	0.172
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.069		0	PAK	1		0.020	0.313	0.059
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	PAK	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0		1		0.059	0.943	0.177
Threonine g	0.762		0		1		0.216	3.456	0.648
Isoleucine g	0.862		0		1		0.244	3.910	0.733
Leucine g	1.387		0		1		0.393	6.291	1.179
Lysine g	1.576		0		1		0.447	7.149	1.340
Methionine g	0.457		0		1		0.130	2.073	0.388
Cystine g	0.214		0		1		0.061	0.971	0.182
Phenylalanine g	0.725		0		1		0.206	3.289	0.616
Tyrosine g	0.599		0		1		0.170	2.717	0.509
Valine g	0.962		0		1		0.273	4.364	0.818
Arginine g	1.059		0		1		0.300	4.804	0.900
Histidine g	0.565		0		1		0.160	2.563	0.480
Alanine g	1.073		0		1		0.304	4.867	0.912
Aspartic acid g	1.570		0		1		0.445	7.122	1.335
Glutamic acid g	2.589		0		1		0.734	11.744	2.201
Glycine g	0.871		0		1		0.247	3.951	0.740
Proline g	0.748		0		1		0.212	3.393	0.636
Serine g	0.662		0		1		0.188	3.003	0.563
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17283

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked

Refuse: 32% Bone 22%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.75		0	PAK	1		150.45	54.19	
Energy....kcal	201		0	MC	9		474	171	
Energy....kJ	841				9		1985	715	
Protein (N x 6.25)....g	26.71		0	PAK	1		63.04	22.70	
Total lipid (fat)....g	9.63		0	PAK	1		22.73	8.19	
Ash....g	1.05		0	PAK	1		2.48	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		38	14	
Iron, Fe....mg	2.05		0	PAK	1		4.84	1.74	
Magnesium, Mg....mg	24		0	PAK	1		57	20	
Phosphorus, P....mg	207		0	PAK	1		489	176	
Potassium, K....mg	318		0	PAK	1		750	270	
Sodium, Na....mg	80		0	PAK	1		189	68	
Zinc, Zn....mg	5.14		0	PAK	1		12.13	4.37	
Copper, Cu....mg	0.153		0	PAK	1		0.361	0.130	
Manganese, Mn....mg	0.014		0	PAK	1		0.033	0.012	
Selenium, Se....mcg	11.0		0	BFYN	4		26.0	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.131		0	PAK	1		0.309	0.111	
Riboflavin....mg	0.360		0	PAK	1		0.850	0.306	
Niacin....mg	5.812		0	PAK	1		13.716	4.940	
Pantothenic acid....mg	0.876		0	PAK	1		2.067	0.745	
Vitamin B-6....mg	0.394		0	PAK	1		0.930	0.335	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		0	PAK	1		7.10	2.56	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.048		0	PAK	1		9.553	3.441	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.009		0	PAK	1		0.021	0.008	
12:0....g	0.023		0	PAK	1		0.054	0.020	
13:0....g									
14:0....g	0.303		0	PAK	1		0.715	0.258	
15:0....g	0.044		0	PAK	1		0.104	0.037	
16:0....g	2.031		0	PAK	1		4.793	1.726	
17:0....g	0.119		0	PAK	1		0.281	0.101	
18:0....g	1.501		0	PAK	1		3.542	1.276	

NDB No. 17283

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.018		0	PAK	1		0.042	0.015	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.857		0	PAK	1		9.103	3.278	
14:1 ... g	0.014		0	PAK	1		0.033	0.012	
15:1 ... g									
16:1 undifferentiated ... g	0.174		0	PAK	1		0.411	0.148	
17:1 ... g									
18:1 undifferentiated ... g	3.567		0	PAK	1		8.418	3.032	
20:1 ... g	0.030		0	PAK	1		0.071	0.026	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.418		0	PAK	1		0.986	0.355	
18:2 undifferentiated ... g	0.249		0	PAK	1		0.588	0.212	
18:3 undifferentiated ... g	0.116		0	PAK	1		0.274	0.099	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		0	PAK	1		0.090	0.032	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	87		0	PAK	1		205	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.312		0		1		0.736	0.265	
Threonine ... g	1.141		0		1		2.693	0.970	
Isoleucine ... g	1.291		0		1		3.047	1.097	
Leucine ... g	2.077		0		1		4.902	1.765	
Lysine ... g	2.359		0		1		5.567	2.005	
Methionine ... g	0.684		0		1		1.614	0.581	
Cystine ... g	0.321		0		1		0.758	0.273	
Phenylalanine ... g	1.086		0		1		2.563	0.923	
Tyrosine ... g	0.898		0		1		2.119	0.763	
Valine ... g	1.440		0		1		3.398	1.224	
Arginine ... g	1.586		0		1		3.743	1.348	
Histidine ... g	0.846		0		1		1.997	0.719	
Alanine ... g	1.607		0		1		3.793	1.366	
Aspartic acid ... g	2.351		0		1		5.548	1.998	
Glutamic acid ... g	3.877		0		1		9.150	3.295	
Glycine ... g	1.304		0		1		3.077	1.108	
Proline ... g	1.120		0		1		2.643	0.952	
Serine ... g	0.992		0		1		2.341	0.843	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17282

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw

Refuse: 34% Bone 20%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.22		0	PAK	1		20.76	332.13	62.24
Energy....kcal	142		0	MC	9		40	644	121
Energy....kJ	594				9		168	2695	505
Protein (N x 6.25)....g	20.25		0	PAK	1		5.74	91.85	17.21
Total lipid (fat)....g	6.18		0	PAK	1		1.75	28.03	5.25
Ash....g	0.99		0	PAK	1		0.28	4.49	0.84
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAK	1		3	54	10
Iron, Fe....mg	1.59		0	PAK	1		0.45	7.21	1.35
Magnesium, Mg....mg	22		0	PAK	1		6	100	19
Phosphorus, P....mg	188		0	PAK	1		53	853	160
Potassium, K....mg	320		0	PAK	1		91	1452	272
Sodium, Na....mg	83		0	PAK	1		24	376	71
Zinc, Zn....mg	4.21		0	PAK	1		1.19	19.10	3.58
Copper, Cu....mg	0.165		0	PAK	1		0.047	0.748	0.140
Manganese, Mn....mg	0.013		0	PAK	1		0.004	0.059	0.011
Selenium, Se....mcg	8.6		0	BFNN	4		2.4	39.0	7.3
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.149		0	PAK	1		0.042	0.676	0.127
Riboflavin....mg	0.293		0	PAK	1		0.083	1.329	0.249
Niacin....mg	5.595		0	PAK	1		1.586	25.379	4.756
Pantothenic acid....mg	0.618		0	PAK	1		0.175	2.803	0.525
Vitamin B-6....mg	0.386		0	PAK	1		0.109	1.751	0.328
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.77		0	PAK	1		0.79	12.56	2.35
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.540		0	PAK	1		0.720	11.521	2.159
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.006		0	PAK	1		0.002	0.027	0.005
12:0....g	0.013		0	PAK	1		0.004	0.059	0.011
13:0....g									
14:0....g	0.188		0	PAK	1		0.053	0.853	0.160
15:0....g	0.027		0	PAK	1		0.008	0.122	0.023
16:0....g	1.297		0	PAK	1		0.368	5.883	1.102
17:0....g	0.071		0	PAK	1		0.020	0.322	0.060
18:0....g	0.929		0	PAK	1		0.263	4.214	0.790

NDB No. 17282

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.008		0	PAK	1		0.002	0.036	0.007
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.530		0	PAK	1		0.717	11.476	2.151
14:1 ... g	0.007		0	PAK	1		0.002	0.032	0.006
15:1 ... g									
16:1 undifferentiated ... g	0.116		0	PAK	1		0.033	0.526	0.099
17:1 ... g									
18:1 undifferentiated ... g	2.338		0	PAK	1		0.663	10.605	1.987
20:1 ... g	0.024		0	PAK	1		0.007	0.109	0.020
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.276		0	PAK	1		0.078	1.252	0.235
18:2 undifferentiated ... g	0.167		0	PAK	1		0.047	0.758	0.142
18:3 undifferentiated ... g	0.078		0	PAK	1		0.022	0.354	0.066
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	PAK	1		0.008	0.132	0.025
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0	PAK	1		18	290	54
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.236		0		1		0.067	1.070	0.201
Threonine ... g	0.865		0		1		0.245	3.924	0.735
Isoleucine ... g	0.978		0		1		0.277	4.436	0.831
Leucine ... g	1.574		0		1		0.446	7.140	1.338
Lysine ... g	1.788		0		1		0.507	8.110	1.520
Methionine ... g	0.518		0		1		0.147	2.350	0.440
Cystine ... g	0.243		0		1		0.069	1.102	0.207
Phenylalanine ... g	0.823		0		1		0.233	3.733	0.700
Tyrosine ... g	0.680		0		1		0.193	3.084	0.578
Valine ... g	1.092		0		1		0.310	4.953	0.928
Arginine ... g	1.202		0		1		0.341	5.452	1.022
Histidine ... g	0.641		0		1		0.182	2.908	0.545
Alanine ... g	1.218		0		1		0.345	5.525	1.035
Aspartic acid ... g	1.782		0		1		0.505	8.083	1.515
Glutamic acid ... g	2.938		0		1		0.833	13.327	2.497
Glycine ... g	0.988		0		1		0.280	4.482	0.840
Proline ... g	0.849		0		1		0.241	3.851	0.722
Serine ... g	0.752		0		1		0.213	3.411	0.639
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17287

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 45% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.47		0	PAK	1		127.59	51.40	
Energy....kcal	236		0	MC	9		498	201	
Energy....kJ	987				9		2083	839	
Protein (N x 6.25)....g	24.78		0	PAK	1		52.29	21.06	
Total lipid (fat)....g	14.44		0	PAK	1		30.47	12.27	
Ash....g	0.78		0	PAK	1		1.65	0.66	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		34	14	
Iron, Fe....mg	1.79		0	PAK	1		3.78	1.52	
Magnesium, Mg....mg	21		0	PAK	1		44	18	
Phosphorus, P....mg	167		0	PAK	1		352	142	
Potassium, K....mg	244		0	PAK	1		515	207	
Sodium, Na....mg	93		0	PAK	1		196	79	
Zinc, Zn....mg	6.96		0	PAK	1		14.69	5.92	
Copper, Cu....mg	0.116		0	PAK	1		0.245	0.099	
Manganese, Mn....mg	0.011		0	PAK	1		0.023	0.009	
Selenium, Se....mcg	8.3		0	PAK	1		17.5	7.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.086		0	PAK	1		0.181	0.073	
Riboflavin....mg	0.262		0	PAK	1		0.553	0.223	
Niacin....mg	5.013		0	PAK	1		10.577	4.261	
Pantothenic acid....mg	0.618		0	PAK	1		1.304	0.525	
Vitamin B-6....mg	0.244		0	PAK	1		0.515	0.207	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.00		0	PAK	1		6.33	2.55	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.794		0	MC	9		14.335	5.775	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.045		0	PAK	1		0.095	0.038	
13:0....g									
14:0....g	0.562		0	PAK	1		1.186	0.478	
15:0....g	0.088		0	PAK	1		0.186	0.075	
16:0....g	3.186		0	PAK	1		6.722	2.708	
17:0....g	0.219		0	PAK	1		0.462	0.186	
18:0....g	2.694		0	PAK	1		5.684	2.290	

NDB No. 17287

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.959		0	MC	9		12.573	5.065	
14:1....g	0.027		0	PAK	1		0.057	0.023	
15:1....g									
16:1 undifferentiated....g	0.289		0	PAK	1		0.610	0.246	
17:1....g									
18:1 undifferentiated....g	5.474		0	PAK	1		11.550	4.653	
20:1....g	0.055		0	PAK	1		0.116	0.047	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.601		0	MC	9		1.268	0.511	
18:2 undifferentiated....g	0.375		0	PAK	1		0.791	0.319	
18:3 undifferentiated....g	0.178		0	PAK	1		0.376	0.151	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAK	1		0.084	0.034	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	91		0	PAK	1		192	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0		1		0.610	0.246	
Threonine....g	1.058		0		1		2.232	0.899	
Isoleucine....g	1.197		0		1		2.526	1.017	
Leucine....g	1.927		0		1		4.066	1.638	
Lysine....g	2.188		0		1		4.617	1.860	
Methionine....g	0.634		0		1		1.338	0.539	
Cystine....g	0.297		0		1		0.627	0.252	
Phenylalanine....g	1.007		0		1		2.125	0.856	
Tyrosine....g	0.832		0		1		1.756	0.707	
Valine....g	1.336		0		1		2.819	1.136	
Arginine....g	1.471		0		1		3.104	1.250	
Histidine....g	0.785		0		1		1.656	0.667	
Alanine....g	1.491		0		1		3.146	1.267	
Aspartic acid....g	2.180		0		1		4.600	1.853	
Glutamic acid....g	3.595		0		1		7.585	3.056	
Glycine....g	1.209		0		1		2.551	1.028	
Proline....g	1.039		0		1		2.192	0.883	
Serine....g	0.920		0		1		1.941	0.782	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 211g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17286

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 42% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.31		0	PAK	1		19.37	309.85	58.06
Energy....kcal	195		0	MC	9		55	885	166
Energy....kJ	816				9		231	3701	693
Protein (N x 6.25)....g	18.85		0	PAK	1		5.34	85.50	16.02
Total lipid (fat)....g	12.68		0	PAK	1		3.59	57.52	10.78
Ash....g	0.85		0	PAK	1		0.24	3.86	0.72
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAK	1		3	54	10
Iron, Fe....mg	1.38		0	PAK	1		0.39	6.26	1.17
Magnesium, Mg....mg	19		0	PAK	1		5	86	16
Phosphorus, P....mg	158		0	PAK	1		45	717	134
Potassium, K....mg	270		0	PAK	1		77	1225	230
Sodium, Na....mg	96		0	PAK	1		27	435	82
Zinc, Zn....mg	5.40		0	PAK	1		1.53	24.49	4.59
Copper, Cu....mg	0.092		0	PAK	1		0.026	0.417	0.078
Manganese, Mn....mg	0.009		0	PAK	1		0.003	0.041	0.008
Selenium, Se....mcg	7.2		0	PAK	1		2.0	32.7	6.1
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.094		0	PAK	1		0.027	0.426	0.080
Riboflavin....mg	0.219		0	PAK	1		0.062	0.993	0.186
Niacin....mg	5.265		0	PAK	1		1.493	23.882	4.475
Pantothenic acid....mg	0.623		0	PAK	1		0.177	2.826	0.530
Vitamin B-6....mg	0.264		0	PAK	1		0.075	1.198	0.224
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.48		0	PAK	1		0.70	11.25	2.11
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.981		0	MC	9		1.696	27.130	5.084
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.022		0	PAK	1		0.006	0.100	0.019
12:0....g	0.039		0	PAK	1		0.011	0.177	0.033
13:0....g									
14:0....g	0.489		0	PAK	1		0.139	2.218	0.416
15:0....g	0.077		0	PAK	1		0.022	0.349	0.065
16:0....g	2.844		0	PAK	1		0.806	12.900	2.417
17:0....g	0.188		0	PAK	1		0.053	0.853	0.160
18:0....g	2.298		0	PAK	1		0.651	10.424	1.953

NDB No. 17286

Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.024		0	PAK	1		0.007	0.109	0.020
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.293		0	MC	9		1.501	24.009	4.499
14:1 ... g	0.022		0	PAK	1		0.006	0.100	0.019
15:1 ... g									
16:1 undifferentiated ... g	0.258		0	PAK	1		0.073	1.170	0.219
17:1 ... g									
18:1 undifferentiated ... g	4.870		0	PAK	1		1.381	22.090	4.140
20:1 ... g	0.045		0	PAK	1		0.013	0.204	0.038
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.596		0	MC	9		0.169	2.703	0.507
18:2 undifferentiated ... g	0.349		0	PAK	1		0.099	1.583	0.297
18:3 undifferentiated ... g	0.159		0	PAK	1		0.045	0.721	0.135
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.063		0	PAK	1		0.018	0.286	0.054
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0	PAK	1		19	304	57
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.220		0		1		0.062	0.998	0.187
Threonine ... g	0.805		0		1		0.228	3.651	0.684
Isoleucine ... g	0.911		0		1		0.258	4.132	0.774
Leucine ... g	1.466		0		1		0.416	6.650	1.246
Lysine ... g	1.665		0		1		0.472	7.552	1.415
Methionine ... g	0.482		0		1		0.137	2.186	0.410
Cystine ... g	0.226		0		1		0.064	1.025	0.192
Phenylalanine ... g	0.766		0		1		0.217	3.475	0.651
Tyrosine ... g	0.633		0		1		0.179	2.871	0.538
Valine ... g	1.016		0		1		0.288	4.609	0.864
Arginine ... g	1.119		0		1		0.317	5.076	0.951
Histidine ... g	0.597		0		1		0.169	2.708	0.507
Alanine ... g	1.134		0		1		0.321	5.144	0.964
Aspartic acid ... g	1.659		0		1		0.470	7.525	1.410
Glutamic acid ... g	2.735		0		1		0.775	12.406	2.325
Glycine ... g	0.920		0		1		0.261	4.173	0.782
Proline ... g	0.790		0		1		0.224	3.583	0.672
Serine ... g	0.700		0		1		0.198	3.175	0.595
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17289

Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised

Refuse: 53% Bone 45%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.93	0.809	3	A	1		120.47	56.89	
Energy....kcal	165		0	MC	9		297	140	
Energy....kJ	690				9		1243	587	
Protein (N x 6.25)....g	27.50	0.503	3	A	1		49.50	23.38	
Total lipid (fat)....g	5.22	0.464	3	A	1		9.40	4.44	
Ash....g	0.83	0.067	3	A	1		1.49	0.71	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.838	3	A	1		25	12	
Iron, Fe....mg	1.91	0.034	3	A	1		3.44	1.62	
Magnesium, Mg....mg	22	0.240	3	A	1		40	19	
Phosphorus, P....mg	177	4.667	3	A	1		319	150	
Potassium, K....mg	255	9.528	3	A	1		459	217	
Sodium, Na....mg	100	4.583	3	A	1		180	85	
Zinc, Zn....mg	7.93	0.049	3	A	1		14.27	6.74	
Copper, Cu....mg	0.125	0.006	3	A	1		0.225	0.106	
Manganese, Mn....mg	0.011	0.001	3	A	1		0.020	0.009	
Selenium, Se....mcg	9.0		2	A	1		16.2	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090	0.006	3	A	1		0.162	0.077	
Riboflavin....mg	0.283	0.085	3	A	1		0.509	0.241	
Niacin....mg	5.390	0.429	3	A	1		9.702	4.582	
Pantothenic acid....mg	0.657	0.027	3	A	1		1.183	0.558	
Vitamin B-6....mg	0.257	0.031	3	A	1		0.463	0.218	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.20	0.270	3	A	1		5.76	2.72	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.884	1.400	3	A	1		3.391	1.601	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.011		2	A	1		0.020	0.009	
13:0....g									
14:0....g	0.145	0.167	3	A	1		0.261	0.123	
15:0....g	0.021	0.033	3	A	1		0.038	0.018	
16:0....g	1.025	0.100	3	A	1		1.845	0.871	
17:0....g	0.052	0.067	3	A	1		0.094	0.044	
18:0....g	0.628	1.081	3	A	1		1.130	0.534	

NDB No. 17289

Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.338	1.301	3	A	1		4.208	1.987	
14:1....g	0.009		2	A	1		0.016	0.008	
15:1....g									
16:1 undifferentiated....g	0.123	0.176	3	A	1		0.221	0.105	
17:1....g									
18:1 undifferentiated....g	2.135	0.561	3	A	1		3.843	1.815	
20:1....g	0.020		2	A	1		0.036	0.017	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.294	0.577	3	A	1		0.529	0.250	
18:2 undifferentiated....g	0.172	0.145	3	A	1		0.310	0.146	
18:3 undifferentiated....g	0.076	0.058	3	A	1		0.137	0.065	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036	0.100	3	A	1		0.065	0.031	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92	4.271	3	A	1		166	78	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0		1		0.578	0.273	
Threonine....g	1.175		0		1		2.115	0.999	
Isoleucine....g	1.329		0		1		2.392	1.130	
Leucine....g	2.138		0		1		3.848	1.817	
Lysine....g	2.429		0		1		4.372	2.065	
Methionine....g	0.704		0		1		1.267	0.598	
Cystine....g	0.330		0		1		0.594	0.281	
Phenylalanine....g	1.118		0		1		2.012	0.950	
Tyrosine....g	0.924		0		1		1.663	0.785	
Valine....g	1.483		0		1		2.669	1.261	
Arginine....g	1.632		0		1		2.938	1.387	
Histidine....g	0.871		0		1		1.568	0.740	
Alanine....g	1.654		0		1		2.977	1.406	
Aspartic acid....g	2.420		0		1		4.356	2.057	
Glutamic acid....g	3.991		0		1		7.184	3.392	
Glycine....g	1.342		0		1		2.416	1.141	
Proline....g	1.153		0		1		2.075	0.980	
Serine....g	1.021		0		1		1.838	0.868	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17288

Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw

Refuse: 50% Bone 42%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.13	0.273	3	A	1		21.30	340.79	63.86
Energy....kcal	123		0	MC	9		35	558	105
Energy....kJ	515				9		146	2334	437
Protein (N x 6.25)....g	20.83	0.145	3	A	1		5.91	94.48	17.71
Total lipid (fat)....g	3.81	0.263	3	A	1		1.08	17.28	3.24
Ash....g	0.93	0.067	3	A	1		0.26	4.22	0.79
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	2.217	3	A	1		3	50	9
Iron, Fe....mg	1.50	0.037	3	A	1		0.43	6.80	1.28
Magnesium, Mg....mg	20	0.120	3	A	1		6	91	17
Phosphorus, P....mg	171	6.119	3	A	1		48	776	145
Potassium, K....mg	295	4.372	3	A	1		84	1338	251
Sodium, Na....mg	106	7.034	3	A	1		30	481	90
Zinc, Zn....mg	6.08	0.032	3	A	1		1.72	27.58	5.17
Copper, Cu....mg	0.099	0.012	3	A	1		0.028	0.449	0.084
Manganese, Mn....mg	0.010		2	A	1		0.003	0.045	0.009
Selenium, Se....mcg	8.0		2	A	1		2.3	36.3	6.8
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100	0.006	3	A	1		0.028	0.454	0.085
Riboflavin....mg	0.237	0.019	3	A	1		0.067	1.075	0.201
Niacin....mg	5.820	0.494	3	A	1		1.650	26.400	4.947
Pantothenic acid....mg	0.680	0.029	3	A	1		0.193	3.084	0.578
Vitamin B-6....mg	0.288	0.015	3	A	1		0.082	1.306	0.245
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.71	0.233	3	A	1		0.77	12.29	2.30
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.344	0.322	3	A	1		0.381	6.096	1.142
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.003		1	A	1		0.001	0.014	0.003
12:0....g	0.008	0.033	3	A	1		0.002	0.036	0.007
13:0....g									
14:0....g	0.102	0.200	3	A	1		0.029	0.463	0.087
15:0....g	0.015	0.033	3	A	1		0.004	0.068	0.013
16:0....g	0.735	0.433	3	A	1		0.208	3.334	0.625
17:0....g	0.038	0.033	3	A	1		0.011	0.172	0.032
18:0....g	0.436	0.702	3	A	1		0.124	1.978	0.371

NDB No. 17288

Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.007		2	A	1		0.002	0.032	0.006
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.712	0.755	3	A	1		0.485	7.766	1.455
14:1 g	0.007		2	A	1		0.002	0.032	0.006
15:1 g									
16:1 undifferentiated g	0.088	0.208	3	A	1		0.025	0.399	0.075
17:1 g									
18:1 undifferentiated g	1.570	0.379	3	A	1		0.445	7.122	1.335
20:1 g	0.013		1	A	1		0.004	0.059	0.011
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.241	0.500	3	A	1		0.068	1.093	0.205
18:2 undifferentiated g	0.143	0.219	3	A	1		0.041	0.649	0.122
18:3 undifferentiated g	0.058	0.067	3	A	1		0.016	0.263	0.049
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032	0.033	3	A	1		0.009	0.145	0.027
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	0.809	3	A	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.243		0		1		0.069	1.102	0.207
Threonine g	0.890		0		1		0.252	4.037	0.757
Isoleucine g	1.007		0		1		0.285	4.568	0.856
Leucine g	1.620		0		1		0.459	7.348	1.377
Lysine g	1.840		0		1		0.522	8.346	1.564
Methionine g	0.533		0		1		0.151	2.418	0.453
Cystine g	0.250		0		1		0.071	1.134	0.213
Phenylalanine g	0.847		0		1		0.240	3.842	0.720
Tyrosine g	0.700		0		1		0.198	3.175	0.595
Valine g	1.123		0		1		0.318	5.094	0.955
Arginine g	1.237		0		1		0.351	5.611	1.051
Histidine g	0.660		0		1		0.187	2.994	0.561
Alanine g	1.253		0		1		0.355	5.684	1.065
Aspartic acid g	1.833		0		1		0.520	8.314	1.558
Glutamic acid g	3.023		0		1		0.857	13.712	2.570
Glycine g	1.017		0		1		0.288	4.613	0.864
Proline g	0.873		0		1		0.247	3.960	0.742
Serine g	0.773		0		1		0.219	3.506	0.657
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17307

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 7% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.99		0	PAK	1		52.69		
Energy	kcal	215		0	MC	9		183		
Energy	kJ	900				9		765		
Protein (N x 6.25)	g	25.54		0	PAK	1		21.71		
Total lipid (fat)	g	11.78		0	PAK	1		10.01		
Ash	g	1.03		0	PAK	1		0.88		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	PAK	1		12		
Iron, Fe	mg	2.38		0	PAK	1		2.02		
Magnesium, Mg	mg	25		0	PAK	1		21		
Phosphorus, P	mg	228		0	PAK	1		194		
Potassium, K	mg	342		0	PAK	1		291		
Sodium, Na	mg	65		0	PAK	1		55		
Zinc, Zn	mg	4.95		0	PAK	1		4.21		
Copper, Cu	mg	0.165		0	PAK	1		0.140		
Manganese, Mn	mg	0.015		0	PAK	1		0.013		
Selenium, Se	mcg	13.5		0	BFYN	4		11.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.130		0	PAK	1		0.111		
Riboflavin	mg	0.400		0	PAK	1		0.340		
Niacin	mg	5.527		0	PAK	1		4.698		
Pantothenic acid	mg	0.949		0	PAK	1		0.807		
Vitamin B-6	mg	0.440		0	PAK	1		0.374		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.10		0	PAK	1		2.64		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.320		0	MC	9		4.522		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.016		0	PAK	1		0.014		
12:0	g	0.037		0	PAK	1		0.031		
13:0	g									
14:0	g	0.431		0	PAK	1		0.366		
15:0	g	0.065		0	PAK	1		0.055		
16:0	g	2.565		0	PAK	1		2.180		
17:0	g	0.163		0	PAK	1		0.139		
18:0	g	2.032		0	PAK	1		1.727		

NDB No. 17307

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.015		0	PAK	1		0.013		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.755		0	MC	9		4.042		
14:1 ... g	0.015		0	PAK	1		0.013		
15:1 ... g									
16:1 undifferentiated ... g	0.225		0	PAK	1		0.191		
17:1 ... g									
18:1 undifferentiated ... g	4.386		0	PAK	1		3.728		
20:1 ... g	0.036		0	PAK	1		0.031		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.526		0	MC	9		0.447		
18:2 undifferentiated ... g	0.320		0	PAK	1		0.272		
18:3 undifferentiated ... g	0.153		0	PAK	1		0.130		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.043		0	PAK	1		0.037		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0	PAK	1		72		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.298		0		1		0.253		
Threonine ... g	1.091		0		1		0.927		
Isoleucine ... g	1.234		0		1		1.049		
Leucine ... g	1.986		0		1		1.688		
Lysine ... g	2.255		0		1		1.917		
Methionine ... g	0.654		0		1		0.556		
Cystine ... g	0.306		0		1		0.260		
Phenylalanine ... g	1.038		0		1		0.882		
Tyrosine ... g	0.858		0		1		0.729		
Valine ... g	1.377		0		1		1.170		
Arginine ... g	1.516		0		1		1.289		
Histidine ... g	0.809		0		1		0.688		
Alanine ... g	1.536		0		1		1.306		
Aspartic acid ... g	2.247		0		1		1.910		
Glutamic acid ... g	3.706		0		1		3.150		
Glycine ... g	1.246		0		1		1.059		
Proline ... g	1.071		0		1		0.910		
Serine ... g	0.948		0		1		0.806		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17306

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 6% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.46		0	PAK	1		19.41		
Energy	kcal	195		0	MC	9		55		
Energy	kJ	816				9		231		
Protein (N x 6.25)	g	19.17		0	PAK	1		5.43		
Total lipid (fat)	g	12.56		0	PAK	1		3.56		
Ash	g	0.98		0	PAK	1		0.28		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAK	1		3		
Iron, Fe	mg	1.81		0	PAK	1		0.51		
Magnesium, Mg	mg	23		0	PAK	1		7		
Phosphorus, P	mg	199		0	PAK	1		56		
Potassium, K	mg	318		0	PAK	1		90		
Sodium, Na	mg	61		0	PAK	1		17		
Zinc, Zn	mg	3.32		0	PAK	1		0.94		
Copper, Cu	mg	0.144		0	PAK	1		0.041		
Manganese, Mn	mg	0.015		0	PAK	1		0.004		
Selenium, Se	mcg	7.4		0	PAK	1		2.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.145		0	PAK	1		0.041		
Riboflavin	mg	0.298		0	PAK	1		0.084		
Niacin	mg	5.167		0	PAK	1		1.465		
Pantothenic acid	mg	0.502		0	PAK	1		0.142		
Vitamin B-6	mg	0.375		0	PAK	1		0.106		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.81		0	PAK	1		0.80		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.813		0	MC	9		1.648		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.022		0	PAK	1		0.006		
12:0	g	0.037		0	PAK	1		0.010		
13:0	g									
14:0	g	0.466		0	PAK	1		0.132		
15:0	g	0.069		0	PAK	1		0.020		
16:0	g	2.810		0	PAK	1		0.797		
17:0	g	0.175		0	PAK	1		0.050		
18:0	g	2.212		0	PAK	1		0.627		

NDB No. 17306

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.021		0	PAK	1		0.006		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.146		0	MC	9		1.459		
14:1 ... g	0.022		0	PAK	1		0.006		
15:1 ... g									
16:1 undifferentiated ... g	0.244		0	PAK	1		0.069		
17:1 ... g									
18:1 undifferentiated ... g	4.744		0	PAK	1		1.345		
20:1 ... g	0.044		0	PAK	1		0.012		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.591		0	MC	9		0.168		
18:2 undifferentiated ... g	0.342		0	PAK	1		0.097		
18:3 undifferentiated ... g	0.162		0	PAK	1		0.046		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.063		0	PAK	1		0.018		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	65		0	PAK	1		18		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.224		0		1		0.064		
Threonine ... g	0.819		0		1		0.232		
Isoleucine ... g	0.926		0		1		0.263		
Leucine ... g	1.490		0		1		0.422		
Lysine ... g	1.693		0		1		0.480		
Methionine ... g	0.491		0		1		0.139		
Cystine ... g	0.230		0		1		0.065		
Phenylalanine ... g	0.779		0		1		0.221		
Tyrosine ... g	0.644		0		1		0.183		
Valine ... g	1.033		0		1		0.293		
Arginine ... g	1.138		0		1		0.323		
Histidine ... g	0.607		0		1		0.172		
Alanine ... g	1.153		0		1		0.327		
Aspartic acid ... g	1.687		0		1		0.478		
Glutamic acid ... g	2.781		0		1		0.788		
Glycine ... g	0.935		0		1		0.265		
Proline ... g	0.803		0		1		0.228		
Serine ... g	0.711		0		1		0.202		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17309

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled

Refuse: 14% Bone 7%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.85	1.192	4	A	1		55.12		
Energy....kcal	183		0	MC	9		156		
Energy....kJ	766				9		651		
Protein (N x 6.25)....g	26.75	0.939	4	A	1		22.74		
Total lipid (fat)....g	7.68	0.601	4	A	1		6.53		
Ash....g	1.08	0.063	4	A	1		0.92		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.147	3	A	1		11		
Iron, Fe....mg	2.48	0.188	3	A	1		2.11		
Magnesium, Mg....mg	26	0.612	3	A	1		22		
Phosphorus, P....mg	237	5.457	3	A	1		201		
Potassium, K....mg	354	5.365	3	A	1		301		
Sodium, Na....mg	66	4.495	3	A	1		56		
Zinc, Zn....mg	5.21	0.248	3	A	1		4.43		
Copper, Cu....mg	0.173	0.018	3	A	1		0.147		
Manganese, Mn....mg	0.015	0.002	3	A	1		0.013		
Selenium, Se....mcg	14.2		0	BFYN	4		12.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.115		
Riboflavin....mg	0.420		2	A	1		0.357		
Niacin....mg	5.725		2	A	1		4.866		
Pantothenic acid....mg	0.990		2	A	1		0.842		
Vitamin B-6....mg	0.460		2	A	1		0.391		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.19		2	A	1		2.71		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.111	1.364	3	A	1		2.644		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.007		2	A	1		0.006		
12:0....g	0.022	0.033	3	A	1		0.019		
13:0....g									
14:0....g	0.245	0.265	3	A	1		0.208		
15:0....g	0.035	0.067	3	A	1		0.030		
16:0....g	1.602	1.035	3	A	1		1.362		
17:0....g	0.088	0.033	3	A	1		0.075		
18:0....g	1.106	1.586	3	A	1		0.940		

NDB No. 17309

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.007		1	A	1		0.006		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.129	0.896	3	A	1		2.660		
14:1 g	0.007		2	A	1		0.006		
15:1 g									
16:1 undifferentiated g	0.150	0.203	3	A	1		0.128		
17:1 g									
18:1 undifferentiated g	2.889	0.851	3	A	1		2.456		
20:1 g	0.020		1	A	1		0.017		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.390	0.603	3	A	1		0.332		
18:2 undifferentiated g	0.230	0.296	3	A	1		0.196		
18:3 undifferentiated g	0.108	0.145	3	A	1		0.092		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.042	0.120	3	A	1		0.036		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85	3.431	3	A	1		72		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0		1		0.265		
Threonine g	1.143		0		1		0.972		
Isoleucine g	1.293		0		1		1.099		
Leucine g	2.080		0		1		1.768		
Lysine g	2.363		0		1		2.009		
Methionine g	0.685		0		1		0.582		
Cystine g	0.321		0		1		0.273		
Phenylalanine g	1.087		0		1		0.924		
Tyrosine g	0.899		0		1		0.764		
Valine g	1.442		0		1		1.226		
Arginine g	1.588		0		1		1.350		
Histidine g	0.847		0		1		0.720		
Alanine g	1.609		0		1		1.368		
Aspartic acid g	2.354		0		1		2.001		
Glutamic acid g	3.882		0		1		3.300		
Glycine g	1.305		0		1		1.109		
Proline g	1.121		0		1		0.953		
Serine g	0.993		0		1		0.844		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17308

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw

Refuse: 16% Bone 6%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.45	0.519	4	A	1		20.82		
Energy....kcal	143		0	MC	9		41		
Energy....kJ	598				9		170		
Protein (N x 6.25)....g	20.65	0.378	4	A	1		5.85		
Total lipid (fat)....g	6.08	1.190	4	A	1		1.72		
Ash....g	1.05	0.087	4	A	1		0.30		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.558	3	A	1		3		
Iron, Fe....mg	1.94	0.158	3	A	1		0.55		
Magnesium, Mg....mg	25	0.404	3	A	1		7		
Phosphorus, P....mg	214	4.485	3	A	1		61		
Potassium, K....mg	342	4.667	3	A	1		97		
Sodium, Na....mg	64	4.590	3	A	1		18		
Zinc, Zn....mg	3.58	0.067	3	A	1		1.01		
Copper, Cu....mg	0.156	0.002	3	A	1		0.044		
Manganese, Mn....mg	0.016	0.002	3	A	1		0.005		
Selenium, Se....mcg	8.0		2	A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.155		2	A	1		0.044		
Riboflavin....mg	0.320		2	A	1		0.091		
Niacin....mg	5.560		2	A	1		1.576		
Pantothenic acid....mg	0.530		2	A	1		0.150		
Vitamin B-6....mg	0.406		2	A	1		0.115		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.413	1.617	3	A	1		0.684		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.008		2	A	1		0.002		
12:0....g	0.014	0.033	3	A	1		0.004		
13:0....g									
14:0....g	0.181	0.348	3	A	1		0.051		
15:0....g	0.023	0.033	3	A	1		0.007		
16:0....g	1.269	1.268	3	A	1		0.360		
17:0....g	0.065	0.033	3	A	1		0.018		
18:0....g	0.846	1.367	3	A	1		0.240		

NDB No. 17308

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.008		2	A	1		0.002		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.519	0.895	3	A	1		0.714		
14:1 g	0.010		2	A	1		0.003		
15:1 g									
16:1 undifferentiated g	0.119	0.203	3	A	1		0.034		
17:1 g									
18:1 undifferentiated g	2.324	0.895	3	A	1		0.659		
20:1 g	0.021		1	A	1		0.006		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.331	0.736	3	A	1		0.094		
18:2 undifferentiated g	0.192	0.371	3	A	1		0.054		
18:3 undifferentiated g	0.089	0.153	3	A	1		0.025		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040	0.120	3	A	1		0.011		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.212	3	A	1		18		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.241		0		1		0.068		
Threonine g	0.882		0		1		0.250		
Isoleucine g	0.998		0		1		0.283		
Leucine g	1.606		0		1		0.455		
Lysine g	1.824		0		1		0.517		
Methionine g	0.529		0		1		0.150		
Cystine g	0.248		0		1		0.070		
Phenylalanine g	0.839		0		1		0.238		
Tyrosine g	0.694		0		1		0.197		
Valine g	1.113		0		1		0.316		
Arginine g	1.226		0		1		0.348		
Histidine g	0.654		0		1		0.185		
Alanine g	1.242		0		1		0.352		
Aspartic acid g	1.817		0		1		0.515		
Glutamic acid g	2.997		0		1		0.850		
Glycine g	1.008		0		1		0.286		
Proline g	0.866		0		1		0.246		
Serine g	0.767		0		1		0.217		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17295

Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.82		0	PAK	1		168.47	51.70	
Energy....kcal	231		0	MC	9		640	196	
Energy....kJ	967				9		2677	822	
Protein (N x 6.25)....g	25.25		0	PAK	1		69.94	21.46	
Total lipid (fat)....g	13.69		0	PAK	1		37.92	11.64	
Ash....g	1.03		0	PAK	1		2.85	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		28	9	
Iron, Fe....mg	2.01		0	PAK	1		5.57	1.71	
Magnesium, Mg....mg	23		0	PAK	1		64	20	
Phosphorus, P....mg	203		0	PAK	1		562	173	
Potassium, K....mg	313		0	PAK	1		867	266	
Sodium, Na....mg	67		0	PAK	1		186	57	
Zinc, Zn....mg	4.49		0	PAK	1		12.44	3.82	
Copper, Cu....mg	0.138		0	PAK	1		0.382	0.117	
Manganese, Mn....mg	0.013		0	PAK	1		0.036	0.011	
Selenium, Se....mcg	10.6		0	BFYN	4		29.4	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.127		0	PAK	1		0.352	0.108	
Riboflavin....mg	0.390		0	PAK	1		1.080	0.332	
Niacin....mg	5.418		0	PAK	1		15.008	4.605	
Pantothenic acid....mg	0.926		0	PAK	1		2.565	0.787	
Vitamin B-6....mg	0.429		0	PAK	1		1.188	0.365	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.04		0	PAK	1		8.42	2.58	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.341		0	MC	9		17.565	5.390	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.036		0	PAK	1		0.100	0.031	
13:0....g									
14:0....g	0.503		0	PAK	1		1.393	0.428	
15:0....g	0.078		0	PAK	1		0.216	0.066	
16:0....g	3.023		0	PAK	1		8.374	2.570	
17:0....g	0.207		0	PAK	1		0.573	0.176	
18:0....g	2.494		0	PAK	1		6.908	2.120	

NDB No. 17295

Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.554		0	MC	9		15.385	4.721	
14:1....g	0.025		0	PAK	1		0.069	0.021	
15:1....g									
16:1 undifferentiated....g	0.256		0	PAK	1		0.709	0.218	
17:1....g									
18:1 undifferentiated....g	5.117		0	PAK	1		14.174	4.349	
20:1....g	0.050		0	PAK	1		0.139	0.043	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.563		0	MC	9		1.560	0.479	
18:2 undifferentiated....g	0.349		0	PAK	1		0.967	0.297	
18:3 undifferentiated....g	0.165		0	PAK	1		0.457	0.140	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0	PAK	1		0.105	0.032	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAK	1		230	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0		1		0.817	0.251	
Threonine....g	1.079		0		1		2.989	0.917	
Isoleucine....g	1.220		0		1		3.379	1.037	
Leucine....g	1.963		0		1		5.438	1.669	
Lysine....g	2.230		0		1		6.177	1.896	
Methionine....g	0.646		0		1		1.789	0.549	
Cystine....g	0.303		0		1		0.839	0.258	
Phenylalanine....g	1.026		0		1		2.842	0.872	
Tyrosine....g	0.848		0		1		2.349	0.721	
Valine....g	1.361		0		1		3.770	1.157	
Arginine....g	1.499		0		1		4.152	1.274	
Histidine....g	0.800		0		1		2.216	0.680	
Alanine....g	1.519		0		1		4.208	1.291	
Aspartic acid....g	2.222		0		1		6.155	1.889	
Glutamic acid....g	3.664		0		1		10.149	3.114	
Glycine....g	1.232		0		1		3.413	1.047	
Proline....g	1.058		0		1		2.931	0.899	
Serine....g	0.937		0		1		2.595	0.796	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 277g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17294

Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.64		0	PAK	1		19.18	306.82	57.49
Energy....kcal	201		0	MC	9		57	912	171
Energy....kJ	841				9		238	3815	715
Protein (N x 6.25)....g	18.59		0	PAK	1		5.27	84.32	15.80
Total lipid (fat)....g	13.48		0	PAK	1		3.82	61.15	11.46
Ash....g	0.98		0	PAK	1		0.28	4.45	0.83
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		3	41	8
Iron, Fe....mg	1.48		0	PAK	1		0.42	6.71	1.26
Magnesium, Mg....mg	20		0	PAK	1		6	91	17
Phosphorus, P....mg	176		0	PAK	1		50	798	150
Potassium, K....mg	301		0	PAK	1		85	1365	256
Sodium, Na....mg	75		0	PAK	1		21	340	64
Zinc, Zn....mg	4.04		0	PAK	1		1.15	18.33	3.43
Copper, Cu....mg	0.181		0	PAK	1		0.051	0.821	0.154
Manganese, Mn....mg	0.010		0	PAK	1		0.003	0.045	0.009
Selenium, Se....mcg	7.8		0	PIE	4		2.2	35.4	6.6
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.142		0	PAK	1		0.040	0.644	0.121
Riboflavin....mg	0.292		0	PAK	1		0.083	1.325	0.248
Niacin....mg	5.060		0	PAK	1		1.435	22.952	4.301
Pantothenic acid....mg	0.495		0	PAK	1		0.140	2.245	0.421
Vitamin B-6....mg	0.367		0	PAK	1		0.104	1.665	0.312
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.75		0	PAK	1		0.78	12.47	2.34
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.389		0	MC	9		1.811	28.981	5.431
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.022		0	PAK	1		0.006	0.100	0.019
12:0....g	0.041		0	PAK	1		0.012	0.186	0.035
13:0....g									
14:0....g	0.516		0	PAK	1		0.146	2.341	0.439
15:0....g	0.079		0	PAK	1		0.022	0.358	0.067
16:0....g	3.053		0	PAK	1		0.866	13.848	2.595
17:0....g	0.203		0	PAK	1		0.058	0.921	0.173
18:0....g	2.450		0	PAK	1		0.695	11.113	2.083

NDB No. 17294

Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.025		0	PAK	1		0.007	0.113	0.021
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.549		0	MC	9		1.573	25.170	4.717
14:1 g	0.023		0	PAK	1		0.007	0.104	0.020
15:1 g									
16:1 undifferentiated g	0.269		0	PAK	1		0.076	1.220	0.229
17:1 g									
18:1 undifferentiated g	5.109		0	PAK	1		1.448	23.174	4.343
20:1 g	0.048		0	PAK	1		0.014	0.218	0.041
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.570		0	MC	9		0.162	2.586	0.485
18:2 undifferentiated g	0.347		0	PAK	1		0.098	1.574	0.295
18:3 undifferentiated g	0.164		0	PAK	1		0.046	0.744	0.139
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.059		0	PAK	1		0.017	0.268	0.050
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	PAK	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.217		0		1		0.062	0.984	0.184
Threonine g	0.794		0		1		0.225	3.602	0.675
Isoleucine g	0.898		0		1		0.255	4.073	0.763
Leucine g	1.445		0		1		0.410	6.555	1.228
Lysine g	1.642		0		1		0.466	7.448	1.396
Methionine g	0.476		0		1		0.135	2.159	0.405
Cystine g	0.223		0		1		0.063	1.012	0.190
Phenylalanine g	0.755		0		1		0.214	3.425	0.642
Tyrosine g	0.625		0		1		0.177	2.835	0.531
Valine g	1.002		0		1		0.284	4.545	0.852
Arginine g	1.103		0		1		0.313	5.003	0.938
Histidine g	0.589		0		1		0.167	2.672	0.501
Alanine g	1.118		0		1		0.317	5.071	0.950
Aspartic acid g	1.636		0		1		0.464	7.421	1.391
Glutamic acid g	2.697		0		1		0.765	12.234	2.292
Glycine g	0.907		0		1		0.257	4.114	0.771
Proline g	0.779		0		1		0.221	3.534	0.662
Serine g	0.690		0		1		0.196	3.130	0.587
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17297

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted

Refuse: 29% Bone 20%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.30	0.720	4	A	1		160.64	55.51	
Energy....kcal	182		0	MC	9		448	155	
Energy....kJ	761				9		1873	647	
Protein (N x 6.25)....g	27.18	0.444	4	A	1		66.86	23.10	
Total lipid (fat)....g	7.27	0.480	4	A	1		17.88	6.18	
Ash....g	1.10	0.041	4	A	1		2.71	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2	A	1		20	7	
Iron, Fe....mg	2.13		2	A	1		5.24	1.81	
Magnesium, Mg....mg	25		2	A	1		62	21	
Phosphorus, P....mg	213		2	A	1		524	181	
Potassium, K....mg	329		2	A	1		809	280	
Sodium, Na....mg	69		2	A	1		170	59	
Zinc, Zn....mg	4.86		2	A	1		11.96	4.13	
Copper, Cu....mg	0.147		2	A	1		0.362	0.125	
Manganese, Mn....mg	0.014		2	A	1		0.034	0.012	
Selenium, Se....mcg	11.5		0	BFYN	4		28.3	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.332	0.115	
Riboflavin....mg	0.420		2	A	1		1.033	0.357	
Niacin....mg	5.725		2	A	1		14.084	4.866	
Pantothenic acid....mg	0.990		2	A	1		2.435	0.842	
Vitamin B-6....mg	0.460		2	A	1		1.132	0.391	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.19		2	A	1		7.85	2.71	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.918		2	A	1		7.178	2.480	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.013		2	A	1		0.032	0.011	
13:0....g									
14:0....g	0.210		2	A	1		0.517	0.179	
15:0....g	0.031		2	A	1		0.076	0.026	
16:0....g	1.522		2	A	1		3.744	1.294	
17:0....g	0.091		2	A	1		0.224	0.077	
18:0....g	1.052		2	A	1		2.588	0.894	

NDB No. 17297

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.021		2	A	1		7.432	2.568	
14:1....g	0.013		1	A	1		0.032	0.011	
15:1....g									
16:1 undifferentiated....g	0.138		2	A	1		0.339	0.117	
17:1....g									
18:1 undifferentiated....g	2.783		2	A	1		6.846	2.366	
20:1....g	0.025		2	A	1		0.062	0.021	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		2	A	1		0.856	0.296	
18:2 undifferentiated....g	0.207		2	A	1		0.509	0.176	
18:3 undifferentiated....g	0.094		2	A	1		0.231	0.080	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		2	A	1		0.084	0.029	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	83		2	A	1		204	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0		1		0.780	0.269	
Threonine....g	1.161		0		1		2.856	0.987	
Isoleucine....g	1.313		0		1		3.230	1.116	
Leucine....g	2.113		0		1		5.198	1.796	
Lysine....g	2.400		0		1		5.904	2.040	
Methionine....g	0.696		0		1		1.712	0.592	
Cystine....g	0.326		0		1		0.802	0.277	
Phenylalanine....g	1.104		0		1		2.716	0.938	
Tyrosine....g	0.913		0		1		2.246	0.776	
Valine....g	1.465		0		1		3.604	1.245	
Arginine....g	1.613		0		1		3.968	1.371	
Histidine....g	0.861		0		1		2.118	0.732	
Alanine....g	1.635		0		1		4.022	1.390	
Aspartic acid....g	2.391		0		1		5.882	2.032	
Glutamic acid....g	3.944		0		1		9.702	3.352	
Glycine....g	1.326		0		1		3.262	1.127	
Proline....g	1.139		0		1		2.802	0.968	
Serine....g	1.009		0		1		2.482	0.858	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17296

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw

Refuse: 28% Bone 17%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.08	0.587	4	A	1		21.00	336.03	62.97
Energy....kcal	133		0	MC	9		38	603	113
Energy....kJ	556				9		158	2524	473
Protein (N x 6.25)....g	20.45	0.233	4	A	1		5.80	92.76	17.38
Total lipid (fat)....g	5.10	0.234	4	A	1		1.45	23.13	4.34
Ash....g	1.08	0.048	4	A	1		0.31	4.90	0.92
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2	A	1		2	32	6
Iron, Fe....mg	1.61		2	A	1		0.46	7.30	1.37
Magnesium, Mg....mg	22		2	A	1		6	100	19
Phosphorus, P....mg	191		2	A	1		54	866	162
Potassium, K....mg	329		2	A	1		93	1492	280
Sodium, Na....mg	81		2	A	1		23	367	69
Zinc, Zn....mg	4.50		2	A	1		1.28	20.41	3.83
Copper, Cu....mg	0.202		2	A	1		0.057	0.916	0.172
Manganese, Mn....mg	0.012		2	A	1		0.003	0.054	0.010
Selenium, Se....mcg	8.7		0	BFNN	4		2.5	39.5	7.4
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.155		2	A	1		0.044	0.703	0.132
Riboflavin....mg	0.320		2	A	1		0.091	1.452	0.272
Niacin....mg	5.560		2	A	1		1.576	25.220	4.726
Pantothenic acid....mg	0.530		2	A	1		0.150	2.404	0.451
Vitamin B-6....mg	0.406		2	A	1		0.115	1.842	0.345
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.008		2	A	1		0.569	9.108	1.707
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.004		1	A	1		0.001	0.018	0.003
12:0....g	0.011		2	A	1		0.003	0.050	0.009
13:0....g									
14:0....g	0.149		2	A	1		0.042	0.676	0.127
15:0....g	0.020		2	A	1		0.006	0.091	0.017
16:0....g	1.064		2	A	1		0.302	4.826	0.904
17:0....g	0.061		2	A	1		0.017	0.277	0.052
18:0....g	0.689		2	A	1		0.195	3.125	0.586

NDB No. 17296

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.009		1	A	1		0.003	0.041	0.008
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.157		2	A	1		0.612	9.784	1.833
14:1 ... g	0.009		1	A	1		0.003	0.041	0.008
15:1 ... g									
16:1 undifferentiated ... g	0.108		2	A	1		0.031	0.490	0.092
17:1 ... g									
18:1 undifferentiated ... g	1.984		2	A	1		0.562	8.999	1.686
20:1 ... g	0.018		1	A	1		0.005	0.082	0.015
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.246		2	A	1		0.070	1.116	0.209
18:2 undifferentiated ... g	0.149		2	A	1		0.042	0.676	0.127
18:3 undifferentiated ... g	0.068		2	A	1		0.019	0.308	0.058
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		2	A	1		0.008	0.132	0.025
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	64		2	A	1		18	290	54
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.239		0		1		0.068	1.084	0.203
Threonine ... g	0.874		0		1		0.248	3.964	0.743
Isoleucine ... g	0.988		0		1		0.280	4.482	0.840
Leucine ... g	1.590		0		1		0.451	7.212	1.352
Lysine ... g	1.806		0		1		0.512	8.192	1.535
Methionine ... g	0.524		0		1		0.149	2.377	0.445
Cystine ... g	0.245		0		1		0.069	1.111	0.208
Phenylalanine ... g	0.831		0		1		0.236	3.769	0.706
Tyrosine ... g	0.687		0		1		0.195	3.116	0.584
Valine ... g	1.103		0		1		0.313	5.003	0.938
Arginine ... g	1.214		0		1		0.344	5.507	1.032
Histidine ... g	0.648		0		1		0.184	2.939	0.551
Alanine ... g	1.230		0		1		0.349	5.579	1.046
Aspartic acid ... g	1.800		0		1		0.510	8.165	1.530
Glutamic acid ... g	2.968		0		1		0.841	13.463	2.523
Glycine ... g	0.998		0		1		0.283	4.527	0.848
Proline ... g	0.857		0		1		0.243	3.887	0.728
Serine ... g	0.759		0		1		0.215	3.443	0.645
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17303

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 1% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.95		0	PAK	1		50.96		
Energy....kcal	235		0	MC	9		200		
Energy....kJ	983				9		836		
Protein (N x 6.25)....g	25.75		0	PAK	1		21.89		
Total lipid (fat)....g	13.83		0	PAK	1		11.76		
Ash....g	0.99		0	PAK	1		0.84		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAK	1		12		
Iron, Fe....mg	2.34		0	PAK	1		1.99		
Magnesium, Mg....mg	25		0	PAK	1		21		
Phosphorus, P....mg	224		0	PAK	1		190		
Potassium, K....mg	336		0	PAK	1		286		
Sodium, Na....mg	64		0	PAK	1		54		
Zinc, Zn....mg	4.83		0	PAK	1		4.11		
Copper, Cu....mg	0.162		0	PAK	1		0.138		
Manganese, Mn....mg	0.015		0	PAK	1		0.013		
Selenium, Se....mcg	10.1		0	BFNN	4		8.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.128		0	PAK	1		0.109		
Riboflavin....mg	0.391		0	PAK	1		0.332		
Niacin....mg	5.433		0	PAK	1		4.618		
Pantothenic acid....mg	0.929		0	PAK	1		0.790		
Vitamin B-6....mg	0.430		0	PAK	1		0.366		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.05		0	PAK	1		2.59		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.414		0	MC	9		5.452		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.021		0	PAK	1		0.018		
12:0....g	0.044		0	PAK	1		0.037		
13:0....g									
14:0....g	0.523		0	PAK	1		0.445		
15:0....g	0.080		0	PAK	1		0.068		
16:0....g	3.042		0	PAK	1		2.586		
17:0....g	0.200		0	PAK	1		0.170		
18:0....g	2.485		0	PAK	1		2.112		

NDB No. 17303

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.019		0	PAK	1		0.016		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.567		0	MC	9		4.732		
14:1 ... g	0.019		0	PAK	1		0.016		
15:1 ... g									
16:1 undifferentiated ... g	0.263		0	PAK	1		0.224		
17:1 ... g									
18:1 undifferentiated ... g	5.134		0	PAK	1		4.364		
20:1 ... g	0.044		0	PAK	1		0.037		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.595		0	MC	9		0.506		
18:2 undifferentiated ... g	0.366		0	PAK	1		0.311		
18:3 undifferentiated ... g	0.175		0	PAK	1		0.149		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.045		0	PAK	1		0.038		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0	PAK	1		72		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.301		0		1		0.256		
Threonine ... g	1.100		0		1		0.935		
Isoleucine ... g	1.244		0		1		1.057		
Leucine ... g	2.002		0		1		1.702		
Lysine ... g	2.274		0		1		1.933		
Methionine ... g	0.659		0		1		0.560		
Cystine ... g	0.309		0		1		0.263		
Phenylalanine ... g	1.046		0		1		0.889		
Tyrosine ... g	0.865		0		1		0.735		
Valine ... g	1.388		0		1		1.180		
Arginine ... g	1.528		0		1		1.299		
Histidine ... g	0.816		0		1		0.694		
Alanine ... g	1.549		0		1		1.317		
Aspartic acid ... g	2.266		0		1		1.926		
Glutamic acid ... g	3.737		0		1		3.176		
Glycine ... g	1.257		0		1		1.068		
Proline ... g	1.079		0		1		0.917		
Serine ... g	0.956		0		1		0.813		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17302

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.86		0	PAK	1		18.95		
Energy....kcal	208		0	MC	9		59		
Energy....kJ	870				9		247		
Protein (N x 6.25)....g	18.33		0	PAK	1		5.20		
Total lipid (fat)....g	14.38		0	PAK	1		4.08		
Ash....g	0.86		0	PAK	1		0.24		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAK	1		3		
Iron, Fe....mg	1.75		0	PAK	1		0.50		
Magnesium, Mg....mg	22		0	PAK	1		6		
Phosphorus, P....mg	192		0	PAK	1		54		
Potassium, K....mg	308		0	PAK	1		87		
Sodium, Na....mg	59		0	PAK	1		17		
Zinc, Zn....mg	3.21		0	PAK	1		0.91		
Copper, Cu....mg	0.139		0	PAK	1		0.039		
Manganese, Mn....mg	0.014		0	PAK	1		0.004		
Selenium, Se....mcg	7.1		0	PAK	1		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	PAK	1		0.040		
Riboflavin....mg	0.288		0	PAK	1		0.082		
Niacin....mg	4.996		0	PAK	1		1.416		
Pantothenic acid....mg	0.490		0	PAK	1		0.139		
Vitamin B-6....mg	0.362		0	PAK	1		0.103		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.72		0	PAK	1		0.77		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.898		0	MC	9		1.956		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.026		0	PAK	1		0.007		
12:0....g	0.045		0	PAK	1		0.013		
13:0....g									
14:0....g	0.561		0	PAK	1		0.159		
15:0....g	0.085		0	PAK	1		0.024		
16:0....g	3.273		0	PAK	1		0.928		
17:0....g	0.213		0	PAK	1		0.060		
18:0....g	2.669		0	PAK	1		0.757		

NDB No. 17302

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.025		0	PAK	1		0.007		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.878		0	MC	9		1.666		
14:1 ... g	0.025		0	PAK	1		0.007		
15:1 ... g									
16:1 undifferentiated ... g	0.279		0	PAK	1		0.079		
17:1 ... g									
18:1 undifferentiated ... g	5.417		0	PAK	1		1.536		
20:1 ... g	0.051		0	PAK	1		0.014		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.649		0	MC	9		0.184		
18:2 undifferentiated ... g	0.377		0	PAK	1		0.107		
18:3 undifferentiated ... g	0.179		0	PAK	1		0.051		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.066		0	PAK	1		0.019		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	PAK	1		19		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.214		0		1		0.061		
Threonine ... g	0.783		0		1		0.222		
Isoleucine ... g	0.886		0		1		0.251		
Leucine ... g	1.425		0		1		0.404		
Lysine ... g	1.619		0		1		0.459		
Methionine ... g	0.469		0		1		0.133		
Cystine ... g	0.220		0		1		0.062		
Phenylalanine ... g	0.745		0		1		0.211		
Tyrosine ... g	0.616		0		1		0.175		
Valine ... g	0.988		0		1		0.280		
Arginine ... g	1.088		0		1		0.308		
Histidine ... g	0.581		0		1		0.165		
Alanine ... g	1.103		0		1		0.313		
Aspartic acid ... g	1.613		0		1		0.457		
Glutamic acid ... g	2.660		0		1		0.754		
Glycine ... g	0.894		0		1		0.253		
Proline ... g	0.768		0		1		0.218		
Serine ... g	0.680		0		1		0.193		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17305

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled

Refuse: 11% Connective tissue 1%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.08	0.605	4	A	1		54.47		
Energy....kcal	188		0	MC	9		160		
Energy....kJ	787				9		669		
Protein (N x 6.25)....g	27.63	0.633	4	A	1		23.49		
Total lipid (fat)....g	7.80	0.564	4	A	1		6.63		
Ash....g	1.05	0.087	4	A	1		0.89		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.147	3	A	1		11		
Iron, Fe....mg	2.48	0.188	3	A	1		2.11		
Magnesium, Mg....mg	26	0.612	3	A	1		22		
Phosphorus, P....mg	237	5.457	3	A	1		201		
Potassium, K....mg	354	5.365	3	A	1		301		
Sodium, Na....mg	66	4.495	3	A	1		56		
Zinc, Zn....mg	5.21	0.248	3	A	1		4.43		
Copper, Cu....mg	0.173	0.018	3	A	1		0.147		
Manganese, Mn....mg	0.015	0.002	3	A	1		0.013		
Selenium, Se....mcg	10.8		0	BFNN	4		9.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.115		
Riboflavin....mg	0.420		2	A	1		0.357		
Niacin....mg	5.725		2	A	1		4.866		
Pantothenic acid....mg	0.990		2	A	1		0.842		
Vitamin B-6....mg	0.460		2	A	1		0.391		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.19		2	A	1		2.71		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.159	1.364	3	A	1		2.685		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.007		2	A	1		0.006		
12:0....g	0.022	0.033	3	A	1		0.019		
13:0....g									
14:0....g	0.248	0.265	3	A	1		0.211		
15:0....g	0.036	0.067	3	A	1		0.031		
16:0....g	1.626	1.035	3	A	1		1.382		
17:0....g	0.089	0.033	3	A	1		0.076		
18:0....g	1.123	1.586	3	A	1		0.955		

NDB No. 17305

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g	0.007		1	A	1		0.006		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.177	0.896	3	A	1		2.700		
14:1....g	0.007		2	A	1		0.006		
15:1....g									
16:1 undifferentiated....g	0.152	0.203	3	A	1		0.129		
17:1....g									
18:1 undifferentiated....g	2.933	0.851	3	A	1		2.493		
20:1....g	0.020		1	A	1		0.017		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.396	0.603	3	A	1		0.337		
18:2 undifferentiated....g	0.234	0.296	3	A	1		0.199		
18:3 undifferentiated....g	0.110	0.145	3	A	1		0.094		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043	0.120	3	A	1		0.037		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	85	3.431	3	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.275		
Threonine....g	1.180		0		1		1.003		
Isoleucine....g	1.335		0		1		1.135		
Leucine....g	2.148		0		1		1.826		
Lysine....g	2.440		0		1		2.074		
Methionine....g	0.707		0		1		0.601		
Cystine....g	0.332		0		1		0.282		
Phenylalanine....g	1.123		0		1		0.955		
Tyrosine....g	0.928		0		1		0.789		
Valine....g	1.490		0		1		1.267		
Arginine....g	1.640		0		1		1.394		
Histidine....g	0.875		0		1		0.744		
Alanine....g	1.662		0		1		1.413		
Aspartic acid....g	2.431		0		1		2.066		
Glutamic acid....g	4.009		0		1		3.408		
Glycine....g	1.348		0		1		1.146		
Proline....g	1.158		0		1		0.984		
Serine....g	1.025		0		1		0.871		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17304

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw

Refuse: 17% Connective tissue 2%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.13	0.685	4	A	1		21.02		
Energy....kcal	132		0	MC	9		37		
Energy....kJ	552				9		157		
Protein (N x 6.25)....g	20.43	0.193	4	A	1		5.79		
Total lipid (fat)....g	4.91	0.573	4	A	1		1.39		
Ash....g	0.95	0.050	4	A	1		0.27		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.558	3	A	1		3		
Iron, Fe....mg	1.94	0.158	3	A	1		0.55		
Magnesium, Mg....mg	25	0.404	3	A	1		7		
Phosphorus, P....mg	214	4.485	3	A	1		61		
Potassium, K....mg	342	4.667	3	A	1		97		
Sodium, Na....mg	64	4.590	3	A	1		18		
Zinc, Zn....mg	3.58	0.067	3	A	1		1.01		
Copper, Cu....mg	0.156	0.002	3	A	1		0.044		
Manganese, Mn....mg	0.016	0.002	3	A	1		0.005		
Selenium, Se....mcg	8.0		2	A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.155		2	A	1		0.044		
Riboflavin....mg	0.320		2	A	1		0.091		
Niacin....mg	5.560		2	A	1		1.576		
Pantothenic acid....mg	0.530		2	A	1		0.150		
Vitamin B-6....mg	0.406		2	A	1		0.115		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.948	1.617	3	A	1		0.552		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.006		2	A	1		0.002		
12:0....g	0.011	0.033	3	A	1		0.003		
13:0....g									
14:0....g	0.146	0.348	3	A	1		0.041		
15:0....g	0.018	0.033	3	A	1		0.005		
16:0....g	1.025	1.268	3	A	1		0.291		
17:0....g	0.052	0.033	3	A	1		0.015		
18:0....g	0.683	1.367	3	A	1		0.194		

NDB No. 17304

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.006		2	A	1		0.002		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.034	0.895	3	A	1		0.577		
14:1 g	0.008		2	A	1		0.002		
15:1 g									
16:1 undifferentiated g	0.096	0.203	3	A	1		0.027		
17:1 g									
18:1 undifferentiated g	1.877	0.895	3	A	1		0.532		
20:1 g	0.017		1	A	1		0.005		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.267	0.736	3	A	1		0.076		
18:2 undifferentiated g	0.155	0.371	3	A	1		0.044		
18:3 undifferentiated g	0.072	0.153	3	A	1		0.020		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032	0.120	3	A	1		0.009		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.212	3	A	1		18		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0		1		0.068		
Threonine g	0.873		0		1		0.247		
Isoleucine g	0.987		0		1		0.280		
Leucine g	1.588		0		1		0.450		
Lysine g	1.804		0		1		0.511		
Methionine g	0.523		0		1		0.148		
Cystine g	0.245		0		1		0.069		
Phenylalanine g	0.830		0		1		0.235		
Tyrosine g	0.686		0		1		0.194		
Valine g	1.101		0		1		0.312		
Arginine g	1.212		0		1		0.344		
Histidine g	0.647		0		1		0.183		
Alanine g	1.229		0		1		0.348		
Aspartic acid g	1.797		0		1		0.509		
Glutamic acid g	2.964		0		1		0.840		
Glycine g	0.997		0		1		0.283		
Proline g	0.856		0		1		0.243		
Serine g	0.758		0		1		0.215		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17299

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.20		0	PAK	1		171.97	47.77	
Energy....kcal	281		0	MC	9		860	239	
Energy....kJ	1176				9		3598	999	
Protein (N x 6.25)....g	24.88		0	PAK	1		76.13	21.15	
Total lipid (fat)....g	19.38		0	PAK	1		59.30	16.47	
Ash....g	0.96		0	PAK	1		2.94	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAK	1		46	13	
Iron, Fe....mg	2.06		0	PAK	1		6.30	1.75	
Magnesium, Mg....mg	23		0	PAK	1		70	20	
Phosphorus, P....mg	199		0	PAK	1		609	169	
Potassium, K....mg	297		0	PAK	1		909	252	
Sodium, Na....mg	78		0	PAK	1		239	66	
Zinc, Zn....mg	4.24		0	PAK	1		12.97	3.60	
Copper, Cu....mg	0.173		0	PAK	1		0.529	0.147	
Manganese, Mn....mg	0.016		0	PAK	1		0.049	0.014	
Selenium, Se....mcg	11.7		0	BFYN	4		35.8	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.124		0	PAK	1		0.379	0.105	
Riboflavin....mg	0.376		0	PAK	1		1.151	0.320	
Niacin....mg	5.281		0	PAK	1		16.160	4.489	
Pantothenic acid....mg	0.898		0	PAK	1		2.748	0.763	
Vitamin B-6....mg	0.415		0	PAK	1		1.270	0.353	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.98		0	PAK	1		9.12	2.53	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.245		0	MC	9		28.290	7.858	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.035		0	PAK	1		0.107	0.030	
12:0....g	0.056		0	PAK	1		0.171	0.048	
13:0....g									
14:0....g	0.742		0	PAK	1		2.271	0.631	
15:0....g	0.111		0	PAK	1		0.340	0.094	
16:0....g	4.279		0	PAK	1		13.094	3.637	
17:0....g	0.298		0	PAK	1		0.912	0.253	
18:0....g	3.689		0	PAK	1		11.288	3.136	

NDB No. 17299

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.035		0	PAK	1		0.107	0.030	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.658		0	MC	9		23.433	6.509	
14:1 ... g	0.031		0	PAK	1		0.095	0.026	
15:1 ... g									
16:1 undifferentiated ... g	0.350		0	PAK	1		1.071	0.298	
17:1 ... g									
18:1 undifferentiated ... g	7.066		0	PAK	1		21.622	6.006	
20:1 ... g	0.071		0	PAK	1		0.217	0.060	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.771		0	MC	9		2.359	0.655	
18:2 undifferentiated ... g	0.482		0	PAK	1		1.475	0.410	
18:3 undifferentiated ... g	0.229		0	PAK	1		0.701	0.195	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.045		0	PAK	1		0.138	0.038	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	102		0	PAK	1		312	87	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.291		0		1		0.890	0.247	
Threonine ... g	1.063		0		1		3.253	0.904	
Isoleucine ... g	1.202		0		1		3.678	1.022	
Leucine ... g	1.935		0		1		5.921	1.645	
Lysine ... g	2.197		0		1		6.723	1.867	
Methionine ... g	0.637		0		1		1.949	0.541	
Cystine ... g	0.299		0		1		0.915	0.254	
Phenylalanine ... g	1.011		0		1		3.094	0.859	
Tyrosine ... g	0.836		0		1		2.558	0.711	
Valine ... g	1.341		0		1		4.103	1.140	
Arginine ... g	1.477		0		1		4.520	1.255	
Histidine ... g	0.788		0		1		2.411	0.670	
Alanine ... g	1.497		0		1		4.581	1.272	
Aspartic acid ... g	2.189		0		1		6.698	1.861	
Glutamic acid ... g	3.610		0		1		11.047	3.069	
Glycine ... g	1.214		0		1		3.715	1.032	
Proline ... g	1.043		0		1		3.192	0.887	
Serine ... g	0.923		0		1		2.824	0.785	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17298

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 2% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.63		0	PAK	1		17.76	284.09	53.24
Energy....kcal	254		0	MC	9		72	1152	216
Energy....kJ	1063				9		301	4821	903
Protein (N x 6.25)....g	17.25		0	PAK	1		4.89	78.25	14.66
Total lipid (fat)....g	20.00		0	PAK	1		5.67	90.72	17.00
Ash....g	0.87		0	PAK	1		0.25	3.95	0.74
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAK	1		3	54	10
Iron, Fe....mg	1.50		0	PAK	1		0.43	6.80	1.28
Magnesium, Mg....mg	20		0	PAK	1		6	91	17
Phosphorus, P....mg	167		0	PAK	1		47	758	142
Potassium, K....mg	279		0	PAK	1		79	1266	237
Sodium, Na....mg	70		0	PAK	1		20	318	60
Zinc, Zn....mg	2.95		0	PAK	1		0.84	13.38	2.51
Copper, Cu....mg	0.148		0	PAK	1		0.042	0.671	0.126
Manganese, Mn....mg	0.013		0	PAK	1		0.004	0.059	0.011
Selenium, Se....mcg	8.0		0	PIE	4		2.3	36.3	6.8
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.133		0	PAK	1		0.038	0.603	0.113
Riboflavin....mg	0.272		0	PAK	1		0.077	1.234	0.231
Niacin....mg	4.695		0	PAK	1		1.331	21.297	3.991
Pantothenic acid....mg	0.469		0	PAK	1		0.133	2.127	0.399
Vitamin B-6....mg	0.339		0	PAK	1		0.096	1.538	0.288
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.57		0	PAK	1		0.73	11.66	2.18
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.754		0	MC	9		2.765	44.244	8.291
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.062		0	PAK	1		0.018	0.281	0.053
13:0....g									
14:0....g	0.794		0	PAK	1		0.225	3.602	0.675
15:0....g	0.126		0	PAK	1		0.036	0.572	0.107
16:0....g	4.596		0	PAK	1		1.303	20.847	3.907
17:0....g	0.311		0	PAK	1		0.088	1.411	0.264
18:0....g	3.865		0	PAK	1		1.096	17.532	3.285

NDB No. 17298

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.101		0	MC	9		2.297	36.746	6.886
14:1 g									
15:1 g									
16:1 undifferentiated g	0.389		0	PAK	1		0.110	1.765	0.331
17:1 g									
18:1 undifferentiated g	7.489		0	PAK	1		2.123	33.970	6.366
20:1 g	0.075		0	PAK	1		0.021	0.340	0.064
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.823		0	MC	9		0.233	3.733	0.700
18:2 undifferentiated g	0.501		0	PAK	1		0.142	2.273	0.426
18:3 undifferentiated g	0.240		0	PAK	1		0.068	1.089	0.204
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.082		0	PAK	1		0.023	0.372	0.070
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	PAK	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0		1		0.057	0.912	0.171
Threonine g	0.737		0		1		0.209	3.343	0.626
Isoleucine g	0.833		0		1		0.236	3.778	0.708
Leucine g	1.341		0		1		0.380	6.083	1.140
Lysine g	1.523		0		1		0.432	6.908	1.295
Methionine g	0.442		0		1		0.125	2.005	0.376
Cystine g	0.207		0		1		0.059	0.939	0.176
Phenylalanine g	0.701		0		1		0.199	3.180	0.596
Tyrosine g	0.579		0		1		0.164	2.626	0.492
Valine g	0.930		0		1		0.264	4.218	0.791
Arginine g	1.024		0		1		0.290	4.645	0.870
Histidine g	0.546		0		1		0.155	2.477	0.464
Alanine g	1.038		0		1		0.294	4.708	0.882
Aspartic acid g	1.518		0		1		0.430	6.886	1.290
Glutamic acid g	2.503		0		1		0.710	11.354	2.128
Glycine g	0.842		0		1		0.239	3.819	0.716
Proline g	0.723		0		1		0.205	3.280	0.615
Serine g	0.640		0		1		0.181	2.903	0.544
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17301

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted

Refuse: 17% Connective tissue 2%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.18	0.472	4	A	1		161.05	52.85	
Energy....kcal	215		0	MC	9		557	183	
Energy....kJ	900				9		2330	765	
Protein (N x 6.25)....g	27.75	0.210	4	A	1		71.87	23.59	
Total lipid (fat)....g	10.65	0.693	4	A	1		27.58	9.05	
Ash....g	1.05	0.029	4	A	1		2.72	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		2	A	1		34	11	
Iron, Fe....mg	2.24		2	A	1		5.80	1.90	
Magnesium, Mg....mg	25		2	A	1		65	21	
Phosphorus, P....mg	214		2	A	1		554	182	
Potassium, K....mg	318		2	A	1		824	270	
Sodium, Na....mg	83		2	A	1		215	71	
Zinc, Zn....mg	4.76		2	A	1		12.33	4.05	
Copper, Cu....mg	0.194		2	A	1		0.502	0.165	
Manganese, Mn....mg	0.017		2	A	1		0.044	0.014	
Selenium, Se....mcg	13.0		0	BFYN	4		33.7	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.350	0.115	
Riboflavin....mg	0.420		2	A	1		1.088	0.357	
Niacin....mg	5.725		2	A	1		14.828	4.866	
Pantothenic acid....mg	0.990		2	A	1		2.564	0.842	
Vitamin B-6....mg	0.460		2	A	1		1.191	0.391	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.19		2	A	1		8.26	2.71	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.508		2	A	1		11.676	3.832	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.014		2	A	1		0.036	0.012	
12:0....g	0.023		2	A	1		0.060	0.020	
13:0....g									
14:0....g	0.339		2	A	1		0.878	0.288	
15:0....g	0.046		2	A	1		0.119	0.039	
16:0....g	2.220		2	A	1		5.750	1.887	
17:0....g	0.138		2	A	1		0.357	0.117	
18:0....g	1.711		2	A	1		4.431	1.454	

NDB No. 17301

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.018		2	A	1		0.047	0.015	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.182		2	A	1		10.831	3.555	
14:1 ... g	0.014		2	A	1		0.036	0.012	
15:1 ... g									
16:1 undifferentiated ... g	0.188		2	A	1		0.487	0.160	
17:1 ... g									
18:1 undifferentiated ... g	3.866		2	A	1		10.013	3.286	
20:1 ... g	0.037		2	A	1		0.096	0.031	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.482		2	A	1		1.248	0.410	
18:2 undifferentiated ... g	0.289		2	A	1		0.749	0.246	
18:3 undifferentiated ... g	0.133		2	A	1		0.344	0.113	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.041		2	A	1		0.106	0.035	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	105		2	A	1		272	89	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.324		0		1		0.839	0.275	
Threonine ... g	1.185		0		1		3.069	1.007	
Isoleucine ... g	1.341		0		1		3.473	1.140	
Leucine ... g	2.158		0		1		5.589	1.834	
Lysine ... g	2.451		0		1		6.348	2.083	
Methionine ... g	0.710		0		1		1.839	0.604	
Cystine ... g	0.333		0		1		0.862	0.283	
Phenylalanine ... g	1.128		0		1		2.922	0.959	
Tyrosine ... g	0.932		0		1		2.414	0.792	
Valine ... g	1.496		0		1		3.875	1.272	
Arginine ... g	1.647		0		1		4.266	1.400	
Histidine ... g	0.879		0		1		2.277	0.747	
Alanine ... g	1.669		0		1		4.323	1.419	
Aspartic acid ... g	2.442		0		1		6.325	2.076	
Glutamic acid ... g	4.027		0		1		10.430	3.423	
Glycine ... g	1.354		0		1		3.507	1.151	
Proline ... g	1.163		0		1		3.012	0.989	
Serine ... g	1.030		0		1		2.668	0.876	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17300

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw

Refuse: 24% Connective tissue 2%, separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.68	0.538	4	A	1		20.89	334.21	62.63
Energy....kcal	138		0	MC	9		39	626	117
Energy....kJ	577				9		164	2619	491
Protein (N x 6.25)....g	20.48	0.210	4	A	1		5.81	92.90	17.41
Total lipid (fat)....g	5.64	0.368	4	A	1		1.60	25.58	4.79
Ash....g	1.03	0.025	4	A	1		0.29	4.67	0.88
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2	A	1		3	45	9
Iron, Fe....mg	1.75		2	A	1		0.50	7.94	1.49
Magnesium, Mg....mg	23		2	A	1		7	104	20
Phosphorus, P....mg	195		2	A	1		55	885	166
Potassium, K....mg	328		2	A	1		93	1488	279
Sodium, Na....mg	80		2	A	1		23	363	68
Zinc, Zn....mg	3.50		2	A	1		0.99	15.88	2.98
Copper, Cu....mg	0.179		2	A	1		0.051	0.812	0.152
Manganese, Mn....mg	0.017		2	A	1		0.005	0.077	0.014
Selenium, Se....mcg	9.8		0	BFNN	4		2.8	44.5	8.3
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.155		2	A	1		0.044	0.703	0.132
Riboflavin....mg	0.320		2	A	1		0.091	1.452	0.272
Niacin....mg	5.560		2	A	1		1.576	25.220	4.726
Pantothenic acid....mg	0.530		2	A	1		0.150	2.404	0.451
Vitamin B-6....mg	0.406		2	A	1		0.115	1.842	0.345
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.308		2	A	1		0.654	10.469	1.962
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		2	A	1		0.003	0.045	0.009
13:0....g									
14:0....g	0.163		2	A	1		0.046	0.739	0.139
15:0....g	0.024		2	A	1		0.007	0.109	0.020
16:0....g	1.184		2	A	1		0.336	5.371	1.006
17:0....g	0.068		2	A	1		0.019	0.308	0.058
18:0....g	0.859		2	A	1		0.244	3.896	0.730

NDB No. 17300

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.293		2	A	1		0.650	10.401	1.949
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.112		2	A	1		0.032	0.508	0.095
17:1 ... g									
18:1 undifferentiated ... g	2.114		2	A	1		0.599	9.589	1.797
20:1 ... g	0.024		1	A	1		0.007	0.109	0.020
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.267		2	A	1		0.076	1.211	0.227
18:2 undifferentiated ... g	0.163		2	A	1		0.046	0.739	0.139
18:3 undifferentiated ... g	0.075		2	A	1		0.021	0.340	0.064
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		2	A	1		0.008	0.132	0.025
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	63		2	A	1		18	286	54
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.239		0		1		0.068	1.084	0.203
Threonine ... g	0.875		0		1		0.248	3.969	0.744
Isoleucine ... g	0.989		0		1		0.280	4.486	0.841
Leucine ... g	1.592		0		1		0.451	7.221	1.353
Lysine ... g	1.808		0		1		0.513	8.201	1.537
Methionine ... g	0.524		0		1		0.149	2.377	0.445
Cystine ... g	0.246		0		1		0.070	1.116	0.209
Phenylalanine ... g	0.832		0		1		0.236	3.774	0.707
Tyrosine ... g	0.688		0		1		0.195	3.121	0.585
Valine ... g	1.104		0		1		0.313	5.008	0.938
Arginine ... g	1.215		0		1		0.344	5.511	1.033
Histidine ... g	0.649		0		1		0.184	2.944	0.552
Alanine ... g	1.232		0		1		0.349	5.588	1.047
Aspartic acid ... g	1.802		0		1		0.511	8.174	1.532
Glutamic acid ... g	2.971		0		1		0.842	13.476	2.525
Glycine ... g	0.999		0		1		0.283	4.531	0.849
Proline ... g	0.858		0		1		0.243	3.892	0.729
Serine ... g	0.760		0		1		0.215	3.447	0.646
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17291

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 16% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.65		0	PAK	1		169.41	50.70	
Energy....kcal	244		0	MC	9		693	207	
Energy....kJ	1021				9		2899	868	
Protein (N x 6.25)....g	25.16		0	PAK	1		71.45	21.39	
Total lipid (fat)....g	15.13		0	PAK	1		42.97	12.86	
Ash....g	1.01		0	PAK	1		2.87	0.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAK	1		31	9	
Iron, Fe....mg	2.03		0	PAK	1		5.77	1.73	
Magnesium, Mg....mg	23		0	PAK	1		65	20	
Phosphorus, P....mg	202		0	PAK	1		574	172	
Potassium, K....mg	309		0	PAK	1		878	263	
Sodium, Na....mg	70		0	PAK	1		199	60	
Zinc, Zn....mg	4.43		0	PAK	1		12.58	3.77	
Copper, Cu....mg	0.147		0	PAK	1		0.417	0.125	
Manganese, Mn....mg	0.014		0	PAK	1		0.040	0.012	
Selenium, Se....mcg	5.7		0	BFYN	4		16.2	4.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.126		0	PAK	1		0.358	0.107	
Riboflavin....mg	0.386		0	PAK	1		1.096	0.328	
Niacin....mg	5.383		0	PAK	1		15.288	4.576	
Pantothenic acid....mg	0.919		0	PAK	1		2.610	0.781	
Vitamin B-6....mg	0.425		0	PAK	1		1.207	0.361	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.03		0	PAK	1		8.61	2.58	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.091		0	MC	9		20.138	6.027	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.018		0	PAK	1		0.051	0.015	
12:0....g	0.041		0	PAK	1		0.116	0.035	
13:0....g									
14:0....g	0.563		0	PAK	1		1.599	0.479	
15:0....g	0.087		0	PAK	1		0.247	0.074	
16:0....g	3.341		0	PAK	1		9.488	2.840	
17:0....g	0.230		0	PAK	1		0.653	0.196	
18:0....g	2.796		0	PAK	1		7.941	2.377	

NDB No. 17291

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.015		0	PAK	1		0.043	0.013	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.087		0	MC	9		17.287	5.174	
14:1 ... g	0.027		0	PAK	1		0.077	0.023	
15:1 ... g									
16:1 undifferentiated ... g	0.279		0	PAK	1		0.792	0.237	
17:1 ... g									
18:1 undifferentiated ... g	5.610		0	PAK	1		15.932	4.769	
20:1 ... g	0.055		0	PAK	1		0.156	0.047	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.615		0	MC	9		1.747	0.523	
18:2 undifferentiated ... g	0.382		0	PAK	1		1.085	0.325	
18:3 undifferentiated ... g	0.181		0	PAK	1		0.514	0.154	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.039		0	PAK	1		0.111	0.033	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	88		0	PAK	1		250	75	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.294		0		1		0.835	0.250	
Threonine ... g	1.075		0		1		3.053	0.914	
Isoleucine ... g	1.216		0		1		3.453	1.034	
Leucine ... g	1.956		0		1		5.555	1.663	
Lysine ... g	2.222		0		1		6.310	1.889	
Methionine ... g	0.644		0		1		1.829	0.547	
Cystine ... g	0.302		0		1		0.858	0.257	
Phenylalanine ... g	1.022		0		1		2.902	0.869	
Tyrosine ... g	0.845		0		1		2.400	0.718	
Valine ... g	1.356		0		1		3.851	1.153	
Arginine ... g	1.493		0		1		4.240	1.269	
Histidine ... g	0.797		0		1		2.263	0.677	
Alanine ... g	1.513		0		1		4.297	1.286	
Aspartic acid ... g	2.214		0		1		6.288	1.882	
Glutamic acid ... g	3.651		0		1		10.369	3.103	
Glycine ... g	1.228		0		1		3.488	1.044	
Proline ... g	1.055		0		1		2.996	0.897	
Serine ... g	0.934		0		1		2.653	0.794	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 284g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17290

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 14% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.33		0	PAK	1		18.80	300.87	56.38
Energy....kcal	215		0	MC	9		61	975	183
Energy....kJ	900				9		255	4080	765
Protein (N x 6.25)....g	18.24		0	PAK	1		5.17	82.74	15.50
Total lipid (fat)....g	15.19		0	PAK	1		4.31	68.90	12.91
Ash....g	0.95		0	PAK	1		0.27	4.31	0.81
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		3	45	9
Iron, Fe....mg	1.48		0	PAK	1		0.42	6.71	1.26
Magnesium, Mg....mg	20		0	PAK	1		6	91	17
Phosphorus, P....mg	173		0	PAK	1		49	785	147
Potassium, K....mg	295		0	PAK	1		84	1338	251
Sodium, Na....mg	73		0	PAK	1		21	331	62
Zinc, Zn....mg	3.75		0	PAK	1		1.06	17.01	3.19
Copper, Cu....mg	0.173		0	PAK	1		0.049	0.785	0.147
Manganese, Mn....mg	0.011		0	PAK	1		0.003	0.050	0.009
Selenium, Se....mcg	4.2		0	PIE	4		1.2	19.1	3.6
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		0	PAK	1		0.040	0.635	0.119
Riboflavin....mg	0.287		0	PAK	1		0.081	1.302	0.244
Niacin....mg	4.964		0	PAK	1		1.407	22.517	4.219
Pantothenic acid....mg	0.488		0	PAK	1		0.138	2.214	0.415
Vitamin B-6....mg	0.359		0	PAK	1		0.102	1.628	0.305
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.70		0	PAK	1		0.77	12.25	2.30
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.288		0	MC	9		2.066	33.058	6.195
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.025		0	PAK	1		0.007	0.113	0.021
12:0....g	0.047		0	PAK	1		0.013	0.213	0.040
13:0....g									
14:0....g	0.589		0	PAK	1		0.167	2.672	0.501
15:0....g	0.091		0	PAK	1		0.026	0.413	0.077
16:0....g	3.458		0	PAK	1		0.980	15.685	2.939
17:0....g	0.231		0	PAK	1		0.065	1.048	0.196
18:0....g	2.821		0	PAK	1		0.800	12.796	2.398

NDB No. 17290

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.026		0	PAK	1		0.007	0.118	0.022
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.226		0	MC	9		1.765	28.241	5.292
14:1 ... g	0.024		0	PAK	1		0.007	0.109	0.020
15:1 ... g									
16:1 undifferentiated ... g	0.300		0	PAK	1		0.085	1.361	0.255
17:1 ... g									
18:1 undifferentiated ... g	5.734		0	PAK	1		1.626	26.009	4.874
20:1 ... g	0.055		0	PAK	1		0.016	0.249	0.047
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.657		0	MC	9		0.186	2.980	0.558
18:2 undifferentiated ... g	0.387		0	PAK	1		0.110	1.755	0.329
18:3 undifferentiated ... g	0.184		0	PAK	1		0.052	0.835	0.156
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.065		0	PAK	1		0.018	0.295	0.055
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	PAK	1		19	299	56
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.213		0		1		0.060	0.966	0.181
Threonine ... g	0.779		0		1		0.221	3.534	0.662
Isoleucine ... g	0.881		0		1		0.250	3.996	0.749
Leucine ... g	1.418		0		1		0.402	6.432	1.205
Lysine ... g	1.611		0		1		0.457	7.307	1.369
Methionine ... g	0.467		0		1		0.132	2.118	0.397
Cystine ... g	0.219		0		1		0.062	0.993	0.186
Phenylalanine ... g	0.741		0		1		0.210	3.361	0.630
Tyrosine ... g	0.613		0		1		0.174	2.781	0.521
Valine ... g	0.983		0		1		0.279	4.459	0.836
Arginine ... g	1.082		0		1		0.307	4.908	0.920
Histidine ... g	0.578		0		1		0.164	2.622	0.491
Alanine ... g	1.097		0		1		0.311	4.976	0.932
Aspartic acid ... g	1.605		0		1		0.455	7.280	1.364
Glutamic acid ... g	2.646		0		1		0.750	12.002	2.249
Glycine ... g	0.890		0		1		0.252	4.037	0.757
Proline ... g	0.764		0		1		0.217	3.466	0.649
Serine ... g	0.677		0		1		0.192	3.071	0.575
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17293

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted

Refuse: 26% Bone 16%, separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.54		0	PAK	1		162.00	54.86	
Energy....kcal	190		0	MC	9		477	162	
Energy....kJ	795				9		1995	676	
Protein (N x 6.25)....g	27.31		0	PAK	1		68.55	23.21	
Total lipid (fat)....g	8.10		0	PAK	1		20.33	6.89	
Ash....g	1.09		0	PAK	1		2.74	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		23	8	
Iron, Fe....mg	2.15		0	PAK	1		5.40	1.83	
Magnesium, Mg....mg	25		0	PAK	1		63	21	
Phosphorus, P....mg	214		0	PAK	1		537	182	
Potassium, K....mg	326		0	PAK	1		818	277	
Sodium, Na....mg	72		0	PAK	1		181	61	
Zinc, Zn....mg	4.83		0	PAK	1		12.12	4.11	
Copper, Cu....mg	0.158		0	PAK	1		0.397	0.134	
Manganese, Mn....mg	0.014		0	PAK	1		0.035	0.012	
Selenium, Se....mcg	5.9		0	BFYN	4		14.8	5.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		0	PAK	1		0.339	0.115	
Riboflavin....mg	0.420		0	PAK	1		1.054	0.357	
Niacin....mg	5.725		0	PAK	1		14.370	4.866	
Pantothenic acid....mg	0.990		0	PAK	1		2.485	0.842	
Vitamin B-6....mg	0.460		0	PAK	1		1.155	0.391	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.19		0	PAK	1		8.01	2.71	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.297		0	PAK	1		8.275	2.802	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.015		0	PAK	1		0.038	0.013	
13:0....g									
14:0....g	0.241		0	PAK	1		0.605	0.205	
15:0....g	0.035		0	PAK	1		0.088	0.030	
16:0....g	1.691		0	PAK	1		4.244	1.437	
17:0....g	0.102		0	PAK	1		0.256	0.087	
18:0....g	1.212		0	PAK	1		3.042	1.030	

NDB No. 17293

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.304		0	PAK	1		8.293	2.808	
14:1 ... g	0.013		0	PAK	1		0.033	0.011	
15:1 ... g									
16:1 undifferentiated ... g	0.150		0	PAK	1		0.377	0.128	
17:1 ... g									
18:1 undifferentiated ... g	3.047		0	PAK	1		7.648	2.590	
20:1 ... g	0.028		0	PAK	1		0.070	0.024	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.380		0	PAK	1		0.954	0.323	
18:2 undifferentiated ... g	0.227		0	PAK	1		0.570	0.193	
18:3 undifferentiated ... g	0.103		0	PAK	1		0.259	0.088	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		0	PAK	1		0.090	0.031	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	89		0	PAK	1		223	76	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.319		0		1		0.801	0.271	
Threonine ... g	1.167		0		1		2.929	0.992	
Isoleucine ... g	1.320		0		1		3.313	1.122	
Leucine ... g	2.124		0		1		5.331	1.805	
Lysine ... g	2.412		0		1		6.054	2.050	
Methionine ... g	0.699		0		1		1.754	0.594	
Cystine ... g	0.328		0		1		0.823	0.279	
Phenylalanine ... g	1.110		0		1		2.786	0.944	
Tyrosine ... g	0.918		0		1		2.304	0.780	
Valine ... g	1.473		0		1		3.697	1.252	
Arginine ... g	1.621		0		1		4.069	1.378	
Histidine ... g	0.865		0		1		2.171	0.735	
Alanine ... g	1.643		0		1		4.124	1.397	
Aspartic acid ... g	2.404		0		1		6.034	2.043	
Glutamic acid ... g	3.964		0		1		9.950	3.369	
Glycine ... g	1.333		0		1		3.346	1.133	
Proline ... g	1.145		0		1		2.874	0.973	
Serine ... g	1.014		0		1		2.545	0.862	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17292

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw

Refuse: 28% Bone 14%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.98		0	PAK	1		20.97	335.57	62.88
Energy....kcal	135		0	MC	9		38	612	115
Energy....kJ	565				9		160	2562	480
Protein (N x 6.25)....g	20.46		0	PAK	1		5.80	92.81	17.39
Total lipid (fat)....g	5.23		0	PAK	1		1.48	23.72	4.45
Ash....g	1.06		0	PAK	1		0.30	4.81	0.90
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		2	36	7
Iron, Fe....mg	1.64		0	PAK	1		0.46	7.44	1.39
Magnesium, Mg....mg	23		0	PAK	1		7	104	20
Phosphorus, P....mg	192		0	PAK	1		54	871	163
Potassium, K....mg	329		0	PAK	1		93	1492	280
Sodium, Na....mg	81		0	PAK	1		23	367	69
Zinc, Zn....mg	4.25		0	PAK	1		1.20	19.28	3.61
Copper, Cu....mg	0.196		0	PAK	1		0.056	0.889	0.167
Manganese, Mn....mg	0.013		0	PAK	1		0.004	0.059	0.011
Selenium, Se....mcg	4.6		0	BFNN	4		1.3	20.9	3.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.155		0	PAK	1		0.044	0.703	0.132
Riboflavin....mg	0.320		0	PAK	1		0.091	1.452	0.272
Niacin....mg	5.560		0	PAK	1		1.576	25.220	4.726
Pantothenic acid....mg	0.530		0	PAK	1		0.150	2.404	0.451
Vitamin B-6....mg	0.406		0	PAK	1		0.115	1.842	0.345
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		0	PAK	1		0.85	13.65	2.56
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.081		0	PAK	1		0.590	9.439	1.769
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.003		0	PAK	1		0.001	0.014	0.003
12:0....g	0.011		0	PAK	1		0.003	0.050	0.009
13:0....g									
14:0....g	0.152		0	PAK	1		0.043	0.689	0.129
15:0....g	0.021		0	PAK	1		0.006	0.095	0.018
16:0....g	1.093		0	PAK	1		0.310	4.958	0.929
17:0....g	0.063		0	PAK	1		0.018	0.286	0.054
18:0....g	0.730		0	PAK	1		0.207	3.311	0.621

NDB No. 17292

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.007		0	PAK	1		0.002	0.032	0.006
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.190		0	PAK	1		0.621	9.934	1.862
14:1 ... g	0.007		0	PAK	1		0.002	0.032	0.006
15:1 ... g									
16:1 undifferentiated ... g	0.109		0	PAK	1		0.031	0.494	0.093
17:1 ... g									
18:1 undifferentiated ... g	2.015		0	PAK	1		0.571	9.140	1.713
20:1 ... g	0.019		0	PAK	1		0.005	0.086	0.016
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.251		0	PAK	1		0.071	1.139	0.213
18:2 undifferentiated ... g	0.152		0	PAK	1		0.043	0.689	0.129
18:3 undifferentiated ... g	0.070		0	PAK	1		0.020	0.318	0.060
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0	PAK	1		0.008	0.132	0.025
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0	PAK	1		18	290	54
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.239		0		1		0.068	1.084	0.203
Threonine ... g	0.874		0		1		0.248	3.964	0.743
Isoleucine ... g	0.988		0		1		0.280	4.482	0.840
Leucine ... g	1.591		0		1		0.451	7.217	1.352
Lysine ... g	1.807		0		1		0.512	8.197	1.536
Methionine ... g	0.524		0		1		0.149	2.377	0.445
Cystine ... g	0.245		0		1		0.069	1.111	0.208
Phenylalanine ... g	0.831		0		1		0.236	3.769	0.706
Tyrosine ... g	0.687		0		1		0.195	3.116	0.584
Valine ... g	1.103		0		1		0.313	5.003	0.938
Arginine ... g	1.214		0		1		0.344	5.507	1.032
Histidine ... g	0.648		0		1		0.184	2.939	0.551
Alanine ... g	1.231		0		1		0.349	5.584	1.046
Aspartic acid ... g	1.800		0		1		0.510	8.165	1.530
Glutamic acid ... g	2.969		0		1		0.842	13.467	2.524
Glycine ... g	0.998		0		1		0.283	4.527	0.848
Proline ... g	0.858		0		1		0.243	3.892	0.729
Serine ... g	0.759		0		1		0.215	3.443	0.645
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17311

Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.00		0	PAK	1		52.70		
Energy....kcal	219		0	MC	9		186		
Energy....kJ	916				9		779		
Protein (N x 6.25)....g	25.49		0	PAK	1		21.67		
Total lipid (fat)....g	12.25		0	PAK	1		10.41		
Ash....g	1.03		0	PAK	1		0.88		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	PAK	1		18		
Iron, Fe....mg	2.12		0	PAK	1		1.80		
Magnesium, Mg....mg	25		0	PAK	1		21		
Phosphorus, P....mg	214		0	PAK	1		182		
Potassium, K....mg	331		0	PAK	1		281		
Sodium, Na....mg	78		0	PAK	1		66		
Zinc, Zn....mg	3.36		0	PAK	1		2.86		
Copper, Cu....mg	0.150		0	PAK	1		0.128		
Manganese, Mn....mg	0.013		0	PAK	1		0.011		
Selenium, Se....mcg	9.6		0	PAK	1		8.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.173		0	PAK	1		0.147		
Riboflavin....mg	0.322		0	PAK	1		0.274		
Niacin....mg	7.831		0	PAK	1		6.656		
Pantothenic acid....mg	0.813		0	PAK	1		0.691		
Vitamin B-6....mg	0.493		0	PAK	1		0.419		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.00		0	PAK	1		1.70		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.572		0	MC	9		4.736		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0	PAK	1		0.017		
12:0....g	0.034		0	PAK	1		0.029		
13:0....g									
14:0....g	0.434		0	PAK	1		0.369		
15:0....g	0.064		0	PAK	1		0.054		
16:0....g	2.709		0	PAK	1		2.303		
17:0....g	0.160		0	PAK	1		0.136		
18:0....g	2.136		0	PAK	1		1.816		

NDB No. 17311

Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.015		0	PAK	1		0.013		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.888		0	MC	9		4.155		
14:1 ... g	0.015		0	PAK	1		0.013		
15:1 ... g									
16:1 undifferentiated ... g	0.219		0	PAK	1		0.186		
17:1 ... g									
18:1 undifferentiated ... g	4.531		0	PAK	1		3.851		
20:1 ... g	0.039		0	PAK	1		0.033		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.486		0	MC	9		0.413		
18:2 undifferentiated ... g	0.303		0	PAK	1		0.258		
18:3 undifferentiated ... g	0.146		0	PAK	1		0.124		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037		0	PAK	1		0.031		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	82		0	PAK	1		70		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.298		0		1		0.253		
Threonine ... g	1.089		0		1		0.926		
Isoleucine ... g	1.232		0		1		1.047		
Leucine ... g	1.982		0		1		1.685		
Lysine ... g	2.252		0		1		1.914		
Methionine ... g	0.653		0		1		0.555		
Cystine ... g	0.306		0		1		0.260		
Phenylalanine ... g	1.036		0		1		0.881		
Tyrosine ... g	0.857		0		1		0.728		
Valine ... g	1.375		0		1		1.169		
Arginine ... g	1.513		0		1		1.286		
Histidine ... g	0.808		0		1		0.687		
Alanine ... g	1.534		0		1		1.304		
Aspartic acid ... g	2.244		0		1		1.907		
Glutamic acid ... g	3.700		0		1		3.145		
Glycine ... g	1.244		0		1		1.057		
Proline ... g	1.069		0		1		0.909		
Serine ... g	0.946		0		1		0.804		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17310

Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.80		0	PAK	1		18.94	56.78	
Energy....kcal	203		0	MC	9		58	173	
Energy....kJ	849				9		241	722	
Protein (N x 6.25)....g	19.32		0	PAK	1		5.48	16.42	
Total lipid (fat)....g	13.38		0	PAK	1		3.79	11.37	
Ash....g	0.88		0	PAK	1		0.25	0.75	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAK	1		4	13	
Iron, Fe....mg	1.66		0	PAK	1		0.47	1.41	
Magnesium, Mg....mg	22		0	PAK	1		6	19	
Phosphorus, P....mg	185		0	PAK	1		52	157	
Potassium, K....mg	302		0	PAK	1		86	257	
Sodium, Na....mg	70		0	PAK	1		20	60	
Zinc, Zn....mg	2.50		0	PAK	1		0.71	2.13	
Copper, Cu....mg	0.130		0	PAK	1		0.037	0.111	
Manganese, Mn....mg	0.013		0	PAK	1		0.004	0.011	
Selenium, Se....mcg	8.2		0	PAK	1		2.3	7.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.169		0	PAK	1		0.048	0.144	
Riboflavin....mg	0.290		0	PAK	1		0.082	0.247	
Niacin....mg	6.652		0	PAK	1		1.886	5.654	
Pantothenic acid....mg	0.615		0	PAK	1		0.174	0.523	
Vitamin B-6....mg	0.445		0	PAK	1		0.126	0.378	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.76		0	PAK	1		0.50	1.50	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.401		0	MC	9		1.815	5.441	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.026		0	PAK	1		0.007	0.022	
12:0....g	0.041		0	PAK	1		0.012	0.035	
13:0....g									
14:0....g	0.512		0	PAK	1		0.145	0.435	
15:0....g	0.081		0	PAK	1		0.023	0.069	
16:0....g	3.036		0	PAK	1		0.861	2.581	
17:0....g	0.193		0	PAK	1		0.055	0.164	
18:0....g	2.493		0	PAK	1		0.707	2.119	

NDB No. 17310

Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.020		0	PAK	1		0.006	0.017	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.374		0	MC	9		1.524	4.568	
14:1 ... g	0.023		0	PAK	1		0.007	0.020	
15:1 ... g									
16:1 undifferentiated ... g	0.245		0	PAK	1		0.069	0.208	
17:1 ... g									
18:1 undifferentiated ... g	4.968		0	PAK	1		1.408	4.223	
20:1 ... g	0.046		0	PAK	1		0.013	0.039	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.540		0	MC	9		0.153	0.459	
18:2 undifferentiated ... g	0.327		0	PAK	1		0.093	0.278	
18:3 undifferentiated ... g	0.159		0	PAK	1		0.045	0.135	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.055		0	PAK	1		0.016	0.047	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	PAK	1		19	56	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.226		0		1		0.064	0.192	
Threonine ... g	0.825		0		1		0.234	0.701	
Isoleucine ... g	0.933		0		1		0.265	0.793	
Leucine ... g	1.502		0		1		0.426	1.277	
Lysine ... g	1.706		0		1		0.484	1.450	
Methionine ... g	0.495		0		1		0.140	0.421	
Cystine ... g	0.232		0		1		0.066	0.197	
Phenylalanine ... g	0.785		0		1		0.223	0.667	
Tyrosine ... g	0.649		0		1		0.184	0.552	
Valine ... g	1.042		0		1		0.295	0.886	
Arginine ... g	1.147		0		1		0.325	0.975	
Histidine ... g	0.612		0		1		0.174	0.520	
Alanine ... g	1.162		0		1		0.329	0.988	
Aspartic acid ... g	1.700		0		1		0.482	1.445	
Glutamic acid ... g	2.804		0		1		0.795	2.383	
Glycine ... g	0.943		0		1		0.267	0.802	
Proline ... g	0.810		0		1		0.230	0.689	
Serine ... g	0.717		0		1		0.203	0.609	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17313

Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled

Refuse: 31% Bone 26%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.45	0.312	6	A	1		54.78		
Energy....kcal	192		0	MC	9		163		
Energy....kJ	803				9		683		
Protein (N x 6.25)....g	26.53	0.378	6	A	1		22.55		
Total lipid (fat)....g	8.75	0.490	6	A	1		7.44		
Ash....g	1.07	0.062	6	A	1		0.91		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	1.122	6	A	1		18		
Iron, Fe....mg	2.18	0.110	6	A	1		1.85		
Magnesium, Mg....mg	26	0.478	6	A	1		22		
Phosphorus, P....mg	220	4.354	6	A	1		187		
Potassium, K....mg	340	3.222	6	A	1		289		
Sodium, Na....mg	80	1.541	6	A	1		68		
Zinc, Zn....mg	3.48	0.082	6	A	1		2.96		
Copper, Cu....mg	0.156	0.008	6	A	1		0.133		
Manganese, Mn....mg	0.014	0.001	6	A	1		0.012		
Selenium, Se....mcg	10.3	0.882	3	A	1		8.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.180	0.031	3	A	1		0.153		
Riboflavin....mg	0.333	0.033	3	A	1		0.283		
Niacin....mg	8.150	0.895	3	A	1		6.928		
Pantothenic acid....mg	0.840	0.029	3	A	1		0.714		
Vitamin B-6....mg	0.514	0.056	3	A	1		0.437		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.01	0.278	3	A	1		1.71		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.687	0.624	6	A	1		3.134		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.012	0.040	5	A	1		0.010		
12:0....g	0.021	0.031	6	A	1		0.018		
13:0....g									
14:0....g	0.274	0.105	6	A	1		0.233		
15:0....g	0.038		6	A	1		0.032		
16:0....g	1.891	0.490	6	A	1		1.607		
17:0....g	0.095	0.042	6	A	1		0.081		
18:0....g	1.348	0.792	6	A	1		1.146		

NDB No. 17313

Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.008		4	A	1		0.007		
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.499	0.385	6	A	1		2.974		
14:1 g	0.008		4	A	1		0.007		
15:1 g									
16:1 undifferentiated g	0.154	0.129	6	A	1		0.131		
17:1 g									
18:1 undifferentiated g	3.254	0.295	6	A	1		2.766		
20:1 g	0.026	0.051	5	A	1		0.022		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.367	0.292	6	A	1		0.312		
18:2 undifferentiated g	0.225	0.142	6	A	1		0.191		
18:3 undifferentiated g	0.107	0.070	6	A	1		0.091		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035	0.049	6	A	1		0.030		
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	81	0.940	6	A	1		69		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.310		0		1		0.264		
Threonine g	1.134		0		1		0.964		
Isoleucine g	1.282		0		1		1.090		
Leucine g	2.063		0		1		1.754		
Lysine g	2.343		0		1		1.992		
Methionine g	0.679		0		1		0.577		
Cystine g	0.318		0		1		0.270		
Phenylalanine g	1.078		0		1		0.916		
Tyrosine g	0.892		0		1		0.758		
Valine g	1.431		0		1		1.216		
Arginine g	1.575		0		1		1.339		
Histidine g	0.841		0		1		0.715		
Alanine g	1.596		0		1		1.357		
Aspartic acid g	2.335		0		1		1.985		
Glutamic acid g	3.851		0		1		3.273		
Glycine g	1.295		0		1		1.101		
Proline g	1.112		0		1		0.945		
Serine g	0.985		0		1		0.837		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17312

Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw

Refuse: 36% Bone 28%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.17	0.494	6	A	1		20.46	61.34	
Energy....kcal	146		0	MC	9		41	124	
Energy....kJ	611				9		173	519	
Protein (N x 6.25)....g	21.00	0.169	6	A	1		5.95	17.85	
Total lipid (fat)....g	6.24	0.388	6	A	1		1.77	5.30	
Ash....g	0.95	0.056	6	A	1		0.27	0.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.190	6	A	1		4	13	
Iron, Fe....mg	1.79	0.072	6	A	1		0.51	1.52	
Magnesium, Mg....mg	24	0.285	6	A	1		7	20	
Phosphorus, P....mg	199	3.500	6	A	1		56	169	
Potassium, K....mg	327	1.376	6	A	1		93	278	
Sodium, Na....mg	75	3.504	6	A	1		21	64	
Zinc, Zn....mg	2.69	0.054	6	A	1		0.76	2.29	
Copper, Cu....mg	0.141	0.013	6	A	1		0.040	0.120	
Manganese, Mn....mg	0.014	0.001	6	A	1		0.004	0.012	
Selenium, Se....mcg	9.0	0.577	3	A	1		2.6	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.183	0.024	3	A	1		0.052	0.156	
Riboflavin....mg	0.313	0.035	3	A	1		0.089	0.266	
Niacin....mg	7.283	1.119	3	A	1		2.065	6.191	
Pantothenic acid....mg	0.660	0.081	3	A	1		0.187	0.561	
Vitamin B-6....mg	0.488	0.050	3	A	1		0.138	0.415	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.85	0.157	3	A	1		0.52	1.57	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.673	1.147	6	A	1		0.758	2.272	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.011		4	A	1		0.003	0.009	
12:0....g	0.015	0.031	6	A	1		0.004	0.013	
13:0....g									
14:0....g	0.199	0.211	6	A	1		0.056	0.169	
15:0....g	0.030	0.033	6	A	1		0.009	0.026	
16:0....g	1.340	0.551	6	A	1		0.380	1.139	
17:0....g	0.072	0.084	6	A	1		0.020	0.061	
18:0....g	1.000	1.196	6	A	1		0.284	0.850	

NDB No. 17312

Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.005		1	A	1		0.001	0.004	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.463	0.938	6	A	1		0.698	2.094	
14:1 g	0.011		2	A	1		0.003	0.009	
15:1 g									
16:1 undifferentiated g	0.105	0.148	6	A	1		0.030	0.089	
17:1 g									
18:1 undifferentiated g	2.289	0.848	6	A	1		0.649	1.946	
20:1 g	0.020	0.033	3	A	1		0.006	0.017	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.261	0.391	6	A	1		0.074	0.222	
18:2 undifferentiated g	0.157	0.191	6	A	1		0.045	0.133	
18:3 undifferentiated g	0.076	0.079	6	A	1		0.022	0.065	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028	0.037	5	A	1		0.008	0.024	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	0.767	6	A	1		18	54	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.245		0		1		0.069	0.208	
Threonine g	0.897		0		1		0.254	0.762	
Isoleucine g	1.015		0		1		0.288	0.863	
Leucine g	1.633		0		1		0.463	1.388	
Lysine g	1.855		0		1		0.526	1.577	
Methionine g	0.538		0		1		0.153	0.457	
Cystine g	0.252		0		1		0.071	0.214	
Phenylalanine g	0.853		0		1		0.242	0.725	
Tyrosine g	0.706		0		1		0.200	0.600	
Valine g	1.132		0		1		0.321	0.962	
Arginine g	1.247		0		1		0.354	1.060	
Histidine g	0.665		0		1		0.189	0.565	
Alanine g	1.263		0		1		0.358	1.074	
Aspartic acid g	1.848		0		1		0.524	1.571	
Glutamic acid g	3.048		0		1		0.864	2.591	
Glycine g	1.025		0		1		0.291	0.871	
Proline g	0.880		0		1		0.249	0.748	
Serine g	0.780		0		1		0.221	0.663	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17315

Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.53		0	PAK	1		164.54	48.90	
Energy....kcal	277		0	MC	9		792	235	
Energy....kJ	1159				9		3315	985	
Protein (N x 6.25)....g	22.24		0	PAK	1		63.61	18.90	
Total lipid (fat)....g	20.21		0	PAK	1		57.80	17.18	
Ash....g	0.89		0	PAK	1		2.55	0.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAK	1		49	14	
Iron, Fe....mg	1.67		0	PAK	1		4.78	1.42	
Magnesium, Mg....mg	21		0	PAK	1		60	18	
Phosphorus, P....mg	182		0	PAK	1		521	155	
Potassium, K....mg	282		0	PAK	1		807	240	
Sodium, Na....mg	77		0	PAK	1		220	65	
Zinc, Zn....mg	3.35		0	PAK	1		9.58	2.85	
Copper, Cu....mg	0.131		0	PAK	1		0.375	0.111	
Manganese, Mn....mg	0.012		0	PAK	1		0.034	0.010	
Selenium, Se....mcg	9.1		0	PAK	1		26.0	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.131		0	PAK	1		0.375	0.111	
Riboflavin....mg	0.272		0	PAK	1		0.778	0.231	
Niacin....mg	5.559		0	PAK	1		15.899	4.725	
Pantothenic acid....mg	0.647		0	PAK	1		1.850	0.550	
Vitamin B-6....mg	0.382		0	PAK	1		1.093	0.325	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.94		0	PAK	1		5.55	1.65	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.734		0	MC	9		27.839	8.274	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.036		0	PAK	1		0.103	0.031	
12:0....g	0.063		0	PAK	1		0.180	0.054	
13:0....g									
14:0....g	0.778		0	PAK	1		2.225	0.661	
15:0....g	0.119		0	PAK	1		0.340	0.101	
16:0....g	4.498		0	PAK	1		12.864	3.823	
17:0....g	0.303		0	PAK	1		0.867	0.258	
18:0....g	3.901		0	PAK	1		11.157	3.316	

NDB No. 17315

Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.035		0	PAK	1		0.100	0.030	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.940		0	MC	9		22.708	6.749	
14:1 ... g	0.033		0	PAK	1		0.094	0.028	
15:1 ... g									
16:1 undifferentiated ... g	0.361		0	PAK	1		1.032	0.307	
17:1 ... g									
18:1 undifferentiated ... g	7.339		0	PAK	1		20.990	6.238	
20:1 ... g	0.068		0	PAK	1		0.194	0.058	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.728		0	MC	9		2.082	0.619	
18:2 undifferentiated ... g	0.462		0	PAK	1		1.321	0.393	
18:3 undifferentiated ... g	0.223		0	PAK	1		0.638	0.190	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.035		0	PAK	1		0.100	0.030	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0	PAK	1		229	68	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.260		0		1		0.744	0.221	
Threonine ... g	0.950		0		1		2.717	0.808	
Isoleucine ... g	1.075		0		1		3.075	0.914	
Leucine ... g	1.730		0		1		4.948	1.471	
Lysine ... g	1.964		0		1		5.617	1.669	
Methionine ... g	0.569		0		1		1.627	0.484	
Cystine ... g	0.267		0		1		0.764	0.227	
Phenylalanine ... g	0.904		0		1		2.585	0.768	
Tyrosine ... g	0.747		0		1		2.136	0.635	
Valine ... g	1.199		0		1		3.429	1.019	
Arginine ... g	1.320		0		1		3.775	1.122	
Histidine ... g	0.705		0		1		2.016	0.599	
Alanine ... g	1.338		0		1		3.827	1.137	
Aspartic acid ... g	1.957		0		1		5.597	1.663	
Glutamic acid ... g	3.228		0		1		9.232	2.744	
Glycine ... g	1.085		0		1		3.103	0.922	
Proline ... g	0.932		0		1		2.666	0.792	
Serine ... g	0.826		0		1		2.362	0.702	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17314

Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.01		0	PAK	1		16.73	267.67	50.16
Energy....kcal	289		0	MC	9		82	1311	246
Energy....kJ	1209				9		343	5485	1028
Protein (N x 6.25)....g	16.46		0	PAK	1		4.67	74.66	13.99
Total lipid (fat)....g	24.20		0	PAK	1		6.86	109.77	20.57
Ash....g	0.75		0	PAK	1		0.21	3.40	0.64
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	PAK	1		4	59	11
Iron, Fe....mg	1.34		0	PAK	1		0.38	6.08	1.14
Magnesium, Mg....mg	18		0	PAK	1		5	82	15
Phosphorus, P....mg	156		0	PAK	1		44	708	133
Potassium, K....mg	254		0	PAK	1		72	1152	216
Sodium, Na....mg	68		0	PAK	1		19	308	58
Zinc, Zn....mg	2.51		0	PAK	1		0.71	11.39	2.13
Copper, Cu....mg	0.120		0	PAK	1		0.034	0.544	0.102
Manganese, Mn....mg	0.009		0	PAK	1		0.003	0.041	0.008
Selenium, Se....mcg	6.9		0	PAK	1		2.0	31.3	5.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.145		0	PAK	1		0.041	0.658	0.123
Riboflavin....mg	0.232		0	PAK	1		0.066	1.052	0.197
Niacin....mg	5.103		0	PAK	1		1.447	23.147	4.338
Pantothenic acid....mg	0.501		0	PAK	1		0.142	2.273	0.426
Vitamin B-6....mg	0.347		0	PAK	1		0.098	1.574	0.295
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.62		0	PAK	1		0.46	7.35	1.38
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.925		0	MC	9		3.381	54.092	10.136
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.047		0	PAK	1		0.013	0.213	0.040
12:0....g	0.076		0	PAK	1		0.022	0.345	0.065
13:0....g									
14:0....g	0.965		0	PAK	1		0.274	4.377	0.820
15:0....g	0.153		0	PAK	1		0.043	0.694	0.130
16:0....g	5.561		0	PAK	1		1.577	25.225	4.727
17:0....g	0.370		0	PAK	1		0.105	1.678	0.315
18:0....g	4.712		0	PAK	1		1.336	21.374	4.005

NDB No. 17314

Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.042		0	PAK	1		0.012	0.191	0.036
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.765		0	MC	9		2.768	44.294	8.300
14:1 g	0.037		0	PAK	1		0.010	0.168	0.031
15:1 g									
16:1 undifferentiated g	0.452		0	PAK	1		0.128	2.050	0.384
17:1 g									
18:1 undifferentiated g	9.017		0	PAK	1		2.556	40.901	7.664
20:1 g	0.088		0	PAK	1		0.025	0.399	0.075
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.985		0	MC	9		0.279	4.468	0.837
18:2 undifferentiated g	0.578		0	PAK	1		0.164	2.622	0.491
18:3 undifferentiated g	0.280		0	PAK	1		0.079	1.270	0.238
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.087		0	PAK	1		0.025	0.395	0.074
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	68		0	PAK	1		19	308	58
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0		1		0.054	0.871	0.163
Threonine g	0.703		0		1		0.199	3.189	0.598
Isoleucine g	0.796		0		1		0.226	3.611	0.677
Leucine g	1.280		0		1		0.363	5.806	1.088
Lysine g	1.454		0		1		0.412	6.595	1.236
Methionine g	0.421		0		1		0.119	1.910	0.358
Cystine g	0.198		0		1		0.056	0.898	0.168
Phenylalanine g	0.669		0		1		0.190	3.035	0.569
Tyrosine g	0.553		0		1		0.157	2.508	0.470
Valine g	0.888		0		1		0.252	4.028	0.755
Arginine g	0.977		0		1		0.277	4.432	0.830
Histidine g	0.522		0		1		0.148	2.368	0.444
Alanine g	0.990		0		1		0.281	4.491	0.842
Aspartic acid g	1.449		0		1		0.411	6.573	1.232
Glutamic acid g	2.389		0		1		0.677	10.837	2.031
Glycine g	0.803		0		1		0.228	3.642	0.683
Proline g	0.690		0		1		0.196	3.130	0.587
Serine g	0.611		0		1		0.173	2.771	0.519
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17317

Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted

Refuse: 35% Bone 23%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.78	0.748	6	A	1		153.71	54.21	
Energy....kcal	210		0	MC	9		506	179	
Energy....kJ	879				9		2118	747	
Protein (N x 6.25)....g	24.63	0.272	6	A	1		59.36	20.94	
Total lipid (fat)....g	11.60	0.967	6	A	1		27.96	9.86	
Ash....g	0.97	0.056	6	A	1		2.34	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.573	6	A	1		36	13	
Iron, Fe....mg	1.78	0.100	6	A	1		4.29	1.51	
Magnesium, Mg....mg	23	0.271	6	A	1		55	20	
Phosphorus, P....mg	195	3.183	6	A	1		470	166	
Potassium, K....mg	302	1.352	6	A	1		728	257	
Sodium, Na....mg	82	2.306	6	A	1		198	70	
Zinc, Zn....mg	3.70	0.072	6	A	1		8.92	3.15	
Copper, Cu....mg	0.143	0.012	6	A	1		0.345	0.122	
Manganese, Mn....mg	0.013	0.001	6	A	1		0.031	0.011	
Selenium, Se....mcg	9.7	0.333	3	A	1		23.4	8.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.143	0.024	3	A	1		0.345	0.122	
Riboflavin....mg	0.297	0.026	3	A	1		0.716	0.252	
Niacin....mg	6.057	0.640	3	A	1		14.597	5.148	
Pantothenic acid....mg	0.693	0.050	3	A	1		1.670	0.589	
Vitamin B-6....mg	0.421	0.054	3	A	1		1.015	0.358	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.96	0.034	3	A	1		4.72	1.67	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.072	0.959	6	A	1		12.224	4.311	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.015	0.022	6	A	1		0.036	0.013	
12:0....g	0.032	0.017	6	A	1		0.077	0.027	
13:0....g									
14:0....g	0.381	0.095	6	A	1		0.918	0.324	
15:0....g	0.055	0.022	6	A	1		0.133	0.047	
16:0....g	2.473	0.154	6	A	1		5.960	2.102	
17:0....g	0.143	0.033	6	A	1		0.345	0.122	
18:0....g	1.955	0.782	6	A	1		4.712	1.662	

NDB No. 17317

Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.018	0.017	6	A	1		0.043	0.015	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.503	0.725	6	A	1		10.852	3.828	
14:1 ... g	0.015	0.022	6	A	1		0.036	0.013	
15:1 ... g									
16:1 undifferentiated ... g	0.200	0.113	6	A	1		0.482	0.170	
17:1 ... g									
18:1 undifferentiated ... g	4.178	0.570	6	A	1		10.069	3.551	
20:1 ... g	0.034	0.040	5	A	1		0.082	0.029	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.429	0.295	6	A	1		1.034	0.365	
18:2 undifferentiated ... g	0.265	0.154	6	A	1		0.639	0.225	
18:3 undifferentiated ... g	0.125	0.096	6	A	1		0.301	0.106	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030	0.037	6	A	1		0.072	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80	1.049	6	A	1		193	68	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.288		0		1		0.694	0.245	
Threonine ... g	1.052		0		1		2.535	0.894	
Isoleucine ... g	1.190		0		1		2.868	1.012	
Leucine ... g	1.915		0		1		4.615	1.628	
Lysine ... g	2.176		0		1		5.244	1.850	
Methionine ... g	0.631		0		1		1.521	0.536	
Cystine ... g	0.296		0		1		0.713	0.252	
Phenylalanine ... g	1.001		0		1		2.412	0.851	
Tyrosine ... g	0.828		0		1		1.995	0.704	
Valine ... g	1.328		0		1		3.200	1.129	
Arginine ... g	1.462		0		1		3.523	1.243	
Histidine ... g	0.780		0		1		1.880	0.663	
Alanine ... g	1.482		0		1		3.572	1.260	
Aspartic acid ... g	2.168		0		1		5.225	1.843	
Glutamic acid ... g	3.575		0		1		8.616	3.039	
Glycine ... g	1.202		0		1		2.897	1.022	
Proline ... g	1.033		0		1		2.490	0.878	
Serine ... g	0.914		0		1		2.203	0.777	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17316

Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw

Refuse: 46% Bone 26%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.17	0.611	6	A	1		20.18	322.83	60.49
Energy....kcal	160		0	MC	9		45	726	136
Energy....kJ	669				9		190	3037	569
Protein (N x 6.25)....g	20.12	0.233	6	A	1		5.70	91.26	17.10
Total lipid (fat)....g	8.20	0.757	6	A	1		2.32	37.20	6.97
Ash....g	0.90	0.068	6	A	1		0.26	4.08	0.77
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.181	6	A	1		3	45	9
Iron, Fe....mg	1.59	0.074	6	A	1		0.45	7.21	1.35
Magnesium, Mg....mg	22	0.287	6	A	1		6	100	19
Phosphorus, P....mg	186	4.074	6	A	1		53	844	158
Potassium, K....mg	305	3.393	6	A	1		86	1383	259
Sodium, Na....mg	81	3.314	6	A	1		23	367	69
Zinc, Zn....mg	3.03	0.061	6	A	1		0.86	13.74	2.58
Copper, Cu....mg	0.147	0.025	6	A	1		0.042	0.667	0.125
Manganese, Mn....mg	0.012	0.001	6	A	1		0.003	0.054	0.010
Selenium, Se....mcg	8.7	1.764	3	A	1		2.5	39.5	7.4
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.177	0.020	3	A	1		0.050	0.803	0.150
Riboflavin....mg	0.277	0.026	3	A	1		0.079	1.256	0.235
Niacin....mg	6.303	0.683	3	A	1		1.787	28.590	5.358
Pantothenic acid....mg	0.587	0.056	3	A	1		0.166	2.663	0.499
Vitamin B-6....mg	0.432	0.040	3	A	1		0.122	1.960	0.367
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.82	0.110	3	A	1		0.52	8.26	1.55
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.533	1.086	6	A	1		1.002	16.026	3.003
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.012	0.025	4	A	1		0.003	0.054	0.010
12:0....g	0.018	0.034	6	A	1		0.005	0.082	0.015
13:0....g									
14:0....g	0.256	0.171	6	A	1		0.073	1.161	0.218
15:0....g	0.039	0.034	6	A	1		0.011	0.177	0.033
16:0....g	1.750	0.409	6	A	1		0.496	7.938	1.488
17:0....g	0.095	0.034	6	A	1		0.027	0.431	0.081
18:0....g	1.354	0.869	6	A	1		0.384	6.142	1.151

NDB No. 17316

Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.009	0.033	3	A	1		0.003	0.041	0.008
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.242	0.918	6	A	1		0.919	14.706	2.756
14:1 g	0.007		3	A	1		0.002	0.032	0.006
15:1 g									
16:1 undifferentiated g	0.135	0.147	6	A	1		0.038	0.612	0.115
17:1 g									
18:1 undifferentiated g	3.016	0.801	6	A	1		0.855	13.681	2.564
20:1 g	0.032		2	A	1		0.009	0.145	0.027
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.320	0.215	6	A	1		0.091	1.452	0.272
18:2 undifferentiated g	0.194	0.141	6	A	1		0.055	0.880	0.165
18:3 undifferentiated g	0.094	0.042	6	A	1		0.027	0.426	0.080
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.025	0.043	6	A	1		0.007	0.113	0.021
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	0.231	6	A	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.235		0		1		0.067	1.066	0.200
Threonine g	0.859		0		1		0.244	3.896	0.730
Isoleucine g	0.972		0		1		0.276	4.409	0.826
Leucine g	1.564		0		1		0.443	7.094	1.329
Lysine g	1.777		0		1		0.504	8.060	1.510
Methionine g	0.515		0		1		0.146	2.336	0.438
Cystine g	0.241		0		1		0.068	1.093	0.205
Phenylalanine g	0.818		0		1		0.232	3.710	0.695
Tyrosine g	0.676		0		1		0.192	3.066	0.575
Valine g	1.085		0		1		0.308	4.922	0.922
Arginine g	1.194		0		1		0.338	5.416	1.015
Histidine g	0.637		0		1		0.181	2.889	0.541
Alanine g	1.210		0		1		0.343	5.489	1.029
Aspartic acid g	1.770		0		1		0.502	8.029	1.505
Glutamic acid g	2.919		0		1		0.828	13.241	2.481
Glycine g	0.982		0		1		0.278	4.454	0.835
Proline g	0.843		0		1		0.239	3.824	0.717
Serine g	0.747		0		1		0.212	3.388	0.635
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17285
Lamb, Australian, imported, fresh, separable fat, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	24.00	1.099	6	A	1		59.52	20.40	
Energy....kcal	639		0	MC	9		1585	543	
Energy....kJ	2674				9		6630	2273	
Protein (N x 6.25)....g	9.42	0.259	6	A	1		23.36	8.01	
Total lipid (fat)....g	66.40	1.283	6	A	1		164.67	56.44	
Ash....g	0.45	0.062	6	A	1		1.12	0.38	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	1.436	6	A	1		67	23	
Iron, Fe....mg	1.11	0.048	6	A	1		2.75	0.94	
Magnesium, Mg....mg	12	0.419	6	A	1		30	10	
Phosphorus, P....mg	114	2.738	6	A	1		283	97	
Potassium, K....mg	179	6.416	6	A	1		444	152	
Sodium, Na....mg	51	2.512	6	A	1		126	43	
Zinc, Zn....mg	1.48	0.095	6	A	1		3.67	1.26	
Copper, Cu....mg	0.065	0.012	6	A	1		0.161	0.055	
Manganese, Mn....mg	0.010		2	A	1		0.025	0.009	
Selenium, Se....mcg	5.8		2	A	1		14.4	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.063	0.015	3	A	1		0.156	0.054	
Riboflavin....mg	0.140	0.012	3	A	1		0.347	0.119	
Niacin....mg	2.890	0.217	3	A	1		7.167	2.457	
Pantothenic acid....mg	0.400	0.040	3	A	1		0.992	0.340	
Vitamin B-6....mg	0.171	0.023	3	A	1		0.424	0.145	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.84	0.019	3	A	1		4.56	1.56	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	34.751	0.687	6	MC	9		86.182	29.538	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.148	0.021	6	A	1		0.367	0.126	
12:0....g	0.232	0.021	6	A	1		0.575	0.197	
13:0....g									
14:0....g	2.911	0.121	6	A	1		7.219	2.474	
15:0....g	0.464	0.021	6	A	1		1.151	0.394	
16:0....g	15.366	0.197	6	A	1		38.108	13.061	
17:0....g	1.160	0.056	6	A	1		2.877	0.986	
18:0....g	14.343	0.754	6	A	1		35.571	12.192	

NDB No. 17285

Lamb, Australian, imported, fresh, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.127	0.000	6	A	1		0.315	0.108	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	26.377	0.621	6	MC	9		65.415	22.420	
14:1 ... g	0.127	0.000	6	A	1		0.315	0.108	
15:1 ... g									
16:1 undifferentiated ... g	1.223	0.115	6	A	1		3.033	1.040	
17:1 ... g									
18:1 undifferentiated ... g	24.299	0.528	6	A	1		60.262	20.654	
20:1 ... g	0.253	0.041	4	A	1		0.627	0.215	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.331	0.153	6	MC	9		5.781	1.981	
18:2 undifferentiated ... g	1.519	0.093	6	A	1		3.767	1.291	
18:3 undifferentiated ... g	0.749	0.054	6	A	1		1.858	0.637	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.063		1	A	1		0.156	0.054	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	83	3.557	6	A	1		206	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.110		0		1		0.273	0.094	
Threonine ... g	0.402		0		1		0.997	0.342	
Isoleucine ... g	0.455		0		1		1.128	0.387	
Leucine ... g	0.732		0		1		1.815	0.622	
Lysine ... g	0.832		0		1		2.063	0.707	
Methionine ... g	0.241		0		1		0.598	0.205	
Cystine ... g	0.113		0		1		0.280	0.096	
Phenylalanine ... g	0.383		0		1		0.950	0.326	
Tyrosine ... g	0.316		0		1		0.784	0.269	
Valine ... g	0.508		0		1		1.260	0.432	
Arginine ... g	0.559		0		1		1.386	0.475	
Histidine ... g	0.298		0		1		0.739	0.253	
Alanine ... g	0.567		0		1		1.406	0.482	
Aspartic acid ... g	0.829		0		1		2.056	0.705	
Glutamic acid ... g	1.367		0		1		3.390	1.162	
Glycine ... g	0.460		0		1		1.141	0.391	
Proline ... g	0.395		0		1		0.980	0.336	
Serine ... g	0.350		0		1		0.868	0.298	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17284
Lamb, Australian, imported, fresh, separable fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.08	1.200	6	A	1		7.11	113.76	21.32
Energy....kcal	648		0	MC	9		184	2939	551
Energy....kJ	2711				9		769	12298	2305
Protein (N x 6.25)....g	6.27	0.418	6	A	1		1.78	28.44	5.33
Total lipid (fat)....g	68.87	1.254	6	A	1		19.52	312.39	58.54
Ash....g	0.35	0.081	6	A	1		0.10	1.59	0.30
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	2.840	6	A	1		5	86	16
Iron, Fe....mg	0.63	0.025	6	A	1		0.18	2.86	0.54
Magnesium, Mg....mg	7	0.345	6	A	1		2	32	6
Phosphorus, P....mg	71	3.167	6	A	1		20	322	60
Potassium, K....mg	112	4.053	6	A	1		32	508	95
Sodium, Na....mg	33	1.758	6	A	1		9	150	28
Zinc, Zn....mg	1.06	0.074	6	A	1		0.30	4.81	0.90
Copper, Cu....mg	0.046	0.006	6	A	1		0.013	0.209	0.039
Manganese, Mn....mg									
Selenium, Se....mcg	4.0	0.483	3	A	1		1.1	18.1	3.4
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.057	0.009	3	A	1		0.016	0.259	0.048
Riboflavin....mg	0.107	0.017	3	A	1		0.030	0.485	0.091
Niacin....mg	1.753	0.093	3	A	1		0.497	7.952	1.490
Pantothenic acid....mg	0.263	0.054	3	A	1		0.075	1.193	0.224
Vitamin B-6....mg	0.111	0.012	3	A	1		0.031	0.503	0.094
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.06	0.107	3	A	1		0.30	4.81	0.90
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	35.353	1.326	6	MC	9		10.023	160.361	30.050
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.142	0.017	6	A	1		0.040	0.644	0.121
12:0....g	0.241	0.021	6	A	1		0.068	1.093	0.205
13:0....g									
14:0....g	2.942	0.223	6	A	1		0.834	13.345	2.501
15:0....g	0.470	0.048	6	A	1		0.133	2.132	0.400
16:0....g	16.200	0.234	6	A	1		4.593	73.483	13.770
17:0....g	1.138	0.120	6	A	1		0.323	5.162	0.967
18:0....g	14.089	1.121	6	A	1		3.994	63.908	11.976

NDB No. 17284
Lamb, Australian, imported, fresh, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.131	0.000	6	A	1		0.037	0.594	0.111
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	27.975	1.156	6	MC	9		7.931	126.895	23.779
14:1 g	0.120	0.017	6	A	1		0.034	0.544	0.102
15:1 g									
16:1 undifferentiated g	1.334	0.112	6	A	1		0.378	6.051	1.134
17:1 g									
18:1 undifferentiated g	25.771	1.141	6	A	1		7.306	116.897	21.905
20:1 g	0.246	0.085	4	A	1		0.070	1.116	0.209
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.844	0.250	6	MC	9		0.806	12.900	2.417
18:2 undifferentiated g	1.652	0.125	6	A	1		0.468	7.493	1.404
18:3 undifferentiated g	0.798	0.060	6	A	1		0.226	3.620	0.678
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.263		1	A	1		0.075	1.193	0.224
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	77	3.405	6	A	1		22	349	65
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.073		0		1		0.021	0.331	0.062
Threonine g	0.268		0		1		0.076	1.216	0.228
Isoleucine g	0.303		0		1		0.086	1.374	0.258
Leucine g	0.487		0		1		0.138	2.209	0.414
Lysine g	0.553		0		1		0.157	2.508	0.470
Methionine g	0.160		0		1		0.045	0.726	0.136
Cystine g	0.075		0		1		0.021	0.340	0.064
Phenylalanine g	0.255		0		1		0.072	1.157	0.217
Tyrosine g	0.211		0		1		0.060	0.957	0.179
Valine g	0.338		0		1		0.096	1.533	0.287
Arginine g	0.372		0		1		0.105	1.687	0.316
Histidine g	0.199		0		1		0.056	0.903	0.169
Alanine g	0.377		0		1		0.107	1.710	0.320
Aspartic acid g	0.551		0		1		0.156	2.499	0.468
Glutamic acid g	0.909		0		1		0.258	4.123	0.773
Glycine g	0.306		0		1		0.087	1.388	0.260
Proline g	0.263		0		1		0.075	1.193	0.224
Serine g	0.233		0		1		0.066	1.057	0.198
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17329

Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled

Refuse: 36% Bone 25%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.25	0.454	6	A	1		145.04	52.91	
Energy....kcal	231		0	MC	9		538	196	
Energy....kJ	967				9		2252	822	
Protein (N x 6.25)....g	23.83	0.297	6	A	1		55.52	20.26	
Total lipid (fat)....g	14.38	0.917	6	A	1		33.51	12.22	
Ash....g	1.07	0.062	6	A	1		2.49	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.923	3	A	1		65	24	
Iron, Fe....mg	1.67	0.101	3	A	1		3.89	1.42	
Magnesium, Mg....mg	21	0.333	3	A	1		49	18	
Phosphorus, P....mg	188	1.528	3	A	1		438	160	
Potassium, K....mg	315	4.807	3	A	1		734	268	
Sodium, Na....mg	94	2.193	3	A	1		219	80	
Zinc, Zn....mg	6.32	0.234	3	A	1		14.73	5.37	
Copper, Cu....mg	0.131	0.015	3	A	1		0.305	0.111	
Manganese, Mn....mg	0.013	0.001	3	A	1		0.030	0.011	
Selenium, Se....mcg	9.0		0	BFYN	4		21.0	7.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		2	A	1		0.233	0.085	
Riboflavin....mg	0.290		2	A	1		0.676	0.247	
Niacin....mg	4.695		2	A	1		10.939	3.991	
Pantothenic acid....mg	0.775		2	A	1		1.806	0.659	
Vitamin B-6....mg	0.211		2	A	1		0.492	0.179	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.56		2	A	1		8.29	3.03	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.334	0.907	3	A	1		14.758	5.384	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.019		2	A	1		0.044	0.016	
12:0....g	0.041	0.033	3	A	1		0.096	0.035	
13:0....g									
14:0....g	0.487	0.260	3	A	1		1.135	0.414	
15:0....g	0.070	0.033	3	A	1		0.163	0.060	
16:0....g	3.075	0.536	3	A	1		7.165	2.614	
17:0....g	0.186	0.058	3	A	1		0.433	0.158	
18:0....g	2.386	1.203	3	A	1		5.559	2.028	

NDB No. 17329

Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.070	0.367	3	A	1		0.163	0.060	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.589	0.876	3	A	1		13.022	4.751	
14:1 g	0.021	0.033	3	A	1		0.049	0.018	
15:1 g									
16:1 undifferentiated g	0.248	0.173	3	A	1		0.578	0.211	
17:1 g									
18:1 undifferentiated g	5.181	0.817	3	A	1		12.072	4.404	
20:1 g	0.041	0.088	3	A	1		0.096	0.035	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.559	0.145	3	A	1		1.302	0.475	
18:2 undifferentiated g	0.324	0.067	3	A	1		0.755	0.275	
18:3 undifferentiated g	0.157	0.033	3	A	1		0.366	0.133	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.041	0.033	3	A	1		0.096	0.035	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	85	0.764	3	A	1		198	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.278		0		1		0.648	0.236	
Threonine g	1.018		0		1		2.372	0.865	
Isoleucine g	1.152		0		1		2.684	0.979	
Leucine g	1.853		0		1		4.317	1.575	
Lysine g	2.105		0		1		4.905	1.789	
Methionine g	0.610		0		1		1.421	0.519	
Cystine g	0.286		0		1		0.666	0.243	
Phenylalanine g	0.969		0		1		2.258	0.824	
Tyrosine g	0.801		0		1		1.866	0.681	
Valine g	1.285		0		1		2.994	1.092	
Arginine g	1.415		0		1		3.297	1.203	
Histidine g	0.755		0		1		1.759	0.642	
Alanine g	1.434		0		1		3.341	1.219	
Aspartic acid g	2.097		0		1		4.886	1.782	
Glutamic acid g	3.459		0		1		8.059	2.940	
Glycine g	1.163		0		1		2.710	0.989	
Proline g	0.999		0		1		2.328	0.849	
Serine g	0.885		0		1		2.062	0.752	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17323

Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 13% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.03		0	PAK	1		43.38		
Energy	kcal	311		0	MC	9		264		
Energy	kJ	1301				9		1106		
Protein (N x 6.25)	g	29.70		0	PAK	1		25.25		
Total lipid (fat)	g	20.38		0	PAK	1		17.32		
Ash	g	0.93		0	PAK	1		0.79		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	PAK	1		23		
Iron, Fe	mg	2.42		0	PAK	1		2.06		
Magnesium, Mg	mg	23		0	PAK	1		20		
Phosphorus, P	mg	201		0	PAK	1		171		
Potassium, K	mg	268		0	PAK	1		228		
Sodium, Na	mg	73		0	PAK	1		62		
Zinc, Zn	mg	6.64		0	PAK	1		5.64		
Copper, Cu	mg	0.188		0	PAK	1		0.160		
Manganese, Mn	mg	0.018		0	PAK	1		0.015		
Selenium, Se	mcg	9.2		0	BFNN	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.093		0	PAK	1		0.079		
Riboflavin	mg	0.263		0	PAK	1		0.224		
Niacin	mg	4.369		0	PAK	1		3.714		
Pantothenic acid	mg	0.707		0	PAK	1		0.601		
Vitamin B-6	mg	0.203		0	PAK	1		0.173		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.25		0	PAK	1		2.76		
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.696		0	MC	9		8.242		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.041		0	PAK	1		0.035		
12:0	g	0.064		0	PAK	1		0.054		
13:0	g									
14:0	g	0.788		0	PAK	1		0.670		
15:0	g	0.127		0	PAK	1		0.108		
16:0	g	4.482		0	PAK	1		3.810		
17:0	g	0.311		0	PAK	1		0.264		
18:0	g	3.852		0	PAK	1		3.274		

NDB No. 17323

Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.032		0	PAK	1		0.027		
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.173		0	MC	9		6.947		
14:1 ... g	0.034		0	PAK	1		0.029		
15:1 ... g									
16:1 undifferentiated ... g	0.373		0	PAK	1		0.317		
17:1 ... g									
18:1 undifferentiated ... g	7.541		0	PAK	1		6.410		
20:1 ... g	0.072		0	PAK	1		0.061		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.830		0	MC	9		0.706		
18:2 undifferentiated ... g	0.517		0	PAK	1		0.439		
18:3 undifferentiated ... g	0.246		0	PAK	1		0.209		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0	PAK	1		0.051		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	106		0	PAK	1		90		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.347		0		1		0.295		
Threonine ... g	1.269		0		1		1.079		
Isoleucine ... g	1.435		0		1		1.220		
Leucine ... g	2.309		0		1		1.963		
Lysine ... g	2.623		0		1		2.230		
Methionine ... g	0.760		0		1		0.646		
Cystine ... g	0.356		0		1		0.303		
Phenylalanine ... g	1.207		0		1		1.026		
Tyrosine ... g	0.998		0		1		0.848		
Valine ... g	1.601		0		1		1.361		
Arginine ... g	1.763		0		1		1.499		
Histidine ... g	0.941		0		1		0.800		
Alanine ... g	1.787		0		1		1.519		
Aspartic acid ... g	2.613		0		1		2.221		
Glutamic acid ... g	4.309		0		1		3.663		
Glycine ... g	1.449		0		1		1.232		
Proline ... g	1.245		0		1		1.058		
Serine ... g	1.102		0		1		0.937		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17322

Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 9% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.82		0	PAK	1		18.09	54.25	
Energy....kcal	243		0	MC	9		69	207	
Energy....kJ	1017				9		288	864	
Protein (N x 6.25)....g	17.06		0	PAK	1		4.84	14.50	
Total lipid (fat)....g	18.89		0	PAK	1		5.36	16.06	
Ash....g	0.83		0	PAK	1		0.24	0.71	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		5	14	
Iron, Fe....mg	1.35		0	PAK	1		0.38	1.15	
Magnesium, Mg....mg	19		0	PAK	1		5	16	
Phosphorus, P....mg	168		0	PAK	1		48	143	
Potassium, K....mg	281		0	PAK	1		80	239	
Sodium, Na....mg	72		0	PAK	1		20	61	
Zinc, Zn....mg	3.52		0	PAK	1		1.00	2.99	
Copper, Cu....mg	0.120		0	PAK	1		0.034	0.102	
Manganese, Mn....mg	0.012		0	PAK	1		0.003	0.010	
Selenium, Se....mcg	6.5		0	PIE	4		1.8	5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107		0	PAK	1		0.030	0.091	
Riboflavin....mg	0.212		0	PAK	1		0.060	0.180	
Niacin....mg	3.994		0	PAK	1		1.132	3.395	
Pantothenic acid....mg	0.677		0	PAK	1		0.192	0.575	
Vitamin B-6....mg	0.260		0	PAK	1		0.074	0.221	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.60		0	PAK	1		0.74	2.21	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.125		0	MC	9		2.587	7.756	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.060		0	PAK	1		0.017	0.051	
13:0....g									
14:0....g	0.752		0	PAK	1		0.213	0.639	
15:0....g	0.117		0	PAK	1		0.033	0.099	
16:0....g	4.310		0	PAK	1		1.222	3.664	
17:0....g	0.289		0	PAK	1		0.082	0.246	
18:0....g	3.597		0	PAK	1		1.020	3.057	

NDB No. 17322

Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.697		0	MC	9		2.182	6.542	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.363		0	PAK	1		0.103	0.309	
17:1 g									
18:1 undifferentiated g	7.122		0	PAK	1		2.019	6.054	
20:1 g	0.071		0	PAK	1		0.020	0.060	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.777		0	MC	9		0.220	0.660	
18:2 undifferentiated g	0.469		0	PAK	1		0.133	0.399	
18:3 undifferentiated g	0.228		0	PAK	1		0.065	0.194	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAK	1		0.023	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65		0	PAK	1		18	55	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0		1		0.056	0.169	
Threonine g	0.729		0		1		0.207	0.620	
Isoleucine g	0.824		0		1		0.234	0.700	
Leucine g	1.327		0		1		0.376	1.128	
Lysine g	1.507		0		1		0.427	1.281	
Methionine g	0.437		0		1		0.124	0.371	
Cystine g	0.205		0		1		0.058	0.174	
Phenylalanine g	0.693		0		1		0.196	0.589	
Tyrosine g	0.573		0		1		0.162	0.487	
Valine g	0.920		0		1		0.261	0.782	
Arginine g	1.013		0		1		0.287	0.861	
Histidine g	0.540		0		1		0.153	0.459	
Alanine g	1.026		0		1		0.291	0.872	
Aspartic acid g	1.501		0		1		0.426	1.276	
Glutamic acid g	2.476		0		1		0.702	2.105	
Glycine g	0.833		0		1		0.236	0.708	
Proline g	0.715		0		1		0.203	0.608	
Serine g	0.633		0		1		0.179	0.538	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17325

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised

Refuse: 29% Bone 13%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.98	0.940	6	A	1		48.43		
Energy....kcal	238		0	MC	9		202		
Energy....kJ	996				9		846		
Protein (N x 6.25)....g	34.17	0.407	6	A	1		29.04		
Total lipid (fat)....g	10.23	0.656	6	A	1		8.70		
Ash....g	1.03	0.084	6	A	1		0.88		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	1.684	3	A	1		23		
Iron, Fe....mg	2.71	0.206	3	A	1		2.30		
Magnesium, Mg....mg	25	0.467	3	A	1		21		
Phosphorus, P....mg	221	1.764	3	A	1		188		
Potassium, K....mg	287	0.882	3	A	1		244		
Sodium, Na....mg	78	0.769	3	A	1		66		
Zinc, Zn....mg	7.78	0.102	3	A	1		6.61		
Copper, Cu....mg	0.215	0.036	3	A	1		0.183		
Manganese, Mn....mg	0.020	0.002	3	A	1		0.017		
Selenium, Se....mcg	10.6		0	BFNN	4		9.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		2	A	1		0.085		
Riboflavin....mg	0.290		2	A	1		0.247		
Niacin....mg	4.695		2	A	1		3.991		
Pantothenic acid....mg	0.775		2	A	1		0.659		
Vitamin B-6....mg	0.211		2	A	1		0.179		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.56		2	A	1		3.03		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.173	1.009	3	A	1		3.547		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.018		1	A	1		0.015		
12:0....g	0.026	0.058	3	A	1		0.022		
13:0....g									
14:0....g	0.320	0.240	3	A	1		0.272		
15:0....g	0.053	0.000	3	A	1		0.045		
16:0....g	2.082	0.240	3	A	1		1.770		
17:0....g	0.123	0.000	3	A	1		0.105		
18:0....g	1.539	1.040	3	A	1		1.308		

NDB No. 17325

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g	0.012	0.033	3	A	1		0.010		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.160	0.939	3	A	1		3.536		
14:1....g	0.013		2	A	1		0.011		
15:1....g									
16:1 undifferentiated....g	0.185	0.231	3	A	1		0.157		
17:1....g									
18:1 undifferentiated....g	3.847	0.617	3	A	1		3.270		
20:1....g	0.032	0.033	3	A	1		0.027		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.499	0.433	3	A	1		0.424		
18:2 undifferentiated....g	0.297	0.260	3	A	1		0.252		
18:3 undifferentiated....g	0.135	0.088	3	A	1		0.115		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059	0.120	3	A	1		0.050		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	111	1.528	3	A	1		94		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.399		0		1		0.339		
Threonine....g	1.460		0		1		1.241		
Isoleucine....g	1.651		0		1		1.403		
Leucine....g	2.657		0		1		2.258		
Lysine....g	3.018		0		1		2.565		
Methionine....g	0.875		0		1		0.744		
Cystine....g	0.410		0		1		0.349		
Phenylalanine....g	1.389		0		1		1.181		
Tyrosine....g	1.148		0		1		0.976		
Valine....g	1.842		0		1		1.566		
Arginine....g	2.028		0		1		1.724		
Histidine....g	1.082		0		1		0.920		
Alanine....g	2.055		0		1		1.747		
Aspartic acid....g	3.007		0		1		2.556		
Glutamic acid....g	4.958		0		1		4.214		
Glycine....g	1.667		0		1		1.417		
Proline....g	1.432		0		1		1.217		
Serine....g	1.268		0		1		1.078		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17324

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw

Refuse: 28% Bone 9%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.95	0.460	6	A	1		20.96	62.86	
Energy....kcal	137		0	MC	9		39	116	
Energy....kJ	573				9		163	487	
Protein (N x 6.25)....g	19.88	0.138	6	A	1		5.64	16.90	
Total lipid (fat)....g	5.81	0.365	6	A	1		1.65	4.94	
Ash....g	0.95	0.050	6	A	1		0.27	0.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.489	3	A	1		4	13	
Iron, Fe....mg	1.54	0.120	3	A	1		0.44	1.31	
Magnesium, Mg....mg	22	0.265	3	A	1		6	19	
Phosphorus, P....mg	193	1.155	3	A	1		55	164	
Potassium, K....mg	325	2.603	3	A	1		92	276	
Sodium, Na....mg	83	0.731	3	A	1		24	71	
Zinc, Zn....mg	4.16	0.187	3	A	1		1.18	3.54	
Copper, Cu....mg	0.139	0.011	3	A	1		0.039	0.118	
Manganese, Mn....mg	0.015	0.001	3	A	1		0.004	0.013	
Selenium, Se....mcg	7.7		0	BFNN	4		2.2	6.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.120		2	A	1		0.034	0.102	
Riboflavin....mg	0.240		2	A	1		0.068	0.204	
Niacin....mg	4.580		2	A	1		1.298	3.893	
Pantothenic acid....mg	0.785		2	A	1		0.223	0.667	
Vitamin B-6....mg	0.299		2	A	1		0.085	0.254	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85	2.56	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.335	1.073	3	A	1		0.662	1.985	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.013	0.067	3	A	1		0.004	0.011	
13:0....g									
14:0....g	0.178	0.260	3	A	1		0.050	0.151	
15:0....g	0.025	0.058	3	A	1		0.007	0.021	
16:0....g	1.199	0.524	3	A	1		0.340	1.019	
17:0....g	0.067	0.088	3	A	1		0.019	0.057	
18:0....g	0.852	1.477	3	A	1		0.242	0.724	

NDB No. 17324

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.424	0.854	3	A	1		0.687	2.060	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.108	0.291	3	A	1		0.031	0.092	
17:1 g									
18:1 undifferentiated g	2.243	0.393	3	A	1		0.636	1.907	
20:1 g	0.025		1	A	1		0.007	0.021	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.270	0.240	3	A	1		0.077	0.230	
18:2 undifferentiated g	0.160	0.153	3	A	1		0.045	0.136	
18:3 undifferentiated g	0.078	0.067	3	A	1		0.022	0.066	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.032	0.033	3	A	1		0.009	0.027	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	62	1.279	3	A	1		18	53	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0		1		0.066	0.197	
Threonine g	0.849		0		1		0.241	0.722	
Isoleucine g	0.961		0		1		0.272	0.817	
Leucine g	1.546		0		1		0.438	1.314	
Lysine g	1.756		0		1		0.498	1.493	
Methionine g	0.509		0		1		0.144	0.433	
Cystine g	0.239		0		1		0.068	0.203	
Phenylalanine g	0.808		0		1		0.229	0.687	
Tyrosine g	0.668		0		1		0.189	0.568	
Valine g	1.072		0		1		0.304	0.911	
Arginine g	1.180		0		1		0.335	1.003	
Histidine g	0.630		0		1		0.179	0.536	
Alanine g	1.196		0		1		0.339	1.017	
Aspartic acid g	1.750		0		1		0.496	1.488	
Glutamic acid g	2.885		0		1		0.818	2.452	
Glycine g	0.970		0		1		0.275	0.825	
Proline g	0.834		0		1		0.236	0.709	
Serine g	0.738		0		1		0.209	0.627	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17327

Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.63		0	PAK	1		154.60	48.14	
Energy....kcal	291		0	MC	9		794	247	
Energy....kJ	1218				9		3324	1035	
Protein (N x 6.25)....g	21.71		0	PAK	1		59.27	18.45	
Total lipid (fat)....g	22.03		0	PAK	1		60.14	18.73	
Ash....g	0.98		0	PAK	1		2.68	0.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	PAK	1		76	24	
Iron, Fe....mg	1.58		0	PAK	1		4.31	1.34	
Magnesium, Mg....mg	20		0	PAK	1		55	17	
Phosphorus, P....mg	177		0	PAK	1		483	150	
Potassium, K....mg	295		0	PAK	1		805	251	
Sodium, Na....mg	88		0	PAK	1		240	75	
Zinc, Zn....mg	5.61		0	PAK	1		15.32	4.77	
Copper, Cu....mg	0.121		0	PAK	1		0.330	0.103	
Manganese, Mn....mg	0.012		0	PAK	1		0.033	0.010	
Selenium, Se....mcg	8.2		0	BFYN	4		22.4	7.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.095		0	PAK	1		0.259	0.081	
Riboflavin....mg	0.268		0	PAK	1		0.732	0.228	
Niacin....mg	4.430		0	PAK	1		12.094	3.766	
Pantothenic acid....mg	0.720		0	PAK	1		1.966	0.612	
Vitamin B-6....mg	0.205		0	PAK	1		0.560	0.174	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.30		0	PAK	1		9.01	2.81	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.510		0	MC	9		28.692	8.934	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.038		0	PAK	1		0.104	0.032	
12:0....g	0.069		0	PAK	1		0.188	0.059	
13:0....g									
14:0....g	0.843		0	PAK	1		2.301	0.717	
15:0....g	0.128		0	PAK	1		0.349	0.109	
16:0....g	4.881		0	PAK	1		13.325	4.149	
17:0....g	0.329		0	PAK	1		0.898	0.280	
18:0....g	4.143		0	PAK	1		11.310	3.522	

NDB No. 17327

Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.078		0	PAK	1		0.213	0.066	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.644		0	MC	9		23.598	7.347	
14:1 ... g	0.040		0	PAK	1		0.109	0.034	
15:1 ... g									
16:1 undifferentiated ... g	0.391		0	PAK	1		1.067	0.332	
17:1 ... g									
18:1 undifferentiated ... g	7.990		0	PAK	1		21.813	6.792	
20:1 ... g	0.072		0	PAK	1		0.197	0.061	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.820		0	MC	9		2.239	0.697	
18:2 undifferentiated ... g	0.500		0	PAK	1		1.365	0.425	
18:3 undifferentiated ... g	0.244		0	PAK	1		0.666	0.207	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.045		0	PAK	1		0.123	0.038	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	84		0	PAK	1		229	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.254		0		1		0.693	0.216	
Threonine ... g	0.928		0		1		2.533	0.789	
Isoleucine ... g	1.049		0		1		2.864	0.892	
Leucine ... g	1.689		0		1		4.611	1.436	
Lysine ... g	1.918		0		1		5.236	1.630	
Methionine ... g	0.556		0		1		1.518	0.473	
Cystine ... g	0.261		0		1		0.713	0.222	
Phenylalanine ... g	0.882		0		1		2.408	0.750	
Tyrosine ... g	0.730		0		1		1.993	0.621	
Valine ... g	1.171		0		1		3.197	0.995	
Arginine ... g	1.289		0		1		3.519	1.096	
Histidine ... g	0.688		0		1		1.878	0.585	
Alanine ... g	1.306		0		1		3.565	1.110	
Aspartic acid ... g	1.911		0		1		5.217	1.624	
Glutamic acid ... g	3.151		0		1		8.602	2.678	
Glycine ... g	1.060		0		1		2.894	0.901	
Proline ... g	0.910		0		1		2.484	0.774	
Serine ... g	0.806		0		1		2.200	0.685	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 273g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17326

Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.13		0	PAK	1		17.61	281.82	52.81
Energy....kcal	262		0	MC	9		74	1188	223
Energy....kJ	1096				9		311	4972	932
Protein (N x 6.25)....g	16.48		0	PAK	1		4.67	74.75	14.01
Total lipid (fat)....g	21.28		0	PAK	1		6.03	96.53	18.09
Ash....g	0.76		0	PAK	1		0.22	3.45	0.65
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	PAK	1		5	86	16
Iron, Fe....mg	1.21		0	PAK	1		0.34	5.49	1.03
Magnesium, Mg....mg	17		0	PAK	1		5	77	14
Phosphorus, P....mg	150		0	PAK	1		43	680	128
Potassium, K....mg	260		0	PAK	1		74	1179	221
Sodium, Na....mg	78		0	PAK	1		22	354	66
Zinc, Zn....mg	4.37		0	PAK	1		1.24	19.82	3.71
Copper, Cu....mg	0.109		0	PAK	1		0.031	0.494	0.093
Manganese, Mn....mg	0.010		0	PAK	1		0.003	0.045	0.009
Selenium, Se....mcg	6.9		0	PIE	4		2.0	31.3	5.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107		0	PAK	1		0.030	0.485	0.091
Riboflavin....mg	0.213		0	PAK	1		0.060	0.966	0.181
Niacin....mg	4.004		0	PAK	1		1.135	18.162	3.403
Pantothenic acid....mg	0.679		0	PAK	1		0.192	3.080	0.577
Vitamin B-6....mg	0.261		0	PAK	1		0.074	1.184	0.222
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61		0	PAK	1		0.74	11.84	2.22
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.300		0	MC	9		2.920	46.721	8.755
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.038		0	PAK	1		0.011	0.172	0.032
12:0....g	0.066		0	PAK	1		0.019	0.299	0.056
13:0....g									
14:0....g	0.833		0	PAK	1		0.236	3.778	0.708
15:0....g	0.131		0	PAK	1		0.037	0.594	0.111
16:0....g	4.824		0	PAK	1		1.368	21.882	4.100
17:0....g	0.309		0	PAK	1		0.088	1.402	0.263
18:0....g	4.061		0	PAK	1		1.151	18.421	3.452

NDB No. 17326

Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.039		0	PAK	1		0.011	0.177	0.033
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.579		0	MC	9		2.432	38.914	7.292
14:1 g	0.031		0	PAK	1		0.009	0.141	0.026
15:1 g									
16:1 undifferentiated g	0.393		0	PAK	1		0.111	1.783	0.334
17:1 g									
18:1 undifferentiated g	7.922		0	PAK	1		2.246	35.934	6.734
20:1 g	0.081		0	PAK	1		0.023	0.367	0.069
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.864		0	MC	9		0.245	3.919	0.734
18:2 undifferentiated g	0.509		0	PAK	1		0.144	2.309	0.433
18:3 undifferentiated g	0.244		0	PAK	1		0.069	1.107	0.207
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.078		0	PAK	1		0.022	0.354	0.066
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67		0	PAK	1		19	304	57
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0		1		0.055	0.875	0.164
Threonine g	0.704		0		1		0.200	3.193	0.598
Isoleucine g	0.796		0		1		0.226	3.611	0.677
Leucine g	1.282		0		1		0.363	5.815	1.090
Lysine g	1.456		0		1		0.413	6.604	1.238
Methionine g	0.422		0		1		0.120	1.914	0.359
Cystine g	0.198		0		1		0.056	0.898	0.168
Phenylalanine g	0.670		0		1		0.190	3.039	0.570
Tyrosine g	0.554		0		1		0.157	2.513	0.471
Valine g	0.889		0		1		0.252	4.033	0.756
Arginine g	0.978		0		1		0.277	4.436	0.831
Histidine g	0.522		0		1		0.148	2.368	0.444
Alanine g	0.992		0		1		0.281	4.500	0.843
Aspartic acid g	1.451		0		1		0.411	6.582	1.233
Glutamic acid g	2.392		0		1		0.678	10.850	2.033
Glycine g	0.804		0		1		0.228	3.647	0.683
Proline g	0.691		0		1		0.196	3.134	0.587
Serine g	0.612		0		1		0.174	2.776	0.520
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17328

Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw

Refuse: 43% Bone 28%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.62	0.507	6	A	1		20.30	324.87	60.88
Energy....kcal	164		0	MC	9		46	744	139
Energy....kJ	686				9		195	3112	583
Protein (N x 6.25)....g	19.10	0.211	6	A	1		5.41	86.64	16.24
Total lipid (fat)....g	9.09	0.583	6	A	1		2.58	41.23	7.73
Ash....g	0.87	0.056	6	A	1		0.25	3.95	0.74
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	0.865	3	A	1		5	86	16
Iron, Fe....mg	1.36	0.095	3	A	1		0.39	6.17	1.16
Magnesium, Mg....mg	20	0.176	3	A	1		6	91	17
Phosphorus, P....mg	170	2.404	3	A	1		48	771	145
Potassium, K....mg	298	2.906	3	A	1		84	1352	253
Sodium, Na....mg	90	1.808	3	A	1		26	408	77
Zinc, Zn....mg	5.22	0.123	3	A	1		1.48	23.68	4.44
Copper, Cu....mg	0.126	0.016	3	A	1		0.036	0.572	0.107
Manganese, Mn....mg	0.012	0.001	3	A	1		0.003	0.054	0.010
Selenium, Se....mcg	8.1		0	BFNN	4		2.3	36.7	6.9
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.120		2	A	1		0.034	0.544	0.102
Riboflavin....mg	0.240		2	A	1		0.068	1.089	0.204
Niacin....mg	4.580		2	A	1		1.298	20.775	3.893
Pantothenic acid....mg	0.785		2	A	1		0.223	3.561	0.667
Vitamin B-6....mg	0.299		2	A	1		0.085	1.356	0.254
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.883	1.375	3	A	1		1.101	17.613	3.301
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.012		2	A	1		0.003	0.054	0.010
12:0....g	0.021	0.067	3	A	1		0.006	0.095	0.018
13:0....g									
14:0....g	0.292	0.273	3	A	1		0.083	1.325	0.248
15:0....g	0.044	0.033	3	A	1		0.012	0.200	0.037
16:0....g	1.910	0.265	3	A	1		0.541	8.664	1.624
17:0....g	0.097	0.176	3	A	1		0.027	0.440	0.082
18:0....g	1.492	1.132	3	A	1		0.423	6.768	1.268

NDB No. 17328

Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.016		2	A	1		0.005	0.073	0.014
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.611	1.040	3	A	1		1.024	16.379	3.069
14:1 g	0.008		2	A	1		0.002	0.036	0.007
15:1 g									
16:1 undifferentiated g	0.151	0.233	3	A	1		0.043	0.685	0.128
17:1 g									
18:1 undifferentiated g	3.350	0.710	3	A	1		0.950	15.196	2.848
20:1 g	0.039		1	A	1		0.011	0.177	0.033
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.357	0.328	3	A	1		0.101	1.619	0.303
18:2 undifferentiated g	0.217	0.186	3	A	1		0.062	0.984	0.184
18:3 undifferentiated g	0.102	0.058	3	A	1		0.029	0.463	0.087
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.031	0.058	3	A	1		0.009	0.141	0.026
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	0.649	3	A	1		18	290	54
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0		1		0.063	1.012	0.190
Threonine g	0.816		0		1		0.231	3.701	0.694
Isoleucine g	0.923		0		1		0.262	4.187	0.785
Leucine g	1.485		0		1		0.421	6.736	1.262
Lysine g	1.687		0		1		0.478	7.652	1.434
Methionine g	0.489		0		1		0.139	2.218	0.416
Cystine g	0.229		0		1		0.065	1.039	0.195
Phenylalanine g	0.776		0		1		0.220	3.520	0.660
Tyrosine g	0.642		0		1		0.182	2.912	0.546
Valine g	1.030		0		1		0.292	4.672	0.876
Arginine g	1.134		0		1		0.321	5.144	0.964
Histidine g	0.605		0		1		0.172	2.744	0.514
Alanine g	1.149		0		1		0.326	5.212	0.977
Aspartic acid g	1.681		0		1		0.477	7.625	1.429
Glutamic acid g	2.772		0		1		0.786	12.574	2.356
Glycine g	0.932		0		1		0.264	4.228	0.792
Proline g	0.801		0		1		0.227	3.633	0.681
Serine g	0.709		0		1		0.201	3.216	0.603
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17319

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.31		0	PAK	1		144.91	47.01	
Energy	kcal	296		0	MC	9		776	252	
Energy	kJ	1238				9		3245	1053	
Protein (N x 6.25)	g	23.58		0	PAK	1		61.78	20.04	
Total lipid (fat)	g	21.65		0	PAK	1		56.72	18.40	
Ash	g	0.96		0	PAK	1		2.52	0.82	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	PAK	1		73	24	
Iron, Fe	mg	1.78		0	PAK	1		4.66	1.51	
Magnesium, Mg	mg	21		0	PAK	1		55	18	
Phosphorus, P	mg	183		0	PAK	1		479	156	
Potassium, K	mg	288		0	PAK	1		755	245	
Sodium, Na	mg	85		0	PAK	1		223	72	
Zinc, Zn	mg	5.85		0	PAK	1		15.33	4.97	
Copper, Cu	mg	0.137		0	PAK	1		0.359	0.116	
Manganese, Mn	mg	0.014		0	PAK	1		0.037	0.012	
Selenium, Se	mcg	4.5		0	BFYN	4		11.8	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.094		0	PAK	1		0.246	0.080	
Riboflavin	mg	0.267		0	PAK	1		0.700	0.227	
Niacin	mg	4.415		0	PAK	1		11.567	3.753	
Pantothenic acid	mg	0.717		0	PAK	1		1.879	0.609	
Vitamin B-6	mg	0.204		0	PAK	1		0.534	0.173	
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.29		0	PAK	1		8.62	2.80	
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.324		0	MC	9		27.049	8.775	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.038		0	PAK	1		0.100	0.032	
12:0	g	0.068		0	PAK	1		0.178	0.058	
13:0	g									
14:0	g	0.831		0	PAK	1		2.177	0.706	
15:0	g	0.128		0	PAK	1		0.335	0.109	
16:0	g	4.790		0	PAK	1		12.550	4.072	
17:0	g	0.325		0	PAK	1		0.852	0.276	
18:0	g	4.077		0	PAK	1		10.682	3.465	

NDB No. 17319

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.068		0	PAK	1		0.178	0.058	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.537		0	MC	9		22.367	7.256	
14:1 ... g	0.036		0	PAK	1		0.094	0.031	
15:1 ... g									
16:1 undifferentiated ... g	0.387		0	PAK	1		1.014	0.329	
17:1 ... g									
18:1 undifferentiated ... g	7.888		0	PAK	1		20.667	6.705	
20:1 ... g	0.072		0	PAK	1		0.189	0.061	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.822		0	MC	9		2.154	0.699	
18:2 undifferentiated ... g	0.504		0	PAK	1		1.320	0.428	
18:3 undifferentiated ... g	0.244		0	PAK	1		0.639	0.207	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.048		0	PAK	1		0.126	0.041	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	89		0	PAK	1		233	76	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.275		0		1		0.721	0.234	
Threonine ... g	1.007		0		1		2.638	0.856	
Isoleucine ... g	1.140		0		1		2.987	0.969	
Leucine ... g	1.834		0		1		4.805	1.559	
Lysine ... g	2.083		0		1		5.457	1.771	
Methionine ... g	0.604		0		1		1.582	0.513	
Cystine ... g	0.283		0		1		0.741	0.241	
Phenylalanine ... g	0.958		0		1		2.510	0.814	
Tyrosine ... g	0.792		0		1		2.075	0.673	
Valine ... g	1.272		0		1		3.333	1.081	
Arginine ... g	1.400		0		1		3.668	1.190	
Histidine ... g	0.747		0		1		1.957	0.635	
Alanine ... g	1.419		0		1		3.718	1.206	
Aspartic acid ... g	2.075		0		1		5.437	1.764	
Glutamic acid ... g	3.422		0		1		8.966	2.909	
Glycine ... g	1.151		0		1		3.016	0.978	
Proline ... g	0.989		0		1		2.591	0.841	
Serine ... g	0.875		0		1		2.293	0.744	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17318

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.70		0	PAK	1		17.78	284.41	53.30
Energy....kcal	256		0	MC	9		73	1161	218
Energy....kJ	1071				9		304	4859	910
Protein (N x 6.25)....g	16.68		0	PAK	1		4.73	75.66	14.18
Total lipid (fat)....g	20.47		0	PAK	1		5.80	92.85	17.40
Ash....g	0.78		0	PAK	1		0.22	3.54	0.66
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAK	1		5	82	15
Iron, Fe....mg	1.26		0	PAK	1		0.36	5.72	1.07
Magnesium, Mg....mg	18		0	PAK	1		5	82	15
Phosphorus, P....mg	156		0	PAK	1		44	708	133
Potassium, K....mg	267		0	PAK	1		76	1211	227
Sodium, Na....mg	76		0	PAK	1		22	345	65
Zinc, Zn....mg	4.09		0	PAK	1		1.16	18.55	3.48
Copper, Cu....mg	0.113		0	PAK	1		0.032	0.513	0.096
Manganese, Mn....mg	0.010		0	PAK	1		0.003	0.045	0.009
Selenium, Se....mcg	3.3		0	PIE	4		0.9	15.0	2.8
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.107		0	PAK	1		0.030	0.485	0.091
Riboflavin....mg	0.213		0	PAK	1		0.060	0.966	0.181
Niacin....mg	4.001		0	PAK	1		1.134	18.149	3.401
Pantothenic acid....mg	0.678		0	PAK	1		0.192	3.075	0.576
Vitamin B-6....mg	0.261		0	PAK	1		0.074	1.184	0.222
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61		0	PAK	1		0.74	11.84	2.22
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.907		0	MC	9		2.809	44.938	8.421
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.029		0	PAK	1		0.008	0.132	0.025
12:0....g	0.064		0	PAK	1		0.018	0.290	0.054
13:0....g									
14:0....g	0.805		0	PAK	1		0.228	3.651	0.684
15:0....g	0.127		0	PAK	1		0.036	0.576	0.108
16:0....g	4.650		0	PAK	1		1.318	21.092	3.953
17:0....g	0.302		0	PAK	1		0.086	1.370	0.257
18:0....g	3.904		0	PAK	1		1.107	17.709	3.318

NDB No. 17318

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g	0.027		0	PAK	1		0.008	0.122	0.023
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.284		0	MC	9		2.349	37.576	7.041
14:1 g	0.025		0	PAK	1		0.007	0.113	0.021
15:1 g									
16:1 undifferentiated g	0.382		0	PAK	1		0.108	1.733	0.325
17:1 g									
18:1 undifferentiated g	7.651		0	PAK	1		2.169	34.705	6.503
20:1 g	0.078		0	PAK	1		0.022	0.354	0.066
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.840		0	MC	9		0.238	3.810	0.714
18:2 undifferentiated g	0.496		0	PAK	1		0.141	2.250	0.422
18:3 undifferentiated g	0.238		0	PAK	1		0.067	1.080	0.202
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.079		0	PAK	1		0.022	0.358	0.067
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66		0	PAK	1		19	299	56
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.195		0		1		0.055	0.885	0.166
Threonine g	0.712		0		1		0.202	3.230	0.605
Isoleucine g	0.806		0		1		0.229	3.656	0.685
Leucine g	1.297		0		1		0.368	5.883	1.102
Lysine g	1.473		0		1		0.418	6.682	1.252
Methionine g	0.427		0		1		0.121	1.937	0.363
Cystine g	0.200		0		1		0.057	0.907	0.170
Phenylalanine g	0.678		0		1		0.192	3.075	0.576
Tyrosine g	0.560		0		1		0.159	2.540	0.476
Valine g	0.899		0		1		0.255	4.078	0.764
Arginine g	0.990		0		1		0.281	4.491	0.842
Histidine g	0.528		0		1		0.150	2.395	0.449
Alanine g	1.003		0		1		0.284	4.550	0.853
Aspartic acid g	1.468		0		1		0.416	6.659	1.248
Glutamic acid g	2.420		0		1		0.686	10.977	2.057
Glycine g	0.814		0		1		0.231	3.692	0.692
Proline g	0.699		0		1		0.198	3.171	0.594
Serine g	0.619		0		1		0.175	2.808	0.526
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17320

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw

Refuse: 38% Bone 22%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.39		0	PAK	1		20.52	328.36	61.53
Energy....kcal	155		0	MC	9		44	703	132
Energy....kJ	649				9		184	2942	551
Protein (N x 6.25)....g	19.36		0	PAK	1		5.49	87.82	16.46
Total lipid (fat)....g	8.01		0	PAK	1		2.27	36.33	6.81
Ash....g	0.89		0	PAK	1		0.25	4.04	0.76
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAK	1		5	82	15
Iron, Fe....mg	1.42		0	PAK	1		0.40	6.44	1.21
Magnesium, Mg....mg	21		0	PAK	1		6	95	18
Phosphorus, P....mg	178		0	PAK	1		50	807	151
Potassium, K....mg	306		0	PAK	1		87	1388	260
Sodium, Na....mg	88		0	PAK	1		25	399	75
Zinc, Zn....mg	4.87		0	PAK	1		1.38	22.09	4.14
Copper, Cu....mg	0.130		0	PAK	1		0.037	0.590	0.111
Manganese, Mn....mg	0.013		0	PAK	1		0.004	0.059	0.011
Selenium, Se....mcg	3.9		0	BFNN	4		1.1	17.7	3.3
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.120		0	PAK	1		0.034	0.544	0.102
Riboflavin....mg	0.240		0	PAK	1		0.068	1.089	0.204
Niacin....mg	4.580		0	PAK	1		1.298	20.775	3.893
Pantothenic acid....mg	0.785		0	PAK	1		0.223	3.561	0.667
Vitamin B-6....mg	0.299		0	PAK	1		0.085	1.356	0.254
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.01		0	PAK	1		0.85	13.65	2.56
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.355		0	PAK	1		0.951	15.218	2.852
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.018		0	PAK	1		0.005	0.082	0.015
13:0....g									
14:0....g	0.255		0	PAK	1		0.072	1.157	0.217
15:0....g	0.038		0	PAK	1		0.011	0.172	0.032
16:0....g	1.676		0	PAK	1		0.475	7.602	1.425
17:0....g	0.087		0	PAK	1		0.025	0.395	0.074
18:0....g	1.281		0	PAK	1		0.363	5.811	1.089

NDB No. 17320

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.214		0	PAK	1		0.911	14.579	2.732
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.137		0	PAK	1		0.039	0.621	0.116
17:1 ... g									
18:1 undifferentiated ... g	2.985		0	PAK	1		0.846	13.540	2.537
20:1 ... g	0.034		0	PAK	1		0.010	0.154	0.029
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.323		0	PAK	1		0.092	1.465	0.275
18:2 undifferentiated ... g	0.198		0	PAK	1		0.056	0.898	0.168
18:3 undifferentiated ... g	0.094		0	PAK	1		0.027	0.426	0.080
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.031		0	PAK	1		0.009	0.141	0.026
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0	PAK	1		18	290	54
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.226		0		1		0.064	1.025	0.192
Threonine ... g	0.827		0		1		0.234	3.751	0.703
Isoleucine ... g	0.935		0		1		0.265	4.241	0.795
Leucine ... g	1.505		0		1		0.427	6.827	1.279
Lysine ... g	1.710		0		1		0.485	7.757	1.454
Methionine ... g	0.496		0		1		0.141	2.250	0.422
Cystine ... g	0.232		0		1		0.066	1.052	0.197
Phenylalanine ... g	0.787		0		1		0.223	3.570	0.669
Tyrosine ... g	0.650		0		1		0.184	2.948	0.553
Valine ... g	1.044		0		1		0.296	4.736	0.887
Arginine ... g	1.149		0		1		0.326	5.212	0.977
Histidine ... g	0.613		0		1		0.174	2.781	0.521
Alanine ... g	1.165		0		1		0.330	5.284	0.990
Aspartic acid ... g	1.704		0		1		0.483	7.729	1.448
Glutamic acid ... g	2.809		0		1		0.796	12.742	2.388
Glycine ... g	0.945		0		1		0.268	4.287	0.803
Proline ... g	0.811		0		1		0.230	3.679	0.689
Serine ... g	0.719		0		1		0.204	3.261	0.611
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17321

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked

Refuse: 34% Bone 22%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.05		0	PAK	1		135.53	51.89	
Energy....kcal	233		0	MC	9		517	198	
Energy....kJ	975				9		2164	829	
Protein (N x 6.25)....g	26.18		0	PAK	1		58.12	22.25	
Total lipid (fat)....g	13.44		0	PAK	1		29.84	11.42	
Ash....g	1.06		0	PAK	1		2.35	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0	PAK	1		62	24	
Iron, Fe....mg	1.90		0	PAK	1		4.22	1.62	
Magnesium, Mg....mg	22		0	PAK	1		49	19	
Phosphorus, P....mg	195		0	PAK	1		433	166	
Potassium, K....mg	308		0	PAK	1		684	262	
Sodium, Na....mg	91		0	PAK	1		202	77	
Zinc, Zn....mg	6.65		0	PAK	1		14.76	5.65	
Copper, Cu....mg	0.150		0	PAK	1		0.333	0.128	
Manganese, Mn....mg	0.014		0	PAK	1		0.031	0.012	
Selenium, Se....mcg	5.1		0	BFNN	4		11.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		0	PAK	1		0.222	0.085	
Riboflavin....mg	0.290		0	PAK	1		0.644	0.247	
Niacin....mg	4.695		0	PAK	1		10.423	3.991	
Pantothenic acid....mg	0.775		0	PAK	1		1.721	0.659	
Vitamin B-6....mg	0.211		0	PAK	1		0.468	0.179	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.56		0	PAK	1		7.90	3.03	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.843		0	PAK	1		12.971	4.967	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.018		0	PAK	1		0.040	0.015	
12:0....g	0.038		0	PAK	1		0.084	0.032	
13:0....g									
14:0....g	0.449		0	PAK	1		0.997	0.382	
15:0....g	0.066		0	PAK	1		0.147	0.056	
16:0....g	2.850		0	PAK	1		6.327	2.423	
17:0....g	0.172		0	PAK	1		0.382	0.146	
18:0....g	2.193		0	PAK	1		4.868	1.864	

NDB No. 17321

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 ... g	0.057		0	PAK	1		0.127	0.048	
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.264		0	PAK	1		11.686	4.474	
14:1 ... g	0.019		0	PAK	1		0.042	0.016	
15:1 ... g									
16:1 undifferentiated ... g	0.233		0	PAK	1		0.517	0.198	
17:1 ... g									
18:1 undifferentiated ... g	4.878		0	PAK	1		10.829	4.146	
20:1 ... g	0.039		0	PAK	1		0.087	0.033	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.546		0	PAK	1		1.212	0.464	
18:2 undifferentiated ... g	0.318		0	PAK	1		0.706	0.270	
18:3 undifferentiated ... g	0.152		0	PAK	1		0.337	0.129	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.045		0	PAK	1		0.100	0.038	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	91		0	PAK	1		202	77	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.306		0		1		0.679	0.260	
Threonine ... g	1.118		0		1		2.482	0.950	
Isoleucine ... g	1.265		0		1		2.808	1.075	
Leucine ... g	2.036		0		1		4.520	1.731	
Lysine ... g	2.312		0		1		5.133	1.965	
Methionine ... g	0.670		0		1		1.487	0.570	
Cystine ... g	0.314		0		1		0.697	0.267	
Phenylalanine ... g	1.064		0		1		2.362	0.904	
Tyrosine ... g	0.880		0		1		1.954	0.748	
Valine ... g	1.412		0		1		3.135	1.200	
Arginine ... g	1.554		0		1		3.450	1.321	
Histidine ... g	0.829		0		1		1.840	0.705	
Alanine ... g	1.575		0		1		3.497	1.339	
Aspartic acid ... g	2.304		0		1		5.115	1.958	
Glutamic acid ... g	3.799		0		1		8.434	3.229	
Glycine ... g	1.278		0		1		2.837	1.086	
Proline ... g	1.098		0		1		2.438	0.933	
Serine ... g	0.972		0		1		2.158	0.826	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17067

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	26.12		1		1		74.70	22.20	
Energy	kcal	586		0	NC	4		1676	498	
Energy	kJ	2452				4		7012	2084	
Protein (N x 6.25)	g	9.72		1		1		27.80	8.26	
Total lipid (fat)	g	60.39		1		1		172.72	51.33	
Ash	g	0.71		1		1		2.03	0.60	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		1		1		77	23	
Iron, Fe	mg	1.39		1		1		3.98	1.18	
Magnesium, Mg	mg	11		1		1		31	9	
Phosphorus, P	mg	135		1		1		386	115	
Potassium, K	mg	87		1		1		249	74	
Sodium, Na	mg	35		1		1		100	30	
Zinc, Zn	mg	1.17		1		1		3.35	0.99	
Copper, Cu	mg	0.059		1		1		0.169	0.050	
Manganese, Mn	mg	0.004		1		1		0.011	0.003	
Selenium, Se	mcg	1.8		0	T	4		5.1	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		1		1		0.229	0.068	
Riboflavin	mg	0.180		1		1		0.515	0.153	
Niacin	mg	8.030		1		1		22.966	6.826	
Pantothenic acid	mg	0.590		1		1		1.687	0.502	
Vitamin B-6	mg	0.030		1		1		0.086	0.026	
Folate, total	mcg	3		1		1		9	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		1		1		9	3	
Folate, DFE	mcg_DFE	3		0	NC	4		9	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.42		1		1		6.92	2.06	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.04		0		1		0.11	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	31.510		0		1		90.119	26.784	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17067

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.190		58		1		0.543	0.162	
12:0 g	0.260		58		1		0.744	0.221	
13:0 g									
14:0 g	2.750		58		1		7.865	2.338	
15:0 g									
16:0 g	13.480		58		1		38.553	11.458	
17:0 g									
18:0 g	12.440		58		1		35.578	10.574	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	23.150		0		1		66.209	19.678	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.030		58		1		2.946	0.876	
17:1 g									
18:1 undifferentiated g	21.600		58		1		61.776	18.360	
20:1 g	0.110		58		1		0.315	0.094	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.520		0		1		7.207	2.142	
18:2 undifferentiated g	1.390		58		1		3.975	1.182	
18:3 undifferentiated g	1.130		58		1		3.232	0.961	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	109		1		1		312	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.113		0		1		0.323	0.096	
Threonine g	0.415		0		1		1.187	0.353	
Isoleucine g	0.468		0		1		1.338	0.398	
Leucine g	0.755		0		1		2.159	0.642	
Lysine g	0.857		0		1		2.451	0.728	
Methionine g	0.249		0		1		0.712	0.212	
Cystine g	0.116		0		1		0.332	0.099	
Phenylalanine g	0.395		0		1		1.130	0.336	
Tyrosine g	0.326		0		1		0.932	0.277	
Valine g	0.524		0		1		1.499	0.445	
Arginine g	0.577		0		1		1.650	0.490	
Histidine g	0.307		0		1		0.878	0.261	
Alanine g	0.584		0		1		1.670	0.496	
Aspartic acid g	0.854		0		1		2.442	0.726	
Glutamic acid g	1.408		0		1		4.027	1.197	
Glycine g	0.474		0		1		1.356	0.403	
Proline g	0.407		0		1		1.164	0.346	
Serine g	0.361		0		1		1.032	0.307	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17067

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17066

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	25.56	1.710	9		1		7.25	115.94	
Energy....kcal	640		0	NC	4		181	2903	
Energy....kJ	2678				4		759	12146	
Protein (N x 6.25)....g	6.92	0.414	9		1		1.96	31.39	
Total lipid (fat)....g	67.63	1.993	9		1		19.17	306.77	
Ash....g	0.42	0.021	9		1		0.12	1.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	1.765	9		1		7	104	
Iron, Fe....mg	1.14	0.091	9		1		0.32	5.17	
Magnesium, Mg....mg	6	0.455	9		1		2	27	
Phosphorus, P....mg	86	5.483	9		1		24	390	
Potassium, K....mg	51	3.560	9		1		14	231	
Sodium, Na....mg	22	0.518	9		1		6	100	
Zinc, Zn....mg	0.85	0.012	9		1		0.24	3.86	
Copper, Cu....mg	0.045	0.001	9		1		0.013	0.204	
Manganese, Mn....mg	0.003		0		1		0.001	0.014	
Selenium, Se....mcg	0.9		0	BFYN	4		0.3	4.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.020	0.318	
Riboflavin....mg	0.170		0		1		0.048	0.771	
Niacin....mg	6.560		0		1		1.860	29.756	
Pantothenic acid....mg	0.600		0		1		0.170	2.722	
Vitamin B-6....mg	0.030		0		1		0.009	0.136	
Folate, total....mcg	3		0		1		1	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.73		0		1		0.49	7.85	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	35.290		0		1		10.005	160.075	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17066

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.210		58		1		0.060	0.953	
12:0 ... g	0.290		58		1		0.082	1.315	
13:0 ... g									
14:0 ... g	3.080		58		1		0.873	13.971	
15:0 ... g									
16:0 ... g	15.090		58		1		4.278	68.448	
17:0 ... g									
18:0 ... g	13.940		58		1		3.952	63.232	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	25.930		0		1		7.351	117.618	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.150		58		1		0.326	5.216	
17:1 ... g									
18:1 undifferentiated ... g	24.190		58		1		6.858	109.726	
20:1 ... g	0.130		58		1		0.037	0.590	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.830		0		1		0.802	12.837	
18:2 undifferentiated ... g	1.560		58		1		0.442	7.076	
18:3 undifferentiated ... g	1.270		58		1		0.360	5.761	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	87		1		1		25	395	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.081		0		1		0.023	0.367	
Threonine ... g	0.296		0		1		0.084	1.343	
Isoleucine ... g	0.334		0		1		0.095	1.515	
Leucine ... g	0.538		0		1		0.153	2.440	
Lysine ... g	0.611		0		1		0.173	2.771	
Methionine ... g	0.178		0		1		0.050	0.807	
Cystine ... g	0.083		0		1		0.024	0.376	
Phenylalanine ... g	0.282		0		1		0.080	1.279	
Tyrosine ... g	0.233		0		1		0.066	1.057	
Valine ... g	0.373		0		1		0.106	1.692	
Arginine ... g	0.411		0		1		0.117	1.864	
Histidine ... g	0.219		0		1		0.062	0.993	
Alanine ... g	0.416		0		1		0.118	1.887	
Aspartic acid ... g	0.609		0		1		0.173	2.762	
Glutamic acid ... g	1.004		0		1		0.285	4.554	
Glycine ... g	0.338		0		1		0.096	1.533	
Proline ... g	0.290		0		1		0.082	1.315	
Serine ... g	0.257		0		1		0.073	1.166	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17066

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17063

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked

Refuse: 31% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.15		0		1		113.55	43.48	
Energy....kcal	305		0	NC	4		677	259	
Energy....kJ	1276				4		2833	1085	
Protein (N x 6.25)....g	24.42		0		1		54.21	20.76	
Total lipid (fat)....g	22.26		0		1		49.42	18.92	
Ash....g	1.37		0		1		3.04	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		38	14	
Iron, Fe....mg	2.10		0		1		4.66	1.79	
Magnesium, Mg....mg	19		0		1		42	16	
Phosphorus, P....mg	217		0		1		482	184	
Potassium, K....mg	162		0		1		360	138	
Sodium, Na....mg	46		0		1		102	39	
Zinc, Zn....mg	3.49		0		1		7.75	2.97	
Copper, Cu....mg	0.100		0		1		0.222	0.085	
Manganese, Mn....mg	0.023		0		1		0.051	0.020	
Selenium, Se....mcg	2.0		0	T	4		4.4	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.266	0.102	
Riboflavin....mg	0.410		0		1		0.910	0.349	
Niacin....mg	7.770		0		1		17.249	6.605	
Pantothenic acid....mg	0.580		0		1		1.288	0.493	
Vitamin B-6....mg	0.120		0		1		0.266	0.102	
Folate, total....mcg	1		0		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.81		0		1		6.24	2.39	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.31	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.050		0		1		24.531	9.393	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17063

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.133	0.051	
12:0 g	0.090		0		1		0.200	0.077	
13:0 g									
14:0 g	0.900		0		1		1.998	0.765	
15:0 g									
16:0 g	4.880		0		1		10.834	4.148	
17:0 g									
18:0 g	4.270		0		1		9.479	3.630	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.590		0		1		19.070	7.302	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.400		0		1		0.888	0.340	
17:1 g									
18:1 undifferentiated g	8.010		0		1		17.782	6.809	
20:1 g	0.030		0		1		0.067	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.040		0		1		2.309	0.884	
18:2 undifferentiated g	0.610		0		1		1.354	0.519	
18:3 undifferentiated g	0.400		0		1		0.888	0.340	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0		1		0.044	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	109		0		1		242	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.285		0		1		0.633	0.242	
Threonine g	1.045		0		1		2.320	0.888	
Isoleucine g	1.178		0		1		2.615	1.001	
Leucine g	1.900		0		1		4.218	1.615	
Lysine g	2.157		0		1		4.789	1.833	
Methionine g	0.627		0		1		1.392	0.533	
Cystine g	0.292		0		1		0.648	0.248	
Phenylalanine g	0.994		0		1		2.207	0.845	
Tyrosine g	0.821		0		1		1.823	0.698	
Valine g	1.318		0		1		2.926	1.120	
Arginine g	1.451		0		1		3.221	1.233	
Histidine g	0.774		0		1		1.718	0.658	
Alanine g	1.469		0		1		3.261	1.249	
Aspartic acid g	2.150		0		1		4.773	1.828	
Glutamic acid g	3.544		0		1		7.868	3.012	
Glycine g	1.193		0		1		2.648	1.014	
Proline g	1.024		0		1		2.273	0.870	
Serine g	0.908		0		1		2.016	0.772	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17063

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17062

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.80		0		1		16.95	271.25	
Energy....kcal	277		0	NC	4		79	1256	
Energy....kJ	1159				4		329	5257	
Protein (N x 6.25)....g	16.74		0		1		4.75	75.93	
Total lipid (fat)....g	22.74		0		1		6.45	103.15	
Ash....g	0.92		0		1		0.26	4.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		4	59	
Iron, Fe....mg	1.49		0		1		0.42	6.76	
Magnesium, Mg....mg	15		0		1		4	68	
Phosphorus, P....mg	168		0		1		48	762	
Potassium, K....mg	136		0		1		39	617	
Sodium, Na....mg	39		0		1		11	177	
Zinc, Zn....mg	2.39		0		1		0.68	10.84	
Copper, Cu....mg	0.083		0		1		0.024	0.376	
Manganese, Mn....mg	0.018		0		1		0.005	0.082	
Selenium, Se....mcg	1.3		0	T	4		0.4	5.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		1		0.037	0.590	
Riboflavin....mg	0.320		0		1		0.091	1.452	
Niacin....mg	6.550		0		1		1.857	29.711	
Pantothenic acid....mg	0.520		0		1		0.147	2.359	
Vitamin B-6....mg	0.110		0		1		0.031	0.499	
Folate, total....mcg	1		0		1		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.42		0		1		0.69	10.98	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.570		0		1		3.280	52.482	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17062

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.020	0.318	
12:0 ... g	0.090		0		1		0.026	0.408	
13:0 ... g									
14:0 ... g	0.960		0		1		0.272	4.355	
15:0 ... g									
16:0 ... g	5.010		0		1		1.420	22.725	
17:0 ... g									
18:0 ... g	4.560		0		1		1.293	20.684	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.720		0		1		2.472	39.554	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.390		0		1		0.111	1.769	
17:1 ... g									
18:1 undifferentiated ... g	8.150		0		1		2.311	36.968	
20:1 ... g	0.040		0		1		0.011	0.181	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.980		0		1		0.278	4.445	
18:2 undifferentiated ... g	0.550		0		1		0.156	2.495	
18:3 undifferentiated ... g	0.420		0		1		0.119	1.905	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0		1		0.003	0.045	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	78		0		1		22	354	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.056	0.889	
Threonine ... g	0.716		0		1		0.203	3.248	
Isoleucine ... g	0.808		0		1		0.229	3.665	
Leucine ... g	1.302		0		1		0.369	5.906	
Lysine ... g	1.478		0		1		0.419	6.704	
Methionine ... g	0.430		0		1		0.122	1.950	
Cystine ... g	0.200		0		1		0.057	0.907	
Phenylalanine ... g	0.681		0		1		0.193	3.089	
Tyrosine ... g	0.563		0		1		0.160	2.554	
Valine ... g	0.903		0		1		0.256	4.096	
Arginine ... g	0.994		0		1		0.282	4.509	
Histidine ... g	0.530		0		1		0.150	2.404	
Alanine ... g	1.007		0		1		0.285	4.568	
Aspartic acid ... g	1.473		0		1		0.418	6.682	
Glutamic acid ... g	2.429		0		1		0.689	11.018	
Glycine ... g	0.818		0		1		0.232	3.710	
Proline ... g	0.702		0		1		0.199	3.184	
Serine ... g	0.622		0		1		0.176	2.821	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17062

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17065

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked

Refuse: 49% Bone 31%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.95		0		1		98.32	50.96	
Energy....kcal	206		0	NC	4		338	175	
Energy....kJ	862				4		1414	733	
Protein (N x 6.25)....g	29.59		0		1		48.53	25.15	
Total lipid (fat)....g	8.86		0		1		14.53	7.53	
Ash....g	1.60		0		1		2.62	1.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		21	11	
Iron, Fe....mg	2.35		0		1		3.85	2.00	
Magnesium, Mg....mg	22		0		1		36	19	
Phosphorus, P....mg	246		0		1		403	209	
Potassium, K....mg	188		0		1		308	160	
Sodium, Na....mg	50		0		1		82	43	
Zinc, Zn....mg	4.30		0		1		7.05	3.66	
Copper, Cu....mg	0.114		0		1		0.187	0.097	
Manganese, Mn....mg	0.029		0		1		0.048	0.025	
Selenium, Se....mcg	2.0		0	T	4		3.3	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		1		0.213	0.111	
Riboflavin....mg	0.500		0		1		0.820	0.425	
Niacin....mg	7.680		0		1		12.595	6.528	
Pantothenic acid....mg	0.580		0		1		0.951	0.493	
Vitamin B-6....mg	0.140		0		1		0.230	0.119	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.95		0		1		4.84	2.51	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.31	0.16	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.860		0		1		6.330	3.281	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17065

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.033	0.017	
12:0 g	0.030		0		1		0.049	0.026	
13:0 g									
14:0 g	0.250		0		1		0.410	0.213	
15:0 g									
16:0 g	1.860		0		1		3.050	1.581	
17:0 g									
18:0 g	1.400		0		1		2.296	1.190	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.480		0		1		5.707	2.958	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		0		1		0.295	0.153	
17:1 g									
18:1 undifferentiated g	3.240		0		1		5.314	2.754	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.520		0		1		0.853	0.442	
18:2 undifferentiated g	0.340		0		1		0.558	0.289	
18:3 undifferentiated g	0.150		0		1		0.246	0.128	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.049	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	109		0		1		179	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.346		0		1		0.567	0.294	
Threonine g	1.267		0		1		2.078	1.077	
Isoleucine g	1.428		0		1		2.342	1.214	
Leucine g	2.302		0		1		3.775	1.957	
Lysine g	2.613		0		1		4.285	2.221	
Methionine g	0.759		0		1		1.245	0.645	
Cystine g	0.353		0		1		0.579	0.300	
Phenylalanine g	1.205		0		1		1.976	1.024	
Tyrosine g	0.995		0		1		1.632	0.846	
Valine g	1.597		0		1		2.619	1.357	
Arginine g	1.758		0		1		2.883	1.494	
Histidine g	0.937		0		1		1.537	0.796	
Alanine g	1.780		0		1		2.919	1.513	
Aspartic acid g	2.605		0		1		4.272	2.214	
Glutamic acid g	4.294		0		1		7.042	3.650	
Glycine g	1.445		0		1		2.370	1.228	
Proline g	1.241		0		1		2.035	1.055	
Serine g	1.100		0		1		1.804	0.935	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17065

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17064

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw

Refuse: 50% Bone 30%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.78	0.638	9		1		20.92	334.67	
Energy....kcal	128		0	NC	4		36	581	
Energy....kJ	536				4		152	2429	
Protein (N x 6.25)....g	20.75	0.221	9		1		5.88	94.12	
Total lipid (fat)....g	4.41	0.430	9		1		1.25	20.00	
Ash....g	1.12	0.051	9		1		0.32	5.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.277	9		1		2	36	
Iron, Fe....mg	1.64	0.156	9		1		0.46	7.44	
Magnesium, Mg....mg	19	0.353	9		1		5	86	
Phosphorus, P....mg	202	12.349	9		1		57	916	
Potassium, K....mg	171	6.427	9		1		48	776	
Sodium, Na....mg	46	2.566	9		1		13	209	
Zinc, Zn....mg	3.01	0.108	9		1		0.85	13.65	
Copper, Cu....mg	0.099	0.005	9		1		0.028	0.449	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	1.5		0	BFYN	4		0.4	6.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.150	0.007	9		1		0.043	0.680	
Riboflavin....mg	0.390	0.030	9		1		0.111	1.769	
Niacin....mg	6.540	0.141	9		1		1.854	29.665	
Pantothenic acid....mg	0.490	0.013	9		1		0.139	2.223	
Vitamin B-6....mg	0.140	0.005	9		1		0.040	0.635	
Folate, total....mcg	0	0.094	9		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.094	9		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.71	0.051	9		1		0.77	12.29	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.880		0		1		0.533	8.528	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17064

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.090		75		1		0.026	0.408	
15:0 g									
16:0 g	0.900		75		1		0.255	4.082	
17:0 g									
18:0 g	0.730		75		1		0.207	3.311	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.690		0		1		0.479	7.666	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		75		1		0.023	0.363	
17:1 g									
18:1 undifferentiated g	1.600		75		1		0.454	7.258	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.220		0		1		0.062	0.998	
18:2 undifferentiated g	0.130		75		1		0.037	0.590	
18:3 undifferentiated g	0.070		75		1		0.020	0.318	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		75		1		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	74	1.139	9		1		21	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.242		0		1		0.069	1.098	
Threonine g	0.888		0		1		0.252	4.028	
Isoleucine g	1.001		0		1		0.284	4.541	
Leucine g	1.614		0		1		0.458	7.321	
Lysine g	1.832		0		1		0.519	8.310	
Methionine g	0.532		0		1		0.151	2.413	
Cystine g	0.248		0		1		0.070	1.125	
Phenylalanine g	0.845		0		1		0.240	3.833	
Tyrosine g	0.697		0		1		0.198	3.162	
Valine g	1.120		0		1		0.318	5.080	
Arginine g	1.233		0		1		0.350	5.593	
Histidine g	0.657		0		1		0.186	2.980	
Alanine g	1.248		0		1		0.354	5.661	
Aspartic acid g	1.826		0		1		0.518	8.283	
Glutamic acid g	3.011		0		1		0.854	13.658	
Glycine g	1.013		0		1		0.287	4.595	
Proline g	0.870		0		1		0.247	3.946	
Serine g	0.771		0		1		0.219	3.497	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17064

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17069

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised

Refuse: 50% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.76		0		1		95.36	48.25	
Energy....kcal	258		0	NC	4		433	219	
Energy....kJ	1079				4		1814	918	
Protein (N x 6.25)....g	26.97		0		1		45.31	22.92	
Total lipid (fat)....g	15.83		0		1		26.59	13.46	
Ash....g	1.61		0		1		2.70	1.37	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		24	12	
Iron, Fe....mg	2.07		0		1		3.48	1.76	
Magnesium, Mg....mg	15		0		1		25	13	
Phosphorus, P....mg	175		0		1		294	149	
Potassium, K....mg	118		0		1		198	100	
Sodium, Na....mg	47		0		1		79	40	
Zinc, Zn....mg	4.80		0		1		8.06	4.08	
Copper, Cu....mg	0.102		0		1		0.171	0.087	
Manganese, Mn....mg	0.024		0		1		0.040	0.020	
Selenium, Se....mcg	5.3		0	PIE	4		8.9	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.118	0.060	
Riboflavin....mg	0.330		0		1		0.554	0.281	
Niacin....mg	6.070		0		1		10.198	5.160	
Pantothenic acid....mg	0.410		0		1		0.689	0.349	
Vitamin B-6....mg	0.080		0		1		0.134	0.068	
Folate, total....mcg	1		0		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.44		0		1		4.10	2.07	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.30	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.820		0		1		13.138	6.647	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17069

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0		1		0.084	0.043	
12:0 ... g	0.060		0		1		0.101	0.051	
13:0 ... g									
14:0 ... g	0.620		0		1		1.042	0.527	
15:0 ... g									
16:0 ... g	3.460		0		1		5.813	2.941	
17:0 ... g									
18:0 ... g	3.040		0		1		5.107	2.584	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.100		0		1		10.248	5.185	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.280		0		1		0.470	0.238	
17:1 ... g									
18:1 undifferentiated ... g	5.700		0		1		9.576	4.845	
20:1 ... g	0.020		0		1		0.034	0.017	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.730		0		1		1.226	0.621	
18:2 undifferentiated ... g	0.430		0		1		0.722	0.366	
18:3 undifferentiated ... g	0.280		0		1		0.470	0.238	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.034	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	102		0		1		171	87	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.315		0		1		0.529	0.268	
Threonine ... g	1.154		0		1		1.939	0.981	
Isoleucine ... g	1.301		0		1		2.186	1.106	
Leucine ... g	2.098		0		1		3.525	1.783	
Lysine ... g	2.382		0		1		4.002	2.025	
Methionine ... g	0.692		0		1		1.163	0.588	
Cystine ... g	0.322		0		1		0.541	0.274	
Phenylalanine ... g	1.098		0		1		1.845	0.933	
Tyrosine ... g	0.906		0		1		1.522	0.770	
Valine ... g	1.455		0		1		2.444	1.237	
Arginine ... g	1.602		0		1		2.691	1.362	
Histidine ... g	0.854		0		1		1.435	0.726	
Alanine ... g	1.622		0		1		2.725	1.379	
Aspartic acid ... g	2.374		0		1		3.988	2.018	
Glutamic acid ... g	3.914		0		1		6.576	3.327	
Glycine ... g	1.317		0		1		2.213	1.119	
Proline ... g	1.131		0		1		1.900	0.961	
Serine ... g	1.003		0		1		1.685	0.853	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17069

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17068

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw

Refuse: 45% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	66.02		0		1		18.72	299.47	
Energy ... kcal	223		0	NC	4		63	1012	
Energy ... kJ	933				4		265	4232	
Protein (N x 6.25) ... g	18.04		0		1		5.11	81.83	
Total lipid (fat) ... g	16.15		0		1		4.58	73.26	
Ash ... g	1.06		0		1		0.30	4.81	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	10		0		1		3	45	
Iron, Fe ... mg	1.49		0		1		0.42	6.76	
Magnesium, Mg ... mg	15		0		1		4	68	
Phosphorus, P ... mg	170		0		1		48	771	
Potassium, K ... mg	131		0		1		37	594	
Sodium, Na ... mg	45		0		1		13	204	
Zinc, Zn ... mg	3.37		0		1		0.96	15.29	
Copper, Cu ... mg	0.095		0		1		0.027	0.431	
Manganese, Mn ... mg	0.020		0		1		0.006	0.091	
Selenium, Se ... mcg	3.5		0	PIE	4		1.0	15.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.130		0		1		0.037	0.590	
Riboflavin ... mg	0.360		0		1		0.102	1.633	
Niacin ... mg	6.300		0		1		1.786	28.577	
Pantothenic acid ... mg	0.510		0		1		0.145	2.313	
Vitamin B-6 ... mg	0.110		0		1		0.031	0.499	
Folate, total ... mcg	1		0		1		0	5	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	1		0		1		0	5	
Folate, DFE ... mcg_DFE	1		0	NC	4		0	5	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.53		0		1		0.72	11.48	
Vitamin A, RAE ... mcg_RAE	0		0		4		0	0	
Retinol ... mcg	0		0		4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.26		0		1		0.07	1.18	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	8.180		0		1		2.319	37.104	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17068

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0		1		0.014	0.227	
12:0 ... g	0.060		0		1		0.017	0.272	
13:0 ... g									
14:0 ... g	0.670		0		1		0.190	3.039	
15:0 ... g									
16:0 ... g	3.550		0		1		1.006	16.103	
17:0 ... g									
18:0 ... g	3.220		0		1		0.913	14.606	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.190		0		1		1.755	28.078	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.280		0		1		0.079	1.270	
17:1 ... g									
18:1 undifferentiated ... g	5.790		0		1		1.641	26.263	
20:1 ... g	0.030		0		1		0.009	0.136	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.700		0		1		0.198	3.175	
18:2 undifferentiated ... g	0.390		0		1		0.111	1.769	
18:3 undifferentiated ... g	0.290		0		1		0.082	1.315	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0		1		0.003	0.045	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0		1		20	322	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.211		0		1		0.060	0.957	
Threonine ... g	0.772		0		1		0.219	3.502	
Isoleucine ... g	0.870		0		1		0.247	3.946	
Leucine ... g	1.403		0		1		0.398	6.364	
Lysine ... g	1.593		0		1		0.452	7.226	
Methionine ... g	0.463		0		1		0.131	2.100	
Cystine ... g	0.215		0		1		0.061	0.975	
Phenylalanine ... g	0.734		0		1		0.208	3.329	
Tyrosine ... g	0.606		0		1		0.172	2.749	
Valine ... g	0.974		0		1		0.276	4.418	
Arginine ... g	1.072		0		1		0.304	4.863	
Histidine ... g	0.572		0		1		0.162	2.595	
Alanine ... g	1.085		0		1		0.308	4.922	
Aspartic acid ... g	1.588		0		1		0.450	7.203	
Glutamic acid ... g	2.618		0		1		0.742	11.875	
Glycine ... g	0.881		0		1		0.250	3.996	
Proline ... g	0.757		0		1		0.215	3.434	
Serine ... g	0.671		0		1		0.190	3.044	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17068

Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17071

Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised

Refuse: 59% Bone 50%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.49		0		1		87.62	53.97	
Energy....kcal	186		0	NC	4		257	158	
Energy....kJ	778				4		1074	661	
Protein (N x 6.25)....g	30.76		0		1		42.45	26.15	
Total lipid (fat)....g	6.04		0		1		8.34	5.13	
Ash....g	1.80		0		1		2.48	1.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		14	9	
Iron, Fe....mg	2.22		0		1		3.06	1.89	
Magnesium, Mg....mg	16		0		1		22	14	
Phosphorus, P....mg	184		0		1		254	156	
Potassium, K....mg	125		0		1		173	106	
Sodium, Na....mg	49		0		1		68	42	
Zinc, Zn....mg	5.60		0		1		7.73	4.76	
Copper, Cu....mg	0.112		0		1		0.155	0.095	
Manganese, Mn....mg	0.028		0		1		0.039	0.024	
Selenium, Se....mcg	6.1		0	BFYN	4		8.4	5.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.097	0.060	
Riboflavin....mg	0.360		0		1		0.497	0.306	
Niacin....mg	5.640		0		1		7.783	4.794	
Pantothenic acid....mg	0.370		0		1		0.511	0.315	
Vitamin B-6....mg	0.090		0		1		0.124	0.077	
Folate, total....mcg	1		0		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.45		0		1		3.38	2.08	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.28	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.610		0		1		3.602	2.219	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17071

Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.014	0.009	
12:0 ... g	0.020		0		1		0.028	0.017	
13:0 ... g									
14:0 ... g	0.150		0		1		0.207	0.128	
15:0 ... g									
16:0 ... g	1.260		0		1		1.739	1.071	
17:0 ... g									
18:0 ... g	0.970		0		1		1.339	0.825	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.350		0		1		3.243	1.998	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.120		0		1		0.166	0.102	
17:1 ... g									
18:1 undifferentiated ... g	2.200		0		1		3.036	1.870	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.340		0		1		0.469	0.289	
18:2 undifferentiated ... g	0.220		0		1		0.304	0.187	
18:3 undifferentiated ... g	0.100		0		1		0.138	0.085	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.028	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	101		0		1		139	86	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.359		0		1		0.495	0.305	
Threonine ... g	1.316		0		1		1.816	1.119	
Isoleucine ... g	1.484		0		1		2.048	1.261	
Leucine ... g	2.392		0		1		3.301	2.033	
Lysine ... g	2.716		0		1		3.748	2.309	
Methionine ... g	0.789		0		1		1.089	0.671	
Cystine ... g	0.367		0		1		0.506	0.312	
Phenylalanine ... g	1.252		0		1		1.728	1.064	
Tyrosine ... g	1.034		0		1		1.427	0.879	
Valine ... g	1.660		0		1		2.291	1.411	
Arginine ... g	1.827		0		1		2.521	1.553	
Histidine ... g	0.974		0		1		1.344	0.828	
Alanine ... g	1.850		0		1		2.553	1.573	
Aspartic acid ... g	2.707		0		1		3.736	2.301	
Glutamic acid ... g	4.463		0		1		6.159	3.794	
Glycine ... g	1.502		0		1		2.073	1.277	
Proline ... g	1.290		0		1		1.780	1.097	
Serine ... g	1.144		0		1		1.579	0.972	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17071

Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17070

Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw

Refuse: 56% Bone 45%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.13	0.982	9		1		21.58	345.33	
Energy....kcal	118		0	NC	4		33	535	
Energy....kJ	494				4		140	2239	
Protein (N x 6.25)....g	20.82	0.178	9		1		5.90	94.44	
Total lipid (fat)....g	3.28	0.718	9		1		0.93	14.88	
Ash....g	1.22	0.175	9		1		0.35	5.53	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.462	9		1		2	32	
Iron, Fe....mg	1.57	0.186	9		1		0.45	7.12	
Magnesium, Mg....mg	17	0.227	9		1		5	77	
Phosphorus, P....mg	190	2.863	9		1		54	862	
Potassium, K....mg	150	6.795	9		1		43	680	
Sodium, Na....mg	50	1.050	9		1		14	227	
Zinc, Zn....mg	4.00	0.181	9		1		1.13	18.14	
Copper, Cu....mg	0.107	0.012	9		1		0.030	0.485	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	4.1		0	BFYN	4		1.2	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.150		0		1		0.043	0.680	
Riboflavin....mg	0.400		0		1		0.113	1.814	
Niacin....mg	6.230		0		1		1.766	28.259	
Pantothenic acid....mg	0.490		0		1		0.139	2.223	
Vitamin B-6....mg	0.130		0		1		0.037	0.590	
Folate, total....mcg	1		0		1		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.73		0		1		0.77	12.38	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.24		0		1		0.07	1.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.400		0		1		0.397	6.350	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17070

Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.070		75		1		0.020	0.318	
15:0 g									
16:0 g	0.670		75		1		0.190	3.039	
17:0 g									
18:0 g	0.540		75		1		0.153	2.449	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.260		0		1		0.357	5.715	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		75		1		0.017	0.272	
17:1 g									
18:1 undifferentiated g	1.190		75		1		0.337	5.398	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.170		0		1		0.048	0.771	
18:2 undifferentiated g	0.100		75		1		0.028	0.454	
18:3 undifferentiated g	0.050		75		1		0.014	0.227	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		75		1		0.003	0.045	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67		1		1		19	304	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.243		0		1		0.069	1.102	
Threonine g	0.891		0		1		0.253	4.042	
Isoleucine g	1.005		0		1		0.285	4.559	
Leucine g	1.620		0		1		0.459	7.348	
Lysine g	1.839		0		1		0.521	8.342	
Methionine g	0.534		0		1		0.151	2.422	
Cystine g	0.249		0		1		0.071	1.129	
Phenylalanine g	0.848		0		1		0.240	3.847	
Tyrosine g	0.700		0		1		0.198	3.175	
Valine g	1.124		0		1		0.319	5.098	
Arginine g	1.237		0		1		0.351	5.611	
Histidine g	0.660		0		1		0.187	2.994	
Alanine g	1.252		0		1		0.355	5.679	
Aspartic acid g	1.833		0		1		0.520	8.314	
Glutamic acid g	3.022		0		1		0.857	13.708	
Glycine g	1.017		0		1		0.288	4.613	
Proline g	0.873		0		1		0.247	3.960	
Serine g	0.774		0		1		0.219	3.511	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17070
Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17073

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.87		0		1		149.30	49.19	
Energy....kcal	246		0	NC	4		635	209	
Energy....kJ	1029				4		2656	875	
Protein (N x 6.25)....g	24.81		0		1		64.01	21.09	
Total lipid (fat)....g	15.56		0		1		40.14	13.23	
Ash....g	1.39		0		1		3.59	1.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		26	9	
Iron, Fe....mg	2.10		0		1		5.42	1.79	
Magnesium, Mg....mg	20		0		1		52	17	
Phosphorus, P....mg	218		0		1		562	185	
Potassium, K....mg	167		0		1		431	142	
Sodium, Na....mg	43		0		1		111	37	
Zinc, Zn....mg	3.58		0		1		9.24	3.04	
Copper, Cu....mg	0.103		0		1		0.266	0.088	
Manganese, Mn....mg	0.023		0		1		0.059	0.020	
Selenium, Se....mcg	4.0		0	T	4		10.3	3.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.310	0.102	
Riboflavin....mg	0.450		0		1		1.161	0.383	
Niacin....mg	7.590		0		1		19.582	6.452	
Pantothenic acid....mg	0.550		0		1		1.419	0.468	
Vitamin B-6....mg	0.130		0		1		0.335	0.111	
Folate, total....mcg	1		0		1		3	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		3	1	
Folate, DFE....mcg_DFE	1		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.60		0		1		6.71	2.21	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.39	0.13	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.610		0		1		19.634	6.469	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17073

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.040		0		1		0.103	0.034	
12:0 ... g	0.060		0		1		0.155	0.051	
13:0 ... g									
14:0 ... g	0.600		0		1		1.548	0.510	
15:0 ... g									
16:0 ... g	3.390		0		1		8.746	2.882	
17:0 ... g									
18:0 ... g	2.930		0		1		7.559	2.491	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.010		0		1		15.506	5.109	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.290		0		1		0.748	0.247	
17:1 ... g									
18:1 undifferentiated ... g	5.610		0		1		14.474	4.769	
20:1 ... g	0.020		0		1		0.052	0.017	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.750		0		1		1.935	0.638	
18:2 undifferentiated ... g	0.450		0		1		1.161	0.383	
18:3 undifferentiated ... g	0.280		0		1		0.722	0.238	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.052	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	101		0		1		261	86	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.290		0		1		0.748	0.247	
Threonine ... g	1.062		0		1		2.740	0.903	
Isoleucine ... g	1.197		0		1		3.088	1.017	
Leucine ... g	1.929		0		1		4.977	1.640	
Lysine ... g	2.190		0		1		5.650	1.862	
Methionine ... g	0.637		0		1		1.643	0.541	
Cystine ... g	0.296		0		1		0.764	0.252	
Phenylalanine ... g	1.010		0		1		2.606	0.859	
Tyrosine ... g	0.834		0		1		2.152	0.709	
Valine ... g	1.338		0		1		3.452	1.137	
Arginine ... g	1.474		0		1		3.803	1.253	
Histidine ... g	0.786		0		1		2.028	0.668	
Alanine ... g	1.492		0		1		3.849	1.268	
Aspartic acid ... g	2.183		0		1		5.632	1.856	
Glutamic acid ... g	3.599		0		1		9.285	3.059	
Glycine ... g	1.211		0		1		3.124	1.029	
Proline ... g	1.040		0		1		2.683	0.884	
Serine ... g	0.922		0		1		2.379	0.784	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17073

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17072

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.58		0		1		18.59	297.47	
Energy....kcal	216		0	NC	4		61	980	
Energy....kJ	904				4		256	4099	
Protein (N x 6.25)....g	18.34		0		1		5.20	83.19	
Total lipid (fat)....g	15.29		0		1		4.33	69.36	
Ash....g	1.01		0		1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		2	36	
Iron, Fe....mg	1.58		0		1		0.45	7.17	
Magnesium, Mg....mg	17		0		1		5	77	
Phosphorus, P....mg	186		0		1		53	844	
Potassium, K....mg	156		0		1		44	708	
Sodium, Na....mg	40		0		1		11	181	
Zinc, Zn....mg	2.65		0		1		0.75	12.02	
Copper, Cu....mg	0.093		0		1		0.026	0.422	
Manganese, Mn....mg	0.020		0		1		0.006	0.091	
Selenium, Se....mcg	2.7		0	BFYN	4		0.8	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140		0		1		0.040	0.635	
Riboflavin....mg	0.380		0		1		0.108	1.724	
Niacin....mg	6.850		0		1		1.942	31.072	
Pantothenic acid....mg	0.520		0		1		0.147	2.359	
Vitamin B-6....mg	0.130		0		1		0.037	0.590	
Folate, total....mcg	1		0		1		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.45		0		1		0.69	11.11	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.680		0		1		2.177	34.836	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17072

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.040		0		1		0.011	0.181	
12:0 ... g	0.060		0		1		0.017	0.272	
13:0 ... g									
14:0 ... g	0.620		0		1		0.176	2.812	
15:0 ... g									
16:0 ... g	3.350		0		1		0.950	15.196	
17:0 ... g									
18:0 ... g	3.020		0		1		0.856	13.699	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.860		0		1		1.661	26.581	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.260		0		1		0.074	1.179	
17:1 ... g									
18:1 undifferentiated ... g	5.490		0		1		1.556	24.903	
20:1 ... g	0.020		0		1		0.006	0.091	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.670		0		1		0.190	3.039	
18:2 undifferentiated ... g	0.380		0		1		0.108	1.724	
18:3 undifferentiated ... g	0.280		0		1		0.079	1.270	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0		1		0.003	0.045	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	76		0		1		22	345	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.214		0		1		0.061	0.971	
Threonine ... g	0.785		0		1		0.223	3.561	
Isoleucine ... g	0.885		0		1		0.251	4.014	
Leucine ... g	1.426		0		1		0.404	6.468	
Lysine ... g	1.620		0		1		0.459	7.348	
Methionine ... g	0.471		0		1		0.134	2.136	
Cystine ... g	0.219		0		1		0.062	0.993	
Phenylalanine ... g	0.747		0		1		0.212	3.388	
Tyrosine ... g	0.616		0		1		0.175	2.794	
Valine ... g	0.990		0		1		0.281	4.491	
Arginine ... g	1.090		0		1		0.309	4.944	
Histidine ... g	0.581		0		1		0.165	2.635	
Alanine ... g	1.103		0		1		0.313	5.003	
Aspartic acid ... g	1.614		0		1		0.458	7.321	
Glutamic acid ... g	2.661		0		1		0.754	12.070	
Glycine ... g	0.896		0		1		0.254	4.064	
Proline ... g	0.769		0		1		0.218	3.488	
Serine ... g	0.682		0		1		0.193	3.094	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17072

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17075

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted

Refuse: 36% Bone 24%, separable fat 12%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.92		0		1		139.35	54.33	
Energy....kcal	181		0	NC	4		395	154	
Energy....kJ	757				4		1651	644	
Protein (N x 6.25)....g	27.68		0		1		60.34	23.53	
Total lipid (fat)....g	7.01		0		1		15.28	5.96	
Ash....g	1.52		0		1		3.31	1.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		15	6	
Iron, Fe....mg	2.24		0		1		4.88	1.90	
Magnesium, Mg....mg	21		0		1		46	18	
Phosphorus, P....mg	234		0		1		510	199	
Potassium, K....mg	183		0		1		399	156	
Sodium, Na....mg	45		0		1		98	38	
Zinc, Zn....mg	4.04		0		1		8.81	3.43	
Copper, Cu....mg	0.111		0		1		0.242	0.094	
Manganese, Mn....mg	0.027		0		1		0.059	0.023	
Selenium, Se....mcg	4.2		0	T	4		9.2	3.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.262	0.102	
Riboflavin....mg	0.500		0		1		1.090	0.425	
Niacin....mg	7.510		0		1		16.372	6.384	
Pantothenic acid....mg	0.540		0		1		1.177	0.459	
Vitamin B-6....mg	0.140		0		1		0.305	0.119	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.63		0		1		5.73	2.24	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.39	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.050		0		1		6.649	2.593	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17075

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.044	0.017	
12:0 ... g	0.020		0		1		0.044	0.017	
13:0 ... g									
14:0 ... g	0.190		0		1		0.414	0.162	
15:0 ... g									
16:0 ... g	1.470		0		1		3.205	1.250	
17:0 ... g									
18:0 ... g	1.110		0		1		2.420	0.944	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.750		0		1		5.995	2.338	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.150		0		1		0.327	0.128	
17:1 ... g									
18:1 undifferentiated ... g	2.560		0		1		5.581	2.176	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0		1		0.894	0.349	
18:2 undifferentiated ... g	0.260		0		1		0.567	0.221	
18:3 undifferentiated ... g	0.120		0		1		0.262	0.102	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		0		1		0.065	0.026	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		1		218	85	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.323		0		1		0.704	0.275	
Threonine ... g	1.185		0		1		2.583	1.007	
Isoleucine ... g	1.335		0		1		2.910	1.135	
Leucine ... g	2.153		0		1		4.694	1.830	
Lysine ... g	2.444		0		1		5.328	2.077	
Methionine ... g	0.710		0		1		1.548	0.604	
Cystine ... g	0.330		0		1		0.719	0.281	
Phenylalanine ... g	1.127		0		1		2.457	0.958	
Tyrosine ... g	0.930		0		1		2.027	0.791	
Valine ... g	1.494		0		1		3.257	1.270	
Arginine ... g	1.644		0		1		3.584	1.397	
Histidine ... g	0.877		0		1		1.912	0.745	
Alanine ... g	1.665		0		1		3.630	1.415	
Aspartic acid ... g	2.436		0		1		5.310	2.071	
Glutamic acid ... g	4.017		0		1		8.757	3.414	
Glycine ... g	1.352		0		1		2.947	1.149	
Proline ... g	1.161		0		1		2.531	0.987	
Serine ... g	1.029		0		1		2.243	0.875	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17075

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17074

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw

Refuse: 37% Bone 23%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.37	0.626	9		1		21.08	337.34	
Energy....kcal	123		0	NC	4		35	558	
Energy....kJ	515				4		146	2334	
Protein (N x 6.25)....g	20.85	0.214	9		1		5.91	94.58	
Total lipid (fat)....g	3.80	0.396	9		1		1.08	17.24	
Ash....g	1.14	0.066	9		1		0.32	5.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	1.019	9		1		1	18	
Iron, Fe....mg	1.68	0.169	9		1		0.48	7.62	
Magnesium, Mg....mg	20	0.409	9		1		6	91	
Phosphorus, P....mg	207	17.901	9		1		59	939	
Potassium, K....mg	179	6.920	9		1		51	812	
Sodium, Na....mg	44	3.200	9		1		12	200	
Zinc, Zn....mg	3.05	0.088	9		1		0.86	13.83	
Copper, Cu....mg	0.104	0.005	9		1		0.029	0.472	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	3.2		0	BFYN	4		0.9	14.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.150	0.008	9		1		0.043	0.680	
Riboflavin....mg	0.420	0.037	9		1		0.119	1.905	
Niacin....mg	6.920	0.106	9		1		1.962	31.389	
Pantothenic acid....mg	0.500	0.021	9		1		0.142	2.268	
Vitamin B-6....mg	0.150		0		1		0.043	0.680	
Folate, total....mcg	0	0.108	9		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.108	9		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.60	0.122	9		1		0.74	11.79	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.620		0		1		0.459	7.348	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17074

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.080		75		1		0.023	0.363	
15:0 g									
16:0 g	0.770		75		1		0.218	3.493	
17:0 g									
18:0 g	0.630		75		1		0.179	2.858	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.460		0		1		0.414	6.623	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		75		1		0.020	0.318	
17:1 g									
18:1 undifferentiated g	1.380		75		1		0.391	6.260	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.190		0		1		0.054	0.862	
18:2 undifferentiated g	0.120		75		1		0.034	0.544	
18:3 undifferentiated g	0.060		75		1		0.017	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		75		1		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	73	1.005	9		1		21	331	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.244		0		1		0.069	1.107	
Threonine g	0.892		0		1		0.253	4.046	
Isoleucine g	1.006		0		1		0.285	4.563	
Leucine g	1.621		0		1		0.460	7.353	
Lysine g	1.841		0		1		0.522	8.351	
Methionine g	0.535		0		1		0.152	2.427	
Cystine g	0.249		0		1		0.071	1.129	
Phenylalanine g	0.849		0		1		0.241	3.851	
Tyrosine g	0.701		0		1		0.199	3.180	
Valine g	1.125		0		1		0.319	5.103	
Arginine g	1.238		0		1		0.351	5.616	
Histidine g	0.660		0		1		0.187	2.994	
Alanine g	1.254		0		1		0.356	5.688	
Aspartic acid g	1.835		0		1		0.520	8.324	
Glutamic acid g	3.025		0		1		0.858	13.721	
Glycine g	1.018		0		1		0.289	4.618	
Proline g	0.874		0		1		0.248	3.964	
Serine g	0.775		0		1		0.220	3.515	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17074

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17077

Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.44		0		1		42.87	21.69	
Energy ... kcal	315		0	NC	4		268	135	
Energy ... kJ	1318		0		4		1120	567	
Protein (N x 6.25) ... g	23.43		0		1		19.92	10.07	
Total lipid (fat) ... g	23.88		0		1		20.30	10.27	
Ash ... g	1.30		0		1		1.11	0.56	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	23		0		1		20	10	
Iron, Fe ... mg	2.05		0		1		1.74	0.88	
Magnesium, Mg ... mg	19		0		1		16	8	
Phosphorus, P ... mg	208		0		1		177	89	
Potassium, K ... mg	159		0		1		135	68	
Sodium, Na ... mg	49		0		1		42	21	
Zinc, Zn ... mg	2.65		0		1		2.25	1.14	
Copper, Cu ... mg	0.109		0		1		0.093	0.047	
Manganese, Mn ... mg	0.021		0		1		0.018	0.009	
Selenium, Se ... mcg	2.0		0	T	4		1.7	0.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.120		0		1		0.102	0.052	
Riboflavin ... mg	0.360		0		1		0.306	0.155	
Niacin ... mg	7.930		0		1		6.741	3.410	
Pantothenic acid ... mg	0.500		0		1		0.425	0.215	
Vitamin B-6 ... mg	0.110		0		1		0.094	0.047	
Folate, total ... mcg	1		0		1		1	0	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	1		0		1		1	0	
Folate, DFE ... mcg_DFE	1		0	NC	4		1	0	
Choline, total ... mg	95.0		0	BFNN	4		80.7	40.8	
Betaine ... mg	12.5		0	BFNN	4		10.6	5.4	
Vitamin B-12 ... mcg	2.53		0		1		2.15	1.09	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.13		0		1		0.11	0.06	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.1	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.1	0.0	
Vitamin D ... IU	2		40	A	1		2	1	
Vitamin K (phylloquinone) ... mcg	4.9		0	BFSN	4		4.2	2.1	
Lipids:									
Fatty acids, total saturated ... g	11.960		0		1		10.166	5.143	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17077

Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.070		0		1		0.060	0.030	
12:0 g	0.100		0		1		0.085	0.043	
13:0 g									
14:0 g	0.980		0		1		0.833	0.421	
15:0 g									
16:0 g	5.250		0		1		4.463	2.258	
17:0 g									
18:0 g	4.650		0		1		3.953	2.000	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.200		0		1		7.820	3.956	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		0		1		0.366	0.185	
17:1 g									
18:1 undifferentiated g	8.590		0		1		7.302	3.694	
20:1 g	0.030		0		1		0.026	0.013	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.090		0		1		0.927	0.469	
18:2 undifferentiated g	0.630		0		1		0.536	0.271	
18:3 undifferentiated g	0.430		0		1		0.366	0.185	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0		1		0.017	0.009	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	112		0		1		95	48	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.274		0		1		0.233	0.118	
Threonine g	1.003		0		1		0.853	0.431	
Isoleucine g	1.130		0		1		0.961	0.486	
Leucine g	1.822		0		1		1.549	0.783	
Lysine g	2.069		0		1		1.759	0.890	
Methionine g	0.601		0		1		0.511	0.258	
Cystine g	0.280		0		1		0.238	0.120	
Phenylalanine g	0.954		0		1		0.811	0.410	
Tyrosine g	0.787		0		1		0.669	0.338	
Valine g	1.264		0		1		1.074	0.544	
Arginine g	1.392		0		1		1.183	0.599	
Histidine g	0.742		0		1		0.631	0.319	
Alanine g	1.409		0		1		1.198	0.606	
Aspartic acid g	2.062		0		1		1.753	0.887	
Glutamic acid g	3.400		0		1		2.890	1.462	
Glycine g	1.144		0		1		0.972	0.492	
Proline g	0.983		0		1		0.836	0.423	
Serine g	0.871		0		1		0.740	0.375	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17077

Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 43g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17076
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw

Refuse: 24% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.09		0		1		16.19	37.11	
Energy	kcal	303		0	NC	4		86	197	
Energy	kJ	1268				4		359	824	
Protein (N x 6.25)	g	16.33		0		1		4.63	10.61	
Total lipid (fat)	g	25.90		0		1		7.34	16.84	
Ash	g	0.88		0		1		0.25	0.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		5	11	
Iron, Fe	mg	1.55		0		1		0.44	1.01	
Magnesium, Mg	mg	15		0		1		4	10	
Phosphorus, P	mg	163		0		1		46	106	
Potassium, K	mg	121		0		1		34	79	
Sodium, Na	mg	37		0		1		10	24	
Zinc, Zn	mg	1.85		0		1		0.52	1.20	
Copper, Cu	mg	0.083		0		1		0.024	0.054	
Manganese, Mn	mg	0.017		0		1		0.005	0.011	
Selenium, Se	mcg	1.4		0	BFYN	4		0.4	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0		1		0.037	0.085	
Riboflavin	mg	0.290		0		1		0.082	0.189	
Niacin	mg	6.830		0		1		1.936	4.440	
Pantothenic acid	mg	0.510		0		1		0.145	0.332	
Vitamin B-6	mg	0.110		0		1		0.031	0.072	
Folate, total	mcg	1		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	1	
Folate, DFE	mcg_DFE	1		0	NC	4		0	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.10		0		1		0.60	1.37	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.05	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.240		0		1		3.754	8.606	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17076

Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0		1		0.023	0.052	
12:0 g	0.110		0		1		0.031	0.072	
13:0 g									
14:0 g	1.110		0		1		0.315	0.722	
15:0 g									
16:0 g	5.720		0		1		1.622	3.718	
17:0 g									
18:0 g	5.220		0		1		1.480	3.393	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.930		0		1		2.815	6.455	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.440		0		1		0.125	0.286	
17:1 g									
18:1 undifferentiated g	9.280		0		1		2.631	6.032	
20:1 g	0.040		0		1		0.011	0.026	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.110		0		1		0.315	0.722	
18:2 undifferentiated g	0.620		0		1		0.176	0.403	
18:3 undifferentiated g	0.480		0		1		0.136	0.312	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0		1		0.003	0.007	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83		0		1		24	54	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0		1		0.054	0.124	
Threonine g	0.699		0		1		0.198	0.454	
Isoleucine g	0.788		0		1		0.223	0.512	
Leucine g	1.270		0		1		0.360	0.826	
Lysine g	1.442		0		1		0.409	0.937	
Methionine g	0.419		0		1		0.119	0.272	
Cystine g	0.195		0		1		0.055	0.127	
Phenylalanine g	0.665		0		1		0.189	0.432	
Tyrosine g	0.549		0		1		0.156	0.357	
Valine g	0.881		0		1		0.250	0.573	
Arginine g	0.970		0		1		0.275	0.631	
Histidine g	0.517		0		1		0.147	0.336	
Alanine g	0.982		0		1		0.278	0.638	
Aspartic acid g	1.437		0		1		0.407	0.934	
Glutamic acid g	2.369		0		1		0.672	1.540	
Glycine g	0.797		0		1		0.226	0.518	
Proline g	0.685		0		1		0.194	0.445	
Serine g	0.607		0		1		0.172	0.395	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17076
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17079

Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled

Refuse: 49% Bone 27%, separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.86		0		1		51.73	18.26	
Energy....kcal	199		0	NC	4		169	60	
Energy....kJ	833				4		708	250	
Protein (N x 6.25)....g	29.31		0		1		24.91	8.79	
Total lipid (fat)....g	8.24		0		1		7.00	2.47	
Ash....g	1.55		0		1		1.32	0.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		18	6	
Iron, Fe....mg	2.34		0		1		1.99	0.70	
Magnesium, Mg....mg	22		0		1		19	7	
Phosphorus, P....mg	240		0		1		204	72	
Potassium, K....mg	189		0		1		161	57	
Sodium, Na....mg	55		0		1		47	17	
Zinc, Zn....mg	3.29		0		1		2.80	0.99	
Copper, Cu....mg	0.130		0		1		0.111	0.039	
Manganese, Mn....mg	0.028		0		1		0.024	0.008	
Selenium, Se....mcg	2.0		0	T	4		1.7	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		1		0.111	0.039	
Riboflavin....mg	0.430		0		1		0.366	0.129	
Niacin....mg	7.890		0		1		6.707	2.367	
Pantothenic acid....mg	0.460		0		1		0.391	0.138	
Vitamin B-6....mg	0.140		0		1		0.119	0.042	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.58		0		1		2.19	0.77	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.05	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.580		0		1		3.043	1.074	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17079

Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.017	0.006	
12:0 g	0.020		0		1		0.017	0.006	
13:0 g									
14:0 g	0.220		0		1		0.187	0.066	
15:0 g									
16:0 g	1.730		0		1		1.471	0.519	
17:0 g									
18:0 g	1.310		0		1		1.114	0.393	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.220		0		1		2.737	0.966	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170		0		1		0.145	0.051	
17:1 g									
18:1 undifferentiated g	3.010		0		1		2.559	0.903	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.470		0		1		0.400	0.141	
18:2 undifferentiated g	0.310		0		1		0.264	0.093	
18:3 undifferentiated g	0.140		0		1		0.119	0.042	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0		1		0.026	0.009	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	114		0		1		97	34	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.343		0		1		0.292	0.103	
Threonine g	1.254		0		1		1.066	0.376	
Isoleucine g	1.414		0		1		1.202	0.424	
Leucine g	2.280		0		1		1.938	0.684	
Lysine g	2.588		0		1		2.200	0.776	
Methionine g	0.752		0		1		0.639	0.226	
Cystine g	0.350		0		1		0.298	0.105	
Phenylalanine g	1.193		0		1		1.014	0.358	
Tyrosine g	0.985		0		1		0.837	0.296	
Valine g	1.581		0		1		1.344	0.474	
Arginine g	1.741		0		1		1.480	0.522	
Histidine g	0.928		0		1		0.789	0.278	
Alanine g	1.763		0		1		1.499	0.529	
Aspartic acid g	2.580		0		1		2.193	0.774	
Glutamic acid g	4.253		0		1		3.615	1.276	
Glycine g	1.431		0		1		1.216	0.429	
Proline g	1.229		0		1		1.045	0.369	
Serine g	1.090		0		1		0.927	0.327	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17079

Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17078
Lamb, New Zealand, imported, frozen, loin, separable lean only, raw

Refuse: 50% Bone 24%, separable fat 26%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.33	0.749	9		1		20.79	30.80	
Energy....kcal	130		0	NC	4		37	55	
Energy....kJ	544				4		154	228	
Protein (N x 6.25)....g	21.17	0.484	9		1		6.00	8.89	
Total lipid (fat)....g	4.40	0.624	9		1		1.25	1.85	
Ash....g	1.12	0.012	9		1		0.32	0.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	2.382	9		1		4	6	
Iron, Fe....mg	1.77	0.185	9		1		0.50	0.74	
Magnesium, Mg....mg	19	0.257	9		1		5	8	
Phosphorus, P....mg	203	6.399	9		1		58	85	
Potassium, K....mg	157	3.932	9		1		45	66	
Sodium, Na....mg	45	3.339	9		1		13	19	
Zinc, Zn....mg	2.36	0.151	9		1		0.67	0.99	
Copper, Cu....mg	0.103	0.005	9		1		0.029	0.043	
Manganese, Mn....mg	0.024		0		1		0.007	0.010	
Selenium, Se....mcg	1.4		0	BFYN	4		0.4	0.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160	0.010	9		1		0.045	0.067	
Riboflavin....mg	0.350	0.025	9		1		0.099	0.147	
Niacin....mg	6.970	0.158	9		1		1.976	2.927	
Pantothenic acid....mg	0.460	0.030	9		1		0.130	0.193	
Vitamin B-6....mg	0.150	0.001	9		1		0.043	0.063	
Folate, total....mcg	0	0.119	9		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.119	9		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.28	0.313	9		1		0.65	0.96	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.08	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.870		0		1		0.530	0.785	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17078

Lamb, New Zealand, imported, frozen, loin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.004	
12:0 g	0.010		75		1		0.003	0.004	
13:0 g									
14:0 g	0.090		75		1		0.026	0.038	
15:0 g									
16:0 g	0.890		75		1		0.252	0.374	
17:0 g									
18:0 g	0.730		75		1		0.207	0.307	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.690		0		1		0.479	0.710	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		75		1		0.023	0.034	
17:1 g									
18:1 undifferentiated g	1.600		75		1		0.454	0.672	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.220		0		1		0.062	0.092	
18:2 undifferentiated g	0.130		75		1		0.037	0.055	
18:3 undifferentiated g	0.070		75		1		0.020	0.029	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		75		1		0.006	0.008	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	80	3.846	9		1		23	34	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.247		0		1		0.070	0.104	
Threonine g	0.906		0		1		0.257	0.381	
Isoleucine g	1.021		0		1		0.289	0.429	
Leucine g	1.647		0		1		0.467	0.692	
Lysine g	1.870		0		1		0.530	0.785	
Methionine g	0.543		0		1		0.154	0.228	
Cystine g	0.253		0		1		0.072	0.106	
Phenylalanine g	0.862		0		1		0.244	0.362	
Tyrosine g	0.711		0		1		0.202	0.299	
Valine g	1.142		0		1		0.324	0.480	
Arginine g	1.258		0		1		0.357	0.528	
Histidine g	0.671		0		1		0.190	0.282	
Alanine g	1.273		0		1		0.361	0.535	
Aspartic acid g	1.863		0		1		0.528	0.782	
Glutamic acid g	3.072		0		1		0.871	1.290	
Glycine g	1.034		0		1		0.293	0.434	
Proline g	0.888		0		1		0.252	0.373	
Serine g	0.787		0		1		0.223	0.331	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17078
Lamb, New Zealand, imported, frozen, loin, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17081

Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Refuse: 32% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.18		0		1		120.93	42.65	
Energy....kcal	340		0	NC	4		819	289	
Energy....kJ	1423		0		4		3428	1209	
Protein (N x 6.25)....g	18.98		0		1		45.74	16.13	
Total lipid (fat)....g	28.75		0		1		69.29	24.44	
Ash....g	1.07		0		1		2.58	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		46	16	
Iron, Fe....mg	1.71		0		1		4.12	1.45	
Magnesium, Mg....mg	14		0		1		34	12	
Phosphorus, P....mg	170		0		1		410	145	
Potassium, K....mg	124		0		1		299	105	
Sodium, Na....mg	43		0		1		104	37	
Zinc, Zn....mg	2.60		0		1		6.27	2.21	
Copper, Cu....mg	0.071		0		1		0.171	0.060	
Manganese, Mn....mg	0.017		0		1		0.041	0.014	
Selenium, Se....mcg	1.8		0	PIE	4		4.3	1.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.217	0.077	
Riboflavin....mg	0.270		0		1		0.651	0.230	
Niacin....mg	6.830		0		1		16.460	5.806	
Pantothenic acid....mg	0.510		0		1		1.229	0.434	
Vitamin B-6....mg	0.080		0		1		0.193	0.068	
Folate, total....mcg	1		0		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg	77.9		0	BFNN	4		187.8	66.2	
Betaine....mg	10.2		0	BFNN	4		24.7	8.7	
Vitamin B-12....mcg	2.33		0		1		5.62	1.98	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.10		0		1		0.24	0.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		6	2	
Vitamin K (phylloquinone)....mcg	5.0		0	BFSN	4		11.9	4.2	
Lipids:									
Fatty acids, total saturated....g	14.450		0		1		34.825	12.283	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17081

Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.080		0		1		0.193	0.068	
12:0 ....g	0.120		0		1		0.289	0.102	
13:0 ....g									
14:0 ....g	1.200		0		1		2.892	1.020	
15:0 ....g									
16:0 ....g	6.330		0		1		15.255	5.381	
17:0 ....g									
18:0 ....g	5.620		0		1		13.544	4.777	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	11.080		0		1		26.703	9.418	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.510		0		1		1.229	0.434	
17:1 ....g									
18:1 undifferentiated ....g	10.330		0		1		24.895	8.781	
20:1 ....g	0.040		0		1		0.096	0.034	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.310		0		1		3.157	1.114	
18:2 undifferentiated ....g	0.760		0		1		1.832	0.646	
18:3 undifferentiated ....g	0.530		0		1		1.277	0.451	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.020		0		1		0.048	0.017	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	100		0		1		241	85	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.222		0		1		0.535	0.189	
Threonine ....g	0.812		0		1		1.957	0.690	
Isoleucine ....g	0.916		0		1		2.208	0.779	
Leucine ....g	1.476		0		1		3.557	1.255	
Lysine ....g	1.676		0		1		4.039	1.425	
Methionine ....g	0.487		0		1		1.174	0.414	
Cystine ....g	0.227		0		1		0.547	0.193	
Phenylalanine ....g	0.773		0		1		1.863	0.657	
Tyrosine ....g	0.638		0		1		1.538	0.542	
Valine ....g	1.024		0		1		2.468	0.870	
Arginine ....g	1.127		0		1		2.716	0.958	
Histidine ....g	0.601		0		1		1.448	0.511	
Alanine ....g	1.141		0		1		2.750	0.970	
Aspartic acid ....g	1.670		0		1		4.025	1.420	
Glutamic acid ....g	2.754		0		1		6.637	2.341	
Glycine ....g	0.927		0		1		2.234	0.788	
Proline ....g	0.796		0		1		1.918	0.677	
Serine ....g	0.706		0		1		1.701	0.600	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17081

Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17080
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw

Refuse: 31% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.32		0		1		15.12	241.86	
Energy	kcal	346		0	NC	4		98	1569	
Energy	kJ	1448				4		410	6567	
Protein (N x 6.25)	g	14.92		0		1		4.23	67.68	
Total lipid (fat)	g	31.31		0		1		8.88	142.02	
Ash	g	0.81		0		1		0.23	3.67	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		5	73	
Iron, Fe	mg	1.39		0		1		0.39	6.31	
Magnesium, Mg	mg	13		0		1		4	59	
Phosphorus, P	mg	146		0		1		41	662	
Potassium, K	mg	113		0		1		32	513	
Sodium, Na	mg	40		0		1		11	181	
Zinc, Zn	mg	2.04		0		1		0.58	9.25	
Copper, Cu	mg	0.065		0		1		0.018	0.295	
Manganese, Mn	mg	0.016		0		1		0.005	0.073	
Selenium, Se	mcg	1.2		0	PIE	4		0.3	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		1		0.031	0.499	
Riboflavin	mg	0.250		0		1		0.071	1.134	
Niacin	mg	6.320		0		1		1.792	28.668	
Pantothenic acid	mg	0.510		0		1		0.145	2.313	
Vitamin B-6	mg	0.080		0		1		0.023	0.363	
Folate, total	mcg	1		0		1		0	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		0	5	
Folate, DFE	mcg_DFE	1		0	NC	4		0	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.17		0		1		0.62	9.84	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.05	0.82	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	15.990		0		1		4.533	72.531	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17080

Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090		0		1		0.026	0.408	
12:0 ... g	0.130		0		1		0.037	0.590	
13:0 ... g									
14:0 ... g	1.340		0		1		0.380	6.078	
15:0 ... g									
16:0 ... g	6.920		0		1		1.962	31.389	
17:0 ... g									
18:0 ... g	6.310		0		1		1.789	28.622	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.000		0		1		3.402	54.432	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.530		0		1		0.150	2.404	
17:1 ... g									
18:1 undifferentiated ... g	11.220		0		1		3.181	50.894	
20:1 ... g	0.050		0		1		0.014	0.227	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.340		0		1		0.380	6.078	
18:2 undifferentiated ... g	0.750		0		1		0.213	3.402	
18:3 undifferentiated ... g	0.580		0		1		0.164	2.631	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0		1		23	367	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.174		0		1		0.049	0.789	
Threonine ... g	0.639		0		1		0.181	2.899	
Isoleucine ... g	0.720		0		1		0.204	3.266	
Leucine ... g	1.161		0		1		0.329	5.266	
Lysine ... g	1.318		0		1		0.374	5.978	
Methionine ... g	0.383		0		1		0.109	1.737	
Cystine ... g	0.178		0		1		0.050	0.807	
Phenylalanine ... g	0.608		0		1		0.172	2.758	
Tyrosine ... g	0.502		0		1		0.142	2.277	
Valine ... g	0.805		0		1		0.228	3.651	
Arginine ... g	0.887		0		1		0.251	4.023	
Histidine ... g	0.473		0		1		0.134	2.146	
Alanine ... g	0.898		0		1		0.255	4.073	
Aspartic acid ... g	1.314		0		1		0.373	5.960	
Glutamic acid ... g	2.166		0		1		0.614	9.825	
Glycine ... g	0.729		0		1		0.207	3.307	
Proline ... g	0.626		0		1		0.177	2.840	
Serine ... g	0.555		0		1		0.157	2.517	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17080
Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17083

Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

Refuse: 57% Bone 32%, separable fat 25%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.31		0		1		97.75	54.66	
Energy....kcal	196		0	NC	4		298	167	
Energy....kJ	820		0		4		1246	697	
Protein (N x 6.25)....g	24.42		0		1		37.12	20.76	
Total lipid (fat)....g	10.16		0		1		15.44	8.64	
Ash....g	1.28		0		1		1.95	1.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		21	12	
Iron, Fe....mg	1.89		0		1		2.87	1.61	
Magnesium, Mg....mg	16		0		1		24	14	
Phosphorus, P....mg	191		0		1		290	162	
Potassium, K....mg	146		0		1		222	124	
Sodium, Na....mg	48		0		1		73	41	
Zinc, Zn....mg	3.43		0		1		5.21	2.92	
Copper, Cu....mg	0.077		0		1		0.117	0.065	
Manganese, Mn....mg	0.024		0		1		0.036	0.020	
Selenium, Se....mcg	1.7		0	BFYN	4		2.6	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		1		0.167	0.094	
Riboflavin....mg	0.330		0		1		0.502	0.281	
Niacin....mg	6.130		0		1		9.318	5.211	
Pantothenic acid....mg	0.450		0		1		0.684	0.383	
Vitamin B-6....mg	0.110		0		1		0.167	0.094	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	94.4		0	BFNN	4		143.5	80.3	
Betaine....mg	12.4		0	BFNN	4		18.9	10.5	
Vitamin B-12....mcg	2.28		0		1		3.47	1.94	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.23	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		4	2	
Vitamin K (phylloquinone)....mcg	3.5		0	BFSN	4		5.4	3.0	
Lipids:									
Fatty acids, total saturated....g	4.430		0		1		6.734	3.766	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17083

Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.020		0		1		0.030	0.017	
12:0 ... g	0.030		0		1		0.046	0.026	
13:0 ... g									
14:0 ... g	0.280		0		1		0.426	0.238	
15:0 ... g									
16:0 ... g	2.140		0		1		3.253	1.819	
17:0 ... g									
18:0 ... g	1.610		0		1		2.447	1.369	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.990		0		1		6.065	3.392	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.210		0		1		0.319	0.179	
17:1 ... g									
18:1 undifferentiated ... g	3.710		0		1		5.639	3.154	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.590		0		1		0.897	0.502	
18:2 undifferentiated ... g	0.390		0		1		0.593	0.332	
18:3 undifferentiated ... g	0.170		0		1		0.258	0.145	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.061	0.034	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	94		0		1		143	80	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.285		0		1		0.433	0.242	
Threonine ... g	1.045		0		1		1.588	0.888	
Isoleucine ... g	1.178		0		1		1.791	1.001	
Leucine ... g	1.900		0		1		2.888	1.615	
Lysine ... g	2.157		0		1		3.279	1.833	
Methionine ... g	0.627		0		1		0.953	0.533	
Cystine ... g	0.292		0		1		0.444	0.248	
Phenylalanine ... g	0.994		0		1		1.511	0.845	
Tyrosine ... g	0.821		0		1		1.248	0.698	
Valine ... g	1.318		0		1		2.003	1.120	
Arginine ... g	1.451		0		1		2.206	1.233	
Histidine ... g	0.774		0		1		1.176	0.658	
Alanine ... g	1.469		0		1		2.233	1.249	
Aspartic acid ... g	2.150		0		1		3.268	1.828	
Glutamic acid ... g	3.544		0		1		5.387	3.012	
Glycine ... g	1.193		0		1		1.813	1.014	
Proline ... g	1.024		0		1		1.556	0.870	
Serine ... g	0.908		0		1		1.380	0.772	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17083

Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 152g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17082

Lamb, New Zealand, imported, frozen, rib, separable lean only, raw

Refuse: 59% Bone 31%, separable fat 28%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.61	0.694	9		1		20.58	329.36	
Energy....kcal	142		0	NC	4		40	644	
Energy....kJ	594				4		168	2695	
Protein (N x 6.25)....g	20.49	0.338	9		1		5.81	92.94	
Total lipid (fat)....g	6.06	0.570	9		1		1.72	27.49	
Ash....g	1.08	0.037	9		1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	2.058	9		1		3	50	
Iron, Fe....mg	1.57	0.165	9		1		0.45	7.12	
Magnesium, Mg....mg	17	0.375	9		1		5	77	
Phosphorus, P....mg	187	3.686	9		1		53	848	
Potassium, K....mg	156	5.131	9		1		44	708	
Sodium, Na....mg	52	1.715	9		1		15	236	
Zinc, Zn....mg	2.88	0.132	9		1		0.82	13.06	
Copper, Cu....mg	0.078	0.009	9		1		0.022	0.354	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	1.4		0	BFYN	4		0.4	6.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.150	0.006	9		1		0.043	0.680	
Riboflavin....mg	0.310	0.006	9		1		0.088	1.406	
Niacin....mg	6.150	0.178	9		1		1.744	27.896	
Pantothenic acid....mg	0.460	0.019	9		1		0.130	2.087	
Vitamin B-6....mg	0.120	0.010	9		1		0.034	0.544	
Folate, total....mcg	0	0.000	9		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.000	9		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.48	0.258	9		1		0.70	11.25	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.86	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.580		0		1		0.731	11.703	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17082

Lamb, New Zealand, imported, frozen, rib, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.130		75		1		0.037	0.590	
15:0 g									
16:0 g	1.230		75		1		0.349	5.579	
17:0 g									
18:0 g	1.000		75		1		0.284	4.536	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.320		0		1		0.658	10.524	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		75		1		0.031	0.499	
17:1 g									
18:1 undifferentiated g	2.200		75		1		0.624	9.979	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.310		0		1		0.088	1.406	
18:2 undifferentiated g	0.190		75		1		0.054	0.862	
18:3 undifferentiated g	0.090		75		1		0.026	0.408	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		75		1		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	76	1.739	9		1		22	345	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.239		0		1		0.068	1.084	
Threonine g	0.877		0		1		0.249	3.978	
Isoleucine g	0.988		0		1		0.280	4.482	
Leucine g	1.593		0		1		0.452	7.226	
Lysine g	1.809		0		1		0.513	8.206	
Methionine g	0.526		0		1		0.149	2.386	
Cystine g	0.245		0		1		0.069	1.111	
Phenylalanine g	0.834		0		1		0.236	3.783	
Tyrosine g	0.688		0		1		0.195	3.121	
Valine g	1.105		0		1		0.313	5.012	
Arginine g	1.217		0		1		0.345	5.520	
Histidine g	0.649		0		1		0.184	2.944	
Alanine g	1.232		0		1		0.349	5.588	
Aspartic acid g	1.803		0		1		0.511	8.178	
Glutamic acid g	2.973		0		1		0.843	13.486	
Glycine g	1.001		0		1		0.284	4.541	
Proline g	0.859		0		1		0.244	3.896	
Serine g	0.762		0		1		0.216	3.456	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17082
Lamb, New Zealand, imported, frozen, rib, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17085

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Refuse: 29% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	42.64		0		1		87.84	36.24	
Energy	kcal	357		0	NC	4		735	303	
Energy	kJ	1494				4		3077	1270	
Protein (N x 6.25)	g	28.21		0		1		58.11	23.98	
Total lipid (fat)	g	26.27		0		1		54.12	22.33	
Ash	g	1.58		0		1		3.25	1.34	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0		1		56	23	
Iron, Fe	mg	2.11		0		1		4.35	1.79	
Magnesium, Mg	mg	18		0		1		37	15	
Phosphorus, P	mg	196		0		1		404	167	
Potassium, K	mg	147		0		1		303	125	
Sodium, Na	mg	51		0		1		105	43	
Zinc, Zn	mg	4.53		0		1		9.33	3.85	
Copper, Cu	mg	0.103		0		1		0.212	0.088	
Manganese, Mn	mg	0.025		0		1		0.052	0.021	
Selenium, Se	mcg	4.5		0	PIE	4		9.3	3.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.165	0.068	
Riboflavin	mg	0.320		0		1		0.659	0.272	
Niacin	mg	6.370		0		1		13.122	5.415	
Pantothenic acid	mg	0.520		0		1		1.071	0.442	
Vitamin B-6	mg	0.070		0		1		0.144	0.060	
Folate, total	mcg	1		0		1		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.40		0		1		7.00	2.89	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.740		0		1		26.244	10.829	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17085

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.144	0.060	
12:0 ... g	0.100		0		1		0.206	0.085	
13:0 ... g									
14:0 ... g	1.020		0		1		2.101	0.867	
15:0 ... g									
16:0 ... g	5.750		0		1		11.845	4.888	
17:0 ... g									
18:0 ... g	4.820		0		1		9.929	4.097	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.220		0		1		21.053	8.687	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.510		0		1		1.051	0.434	
17:1 ... g									
18:1 undifferentiated ... g	9.500		0		1		19.570	8.075	
20:1 ... g	0.030		0		1		0.062	0.026	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.330		0		1		2.740	1.131	
18:2 undifferentiated ... g	0.820		0		1		1.689	0.697	
18:3 undifferentiated ... g	0.470		0		1		0.968	0.400	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.082	0.034	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	123		0		1		253	105	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.330		0		1		0.680	0.281	
Threonine ... g	1.207		0		1		2.486	1.026	
Isoleucine ... g	1.361		0		1		2.804	1.157	
Leucine ... g	2.194		0		1		4.520	1.865	
Lysine ... g	2.491		0		1		5.131	2.117	
Methionine ... g	0.724		0		1		1.491	0.615	
Cystine ... g	0.337		0		1		0.694	0.286	
Phenylalanine ... g	1.148		0		1		2.365	0.976	
Tyrosine ... g	0.948		0		1		1.953	0.806	
Valine ... g	1.522		0		1		3.135	1.294	
Arginine ... g	1.676		0		1		3.453	1.425	
Histidine ... g	0.894		0		1		1.842	0.760	
Alanine ... g	1.697		0		1		3.496	1.442	
Aspartic acid ... g	2.483		0		1		5.115	2.111	
Glutamic acid ... g	4.094		0		1		8.434	3.480	
Glycine ... g	1.378		0		1		2.839	1.171	
Proline ... g	1.183		0		1		2.437	1.006	
Serine ... g	1.049		0		1		2.161	0.892	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17085

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17084

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.11		0		1		17.04	272.66	
Energy....kcal	272		0	NC	4		77	1234	
Energy....kJ	1138				4		323	5162	
Protein (N x 6.25)....g	16.65		0		1		4.72	75.52	
Total lipid (fat)....g	22.23		0		1		6.30	100.84	
Ash....g	0.92		0		1		0.26	4.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		5	77	
Iron, Fe....mg	1.35		0		1		0.38	6.12	
Magnesium, Mg....mg	15		0		1		4	68	
Phosphorus, P....mg	164		0		1		46	744	
Potassium, K....mg	133		0		1		38	603	
Sodium, Na....mg	41		0		1		12	186	
Zinc, Zn....mg	2.80		0		1		0.79	12.70	
Copper, Cu....mg	0.081		0		1		0.023	0.367	
Manganese, Mn....mg	0.019		0		1		0.005	0.086	
Selenium, Se....mcg	2.6		0	PIE	4		0.7	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.034	0.544	
Riboflavin....mg	0.300		0		1		0.085	1.361	
Niacin....mg	5.510		0		1		1.562	24.993	
Pantothenic acid....mg	0.550		0		1		0.156	2.495	
Vitamin B-6....mg	0.080		0		1		0.023	0.363	
Folate, total....mcg	1		0		1		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.07		0		1		0.87	13.93	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.220		0		1		3.181	50.894	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17084

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.020	0.318	
12:0 ... g	0.090		0		1		0.026	0.408	
13:0 ... g									
14:0 ... g	0.910		0		1		0.258	4.128	
15:0 ... g									
16:0 ... g	4.880		0		1		1.383	22.136	
17:0 ... g									
18:0 ... g	4.420		0		1		1.253	20.049	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.520		0		1		2.415	38.647	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.380		0		1		0.108	1.724	
17:1 ... g									
18:1 undifferentiated ... g	7.970		0		1		2.259	36.152	
20:1 ... g	0.030		0		1		0.009	0.136	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.960		0		1		0.272	4.355	
18:2 undifferentiated ... g	0.540		0		1		0.153	2.449	
18:3 undifferentiated ... g	0.400		0		1		0.113	1.814	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0		1		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	75		0		1		21	340	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.195		0		1		0.055	0.885	
Threonine ... g	0.713		0		1		0.202	3.234	
Isoleucine ... g	0.803		0		1		0.228	3.642	
Leucine ... g	1.295		0		1		0.367	5.874	
Lysine ... g	1.471		0		1		0.417	6.672	
Methionine ... g	0.427		0		1		0.121	1.937	
Cystine ... g	0.199		0		1		0.056	0.903	
Phenylalanine ... g	0.678		0		1		0.192	3.075	
Tyrosine ... g	0.560		0		1		0.159	2.540	
Valine ... g	0.899		0		1		0.255	4.078	
Arginine ... g	0.989		0		1		0.280	4.486	
Histidine ... g	0.528		0		1		0.150	2.395	
Alanine ... g	1.001		0		1		0.284	4.541	
Aspartic acid ... g	1.466		0		1		0.416	6.650	
Glutamic acid ... g	2.416		0		1		0.685	10.959	
Glycine ... g	0.813		0		1		0.230	3.688	
Proline ... g	0.699		0		1		0.198	3.171	
Serine ... g	0.619		0		1		0.175	2.808	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17084

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17087

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised

Refuse: 46% Bone 29%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.86		0		1		75.14	40.68	
Energy....kcal	285		0	NC	4		447	242	
Energy....kJ	1192				4		1872	1014	
Protein (N x 6.25)....g	34.06		0		1		53.47	28.95	
Total lipid (fat)....g	15.50		0		1		24.34	13.18	
Ash....g	1.85		0		1		2.90	1.57	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		42	23	
Iron, Fe....mg	2.34		0		1		3.67	1.99	
Magnesium, Mg....mg	20		0		1		31	17	
Phosphorus, P....mg	215		0		1		338	183	
Potassium, K....mg	166		0		1		261	141	
Sodium, Na....mg	56		0		1		88	48	
Zinc, Zn....mg	5.60		0		1		8.79	4.76	
Copper, Cu....mg	0.116		0		1		0.182	0.099	
Manganese, Mn....mg	0.032		0		1		0.050	0.027	
Selenium, Se....mcg	5.3		0	BFYN	4		8.3	4.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.126	0.068	
Riboflavin....mg	0.360		0		1		0.565	0.306	
Niacin....mg	5.850		0		1		9.185	4.973	
Pantothenic acid....mg	0.500		0		1		0.785	0.425	
Vitamin B-6....mg	0.080		0		1		0.126	0.068	
Folate, total....mcg	0		0		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		0		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.71		0		1		5.82	3.15	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.810		0		1		10.692	5.789	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17087

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0		1		0.063	0.034	
12:0 g	0.050		0		1		0.079	0.043	
13:0 g									
14:0 g	0.480		0		1		0.754	0.408	
15:0 g									
16:0 g	3.300		0		1		5.181	2.805	
17:0 g									
18:0 g	2.410		0		1		3.784	2.049	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.140		0		1		9.640	5.219	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.350		0		1		0.550	0.298	
17:1 g									
18:1 undifferentiated g	5.670		0		1		8.902	4.820	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0		1		1.492	0.808	
18:2 undifferentiated g	0.640		0		1		1.005	0.544	
18:3 undifferentiated g	0.260		0		1		0.408	0.221	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.079	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	127		0		1		199	108	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.398		0		1		0.625	0.338	
Threonine g	1.458		0		1		2.289	1.239	
Isoleucine g	1.643		0		1		2.580	1.397	
Leucine g	2.649		0		1		4.159	2.252	
Lysine g	3.007		0		1		4.721	2.556	
Methionine g	0.874		0		1		1.372	0.743	
Cystine g	0.406		0		1		0.637	0.345	
Phenylalanine g	1.386		0		1		2.176	1.178	
Tyrosine g	1.145		0		1		1.798	0.973	
Valine g	1.838		0		1		2.886	1.562	
Arginine g	2.023		0		1		3.176	1.720	
Histidine g	1.079		0		1		1.694	0.917	
Alanine g	2.048		0		1		3.215	1.741	
Aspartic acid g	2.998		0		1		4.707	2.548	
Glutamic acid g	4.942		0		1		7.759	4.201	
Glycine g	1.663		0		1		2.611	1.414	
Proline g	1.429		0		1		2.244	1.215	
Serine g	1.266		0		1		1.988	1.076	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 157g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17087

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17086

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw

Refuse: 45% Bone 25%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.89	0.672	9		1		20.66	330.63	
Energy....kcal	135		0	NC	4		38	612	
Energy....kJ	565				4		160	2562	
Protein (N x 6.25)....g	20.25	0.075	9		1		5.74	91.85	
Total lipid (fat)....g	5.43	0.397	9		1		1.54	24.63	
Ash....g	1.10	0.060	9		1		0.31	4.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	3.404	9		1		4	68	
Iron, Fe....mg	1.43	0.128	9		1		0.41	6.49	
Magnesium, Mg....mg	18	0.468	9		1		5	82	
Phosphorus, P....mg	193	4.866	9		1		55	875	
Potassium, K....mg	163	12.158	9		1		46	739	
Sodium, Na....mg	47	1.680	9		1		13	213	
Zinc, Zn....mg	3.52	0.181	9		1		1.00	15.97	
Copper, Cu....mg	0.094	0.012	9		1		0.027	0.426	
Manganese, Mn....mg	0.024		1		1		0.007	0.109	
Selenium, Se....mcg	3.2		0	T	4		0.9	14.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.009	9		1		0.040	0.635	
Riboflavin....mg	0.360	0.034	9		1		0.102	1.633	
Niacin....mg	5.120	0.424	9		1		1.452	23.224	
Pantothenic acid....mg	0.540	0.021	9		1		0.153	2.449	
Vitamin B-6....mg	0.100	0.006	9		1		0.028	0.454	
Folate, total....mcg	0	0.086	9		1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0	0.086	9		1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.56	0.458	9		1		1.01	16.15	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.310		0		1		0.655	10.478	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17086

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		75		1		0.003	0.045	
12:0 g	0.010		75		1		0.003	0.045	
13:0 g									
14:0 g	0.110		75		1		0.031	0.499	
15:0 g									
16:0 g	1.110		75		1		0.315	5.035	
17:0 g									
18:0 g	0.900		75		1		0.255	4.082	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.080		0		1		0.590	9.435	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		75		1		0.026	0.408	
17:1 g									
18:1 undifferentiated g	1.970		75		1		0.558	8.936	
20:1 g	0.000		75		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.280		0		1		0.079	1.270	
18:2 undifferentiated g	0.170		75		1		0.048	0.771	
18:3 undifferentiated g	0.080		75		1		0.023	0.363	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		75		1		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71	1.885	9		1		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.237		0		1		0.067	1.075	
Threonine g	0.867		0		1		0.246	3.933	
Isoleucine g	0.977		0		1		0.277	4.432	
Leucine g	1.575		0		1		0.447	7.144	
Lysine g	1.788		0		1		0.507	8.110	
Methionine g	0.520		0		1		0.147	2.359	
Cystine g	0.242		0		1		0.069	1.098	
Phenylalanine g	0.824		0		1		0.234	3.738	
Tyrosine g	0.681		0		1		0.193	3.089	
Valine g	1.093		0		1		0.310	4.958	
Arginine g	1.203		0		1		0.341	5.457	
Histidine g	0.642		0		1		0.182	2.912	
Alanine g	1.218		0		1		0.345	5.525	
Aspartic acid g	1.783		0		1		0.505	8.088	
Glutamic acid g	2.939		0		1		0.833	13.331	
Glycine g	0.989		0		1		0.280	4.486	
Proline g	0.849		0		1		0.241	3.851	
Serine g	0.753		0		1		0.213	3.416	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17086

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17006

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	26.14	1.493	11		1		74.76	22.22	
Energy....kcal	586		0	NC	4		1676	498	
Energy....kJ	2452		0		4		7012	2084	
Protein (N x 6.25)....g	12.16	1.485	13		1		34.78	10.34	
Total lipid (fat)....g	59.18	2.642	14		1		169.25	50.30	
Ash....g	0.68	0.036	14		1		1.94	0.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	1.793	14		1		66	20	
Iron, Fe....mg	1.29	0.115	14		1		3.69	1.10	
Magnesium, Mg....mg	13	0.730	14		1		37	11	
Phosphorus, P....mg	114	5.288	14		1		326	97	
Potassium, K....mg	194	10.012	14		1		555	165	
Sodium, Na....mg	58	2.722	14		1		166	49	
Zinc, Zn....mg	1.74	0.143	14		1		4.98	1.48	
Copper, Cu....mg	0.088	0.005	14		1		0.252	0.075	
Manganese, Mn....mg	0.004		0		1		0.011	0.003	
Selenium, Se....mcg	18.8		0	BFNN	4		53.8	16.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.002	7		1		0.200	0.060	
Riboflavin....mg	0.170	0.007	7		1		0.486	0.145	
Niacin....mg	7.800	0.322	7		1		22.308	6.630	
Pantothenic acid....mg	0.580	0.017	7		1		1.659	0.493	
Vitamin B-6....mg	0.040	0.010	8		1		0.114	0.034	
Folate, total....mcg	3	0.180	7		1		9	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3	0.180	7		1		9	3	
Folate, DFE....mcg_DFE	3		0	NC	4		9	3	
Choline, total....mg	54.3		0	BFNN	4		155.3	46.2	
Betaine....mg	7.1		0	BFNN	4		20.4	6.1	
Vitamin B-12....mcg	2.35	0.089	7		1		6.72	2.00	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0		1		0.11	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.2	0.1	
Vitamin D....IU	2		40	A	1		7	2	
Vitamin K (phylloquinone)....mcg	4.6		0	BFZN	4		13.2	3.9	
Lipids:									
Fatty acids, total saturated....g	27.020		0		1		77.277	22.967	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17006

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.170		491		1		0.486	0.145	
12:0 g	0.290		491		1		0.829	0.247	
13:0 g									
14:0 g	2.580		491		1		7.379	2.193	
15:0 g									
16:0 g	13.370		491		1		38.238	11.365	
17:0 g									
18:0 g	8.430		491		1		24.110	7.166	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	24.400		0		1		69.784	20.740	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.700		491		1		4.862	1.445	
17:1 g									
18:1 undifferentiated g	21.870		491		1		62.548	18.590	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.480		0		1		12.813	3.808	
18:2 undifferentiated g	3.260		491		1		9.324	2.771	
18:3 undifferentiated g	1.120		491		1		3.203	0.952	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		491		1		0.286	0.085	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	114	3.134	14		1		326	97	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0		1		0.406	0.121	
Threonine g	0.520		0		1		1.487	0.442	
Isoleucine g	0.586		0		1		1.676	0.498	
Leucine g	0.945		0		1		2.703	0.803	
Lysine g	1.073		0		1		3.069	0.912	
Methionine g	0.312		0		1		0.892	0.265	
Cystine g	0.145		0		1		0.415	0.123	
Phenylalanine g	0.495		0		1		1.416	0.421	
Tyrosine g	0.409		0		1		1.170	0.348	
Valine g	0.656		0		1		1.876	0.558	
Arginine g	0.722		0		1		2.065	0.614	
Histidine g	0.385		0		1		1.101	0.327	
Alanine g	0.731		0		1		2.091	0.621	
Aspartic acid g	1.070		0		1		3.060	0.910	
Glutamic acid g	1.764		0		1		5.045	1.499	
Glycine g	0.594		0		1		1.699	0.505	
Proline g	0.510		0		1		1.459	0.434	
Serine g	0.452		0		1		1.293	0.384	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17006

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked

Common Measures:

Measure 1 = 286g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17005

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	22.54	1.040	29		1		6.39	102.24	
Energy....kcal	665		0	NC	4		189	3016	
Energy....kJ	2782				4		789	12621	
Protein (N x 6.25)....g	6.65	0.539	29		1		1.89	30.16	
Total lipid (fat)....g	70.61	1.486	30		1		20.02	320.29	
Ash....g	0.36	0.015	30		1		0.10	1.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.540	30		1		5	86	
Iron, Fe....mg	0.98	0.064	30		1		0.28	4.45	
Magnesium, Mg....mg	9	0.847	30		1		3	41	
Phosphorus, P....mg	73	3.935	14		1		21	331	
Potassium, K....mg	82	7.365	30		1		23	372	
Sodium, Na....mg	31	2.251	30		1		9	141	
Zinc, Zn....mg	1.13	0.100	30		1		0.32	5.13	
Copper, Cu....mg	0.057	0.003	30		1		0.016	0.259	
Manganese, Mn....mg	0.003		0		1		0.001	0.014	
Selenium, Se....mcg	8.8	1.186	12	A	1		2.5	39.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.004	7		1		0.017	0.272	
Riboflavin....mg	0.160	0.006	7		1		0.045	0.726	
Niacin....mg	6.370	0.195	7		1		1.806	28.894	
Pantothenic acid....mg	0.580	0.017	7		1		0.164	2.631	
Vitamin B-6....mg	0.040	0.010	8		1		0.011	0.181	
Folate, total....mcg	3	0.162	7		1		1	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3	0.162	7		1		1	14	
Folate, DFE....mcg_DFE	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.68	0.114	7		1		0.48	7.62	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	32.240		0		1		9.140	146.241	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17005

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.200		491		1		0.057	0.907	
12:0 g	0.340		491		1		0.096	1.542	
13:0 g									
14:0 g	3.070		491		1		0.870	13.926	
15:0 g									
16:0 g	15.960		491		1		4.525	72.395	
17:0 g									
18:0 g	10.060		491		1		2.852	45.632	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	29.110		0		1		8.253	132.043	
14:1 g									
15:1 g									
16:1 undifferentiated g	2.030		491		1		0.576	9.208	
17:1 g									
18:1 undifferentiated g	26.090		491		1		7.397	118.344	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	5.350		0		1		1.517	24.268	
18:2 undifferentiated g	3.890		491		1		1.103	17.645	
18:3 undifferentiated g	1.340		491		1		0.380	6.078	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		491		1		0.034	0.544	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	90	4.623	14		1		26	408	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.078		0		1		0.022	0.354	
Threonine g	0.284		0		1		0.081	1.288	
Isoleucine g	0.321		0		1		0.091	1.456	
Leucine g	0.517		0		1		0.147	2.345	
Lysine g	0.587		0		1		0.166	2.663	
Methionine g	0.171		0		1		0.048	0.776	
Cystine g	0.079		0		1		0.022	0.358	
Phenylalanine g	0.271		0		1		0.077	1.229	
Tyrosine g	0.223		0		1		0.063	1.012	
Valine g	0.359		0		1		0.102	1.628	
Arginine g	0.395		0		1		0.112	1.792	
Histidine g	0.211		0		1		0.060	0.957	
Alanine g	0.400		0		1		0.113	1.814	
Aspartic acid g	0.585		0		1		0.166	2.654	
Glutamic acid g	0.964		0		1		0.273	4.373	
Glycine g	0.325		0		1		0.092	1.474	
Proline g	0.279		0		1		0.079	1.266	
Serine g	0.247		0		1		0.070	1.120	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17005

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17002

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.72		0		1		130.00	45.66	
Energy ... kcal	294		0	NC	4		711	250	
Energy ... kJ	1230		0		4		2977	1046	
Protein (N x 6.25) ... g	24.52		0		1		59.34	20.84	
Total lipid (fat) ... g	20.94		0		1		50.67	17.80	
Ash ... g	1.04		0		1		2.52	0.88	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	17		0		1		41	14	
Iron, Fe ... mg	1.88		0		1		4.55	1.60	
Magnesium, Mg ... mg	23		0		1		56	20	
Phosphorus, P ... mg	188		0		1		455	160	
Potassium, K ... mg	310		0		1		750	264	
Sodium, Na ... mg	72		0		1		174	61	
Zinc, Zn ... mg	4.46		0		1		10.79	3.79	
Copper, Cu ... mg	0.119		0		1		0.288	0.101	
Manganese, Mn ... mg	0.022		0		1		0.053	0.019	
Selenium, Se ... mcg	26.4		0	BFYN	4		63.9	22.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.100		0		1		0.242	0.085	
Riboflavin ... mg	0.250		0		1		0.605	0.213	
Niacin ... mg	6.660		0		1		16.117	5.661	
Pantothenic acid ... mg	0.660		0		1		1.597	0.561	
Vitamin B-6 ... mg	0.130		0		1		0.315	0.111	
Folate, total ... mcg	18		0		1		44	15	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	18		0		1		44	15	
Folate, DFE ... mcg_DFE	18		0	NC	4		44	15	
Choline, total ... mg	93.7		0	BFNN	4		226.8	79.7	
Betaine ... mg	12.3		0	BFNN	4		29.8	10.5	
Vitamin B-12 ... mcg	2.55		0		1		6.17	2.17	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.14		0	NR	4		0.34	0.12	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.1	0.1	
Vitamin D ... IU	2		40	A	1		6	2	
Vitamin K (phylloquinone) ... mcg	4.6		0	BFZN	4		11.1	3.9	
Lipids:									
Fatty acids, total saturated ... g	8.830		0		1		21.369	7.506	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17002

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.050		0		1		0.121	0.043	
12:0 g	0.090		0		1		0.218	0.077	
13:0 g									
14:0 g	0.820		0		1		1.984	0.697	
15:0 g									
16:0 g	4.480		0		1		10.842	3.808	
17:0 g									
18:0 g	2.840		0		1		6.873	2.414	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.820		0		1		21.344	7.497	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.610		0		1		1.476	0.519	
17:1 g									
18:1 undifferentiated g	8.000		0		1		19.360	6.800	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.510		0		1		3.654	1.284	
18:2 undifferentiated g	1.140		0		1		2.759	0.969	
18:3 undifferentiated g	0.300		0		1		0.726	0.255	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.169	0.060	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		0		1		235	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.287		0		1		0.695	0.244	
Threonine g	1.050		0		1		2.541	0.893	
Isoleucine g	1.183		0		1		2.863	1.006	
Leucine g	1.908		0		1		4.617	1.622	
Lysine g	2.166		0		1		5.242	1.841	
Methionine g	0.629		0		1		1.522	0.535	
Cystine g	0.293		0		1		0.709	0.249	
Phenylalanine g	0.998		0		1		2.415	0.848	
Tyrosine g	0.824		0		1		1.994	0.700	
Valine g	1.323		0		1		3.202	1.125	
Arginine g	1.457		0		1		3.526	1.238	
Histidine g	0.777		0		1		1.880	0.660	
Alanine g	1.475		0		1		3.570	1.254	
Aspartic acid g	2.159		0		1		5.225	1.835	
Glutamic acid g	3.559		0		1		8.613	3.025	
Glycine g	1.198		0		1		2.899	1.018	
Proline g	1.029		0		1		2.490	0.875	
Serine g	0.912		0		1		2.207	0.775	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17002

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Common Measures:

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17001

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Ovis aries

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	60.70		0		1		17.21	275.34	
Energy ... kcal	267		0	NC	4		76	1211	
Energy ... kJ	1117				4		317	5067	
Protein (N x 6.25) ... g	16.88		0		1		4.79	76.57	
Total lipid (fat) ... g	21.59		0		1		6.12	97.93	
Ash ... g	0.88		0		1		0.25	3.99	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	12		0		1		3	54	
Iron, Fe ... mg	1.57		0		1		0.45	7.12	
Magnesium, Mg ... mg	22		0		1		6	100	
Phosphorus, P ... mg	160		0		1		45	726	
Potassium, K ... mg	230		0		1		65	1043	
Sodium, Na ... mg	58		0		1		16	263	
Zinc, Zn ... mg	3.33		0		1		0.94	15.10	
Copper, Cu ... mg	0.104		0		1		0.029	0.472	
Manganese, Mn ... mg	0.019		0		1		0.005	0.086	
Selenium, Se ... mcg	19.8		0	PIE	4		5.6	89.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.120		0		1		0.034	0.544	
Riboflavin ... mg	0.220		0		1		0.062	0.998	
Niacin ... mg	6.100		0		1		1.729	27.670	
Pantothenic acid ... mg	0.670		0		1		0.190	3.039	
Vitamin B-6 ... mg	0.130		0		1		0.037	0.590	
Folate, total ... mcg	18		0		1		5	82	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	18		0		1		5	82	
Folate, DFE ... mcg_DFE	18		0	NC	4		5	82	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.39		0		1		0.68	10.84	
Vitamin A, RAE ... mcg_RAE	0		0		4		0	0	
Retinol ... mcg	0		0		4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.21		0		1		0.06	0.95	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	9.470		0		1		2.685	42.956	
4:0 ... g	0.000		0		1		0.000	0.000	
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17001

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.017	0.272	
12:0 g	0.100		0		1		0.028	0.454	
13:0 g									
14:0 g	0.870		0		1		0.247	3.946	
15:0 g									
16:0 g	4.750		0		1		1.347	21.546	
17:0 g									
18:0 g	2.980		0		1		0.845	13.517	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.860		0		1		2.512	40.189	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.630		0		1		0.179	2.858	
17:1 g									
18:1 undifferentiated g	7.960		0		1		2.257	36.107	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.700		0		1		0.482	7.711	
18:2 undifferentiated g	1.240		0		1		0.352	5.625	
18:3 undifferentiated g	0.390		0		1		0.111	1.769	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		0		1		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.197		0		1		0.056	0.894	
Threonine g	0.723		0		1		0.205	3.280	
Isoleucine g	0.815		0		1		0.231	3.697	
Leucine g	1.313		0		1		0.372	5.956	
Lysine g	1.491		0		1		0.423	6.763	
Methionine g	0.433		0		1		0.123	1.964	
Cystine g	0.202		0		1		0.057	0.916	
Phenylalanine g	0.687		0		1		0.195	3.116	
Tyrosine g	0.567		0		1		0.161	2.572	
Valine g	0.911		0		1		0.258	4.132	
Arginine g	1.003		0		1		0.284	4.550	
Histidine g	0.535		0		1		0.152	2.427	
Alanine g	1.015		0		1		0.288	4.604	
Aspartic acid g	1.486		0		1		0.421	6.740	
Glutamic acid g	2.450		0		1		0.695	11.113	
Glycine g	0.825		0		1		0.234	3.742	
Proline g	0.708		0		1		0.201	3.211	
Serine g	0.628		0		1		0.178	2.849	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17001

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17227

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.82		0	PAE	4		139.55	47.45	
Energy....kcal	271		0	NC	4		678	230	
Energy....kJ	1134		0		4		2835	964	
Protein (N x 6.25)....g	25.51		0	PAE	4		63.78	21.68	
Total lipid (fat)....g	18.01		0	PAE	4		45.03	15.31	
Ash....g	1.06		0	PAE	4		2.65	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAE	4		40	14	
Iron, Fe....mg	1.93		0	PAE	4		4.83	1.64	
Magnesium, Mg....mg	24		0	PAE	4		60	20	
Phosphorus, P....mg	193		0	PAE	4		483	164	
Potassium, K....mg	318		0	PAE	4		795	270	
Sodium, Na....mg	72		0	PAE	4		180	61	
Zinc, Zn....mg	4.74		0	PAE	4		11.85	4.03	
Copper, Cu....mg	0.121		0	PAE	4		0.303	0.103	
Manganese, Mn....mg	0.024		0	PAE	4		0.060	0.020	
Selenium, Se....mcg	27.2		0	BFNN	4		68.0	23.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.250	0.085	
Riboflavin....mg	0.260		0	PAE	4		0.650	0.221	
Niacin....mg	6.550		0	PAE	4		16.375	5.568	
Pantothenic acid....mg	0.670		0	PAE	4		1.675	0.570	
Vitamin B-6....mg	0.140		0	PAE	4		0.350	0.119	
Folate, total....mcg	19		0	PAE	4		48	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		48	16	
Folate, DFE....mcg_DFE	19		0	NC	4		48	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.57		0	PAE	4		6.43	2.18	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.450		0	PAE	4		18.625	6.333	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17227

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0	PAE	4		0.125	0.043	
12:0 ... g	0.070		0	PAE	4		0.175	0.060	
13:0 ... g									
14:0 ... g	0.690		0	PAE	4		1.725	0.587	
15:0 ... g									
16:0 ... g	3.810		0	PAE	4		9.525	3.239	
17:0 ... g									
18:0 ... g	2.410		0	PAE	4		6.025	2.049	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.630		0	PAE	4		19.075	6.486	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.530		0	PAE	4		1.325	0.451	
17:1 ... g									
18:1 undifferentiated ... g	6.940		0	PAE	4		17.350	5.899	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.290		0	PAE	4		3.225	1.097	
18:2 undifferentiated ... g	0.980		0	PAE	4		2.450	0.833	
18:3 undifferentiated ... g	0.240		0	PAE	4		0.600	0.204	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0	PAE	4		0.175	0.060	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	96		0	PAE	4		240	82	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.298		0	PAE	4		0.745	0.253	
Threonine ... g	1.092		0	PAE	4		2.730	0.928	
Isoleucine ... g	1.231		0	PAE	4		3.078	1.046	
Leucine ... g	1.984		0	PAE	4		4.960	1.686	
Lysine ... g	2.253		0	PAE	4		5.633	1.915	
Methionine ... g	0.655		0	PAE	4		1.638	0.557	
Cystine ... g	0.304		0	PAE	4		0.760	0.258	
Phenylalanine ... g	1.038		0	PAE	4		2.595	0.882	
Tyrosine ... g	0.857		0	PAE	4		2.143	0.728	
Valine ... g	1.376		0	PAE	4		3.440	1.170	
Arginine ... g	1.516		0	PAE	4		3.790	1.289	
Histidine ... g	0.808		0	PAE	4		2.020	0.687	
Alanine ... g	1.534		0	PAE	4		3.835	1.304	
Aspartic acid ... g	2.245		0	PAE	4		5.613	1.908	
Glutamic acid ... g	3.702		0	PAE	4		9.255	3.147	
Glycine ... g	1.246		0	PAE	4		3.115	1.059	
Proline ... g	1.070		0	PAE	4		2.675	0.910	
Serine ... g	0.948		0	PAE	4		2.370	0.806	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17227

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17226

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.17		0	PAE	4		17.91	286.54	
Energy....kcal	243		0	NC	4		69	1102	
Energy....kJ	1017				4		288	4612	
Protein (N x 6.25)....g	17.54		0	PAE	4		4.97	79.56	
Total lipid (fat)....g	18.66		0	PAE	4		5.29	84.64	
Ash....g	0.92		0	PAE	4		0.26	4.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAE	4		3	54	
Iron, Fe....mg	1.62		0	PAE	4		0.46	7.35	
Magnesium, Mg....mg	22		0	PAE	4		6	100	
Phosphorus, P....mg	166		0	PAE	4		47	753	
Potassium, K....mg	239		0	PAE	4		68	1084	
Sodium, Na....mg	59		0	PAE	4		17	268	
Zinc, Zn....mg	3.52		0	PAE	4		1.00	15.97	
Copper, Cu....mg	0.108		0	PAE	4		0.031	0.490	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.091	
Selenium, Se....mcg	19.7		0	BFNN	4		5.6	89.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.034	0.544	
Riboflavin....mg	0.220		0	PAE	4		0.062	0.998	
Niacin....mg	6.070		0	PAE	4		1.721	27.534	
Pantothenic acid....mg	0.680		0	PAE	4		0.193	3.084	
Vitamin B-6....mg	0.140		0	PAE	4		0.040	0.635	
Folate, total....mcg	19		0	PAE	4		5	86	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		5	86	
Folate, DFE....mcg_DFE	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.44		0	PAE	4		0.69	11.07	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.070		0	PAE	4		2.288	36.606	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17226

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0	PAE	4		0.014	0.227	
12:0 ... g	0.080		0	PAE	4		0.023	0.363	
13:0 ... g									
14:0 ... g	0.730		0	PAE	4		0.207	3.311	
15:0 ... g									
16:0 ... g	4.070		0	PAE	4		1.154	18.462	
17:0 ... g									
18:0 ... g	2.550		0	PAE	4		0.723	11.567	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.650		0	PAE	4		2.169	34.700	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.540		0	PAE	4		0.153	2.449	
17:1 ... g									
18:1 undifferentiated ... g	6.870		0	PAE	4		1.948	31.162	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.480		0	PAE	4		0.420	6.713	
18:2 undifferentiated ... g	1.090		0	PAE	4		0.309	4.944	
18:3 undifferentiated ... g	0.330		0	PAE	4		0.094	1.497	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0	PAE	4		0.020	0.318	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	70		0	PAE	4		20	318	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.205		0	PAE	4		0.058	0.930	
Threonine ... g	0.751		0	PAE	4		0.213	3.407	
Isoleucine ... g	0.846		0	PAE	4		0.240	3.837	
Leucine ... g	1.365		0	PAE	4		0.387	6.192	
Lysine ... g	1.549		0	PAE	4		0.439	7.026	
Methionine ... g	0.450		0	PAE	4		0.128	2.041	
Cystine ... g	0.209		0	PAE	4		0.059	0.948	
Phenylalanine ... g	0.714		0	PAE	4		0.202	3.239	
Tyrosine ... g	0.590		0	PAE	4		0.167	2.676	
Valine ... g	0.947		0	PAE	4		0.268	4.296	
Arginine ... g	1.042		0	PAE	4		0.295	4.727	
Histidine ... g	0.556		0	PAE	4		0.158	2.522	
Alanine ... g	1.055		0	PAE	4		0.299	4.785	
Aspartic acid ... g	1.544		0	PAE	4		0.438	7.004	
Glutamic acid ... g	2.546		0	PAE	4		0.722	11.549	
Glycine ... g	0.857		0	PAE	4		0.243	3.887	
Proline ... g	0.736		0	PAE	4		0.209	3.338	
Serine ... g	0.652		0	PAE	4		0.185	2.957	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17226

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17004

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Refuse: 42% Bone 25%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.96	0.431	16		1		115.87	52.67	
Energy....kcal	206		0	NC	4		385	175	
Energy....kJ	862				4		1612	733	
Protein (N x 6.25)....g	28.22	0.336	16		1		52.77	23.99	
Total lipid (fat)....g	9.52	0.358	16		1		17.80	8.09	
Ash....g	1.14	0.013	16		1		2.13	0.97	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15	0.599	16		1		28	13	
Iron, Fe....mg	2.05	0.063	16		1		3.83	1.74	
Magnesium, Mg....mg	26	0.340	16		1		49	22	
Phosphorus, P....mg	210	3.520	16		1		393	179	
Potassium, K....mg	344	3.940	16		1		643	292	
Sodium, Na....mg	76	0.861	16		1		142	65	
Zinc, Zn....mg	5.27	0.117	16		1		9.85	4.48	
Copper, Cu....mg	0.128	0.006	16		1		0.239	0.109	
Manganese, Mn....mg	0.028		0		1		0.052	0.024	
Selenium, Se....mcg	26.1	2.876	5	A	1		48.8	22.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.005	16		1		0.187	0.085	
Riboflavin....mg	0.280	0.014	16		1		0.524	0.238	
Niacin....mg	6.320	0.199	16		1		11.818	5.372	
Pantothenic acid....mg	0.690	0.021	16		1		1.290	0.587	
Vitamin B-6....mg	0.160		0		1		0.299	0.136	
Folate, total....mcg	23	0.860	16		1		43	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	0.860	16		1		43	20	
Folate, DFE....mcg_DFE	23		0	NC	4		43	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61	0.104	16		1		4.88	2.22	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.36	0.16	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.400		0		1		6.358	2.890	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17004

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		107		1		0.037	0.017	
12:0 g	0.030		107		1		0.056	0.026	
13:0 g									
14:0 g	0.300		107		1		0.561	0.255	
15:0 g									
16:0 g	1.830		107		1		3.422	1.556	
17:0 g									
18:0 g	1.170		107		1		2.188	0.995	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.170		0		1		7.798	3.545	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		107		1		0.524	0.238	
17:1 g									
18:1 undifferentiated g	3.860		107		1		7.218	3.281	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.620		0		1		1.159	0.527	
18:2 undifferentiated g	0.510		107		1		0.954	0.434	
18:3 undifferentiated g	0.060		107		1		0.112	0.051	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		107		1		0.112	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92	2.023	16		1		172	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.330		0		1		0.617	0.281	
Threonine g	1.208		0		1		2.259	1.027	
Isoleucine g	1.361		0		1		2.545	1.157	
Leucine g	2.195		0		1		4.105	1.866	
Lysine g	2.492		0		1		4.660	2.118	
Methionine g	0.724		0		1		1.354	0.615	
Cystine g	0.337		0		1		0.630	0.286	
Phenylalanine g	1.149		0		1		2.149	0.977	
Tyrosine g	0.948		0		1		1.773	0.806	
Valine g	1.523		0		1		2.848	1.295	
Arginine g	1.676		0		1		3.134	1.425	
Histidine g	0.894		0		1		1.672	0.760	
Alanine g	1.697		0		1		3.173	1.442	
Aspartic acid g	2.484		0		1		4.645	2.111	
Glutamic acid g	4.095		0		1		7.658	3.481	
Glycine g	1.378		0		1		2.577	1.171	
Proline g	1.184		0		1		2.214	1.006	
Serine g	1.049		0		1		1.962	0.892	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 187g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17004

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17003

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 42% Bone 23%, separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.42	0.208	45		1		20.81	333.03	
Energy....kcal	134		0	NC	4		38	608	
Energy....kJ	561				4		159	2543	
Protein (N x 6.25)....g	20.29	0.135	32		1		5.75	92.04	
Total lipid (fat)....g	5.25	0.226	45		1		1.49	23.81	
Ash....g	1.06	0.008	32		1		0.30	4.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.458	32		1		3	45	
Iron, Fe....mg	1.77	0.084	32		1		0.50	8.03	
Magnesium, Mg....mg	26	0.813	32		1		7	118	
Phosphorus, P....mg	189	3.416	16		1		54	857	
Potassium, K....mg	280	13.317	32		1		79	1270	
Sodium, Na....mg	66	2.807	32		1		19	299	
Zinc, Zn....mg	4.06	0.126	32		1		1.15	18.42	
Copper, Cu....mg	0.120	0.003	32		1		0.034	0.544	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	23.4	2.943	15	A	1		6.6	106.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130	0.006	16		1		0.037	0.590	
Riboflavin....mg	0.230	0.013	16		1		0.065	1.043	
Niacin....mg	6.000	0.198	16		1		1.701	27.216	
Pantothenic acid....mg	0.700	0.016	16		1		0.198	3.175	
Vitamin B-6....mg	0.160		0		1		0.045	0.726	
Folate, total....mcg	23	1.180	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.180	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.62	0.107	16		1		0.74	11.88	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.880		0		1		0.533	8.528	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17003

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.140		373		1		0.040	0.635	
15:0 g									
16:0 g	1.020		373		1		0.289	4.627	
17:0 g									
18:0 g	0.620		373		1		0.176	2.812	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.110		0		1		0.598	9.571	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		373		1		0.045	0.726	
17:1 g									
18:1 undifferentiated g	1.910		373		1		0.541	8.664	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.136	2.177	
18:2 undifferentiated g	0.360		373		1		0.102	1.633	
18:3 undifferentiated g	0.070		373		1		0.020	0.318	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		373		1		0.014	0.227	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65	1.095	16		1		18	295	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.237		46		1		0.067	1.075	
Threonine g	0.869		50		1		0.246	3.942	
Isoleucine g	0.979		50		1		0.278	4.441	
Leucine g	1.579		50		1		0.448	7.162	
Lysine g	1.792		50		1		0.508	8.129	
Methionine g	0.521		49		1		0.148	2.363	
Cystine g	0.242		43		1		0.069	1.098	
Phenylalanine g	0.826		50		1		0.234	3.747	
Tyrosine g	0.682		50		1		0.193	3.094	
Valine g	1.095		50		1		0.310	4.967	
Arginine g	1.206		50		1		0.342	5.470	
Histidine g	0.643		50		1		0.182	2.917	
Alanine g	1.221		37		1		0.346	5.538	
Aspartic acid g	1.786		37		1		0.506	8.101	
Glutamic acid g	2.945		37		1		0.835	13.359	
Glycine g	0.991		37		1		0.281	4.495	
Proline g	0.851		37		1		0.241	3.860	
Serine g	0.755		37		1		0.214	3.425	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17003

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17060

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.23		0		1		152.95	47.80	
Energy	kcal	223		0	NC	4		607	190	
Energy	kJ	933		0		4		2538	793	
Protein (N x 6.25)	g	33.69		0		1		91.64	28.64	
Total lipid (fat)	g	8.80		0		1		23.94	7.48	
Ash	g	1.77		0		1		4.81	1.50	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		41	13	
Iron, Fe	mg	2.80		0		1		7.62	2.38	
Magnesium, Mg	mg	28		0		1		76	24	
Phosphorus, P	mg	205		0		1		558	174	
Potassium, K	mg	260		0		1		707	221	
Sodium, Na	mg	70		0		1		190	60	
Zinc, Zn	mg	6.58		0		1		17.90	5.59	
Copper, Cu	mg	0.141		0		1		0.384	0.120	
Manganese, Mn	mg	0.032		0		1		0.087	0.027	
Selenium, Se	mcg	38.1		0	BFYN	4		103.6	32.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.190	0.060	
Riboflavin	mg	0.240		0		1		0.653	0.204	
Niacin	mg	5.950		0		1		16.184	5.058	
Pantothenic acid	mg	0.590		0		1		1.605	0.502	
Vitamin B-6	mg	0.120		0		1		0.326	0.102	
Folate, total	mcg	21		0		1		57	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		1		57	18	
Folate, DFE	mcg_DFE	21		0	NC	4		57	18	
Choline, total	mg	129.3		0	BFNN	4		351.8	109.9	
Betaine	mg	17.0		0	BFNN	4		46.2	14.4	
Vitamin B-12	mcg	2.73		0		1		7.43	2.32	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.54	0.17	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		40	A	1		0.2	0.1	
Vitamin D	IU	2		40	A	1		7	2	
Vitamin K (phylloquinone)	mcg	4.4		0	BFSN	4		11.8	3.7	
Lipids:										
Fatty acids, total saturated	g	3.150		0		1		8.568	2.678	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17060

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.027	0.009	
12:0 g	0.020		0		1		0.054	0.017	
13:0 g									
14:0 g	0.230		0		1		0.626	0.196	
15:0 g									
16:0 g	1.710		0		1		4.651	1.454	
17:0 g									
18:0 g	1.050		0		1		2.856	0.893	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.540		0		1		9.629	3.009	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0		1		0.734	0.230	
17:1 g									
18:1 undifferentiated g	3.200		0		1		8.704	2.720	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.810		0		1		2.203	0.689	
18:2 undifferentiated g	0.600		0		1		1.632	0.510	
18:3 undifferentiated g	0.120		0		1		0.326	0.102	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.218	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	108		0		1		294	92	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.394		0		1		1.072	0.335	
Threonine g	1.442		0		1		3.922	1.226	
Isoleucine g	1.625		0		1		4.420	1.381	
Leucine g	2.620		0		1		7.126	2.227	
Lysine g	2.975		0		1		8.092	2.529	
Methionine g	0.865		0		1		2.353	0.735	
Cystine g	0.402		0		1		1.093	0.342	
Phenylalanine g	1.372		0		1		3.732	1.166	
Tyrosine g	1.132		0		1		3.079	0.962	
Valine g	1.818		0		1		4.945	1.545	
Arginine g	2.002		0		1		5.445	1.702	
Histidine g	1.067		0		1		2.902	0.907	
Alanine g	2.026		0		1		5.511	1.722	
Aspartic acid g	2.965		0		1		8.065	2.520	
Glutamic acid g	4.889		0		1		13.298	4.156	
Glycine g	1.645		0		1		4.474	1.398	
Proline g	1.413		0		1		3.843	1.201	
Serine g	1.253		0		1		3.408	1.065	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17060

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised

Common Measures:

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17061

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	63.53		0		1		207.74	54.00	
Energy ... kcal	186		0	NC	4		608	158	
Energy ... kJ	778				4		2545	661	
Protein (N x 6.25) ... g	28.08		0		1		91.82	23.87	
Total lipid (fat) ... g	7.33		0		1		23.97	6.23	
Ash ... g	1.48		0		1		4.84	1.26	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13		0		1		43	11	
Iron, Fe ... mg	2.34		0		1		7.65	1.99	
Magnesium, Mg ... mg	31		0		1		101	26	
Phosphorus, P ... mg	224		0		1		732	190	
Potassium, K ... mg	335		0		1		1095	285	
Sodium, Na ... mg	76		0		1		249	65	
Zinc, Zn ... mg	5.77		0		1		18.87	4.90	
Copper, Cu ... mg	0.151		0		1		0.494	0.128	
Manganese, Mn ... mg	0.029		0		1		0.095	0.025	
Selenium, Se ... mcg	31.7		0	BFYN	4		103.7	26.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.110		0		1		0.360	0.094	
Riboflavin ... mg	0.300		0		1		0.981	0.255	
Niacin ... mg	6.610		0		1		21.615	5.619	
Pantothenic acid ... mg	0.690		0		1		2.256	0.587	
Vitamin B-6 ... mg	0.140		0		1		0.458	0.119	
Folate, total ... mcg	23		0		1		75	20	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	23		0		1		75	20	
Folate, DFE ... mcg_DFE	23		0	NC	4		75	20	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	3.03		0		1		9.91	2.58	
Vitamin A, RAE ... mcg_RAE	0		0		4		0	0	
Retinol ... mcg	0		0		4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg	0.20		0		1		0.65	0.17	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	2.620		0		1		8.567	2.227	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17061

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.033	0.009	
12:0 g	0.020		0		1		0.065	0.017	
13:0 g									
14:0 g	0.190		0		1		0.621	0.162	
15:0 g									
16:0 g	1.420		0		1		4.643	1.207	
17:0 g									
18:0 g	0.870		0		1		2.845	0.740	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.950		0		1		9.647	2.508	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220		0		1		0.719	0.187	
17:1 g									
18:1 undifferentiated g	2.670		0		1		8.731	2.270	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.670		0		1		2.191	0.570	
18:2 undifferentiated g	0.500		0		1		1.635	0.425	
18:3 undifferentiated g	0.100		0		1		0.327	0.085	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.229	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	90		0		1		294	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.328		0		1		1.073	0.279	
Threonine g	1.202		0		1		3.931	1.022	
Isoleucine g	1.355		0		1		4.431	1.152	
Leucine g	2.184		0		1		7.142	1.856	
Lysine g	2.479		0		1		8.106	2.107	
Methionine g	0.720		0		1		2.354	0.612	
Cystine g	0.335		0		1		1.095	0.285	
Phenylalanine g	1.143		0		1		3.738	0.972	
Tyrosine g	0.944		0		1		3.087	0.802	
Valine g	1.515		0		1		4.954	1.288	
Arginine g	1.668		0		1		5.454	1.418	
Histidine g	0.889		0		1		2.907	0.756	
Alanine g	1.688		0		1		5.520	1.435	
Aspartic acid g	2.471		0		1		8.080	2.100	
Glutamic acid g	4.074		0		1		13.322	3.463	
Glycine g	1.371		0		1		4.483	1.165	
Proline g	1.178		0		1		3.852	1.001	
Serine g	1.044		0		1		3.414	0.887	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 327g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17061

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17059

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.74	0.242	32		1		20.91	334.48	
Energy....kcal	134		0	NC	4		38	608	
Energy....kJ	561				4		159	2543	
Protein (N x 6.25)....g	20.21	0.143	32		1		5.73	91.67	
Total lipid (fat)....g	5.28	0.184	32		1		1.50	23.95	
Ash....g	1.06	0.009	32		1		0.30	4.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.410	32		1		3	41	
Iron, Fe....mg	1.77	0.084	32		1		0.50	8.03	
Magnesium, Mg....mg	26	0.818	32		1		7	118	
Phosphorus, P....mg	189	3.495	16		1		54	857	
Potassium, K....mg	284	13.311	32		1		81	1288	
Sodium, Na....mg	65	2.752	32		1		18	295	
Zinc, Zn....mg	4.15	0.122	32		1		1.18	18.82	
Copper, Cu....mg	0.121	0.003	32		1		0.034	0.549	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	22.8		0	PIE	4		6.5	103.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130	0.007	16		1		0.037	0.590	
Riboflavin....mg	0.240	0.013	16		1		0.068	1.089	
Niacin....mg	5.950	0.187	16		1		1.687	26.989	
Pantothenic acid....mg	0.710	0.015	16		1		0.201	3.221	
Vitamin B-6....mg	0.160		0		1		0.045	0.726	
Folate, total....mcg	23	1.191	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.191	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.73	0.120	16		1		0.77	12.38	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.890		0		1		0.536	8.573	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17059

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.140		373		1		0.040	0.635	
15:0 g									
16:0 g	1.020		373		1		0.289	4.627	
17:0 g									
18:0 g	0.630		373		1		0.179	2.858	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.130		0		1		0.604	9.662	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		373		1		0.045	0.726	
17:1 g									
18:1 undifferentiated g	1.920		373		1		0.544	8.709	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.136	2.177	
18:2 undifferentiated g	0.360		373		1		0.102	1.633	
18:3 undifferentiated g	0.070		373		1		0.020	0.318	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		373		1		0.014	0.227	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	65	1.131	16		1		18	295	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.236		0		1		0.067	1.070	
Threonine g	0.865		0		1		0.245	3.924	
Isoleucine g	0.975		0		1		0.276	4.423	
Leucine g	1.572		0		1		0.446	7.131	
Lysine g	1.785		0		1		0.506	8.097	
Methionine g	0.519		0		1		0.147	2.354	
Cystine g	0.241		0		1		0.068	1.093	
Phenylalanine g	0.823		0		1		0.233	3.733	
Tyrosine g	0.679		0		1		0.192	3.080	
Valine g	1.091		0		1		0.309	4.949	
Arginine g	1.201		0		1		0.340	5.448	
Histidine g	0.640		0		1		0.181	2.903	
Alanine g	1.216		0		1		0.345	5.516	
Aspartic acid g	1.779		0		1		0.504	8.070	
Glutamic acid g	2.933		0		1		0.832	13.304	
Glycine g	0.987		0		1		0.280	4.477	
Proline g	0.848		0		1		0.240	3.847	
Serine g	0.752		0		1		0.213	3.411	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17059

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17008

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 56% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.80		0		1		84.06	48.28	
Energy ... kcal	243		0	NC	4		360	207	
Energy ... kJ	1017		0		4		1505	864	
Protein (N x 6.25) ... g	28.37		0		1		41.99	24.11	
Total lipid (fat) ... g	13.46		0		1		19.92	11.44	
Ash ... g	0.91		0		1		1.35	0.77	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		0		1		30	17	
Iron, Fe ... mg	2.14		0		1		3.17	1.82	
Magnesium, Mg ... mg	22		0		1		33	19	
Phosphorus, P ... mg	166		0		1		246	141	
Potassium, K ... mg	257		0		1		380	218	
Sodium, Na ... mg	72		0		1		107	61	
Zinc, Zn ... mg	7.69		0		1		11.38	6.54	
Copper, Cu ... mg	0.123		0		1		0.182	0.105	
Manganese, Mn ... mg	0.025		0		1		0.037	0.021	
Selenium, Se ... mcg	30.6		0	BFYN	4		45.3	26.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.050		0		1		0.074	0.043	
Riboflavin ... mg	0.190		0		1		0.281	0.162	
Niacin ... mg	5.460		0		1		8.081	4.641	
Pantothenic acid ... mg	0.630		0		1		0.932	0.536	
Vitamin B-6 ... mg	0.100		0		1		0.148	0.085	
Folate, total ... mcg	17		0		1		25	14	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	17		0		1		25	14	
Folate, DFE ... mcg_DFE	17		0	NC	4		25	14	
Choline, total ... mg	110.0		0	BFNN	4		162.8	93.5	
Betaine ... mg	14.5		0	BFNN	4		21.4	12.3	
Vitamin B-12 ... mcg	2.28		0		1		3.37	1.94	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.18		0		1		0.27	0.15	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.1	0.1	
Vitamin D ... IU	2		40	A	1		4	2	
Vitamin K (phylloquinone) ... mcg	4.3		0	BFSN	4		6.4	3.6	
Lipids:									
Fatty acids, total saturated ... g	5.630		0		1		8.332	4.786	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17008

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030		0		1		0.044	0.026	
12:0 g	0.060		0		1		0.089	0.051	
13:0 g									
14:0 g	0.520		0		1		0.770	0.442	
15:0 g									
16:0 g	2.870		0		1		4.248	2.440	
17:0 g									
18:0 g	1.820		0		1		2.694	1.547	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.680		0		1		8.406	4.828	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0		1		0.577	0.332	
17:1 g									
18:1 undifferentiated g	5.160		0		1		7.637	4.386	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.970		0		1		1.436	0.825	
18:2 undifferentiated g	0.730		0		1		1.080	0.621	
18:3 undifferentiated g	0.190		0		1		0.281	0.162	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.074	0.043	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	106		0		1		157	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.332		0		1		0.491	0.282	
Threonine g	1.214		0		1		1.797	1.032	
Isoleucine g	1.369		0		1		2.026	1.164	
Leucine g	2.207		0		1		3.266	1.876	
Lysine g	2.505		0		1		3.707	2.129	
Methionine g	0.728		0		1		1.077	0.619	
Cystine g	0.339		0		1		0.502	0.288	
Phenylalanine g	1.155		0		1		1.709	0.982	
Tyrosine g	0.954		0		1		1.412	0.811	
Valine g	1.531		0		1		2.266	1.301	
Arginine g	1.686		0		1		2.495	1.433	
Histidine g	0.899		0		1		1.331	0.764	
Alanine g	1.706		0		1		2.525	1.450	
Aspartic acid g	2.497		0		1		3.696	2.122	
Glutamic acid g	4.117		0		1		6.093	3.499	
Glycine g	1.386		0		1		2.051	1.178	
Proline g	1.190		0		1		1.761	1.012	
Serine g	1.055		0		1		1.561	0.897	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17008

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 148g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17007

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 52% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.01		0		1		19.00	303.96	
Energy	kcal	201		0	NC	4		57	912	
Energy	kJ	841				4		238	3815	
Protein (N x 6.25)	g	18.91		0		1		5.36	85.78	
Total lipid (fat)	g	13.38		0		1		3.79	60.69	
Ash	g	0.95		0		1		0.27	4.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		3	50	
Iron, Fe	mg	1.67		0		1		0.47	7.58	
Magnesium, Mg	mg	22		0		1		6	100	
Phosphorus, P	mg	170		0		1		48	771	
Potassium, K	mg	214		0		1		61	971	
Sodium, Na	mg	72		0		1		20	327	
Zinc, Zn	mg	5.22		0		1		1.48	23.68	
Copper, Cu	mg	0.101		0		1		0.029	0.458	
Manganese, Mn	mg	0.021		0		1		0.006	0.095	
Selenium, Se	mcg	19.9		0	PIE	4		5.6	90.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.028	0.454	
Riboflavin	mg	0.190		0		1		0.054	0.862	
Niacin	mg	5.470		0		1		1.551	24.812	
Pantothenic acid	mg	0.690		0		1		0.196	3.130	
Vitamin B-6	mg	0.150		0		1		0.043	0.680	
Folate, total	mcg	19		0		1		5	86	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		5	86	
Folate, DFE	mcg_DFE	19		0	NC	4		5	86	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.34		0		1		0.66	10.61	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.25		0		1		0.07	1.13	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.830		0		1		1.653	26.445	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17007

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		0		1		0.009	0.136	
12:0 g	0.060		0		1		0.017	0.272	
13:0 g									
14:0 g	0.530		0		1		0.150	2.404	
15:0 g									
16:0 g	2.940		0		1		0.833	13.336	
17:0 g									
18:0 g	1.840		0		1		0.522	8.346	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.490		0		1		1.556	24.903	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0		1		0.111	1.769	
17:1 g									
18:1 undifferentiated g	4.930		0		1		1.398	22.362	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.060		0		1		0.301	4.808	
18:2 undifferentiated g	0.770		0		1		0.218	3.493	
18:3 undifferentiated g	0.240		0		1		0.068	1.089	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0		1		0.011	0.181	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0		1		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0		1		0.063	1.002	
Threonine g	0.810		0		1		0.230	3.674	
Isoleucine g	0.913		0		1		0.259	4.141	
Leucine g	1.471		0		1		0.417	6.672	
Lysine g	1.670		0		1		0.473	7.575	
Methionine g	0.485		0		1		0.137	2.200	
Cystine g	0.226		0		1		0.064	1.025	
Phenylalanine g	0.770		0		1		0.218	3.493	
Tyrosine g	0.636		0		1		0.180	2.885	
Valine g	1.021		0		1		0.289	4.631	
Arginine g	1.124		0		1		0.319	5.098	
Histidine g	0.599		0		1		0.170	2.717	
Alanine g	1.138		0		1		0.323	5.162	
Aspartic acid g	1.665		0		1		0.472	7.552	
Glutamic acid g	2.745		0		1		0.778	12.451	
Glycine g	0.924		0		1		0.262	4.191	
Proline g	0.793		0		1		0.225	3.597	
Serine g	0.703		0		1		0.199	3.189	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17007

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17228

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 52% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.01		0	PAE	4		19.00	303.96	
Energy....kcal	201		0	NC	4		57	912	
Energy....kJ	841				4		238	3815	
Protein (N x 6.25)....g	18.91		0	PAE	4		5.36	85.78	
Total lipid (fat)....g	13.38		0	PAE	4		3.79	60.69	
Ash....g	0.95		0	PAE	4		0.27	4.31	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		3	50	
Iron, Fe....mg	1.67		0	PAE	4		0.47	7.58	
Magnesium, Mg....mg	22		0	PAE	4		6	100	
Phosphorus, P....mg	170		0	PAE	4		48	771	
Potassium, K....mg	214		0	PAE	4		61	971	
Sodium, Na....mg	72		0	PAE	4		20	327	
Zinc, Zn....mg	5.22		0	PAE	4		1.48	23.68	
Copper, Cu....mg	0.101		0	PAE	4		0.029	0.458	
Manganese, Mn....mg	0.021		0	PAE	4		0.006	0.095	
Selenium, Se....mcg	19.9		0	BFZN	4		5.6	90.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.190		0	PAE	4		0.054	0.862	
Niacin....mg	5.470		0	PAE	4		1.551	24.812	
Pantothenic acid....mg	0.690		0	PAE	4		0.196	3.130	
Vitamin B-6....mg	0.150		0	PAE	4		0.043	0.680	
Folate, total....mcg	19		0	PAE	4		5	86	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		5	86	
Folate, DFE....mcg_DFE	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.34		0	PAE	4		0.66	10.61	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.830		0	PAE	4		1.653	26.445	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17228

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		0	PAE	4		0.009	0.136	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.530		0	PAE	4		0.150	2.404	
15:0 g									
16:0 g	2.940		0	PAE	4		0.833	13.336	
17:0 g									
18:0 g	1.840		0	PAE	4		0.522	8.346	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.490		0	PAE	4		1.556	24.903	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0	PAE	4		0.111	1.769	
17:1 g									
18:1 undifferentiated g	4.930		0	PAE	4		1.398	22.362	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.060		0	PAE	4		0.301	4.808	
18:2 undifferentiated g	0.770		0	PAE	4		0.218	3.493	
18:3 undifferentiated g	0.240		0	PAE	4		0.068	1.089	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.011	0.181	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0	PAE	4		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.221		0	PAE	4		0.063	1.002	
Threonine g	0.810		0	PAE	4		0.230	3.674	
Isoleucine g	0.913		0	PAE	4		0.259	4.141	
Leucine g	1.471		0	PAE	4		0.417	6.672	
Lysine g	1.670		0	PAE	4		0.473	7.575	
Methionine g	0.485		0	PAE	4		0.137	2.200	
Cystine g	0.226		0	PAE	4		0.064	1.025	
Phenylalanine g	0.770		0	PAE	4		0.218	3.493	
Tyrosine g	0.636		0	PAE	4		0.180	2.885	
Valine g	1.021		0	PAE	4		0.289	4.631	
Arginine g	1.124		0	PAE	4		0.319	5.098	
Histidine g	0.599		0	PAE	4		0.170	2.717	
Alanine g	1.138		0	PAE	4		0.323	5.162	
Aspartic acid g	1.665		0	PAE	4		0.472	7.552	
Glutamic acid g	2.745		0	PAE	4		0.778	12.451	
Glycine g	0.924		0	PAE	4		0.262	4.191	
Proline g	0.793		0	PAE	4		0.225	3.597	
Serine g	0.703		0	PAE	4		0.199	3.189	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17228

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17229

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 56% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.80		0	PAE	4		84.06	48.28	
Energy....kcal	243		0	NC	4		360	207	
Energy....kJ	1017				4		1505	864	
Protein (N x 6.25)....g	28.37		0	PAE	4		41.99	24.11	
Total lipid (fat)....g	13.46		0	PAE	4		19.92	11.44	
Ash....g	0.91		0	PAE	4		1.35	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAE	4		30	17	
Iron, Fe....mg	2.14		0	PAE	4		3.17	1.82	
Magnesium, Mg....mg	22		0	PAE	4		33	19	
Phosphorus, P....mg	166		0	PAE	4		246	141	
Potassium, K....mg	257		0	PAE	4		380	218	
Sodium, Na....mg	72		0	PAE	4		107	61	
Zinc, Zn....mg	7.69		0	PAE	4		11.38	6.54	
Copper, Cu....mg	0.123		0	PAE	4		0.182	0.105	
Manganese, Mn....mg	0.025		0	PAE	4		0.037	0.021	
Selenium, Se....mcg	30.6		0	BFZN	4		45.3	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0	PAE	4		0.074	0.043	
Riboflavin....mg	0.190		0	PAE	4		0.281	0.162	
Niacin....mg	5.460		0	PAE	4		8.081	4.641	
Pantothenic acid....mg	0.630		0	PAE	4		0.932	0.536	
Vitamin B-6....mg	0.100		0	PAE	4		0.148	0.085	
Folate, total....mcg	17		0	PAE	4		25	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	17		0	PAE	4		25	14	
Folate, DFE....mcg_DFE	17		0	NC	4		25	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.28		0	PAE	4		3.37	1.94	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.630		0	PAE	4		8.332	4.786	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17229

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		0	PAE	4		0.044	0.026	
12:0 g	0.060		0	PAE	4		0.089	0.051	
13:0 g									
14:0 g	0.520		0	PAE	4		0.770	0.442	
15:0 g									
16:0 g	2.870		0	PAE	4		4.248	2.440	
17:0 g									
18:0 g	1.820		0	PAE	4		2.694	1.547	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.680		0	PAE	4		8.406	4.828	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0	PAE	4		0.577	0.332	
17:1 g									
18:1 undifferentiated g	5.160		0	PAE	4		7.637	4.386	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.970		0	PAE	4		1.436	0.825	
18:2 undifferentiated g	0.730		0	PAE	4		1.080	0.621	
18:3 undifferentiated g	0.190		0	PAE	4		0.281	0.162	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0	PAE	4		0.074	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	106		0	PAE	4		157	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.332		0	PAE	4		0.491	0.282	
Threonine g	1.214		0	PAE	4		1.797	1.032	
Isoleucine g	1.369		0	PAE	4		2.026	1.164	
Leucine g	2.207		0	PAE	4		3.266	1.876	
Lysine g	2.505		0	PAE	4		3.707	2.129	
Methionine g	0.728		0	PAE	4		1.077	0.619	
Cystine g	0.339		0	PAE	4		0.502	0.288	
Phenylalanine g	1.155		0	PAE	4		1.709	0.982	
Tyrosine g	0.954		0	PAE	4		1.412	0.811	
Valine g	1.531		0	PAE	4		2.266	1.301	
Arginine g	1.686		0	PAE	4		2.495	1.433	
Histidine g	0.899		0	PAE	4		1.331	0.764	
Alanine g	1.706		0	PAE	4		2.525	1.450	
Aspartic acid g	2.497		0	PAE	4		3.696	2.122	
Glutamic acid g	4.117		0	PAE	4		6.093	3.499	
Glycine g	1.386		0	PAE	4		2.051	1.178	
Proline g	1.190		0	PAE	4		1.761	1.012	
Serine g	1.055		0	PAE	4		1.561	0.897	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17229

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17010

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 62% Bone 56%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.79	0.233	8		1		79.09	52.52	
Energy....kcal	187		0	NC	4		239	159	
Energy....kJ	782				4		1001	665	
Protein (N x 6.25)....g	31.01	0.907	8		1		39.69	26.36	
Total lipid (fat)....g	6.02	0.270	8		1		7.71	5.12	
Ash....g	0.94	0.032	8		1		1.20	0.80	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.196	8		1		26	17	
Iron, Fe....mg	2.27	0.128	8		1		2.91	1.93	
Magnesium, Mg....mg	23	0.353	8		1		29	20	
Phosphorus, P....mg	175	4.210	8		1		224	149	
Potassium, K....mg	267	20.367	8		1		342	227	
Sodium, Na....mg	74	1.273	8		1		95	63	
Zinc, Zn....mg	8.66	0.301	8		1		11.08	7.36	
Copper, Cu....mg	0.129	0.007	8		1		0.165	0.110	
Manganese, Mn....mg	0.028		0		1		0.036	0.024	
Selenium, Se....mcg	35.3		0	BFYN	4		45.2	30.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.040	0.004	7		1		0.051	0.034	
Riboflavin....mg	0.190	0.014	8		1		0.243	0.162	
Niacin....mg	5.070	0.375	8		1		6.490	4.310	
Pantothenic acid....mg	0.630	0.030	8		1		0.806	0.536	
Vitamin B-6....mg	0.110		0		1		0.141	0.094	
Folate, total....mcg	19	0.995	8		1		24	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19	0.995	8		1		24	16	
Folate, DFE....mcg_DFE	19		0	NC	4		24	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.26	0.114	8		1		2.89	1.92	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.26	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.150		0		1		2.752	1.828	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17010

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		107		1		0.013	0.009	
12:0 g	0.020		107		1		0.026	0.017	
13:0 g									
14:0 g	0.190		107		1		0.243	0.162	
15:0 g									
16:0 g	1.160		107		1		1.485	0.986	
17:0 g									
18:0 g	0.740		107		1		0.947	0.629	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.640		0		1		3.379	2.244	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		107		1		0.230	0.153	
17:1 g									
18:1 undifferentiated g	2.440		107		1		3.123	2.074	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.390		0		1		0.499	0.332	
18:2 undifferentiated g	0.320		107		1		0.410	0.272	
18:3 undifferentiated g	0.040		107		1		0.051	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		107		1		0.051	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	104	5.482	8		1		133	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.362		0		1		0.463	0.308	
Threonine g	1.327		0		1		1.699	1.128	
Isoleucine g	1.496		0		1		1.915	1.272	
Leucine g	2.412		0		1		3.087	2.050	
Lysine g	2.739		0		1		3.506	2.328	
Methionine g	0.796		0		1		1.019	0.677	
Cystine g	0.370		0		1		0.474	0.315	
Phenylalanine g	1.262		0		1		1.615	1.073	
Tyrosine g	1.042		0		1		1.334	0.886	
Valine g	1.673		0		1		2.141	1.422	
Arginine g	1.842		0		1		2.358	1.566	
Histidine g	0.982		0		1		1.257	0.835	
Alanine g	1.865		0		1		2.387	1.585	
Aspartic acid g	2.730		0		1		3.494	2.321	
Glutamic acid g	4.500		0		1		5.760	3.825	
Glycine g	1.515		0		1		1.939	1.288	
Proline g	1.301		0		1		1.665	1.106	
Serine g	1.153		0		1		1.476	0.980	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17010

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17009

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 59% Bone 52%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.86	0.349	23		1		21.22	339.56	
Energy....kcal	120		0	NC	4		34	544	
Energy....kJ	502				4		142	2277	
Protein (N x 6.25)....g	21.08	0.146	24		1		5.98	95.62	
Total lipid (fat)....g	3.29	0.292	24		1		0.93	14.92	
Ash....g	1.05	0.014	24		1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.963	24		1		3	41	
Iron, Fe....mg	1.79	0.096	24		1		0.51	8.12	
Magnesium, Mg....mg	25	1.005	24		1		7	113	
Phosphorus, P....mg	187	4.872	8		1		53	848	
Potassium, K....mg	237	18.541	24		1		67	1075	
Sodium, Na....mg	79	5.697	24		1		22	358	
Zinc, Zn....mg	5.95	0.227	24		1		1.69	26.99	
Copper, Cu....mg	0.109	0.005	24		1		0.031	0.494	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	24.0		0	BFNN	4		6.8	108.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.007	8		1		0.028	0.454	
Riboflavin....mg	0.200	0.014	8		1		0.057	0.907	
Niacin....mg	5.310	0.381	8		1		1.505	24.086	
Pantothenic acid....mg	0.710	0.029	8		1		0.201	3.221	
Vitamin B-6....mg	0.170		0		1		0.048	0.771	
Folate, total....mcg	22	1.776	8		1		6	100	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	22	1.776	8		1		6	100	
Folate, DFE....mcg_DFE	22		0	NC	4		6	100	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.45	0.203	8		1		0.69	11.11	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.24		0		1		0.07	1.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.180		0		1		0.335	5.352	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17009

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.090		373		1		0.026	0.408	
15:0 g									
16:0 g	0.640		373		1		0.181	2.903	
17:0 g									
18:0 g	0.390		373		1		0.111	1.769	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.320		0		1		0.374	5.988	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		373		1		0.028	0.454	
17:1 g									
18:1 undifferentiated g	1.200		373		1		0.340	5.443	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.300		0		1		0.085	1.361	
18:2 undifferentiated g	0.230		373		1		0.065	1.043	
18:3 undifferentiated g	0.040		373		1		0.011	0.181	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		373		1		0.009	0.136	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	69	2.475	8		1		20	313	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.246		0		1		0.070	1.116	
Threonine g	0.902		0		1		0.256	4.091	
Isoleucine g	1.017		0		1		0.288	4.613	
Leucine g	1.640		0		1		0.465	7.439	
Lysine g	1.861		0		1		0.528	8.441	
Methionine g	0.541		0		1		0.153	2.454	
Cystine g	0.252		0		1		0.071	1.143	
Phenylalanine g	0.858		0		1		0.243	3.892	
Tyrosine g	0.708		0		1		0.201	3.211	
Valine g	1.137		0		1		0.322	5.157	
Arginine g	1.252		0		1		0.355	5.679	
Histidine g	0.668		0		1		0.189	3.030	
Alanine g	1.268		0		1		0.359	5.752	
Aspartic acid g	1.855		0		1		0.526	8.414	
Glutamic acid g	3.059		0		1		0.867	13.876	
Glycine g	1.029		0		1		0.292	4.668	
Proline g	0.884		0		1		0.251	4.010	
Serine g	0.784		0		1		0.222	3.556	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17009

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17016

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.66		0		1		163.18	51.56	
Energy....kcal	225		0	NC	4		605	191	
Energy....kJ	941				4		2532	800	
Protein (N x 6.25)....g	26.41		0		1		71.04	22.45	
Total lipid (fat)....g	12.45		0		1		33.49	10.58	
Ash....g	1.05		0		1		2.82	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		27	9	
Iron, Fe....mg	1.98		0		1		5.33	1.68	
Magnesium, Mg....mg	25		0		1		67	21	
Phosphorus, P....mg	198		0		1		533	168	
Potassium, K....mg	326		0		1		877	277	
Sodium, Na....mg	65		0		1		175	55	
Zinc, Zn....mg	4.66		0		1		12.54	3.96	
Copper, Cu....mg	0.117		0		1		0.315	0.099	
Manganese, Mn....mg	0.025		0		1		0.067	0.021	
Selenium, Se....mcg	29.4		0	BFYN	4		79.1	25.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.269	0.085	
Riboflavin....mg	0.270		0		1		0.726	0.230	
Niacin....mg	6.550		0		1		17.620	5.568	
Pantothenic acid....mg	0.700		0		1		1.883	0.595	
Vitamin B-6....mg	0.160		0		1		0.430	0.136	
Folate, total....mcg	22		0		1		59	19	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	22		0		1		59	19	
Folate, DFE....mcg_DFE	22		0	NC	4		59	19	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.67		0		1		7.18	2.27	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.43	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.090		0		1		13.692	4.327	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17016

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		0		1		0.081	0.026	
12:0 g	0.050		0		1		0.135	0.043	
13:0 g									
14:0 g	0.470		0		1		1.264	0.400	
15:0 g									
16:0 g	2.610		0		1		7.021	2.219	
17:0 g									
18:0 g	1.660		0		1		4.465	1.411	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.290		0		1		14.230	4.497	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		0		1		0.968	0.306	
17:1 g									
18:1 undifferentiated g	4.820		0		1		12.966	4.097	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.880		0		1		2.367	0.748	
18:2 undifferentiated g	0.670		0		1		1.802	0.570	
18:3 undifferentiated g	0.160		0		1		0.430	0.136	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0		1		0.135	0.043	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	90		0		1		242	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.309		0		1		0.831	0.263	
Threonine g	1.130		0		1		3.040	0.961	
Isoleucine g	1.274		0		1		3.427	1.083	
Leucine g	2.054		0		1		5.525	1.746	
Lysine g	2.332		0		1		6.273	1.982	
Methionine g	0.678		0		1		1.824	0.576	
Cystine g	0.315		0		1		0.847	0.268	
Phenylalanine g	1.075		0		1		2.892	0.914	
Tyrosine g	0.888		0		1		2.389	0.755	
Valine g	1.425		0		1		3.833	1.211	
Arginine g	1.569		0		1		4.221	1.334	
Histidine g	0.837		0		1		2.252	0.711	
Alanine g	1.588		0		1		4.272	1.350	
Aspartic acid g	2.324		0		1		6.252	1.975	
Glutamic acid g	3.832		0		1		10.308	3.257	
Glycine g	1.290		0		1		3.470	1.097	
Proline g	1.108		0		1		2.981	0.942	
Serine g	0.982		0		1		2.642	0.835	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17016

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17015

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 20% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.17		0		1		19.04	304.68	
Energy	kcal	201		0	NC	4		57	912	
Energy	kJ	841				4		238	3815	
Protein (N x 6.25)	g	18.58		0		1		5.27	84.28	
Total lipid (fat)	g	13.49		0		1		3.82	61.19	
Ash	g	0.98		0		1		0.28	4.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		2	36	
Iron, Fe	mg	1.71		0		1		0.48	7.76	
Magnesium, Mg	mg	24		0		1		7	109	
Phosphorus, P	mg	178		0		1		50	807	
Potassium, K	mg	261		0		1		74	1184	
Sodium, Na	mg	57		0		1		16	259	
Zinc, Zn	mg	3.50		0		1		0.99	15.88	
Copper, Cu	mg	0.115		0		1		0.033	0.522	
Manganese, Mn	mg	0.021		0		1		0.006	0.095	
Selenium, Se	mcg	21.4		0	PIE	4		6.1	97.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0		1		0.037	0.590	
Riboflavin	mg	0.230		0		1		0.065	1.043	
Niacin	mg	6.220		0		1		1.763	28.214	
Pantothenic acid	mg	0.680		0		1		0.193	3.084	
Vitamin B-6	mg	0.150		0		1		0.043	0.680	
Folate, total	mcg	20		0		1		6	91	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		1		6	91	
Folate, DFE	mcg_DFE	20		0	NC	4		6	91	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.51		0		1		0.71	11.39	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.21		0		1		0.06	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.800		0		1		1.644	26.309	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17015

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.030		0		1		0.009	0.136	
12:0 ... g	0.060		0		1		0.017	0.272	
13:0 ... g									
14:0 ... g	0.520		0		1		0.147	2.359	
15:0 ... g									
16:0 ... g	2.930		0		1		0.831	13.290	
17:0 ... g									
18:0 ... g	1.840		0		1		0.522	8.346	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.530		0		1		1.568	25.084	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.390		0		1		0.111	1.769	
17:1 ... g									
18:1 undifferentiated ... g	4.970		0		1		1.409	22.544	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.080		0		1		0.306	4.899	
18:2 undifferentiated ... g	0.790		0		1		0.224	3.583	
18:3 undifferentiated ... g	0.240		0		1		0.068	1.089	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0		1		19	304	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.217		0		1		0.062	0.984	
Threonine ... g	0.795		0		1		0.225	3.606	
Isoleucine ... g	0.896		0		1		0.254	4.064	
Leucine ... g	1.445		0		1		0.410	6.555	
Lysine ... g	1.640		0		1		0.465	7.439	
Methionine ... g	0.477		0		1		0.135	2.164	
Cystine ... g	0.222		0		1		0.063	1.007	
Phenylalanine ... g	0.756		0		1		0.214	3.429	
Tyrosine ... g	0.624		0		1		0.177	2.830	
Valine ... g	1.002		0		1		0.284	4.545	
Arginine ... g	1.104		0		1		0.313	5.008	
Histidine ... g	0.588		0		1		0.167	2.667	
Alanine ... g	1.117		0		1		0.317	5.067	
Aspartic acid ... g	1.635		0		1		0.464	7.416	
Glutamic acid ... g	2.696		0		1		0.764	12.229	
Glycine ... g	0.907		0		1		0.257	4.114	
Proline ... g	0.779		0		1		0.221	3.534	
Serine ... g	0.691		0		1		0.196	3.134	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17015

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17233

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.43		0	PAE	4		164.02	52.22	
Energy....kcal	217		0	NC	4		579	184	
Energy....kJ	908				4		2424	772	
Protein (N x 6.25)....g	26.73		0	PAE	4		71.37	22.72	
Total lipid (fat)....g	11.40		0	PAE	4		30.44	9.69	
Ash....g	1.06		0	PAE	4		2.83	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		24	8	
Iron, Fe....mg	1.99		0	PAE	4		5.31	1.69	
Magnesium, Mg....mg	25		0	PAE	4		67	21	
Phosphorus, P....mg	200		0	PAE	4		534	170	
Potassium, K....mg	329		0	PAE	4		878	280	
Sodium, Na....mg	65		0	PAE	4		174	55	
Zinc, Zn....mg	4.72		0	PAE	4		12.60	4.01	
Copper, Cu....mg	0.118		0	PAE	4		0.315	0.100	
Manganese, Mn....mg	0.026		0	PAE	4		0.069	0.022	
Selenium, Se....mcg	29.7		0	BFNN	4		79.3	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.267	0.085	
Riboflavin....mg	0.270		0	PAE	4		0.721	0.230	
Niacin....mg	6.520		0	PAE	4		17.408	5.542	
Pantothenic acid....mg	0.700		0	PAE	4		1.869	0.595	
Vitamin B-6....mg	0.160		0	PAE	4		0.427	0.136	
Folate, total....mcg	23		0	PAE	4		61	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23		0	PAE	4		61	20	
Folate, DFE....mcg_DFE	23		0	NC	4		61	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.68		0	PAE	4		7.16	2.28	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.600		0	PAE	4		12.282	3.910	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17233

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.030		0	PAE	4		0.080	0.026	
12:0 ... g	0.040		0	PAE	4		0.107	0.034	
13:0 ... g									
14:0 ... g	0.420		0	PAE	4		1.121	0.357	
15:0 ... g									
16:0 ... g	2.370		0	PAE	4		6.328	2.015	
17:0 ... g									
18:0 ... g	1.500		0	PAE	4		4.005	1.275	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.860		0	PAE	4		12.976	4.131	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.330		0	PAE	4		0.881	0.281	
17:1 ... g									
18:1 undifferentiated ... g	4.430		0	PAE	4		11.828	3.766	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.800		0	PAE	4		2.136	0.680	
18:2 undifferentiated ... g	0.620		0	PAE	4		1.655	0.527	
18:3 undifferentiated ... g	0.140		0	PAE	4		0.374	0.119	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0	PAE	4		0.134	0.043	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	90		0	PAE	4		240	77	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.312		0	PAE	4		0.833	0.265	
Threonine ... g	1.144		0	PAE	4		3.054	0.972	
Isoleucine ... g	1.290		0	PAE	4		3.444	1.097	
Leucine ... g	2.079		0	PAE	4		5.551	1.767	
Lysine ... g	2.360		0	PAE	4		6.301	2.006	
Methionine ... g	0.686		0	PAE	4		1.832	0.583	
Cystine ... g	0.319		0	PAE	4		0.852	0.271	
Phenylalanine ... g	1.088		0	PAE	4		2.905	0.925	
Tyrosine ... g	0.898		0	PAE	4		2.398	0.763	
Valine ... g	1.442		0	PAE	4		3.850	1.226	
Arginine ... g	1.588		0	PAE	4		4.240	1.350	
Histidine ... g	0.847		0	PAE	4		2.261	0.720	
Alanine ... g	1.607		0	PAE	4		4.291	1.366	
Aspartic acid ... g	2.353		0	PAE	4		6.283	2.000	
Glutamic acid ... g	3.879		0	PAE	4		10.357	3.297	
Glycine ... g	1.305		0	PAE	4		3.484	1.109	
Proline ... g	1.121		0	PAE	4		2.993	0.953	
Serine ... g	0.994		0	PAE	4		2.654	0.845	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17233

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17232

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.73		0	PAE	4		19.48	311.76	
Energy....kcal	185		0	NC	4		52	839	
Energy....kJ	774				4		219	3511	
Protein (N x 6.25)....g	18.99		0	PAE	4		5.38	86.14	
Total lipid (fat)....g	11.50		0	PAE	4		3.26	52.16	
Ash....g	1.00		0	PAE	4		0.28	4.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAE	4		2	32	
Iron, Fe....mg	1.73		0	PAE	4		0.49	7.85	
Magnesium, Mg....mg	25		0	PAE	4		7	113	
Phosphorus, P....mg	182		0	PAE	4		52	826	
Potassium, K....mg	267		0	PAE	4		76	1211	
Sodium, Na....mg	58		0	PAE	4		16	263	
Zinc, Zn....mg	3.58		0	PAE	4		1.01	16.24	
Copper, Cu....mg	0.117		0	PAE	4		0.033	0.531	
Manganese, Mn....mg	0.022		0	PAE	4		0.006	0.100	
Selenium, Se....mcg	21.9		0	BFNN	4		6.2	99.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0	PAE	4		0.037	0.590	
Riboflavin....mg	0.240		0	PAE	4		0.068	1.089	
Niacin....mg	6.210		0	PAE	4		1.761	28.169	
Pantothenic acid....mg	0.690		0	PAE	4		0.196	3.130	
Vitamin B-6....mg	0.160		0	PAE	4		0.045	0.726	
Folate, total....mcg	21		0	PAE	4		6	95	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0	PAE	4		6	95	
Folate, DFE....mcg_DFE	21		0	NC	4		6	95	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.54		0	PAE	4		0.72	11.52	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.880		0	PAE	4		1.383	22.136	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17232

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.030		0	PAE	4		0.009	0.136	
12:0 ... g	0.050		0	PAE	4		0.014	0.227	
13:0 ... g									
14:0 ... g	0.430		0	PAE	4		0.122	1.950	
15:0 ... g									
16:0 ... g	2.480		0	PAE	4		0.703	11.249	
17:0 ... g									
18:0 ... g	1.550		0	PAE	4		0.439	7.031	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.700		0	PAE	4		1.332	21.319	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.340		0	PAE	4		0.096	1.542	
17:1 ... g									
18:1 undifferentiated ... g	4.230		0	PAE	4		1.199	19.187	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.930		0	PAE	4		0.264	4.218	
18:2 undifferentiated ... g	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiated ... g	0.200		0	PAE	4		0.057	0.907	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.050		0	PAE	4		0.014	0.227	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0	PAE	4		19	304	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.222		0	PAE	4		0.063	1.007	
Threonine ... g	0.813		0	PAE	4		0.230	3.688	
Isoleucine ... g	0.916		0	PAE	4		0.260	4.155	
Leucine ... g	1.477		0	PAE	4		0.419	6.700	
Lysine ... g	1.677		0	PAE	4		0.475	7.607	
Methionine ... g	0.487		0	PAE	4		0.138	2.209	
Cystine ... g	0.227		0	PAE	4		0.064	1.030	
Phenylalanine ... g	0.773		0	PAE	4		0.219	3.506	
Tyrosine ... g	0.638		0	PAE	4		0.181	2.894	
Valine ... g	1.025		0	PAE	4		0.291	4.649	
Arginine ... g	1.128		0	PAE	4		0.320	5.117	
Histidine ... g	0.602		0	PAE	4		0.171	2.731	
Alanine ... g	1.142		0	PAE	4		0.324	5.180	
Aspartic acid ... g	1.672		0	PAE	4		0.474	7.584	
Glutamic acid ... g	2.756		0	PAE	4		0.781	12.501	
Glycine ... g	0.928		0	PAE	4		0.263	4.209	
Proline ... g	0.797		0	PAE	4		0.226	3.615	
Serine ... g	0.706		0	PAE	4		0.200	3.202	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17232

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17018

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 29% Bone 20%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.92	0.449	16		1		154.51	55.18	
Energy....kcal	180		0	NC	4		428	153	
Energy....kJ	753				4		1792	640	
Protein (N x 6.25)....g	28.17	0.344	14		1		67.04	23.94	
Total lipid (fat)....g	6.67	0.249	16		1		15.87	5.67	
Ash....g	1.10	0.018	16		1		2.62	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.348	16		1		19	7	
Iron, Fe....mg	2.06	0.076	16		1		4.90	1.75	
Magnesium, Mg....mg	26	0.478	16		1		62	22	
Phosphorus, P....mg	208	4.003	16		1		495	177	
Potassium, K....mg	342	4.448	16		1		814	291	
Sodium, Na....mg	66	1.233	16		1		157	56	
Zinc, Zn....mg	5.02	0.100	16		1		11.95	4.27	
Copper, Cu....mg	0.121	0.010	16		1		0.288	0.103	
Manganese, Mn....mg	0.028		0		1		0.067	0.024	
Selenium, Se....mcg	31.7		0	BFYN	4		75.4	26.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.005	16		1		0.262	0.094	
Riboflavin....mg	0.280	0.012	16		1		0.666	0.238	
Niacin....mg	6.390	0.150	16		1		15.208	5.432	
Pantothenic acid....mg	0.710	0.027	16		1		1.690	0.604	
Vitamin B-6....mg	0.170		0		1		0.405	0.145	
Folate, total....mcg	24	1.747	16		1		57	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	1.747	16		1		57	20	
Folate, DFE....mcg_DFE	24		0	NC	4		57	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.71	0.184	15		1		6.45	2.30	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.43	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.380		0		1		5.664	2.023	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17018

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		107		1		0.024	0.009	
12:0 g	0.020		107		1		0.048	0.017	
13:0 g									
14:0 g	0.210		107		1		0.500	0.179	
15:0 g									
16:0 g	1.280		107		1		3.046	1.088	
17:0 g									
18:0 g	0.820		107		1		1.952	0.697	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.920		0		1		6.950	2.482	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		107		1		0.476	0.170	
17:1 g									
18:1 undifferentiated g	2.710		107		1		6.450	2.304	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.440		0		1		1.047	0.374	
18:2 undifferentiated g	0.360		107		1		0.857	0.306	
18:3 undifferentiated g	0.040		107		1		0.095	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		107		1		0.095	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	87	3.238	16		1		207	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.329		0		1		0.783	0.280	
Threonine g	1.206		0		1		2.870	1.025	
Isoleucine g	1.359		0		1		3.234	1.155	
Leucine g	2.191		0		1		5.215	1.862	
Lysine g	2.488		0		1		5.921	2.115	
Methionine g	0.723		0		1		1.721	0.615	
Cystine g	0.336		0		1		0.800	0.286	
Phenylalanine g	1.147		0		1		2.730	0.975	
Tyrosine g	0.947		0		1		2.254	0.805	
Valine g	1.520		0		1		3.618	1.292	
Arginine g	1.674		0		1		3.984	1.423	
Histidine g	0.892		0		1		2.123	0.758	
Alanine g	1.694		0		1		4.032	1.440	
Aspartic acid g	2.479		0		1		5.900	2.107	
Glutamic acid g	4.088		0		1		9.729	3.475	
Glycine g	1.376		0		1		3.275	1.170	
Proline g	1.182		0		1		2.813	1.005	
Serine g	1.047		0		1		2.492	0.890	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17018

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17017

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 31% Bone 20%, separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.44	0.250	32		1		21.10	337.66	
Energy....kcal	125		0	NC	4		35	567	
Energy....kJ	523				4		148	2372	
Protein (N x 6.25)....g	20.52	0.136	32		1		5.82	93.08	
Total lipid (fat)....g	4.19	0.188	32		1		1.19	19.01	
Ash....g	1.08	0.010	32		1		0.31	4.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.391	32		1		2	27	
Iron, Fe....mg	1.82	0.088	32		1		0.52	8.26	
Magnesium, Mg....mg	27	0.846	32		1		8	122	
Phosphorus, P....mg	195	3.649	16		1		55	885	
Potassium, K....mg	290	13.751	32		1		82	1315	
Sodium, Na....mg	61	2.662	32		1		17	277	
Zinc, Zn....mg	3.89	0.115	32		1		1.10	17.65	
Copper, Cu....mg	0.124	0.004	32		1		0.035	0.562	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	23.4		0	BFNN	4		6.6	106.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.007	16		1		0.040	0.635	
Riboflavin....mg	0.250	0.012	16		1		0.071	1.134	
Niacin....mg	6.190	0.181	16		1		1.755	28.078	
Pantothenic acid....mg	0.700	0.022	16		1		0.198	3.175	
Vitamin B-6....mg	0.170		0		1		0.048	0.771	
Folate, total....mcg	23	1.524	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.524	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.64	0.123	16		1		0.75	11.98	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.06	0.91	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.500		0		1		0.425	6.804	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17017

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.110		373		1		0.031	0.499	
15:0 g									
16:0 g	0.810		373		1		0.230	3.674	
17:0 g									
18:0 g	0.500		373		1		0.142	2.268	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.690		0		1		0.479	7.666	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		373		1		0.037	0.590	
17:1 g									
18:1 undifferentiated g	1.530		373		1		0.434	6.940	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.380		0		1		0.108	1.724	
18:2 undifferentiated g	0.290		373		1		0.082	1.315	
18:3 undifferentiated g	0.060		373		1		0.017	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		373		1		0.011	0.181	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.534	16		1		18	290	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.240		0		1		0.068	1.089	
Threonine g	0.878		0		1		0.249	3.983	
Isoleucine g	0.990		0		1		0.281	4.491	
Leucine g	1.596		0		1		0.452	7.239	
Lysine g	1.812		0		1		0.514	8.219	
Methionine g	0.527		0		1		0.149	2.390	
Cystine g	0.245		0		1		0.069	1.111	
Phenylalanine g	0.835		0		1		0.237	3.788	
Tyrosine g	0.690		0		1		0.196	3.130	
Valine g	1.107		0		1		0.314	5.021	
Arginine g	1.219		0		1		0.346	5.529	
Histidine g	0.650		0		1		0.184	2.948	
Alanine g	1.234		0		1		0.350	5.597	
Aspartic acid g	1.806		0		1		0.512	8.192	
Glutamic acid g	2.977		0		1		0.844	13.504	
Glycine g	1.002		0		1		0.284	4.545	
Proline g	0.861		0		1		0.244	3.905	
Serine g	0.763		0		1		0.216	3.461	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17017

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17020

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.13		0		1		141.82	46.01	
Energy	kcal	292		0	NC	4		765	248	
Energy	kJ	1222				4		3201	1038	
Protein (N x 6.25)	g	24.63		0		1		64.53	20.94	
Total lipid (fat)	g	20.67		0		1		54.16	17.57	
Ash	g	0.99		0		1		2.59	0.84	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		29	9	
Iron, Fe	mg	2.00		0		1		5.24	1.70	
Magnesium, Mg	mg	22		0		1		58	19	
Phosphorus, P	mg	183		0		1		479	156	
Potassium, K	mg	301		0		1		789	256	
Sodium, Na	mg	68		0		1		178	58	
Zinc, Zn	mg	4.13		0		1		10.82	3.51	
Copper, Cu	mg	0.112		0		1		0.293	0.095	
Manganese, Mn	mg	0.022		0		1		0.058	0.019	
Selenium, Se	mcg	25.5		0	BFYN	4		66.8	21.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		1		0.288	0.094	
Riboflavin	mg	0.280		0		1		0.734	0.238	
Niacin	mg	6.620		0		1		17.344	5.627	
Pantothenic acid	mg	0.670		0		1		1.755	0.570	
Vitamin B-6	mg	0.140		0		1		0.367	0.119	
Folate, total	mcg	17		0		1		45	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		45	14	
Folate, DFE	mcg_DFE	17		0	NC	4		45	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.53		0		1		6.63	2.15	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.13		0		1		0.34	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.740		0		1		22.899	7.429	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17020

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.131	0.043	
12:0 g	0.090		0		1		0.236	0.077	
13:0 g									
14:0 g	0.810		0		1		2.122	0.689	
15:0 g									
16:0 g	4.430		0		1		11.607	3.766	
17:0 g									
18:0 g	2.810		0		1		7.362	2.389	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.710		0		1		22.820	7.404	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600		0		1		1.572	0.510	
17:1 g									
18:1 undifferentiated g	7.900		0		1		20.698	6.715	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.490		0		1		3.904	1.267	
18:2 undifferentiated g	1.120		0		1		2.934	0.952	
18:3 undifferentiated g	0.300		0		1		0.786	0.255	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.183	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	97		0		1		254	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.288		0		1		0.755	0.245	
Threonine g	1.054		0		1		2.761	0.896	
Isoleucine g	1.188		0		1		3.113	1.010	
Leucine g	1.916		0		1		5.020	1.629	
Lysine g	2.175		0		1		5.699	1.849	
Methionine g	0.632		0		1		1.656	0.537	
Cystine g	0.294		0		1		0.770	0.250	
Phenylalanine g	1.003		0		1		2.628	0.853	
Tyrosine g	0.828		0		1		2.169	0.704	
Valine g	1.329		0		1		3.482	1.130	
Arginine g	1.463		0		1		3.833	1.244	
Histidine g	0.780		0		1		2.044	0.663	
Alanine g	1.481		0		1		3.880	1.259	
Aspartic acid g	2.168		0		1		5.680	1.843	
Glutamic acid g	3.574		0		1		9.364	3.038	
Glycine g	1.203		0		1		3.152	1.023	
Proline g	1.033		0		1		2.706	0.878	
Serine g	0.916		0		1		2.400	0.779	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17020

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17019

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.30		0		1		17.10	273.52	
Energy	kcal	272		0	NC	4		77	1234	
Energy	kJ	1138				4		323	5162	
Protein (N x 6.25)	g	16.94		0		1		4.80	76.84	
Total lipid (fat)	g	22.11		0		1		6.27	100.29	
Ash	g	0.89		0		1		0.25	4.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	45	
Iron, Fe	mg	1.61		0		1		0.46	7.30	
Magnesium, Mg	mg	22		0		1		6	100	
Phosphorus, P	mg	159		0		1		45	721	
Potassium, K	mg	231		0		1		65	1048	
Sodium, Na	mg	56		0		1		16	254	
Zinc, Zn	mg	3.08		0		1		0.87	13.97	
Copper, Cu	mg	0.112		0		1		0.032	0.508	
Manganese, Mn	mg	0.019		0		1		0.005	0.086	
Selenium, Se	mcg	19.6		0	PIE	4		5.6	88.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.120		0		1		0.034	0.544	
Riboflavin	mg	0.230		0		1		0.065	1.043	
Niacin	mg	6.340		0		1		1.797	28.758	
Pantothenic acid	mg	0.700		0		1		0.198	3.175	
Vitamin B-6	mg	0.140		0		1		0.040	0.635	
Folate, total	mcg	18		0		1		5	82	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0		1		5	82	
Folate, DFE	mcg_DFE	18		0	NC	4		5	82	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.48		0		1		0.70	11.25	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.22		0		1		0.06	1.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.730		0		1		2.758	44.135	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17019

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.017	0.272	
12:0 g	0.100		0		1		0.028	0.454	
13:0 g									
14:0 g	0.900		0		1		0.255	4.082	
15:0 g									
16:0 g	4.880		0		1		1.383	22.136	
17:0 g									
18:0 g	3.060		0		1		0.868	13.880	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.080		0		1		2.574	41.187	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.640		0		1		0.181	2.903	
17:1 g									
18:1 undifferentiated g	8.150		0		1		2.311	36.968	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.730		0		1		0.490	7.847	
18:2 undifferentiated g	1.270		0		1		0.360	5.761	
18:3 undifferentiated g	0.400		0		1		0.113	1.814	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0		1		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0		1		0.056	0.898	
Threonine g	0.725		0		1		0.206	3.289	
Isoleucine g	0.817		0		1		0.232	3.706	
Leucine g	1.317		0		1		0.373	5.974	
Lysine g	1.496		0		1		0.424	6.786	
Methionine g	0.435		0		1		0.123	1.973	
Cystine g	0.202		0		1		0.057	0.916	
Phenylalanine g	0.689		0		1		0.195	3.125	
Tyrosine g	0.569		0		1		0.161	2.581	
Valine g	0.914		0		1		0.259	4.146	
Arginine g	1.006		0		1		0.285	4.563	
Histidine g	0.536		0		1		0.152	2.431	
Alanine g	1.018		0		1		0.289	4.618	
Aspartic acid g	1.491		0		1		0.423	6.763	
Glutamic acid g	2.458		0		1		0.697	11.149	
Glycine g	0.827		0		1		0.234	3.751	
Proline g	0.710		0		1		0.201	3.221	
Serine g	0.630		0		1		0.179	2.858	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17019

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17235

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.85		0	PAE	4		142.61	46.62	
Energy	kcal	284		0	NC	4		738	241	
Energy	kJ	1188				4		3089	1010	
Protein (N x 6.25)	g	24.95		0	PAE	4		64.87	21.21	
Total lipid (fat)	g	19.67		0	PAE	4		51.14	16.72	
Ash	g	1.00		0	PAE	4		2.60	0.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	PAE	4		29	9	
Iron, Fe	mg	2.01		0	PAE	4		5.23	1.71	
Magnesium, Mg	mg	23		0	PAE	4		60	20	
Phosphorus, P	mg	185		0	PAE	4		481	157	
Potassium, K	mg	304		0	PAE	4		790	258	
Sodium, Na	mg	68		0	PAE	4		177	58	
Zinc, Zn	mg	4.20		0	PAE	4		10.92	3.57	
Copper, Cu	mg	0.113		0	PAE	4		0.294	0.096	
Manganese, Mn	mg	0.023		0	PAE	4		0.060	0.020	
Selenium, Se	mcg	25.8		0	BFNN	4		67.1	21.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0	PAE	4		0.286	0.094	
Riboflavin	mg	0.280		0	PAE	4		0.728	0.238	
Niacin	mg	6.590		0	PAE	4		17.134	5.602	
Pantothenic acid	mg	0.670		0	PAE	4		1.742	0.570	
Vitamin B-6	mg	0.140		0	PAE	4		0.364	0.119	
Folate, total	mcg	17		0	PAE	4		44	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0	PAE	4		44	14	
Folate, DFE	mcg_DFE	17		0	NC	4		44	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.54		0	PAE	4		6.60	2.16	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.260		0	PAE	4		21.476	7.021	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17235

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0	PAE	4		0.130	0.043	
12:0 ... g	0.080		0	PAE	4		0.208	0.068	
13:0 ... g									
14:0 ... g	0.770		0	PAE	4		2.002	0.655	
15:0 ... g									
16:0 ... g	4.200		0	PAE	4		10.920	3.570	
17:0 ... g									
18:0 ... g	2.660		0	PAE	4		6.916	2.261	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.300		0	PAE	4		21.580	7.055	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.570		0	PAE	4		1.482	0.485	
17:1 ... g									
18:1 undifferentiated ... g	7.530		0	PAE	4		19.578	6.401	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.420		0	PAE	4		3.692	1.207	
18:2 undifferentiated ... g	1.070		0	PAE	4		2.782	0.910	
18:3 undifferentiated ... g	0.280		0	PAE	4		0.728	0.238	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0	PAE	4		0.182	0.060	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	96		0	PAE	4		250	82	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.292		0	PAE	4		0.759	0.248	
Threonine ... g	1.068		0	PAE	4		2.777	0.908	
Isoleucine ... g	1.204		0	PAE	4		3.130	1.023	
Leucine ... g	1.941		0	PAE	4		5.047	1.650	
Lysine ... g	2.203		0	PAE	4		5.728	1.873	
Methionine ... g	0.640		0	PAE	4		1.664	0.544	
Cystine ... g	0.298		0	PAE	4		0.775	0.253	
Phenylalanine ... g	1.016		0	PAE	4		2.642	0.864	
Tyrosine ... g	0.839		0	PAE	4		2.181	0.713	
Valine ... g	1.346		0	PAE	4		3.500	1.144	
Arginine ... g	1.482		0	PAE	4		3.853	1.260	
Histidine ... g	0.790		0	PAE	4		2.054	0.672	
Alanine ... g	1.501		0	PAE	4		3.903	1.276	
Aspartic acid ... g	2.196		0	PAE	4		5.710	1.867	
Glutamic acid ... g	3.621		0	PAE	4		9.415	3.078	
Glycine ... g	1.219		0	PAE	4		3.169	1.036	
Proline ... g	1.047		0	PAE	4		2.722	0.890	
Serine ... g	0.928		0	PAE	4		2.413	0.789	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17235

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17234

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.32		0	PAE	4		17.38	278.15	
Energy....kcal	261		0	NC	4		74	1184	
Energy....kJ	1092				4		310	4953	
Protein (N x 6.25)....g	17.21		0	PAE	4		4.88	78.06	
Total lipid (fat)....g	20.80		0	PAE	4		5.90	94.35	
Ash....g	0.90		0	PAE	4		0.26	4.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		3	45	
Iron, Fe....mg	1.63		0	PAE	4		0.46	7.39	
Magnesium, Mg....mg	23		0	PAE	4		7	104	
Phosphorus, P....mg	161		0	PAE	4		46	730	
Potassium, K....mg	235		0	PAE	4		67	1066	
Sodium, Na....mg	56		0	PAE	4		16	254	
Zinc, Zn....mg	3.13		0	PAE	4		0.89	14.20	
Copper, Cu....mg	0.114		0	PAE	4		0.032	0.517	
Manganese, Mn....mg	0.019		0	PAE	4		0.005	0.086	
Selenium, Se....mcg	19.9		0	BFNN	4		5.6	90.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0	PAE	4		0.037	0.590	
Riboflavin....mg	0.230		0	PAE	4		0.065	1.043	
Niacin....mg	6.340		0	PAE	4		1.797	28.758	
Pantothenic acid....mg	0.700		0	PAE	4		0.198	3.175	
Vitamin B-6....mg	0.140		0	PAE	4		0.040	0.635	
Folate, total....mcg	19		0	PAE	4		5	86	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		5	86	
Folate, DFE....mcg_DFE	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.50		0	PAE	4		0.71	11.34	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.120		0	PAE	4		2.586	41.368	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17234

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.090		0	PAE	4		0.026	0.408	
13:0 g									
14:0 g	0.840		0	PAE	4		0.238	3.810	
15:0 g									
16:0 g	4.580		0	PAE	4		1.298	20.775	
17:0 g									
18:0 g	2.870		0	PAE	4		0.814	13.018	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.540		0	PAE	4		2.421	38.737	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600		0	PAE	4		0.170	2.722	
17:1 g									
18:1 undifferentiated g	7.670		0	PAE	4		2.174	34.791	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.640		0	PAE	4		0.465	7.439	
18:2 undifferentiated g	1.200		0	PAE	4		0.340	5.443	
18:3 undifferentiated g	0.370		0	PAE	4		0.105	1.678	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0	PAE	4		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	PAE	4		0.057	0.912	
Threonine g	0.737		0	PAE	4		0.209	3.343	
Isoleucine g	0.830		0	PAE	4		0.235	3.765	
Leucine g	1.339		0	PAE	4		0.380	6.074	
Lysine g	1.520		0	PAE	4		0.431	6.895	
Methionine g	0.442		0	PAE	4		0.125	2.005	
Cystine g	0.205		0	PAE	4		0.058	0.930	
Phenylalanine g	0.701		0	PAE	4		0.199	3.180	
Tyrosine g	0.579		0	PAE	4		0.164	2.626	
Valine g	0.929		0	PAE	4		0.263	4.214	
Arginine g	1.023		0	PAE	4		0.290	4.640	
Histidine g	0.545		0	PAE	4		0.155	2.472	
Alanine g	1.035		0	PAE	4		0.293	4.695	
Aspartic acid g	1.515		0	PAE	4		0.430	6.872	
Glutamic acid g	2.498		0	PAE	4		0.708	11.331	
Glycine g	0.841		0	PAE	4		0.238	3.815	
Proline g	0.722		0	PAE	4		0.205	3.275	
Serine g	0.640		0	PAE	4		0.181	2.903	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17234

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17022

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 41% Bone 23%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.49	0.620	16		1		125.60	53.12	
Energy....kcal	204		0	NC	4		410	173	
Energy....kJ	854				4		1716	726	
Protein (N x 6.25)....g	28.35	0.522	15		1		56.98	24.10	
Total lipid (fat)....g	9.17	0.521	16		1		18.43	7.79	
Ash....g	1.09	0.019	16		1		2.19	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.319	16		1		16	7	
Iron, Fe....mg	2.20	0.074	16		1		4.42	1.87	
Magnesium, Mg....mg	25	0.390	16		1		50	21	
Phosphorus, P....mg	203	3.737	16		1		408	173	
Potassium, K....mg	333	4.538	16		1		669	283	
Sodium, Na....mg	71	0.935	16		1		143	60	
Zinc, Zn....mg	4.85	0.139	16		1		9.75	4.12	
Copper, Cu....mg	0.119	0.007	16		1		0.239	0.101	
Manganese, Mn....mg	0.028		0		1		0.056	0.024	
Selenium, Se....mcg	30.8		0	BFYN	4		61.9	26.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.005	16		1		0.241	0.102	
Riboflavin....mg	0.310	0.016	16		1		0.623	0.264	
Niacin....mg	6.270	0.264	16		1		12.603	5.330	
Pantothenic acid....mg	0.700	0.029	16		1		1.407	0.595	
Vitamin B-6....mg	0.170		0		1		0.342	0.145	
Folate, total....mcg	21	1.046	16		1		42	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21	1.046	16		1		42	18	
Folate, DFE....mcg_DFE	21		0	NC	4		42	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.58	0.148	16		1		5.19	2.19	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.34	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.280		0		1		6.593	2.788	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17022

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		107		1		0.040	0.017	
12:0 g	0.030		107		1		0.060	0.026	
13:0 g									
14:0 g	0.290		107		1		0.583	0.247	
15:0 g									
16:0 g	1.760		107		1		3.538	1.496	
17:0 g									
18:0 g	1.130		107		1		2.271	0.961	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.020		0		1		8.080	3.417	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		107		1		0.543	0.230	
17:1 g									
18:1 undifferentiated g	3.720		107		1		7.477	3.162	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.600		0		1		1.206	0.510	
18:2 undifferentiated g	0.490		107		1		0.985	0.417	
18:3 undifferentiated g	0.050		107		1		0.101	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		107		1		0.121	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92	3.349	16		1		185	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.331		0		1		0.665	0.281	
Threonine g	1.214		0		1		2.440	1.032	
Isoleucine g	1.368		0		1		2.750	1.163	
Leucine g	2.205		0		1		4.432	1.874	
Lysine g	2.504		0		1		5.033	2.128	
Methionine g	0.728		0		1		1.463	0.619	
Cystine g	0.338		0		1		0.679	0.287	
Phenylalanine g	1.154		0		1		2.320	0.981	
Tyrosine g	0.953		0		1		1.916	0.810	
Valine g	1.530		0		1		3.075	1.301	
Arginine g	1.684		0		1		3.385	1.431	
Histidine g	0.898		0		1		1.805	0.763	
Alanine g	1.705		0		1		3.427	1.449	
Aspartic acid g	2.496		0		1		5.017	2.122	
Glutamic acid g	4.114		0		1		8.269	3.497	
Glycine g	1.385		0		1		2.784	1.177	
Proline g	1.189		0		1		2.390	1.011	
Serine g	1.054		0		1		2.119	0.896	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 201g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17022

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17021

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 43% Bone 23%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.57	0.470	32		1		20.86	333.71	
Energy....kcal	134		0	NC	4		38	608	
Energy....kJ	561				4		159	2543	
Protein (N x 6.25)....g	20.55	0.328	32		1		5.83	93.21	
Total lipid (fat)....g	5.08	0.221	32		1		1.44	23.04	
Ash....g	1.07	0.011	32		1		0.30	4.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.465	32		1		2	32	
Iron, Fe....mg	1.83	0.094	32		1		0.52	8.30	
Magnesium, Mg....mg	27	1.196	32		1		8	122	
Phosphorus, P....mg	189	4.452	16		1		54	857	
Potassium, K....mg	284	14.399	32		1		81	1288	
Sodium, Na....mg	64	2.551	32		1		18	290	
Zinc, Zn....mg	3.77	0.173	32		1		1.07	17.10	
Copper, Cu....mg	0.132	0.006	32		1		0.037	0.599	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	23.4		0	BFNN	4		6.6	106.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.007	16		1		0.040	0.635	
Riboflavin....mg	0.250	0.015	16		1		0.071	1.134	
Niacin....mg	6.330	0.303	16		1		1.795	28.713	
Pantothenic acid....mg	0.740	0.017	16		1		0.210	3.357	
Vitamin B-6....mg	0.170		0		1		0.048	0.771	
Folate, total....mcg	24	1.354	16		1		7	109	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	1.354	16		1		7	109	
Folate, DFE....mcg_DFE	24		0	NC	4		7	109	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.76	0.149	16		1		0.78	12.52	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.24		0		1		0.07	1.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.820		0		1		0.516	8.256	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17021

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.130		373		1		0.037	0.590	
15:0 g									
16:0 g	0.990		373		1		0.281	4.491	
17:0 g									
18:0 g	0.600		373		1		0.170	2.722	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.040		0		1		0.578	9.253	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.150		373		1		0.043	0.680	
17:1 g									
18:1 undifferentiated g	1.850		373		1		0.524	8.392	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.460		0		1		0.130	2.087	
18:2 undifferentiated g	0.350		373		1		0.099	1.588	
18:3 undifferentiated g	0.070		373		1		0.020	0.318	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		373		1		0.014	0.227	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	1.602	16		1		19	299	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.240		0		1		0.068	1.089	
Threonine g	0.880		0		1		0.249	3.992	
Isoleucine g	0.991		0		1		0.281	4.495	
Leucine g	1.598		0		1		0.453	7.249	
Lysine g	1.815		0		1		0.515	8.233	
Methionine g	0.527		0		1		0.149	2.390	
Cystine g	0.245		0		1		0.069	1.111	
Phenylalanine g	0.837		0		1		0.237	3.797	
Tyrosine g	0.691		0		1		0.196	3.134	
Valine g	1.109		0		1		0.314	5.030	
Arginine g	1.221		0		1		0.346	5.538	
Histidine g	0.651		0		1		0.185	2.953	
Alanine g	1.236		0		1		0.350	5.606	
Aspartic acid g	1.809		0		1		0.513	8.206	
Glutamic acid g	2.982		0		1		0.845	13.526	
Glycine g	1.004		0		1		0.285	4.554	
Proline g	0.862		0		1		0.244	3.910	
Serine g	0.764		0		1		0.217	3.466	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17021

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17012

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	57.48		0		1		152.32	48.86	
Energy ... kcal	258		0	NC	4		684	219	
Energy ... kJ	1079		0		4		2861	918	
Protein (N x 6.25) ... g	25.55		0		1		67.71	21.72	
Total lipid (fat) ... g	16.48		0		1		43.67	14.01	
Ash ... g	1.02		0		1		2.70	0.87	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	11		0		1		29	9	
Iron, Fe ... mg	1.98		0		1		5.25	1.68	
Magnesium, Mg ... mg	24		0		1		64	20	
Phosphorus, P ... mg	191		0		1		506	162	
Potassium, K ... mg	313		0		1		829	266	
Sodium, Na ... mg	66		0		1		175	56	
Zinc, Zn ... mg	4.40		0		1		11.66	3.74	
Copper, Cu ... mg	0.115		0		1		0.305	0.098	
Manganese, Mn ... mg	0.024		0		1		0.064	0.020	
Selenium, Se ... mcg	27.2		0	BFYN	4		72.1	23.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.100		0		1		0.265	0.085	
Riboflavin ... mg	0.270		0		1		0.716	0.230	
Niacin ... mg	6.590		0		1		17.464	5.602	
Pantothenic acid ... mg	0.680		0		1		1.802	0.578	
Vitamin B-6 ... mg	0.150		0		1		0.398	0.128	
Folate, total ... mcg	20		0		1		53	17	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	20		0		1		53	17	
Folate, DFE ... mcg_DFE	20		0	NC	4		53	17	
Choline, total ... mg	96.3		0	BFNN	4		255.2	81.9	
Betaine ... mg	12.7		0	BFNN	4		33.5	10.8	
Vitamin B-12 ... mcg	2.59		0		1		6.86	2.20	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.15		0		1		0.40	0.13	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.2	0.1	
Vitamin D ... IU	2		40	A	1		6	2	
Vitamin K (phylloquinone) ... mcg	4.2		0	BFSN	4		11.2	3.6	
Lipids:									
Fatty acids, total saturated ... g	6.890		0		1		18.259	5.857	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17012

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.040		0		1		0.106	0.034	
12:0 g	0.070		0		1		0.186	0.060	
13:0 g									
14:0 g	0.640		0		1		1.696	0.544	
15:0 g									
16:0 g	3.510		0		1		9.302	2.984	
17:0 g									
18:0 g	2.220		0		1		5.883	1.887	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.960		0		1		18.444	5.916	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0		1		1.272	0.408	
17:1 g									
18:1 undifferentiated g	6.320		0		1		16.748	5.372	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.180		0		1		3.127	1.003	
18:2 undifferentiated g	0.900		0		1		2.385	0.765	
18:3 undifferentiated g	0.230		0		1		0.610	0.196	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.159	0.051	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	93		0		1		246	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.299		0		1		0.792	0.254	
Threonine g	1.094		0		1		2.899	0.930	
Isoleucine g	1.233		0		1		3.267	1.048	
Leucine g	1.987		0		1		5.266	1.689	
Lysine g	2.256		0		1		5.978	1.918	
Methionine g	0.656		0		1		1.738	0.558	
Cystine g	0.305		0		1		0.808	0.259	
Phenylalanine g	1.040		0		1		2.756	0.884	
Tyrosine g	0.859		0		1		2.276	0.730	
Valine g	1.379		0		1		3.654	1.172	
Arginine g	1.518		0		1		4.023	1.290	
Histidine g	0.809		0		1		2.144	0.688	
Alanine g	1.537		0		1		4.073	1.306	
Aspartic acid g	2.249		0		1		5.960	1.912	
Glutamic acid g	3.708		0		1		9.826	3.152	
Glycine g	1.248		0		1		3.307	1.061	
Proline g	1.072		0		1		2.841	0.911	
Serine g	0.950		0		1		2.518	0.808	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17012

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17011

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.32		0		1		18.23	291.76	
Energy	kcal	230		0	NC	4		65	1043	
Energy	kJ	962				4		273	4365	
Protein (N x 6.25)	g	17.91		0		1		5.08	81.24	
Total lipid (fat)	g	17.07		0		1		4.84	77.43	
Ash	g	0.94		0		1		0.27	4.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		3	41	
Iron, Fe	mg	1.66		0		1		0.47	7.53	
Magnesium, Mg	mg	23		0		1		7	104	
Phosphorus, P	mg	170		0		1		48	771	
Potassium, K	mg	249		0		1		71	1129	
Sodium, Na	mg	56		0		1		16	254	
Zinc, Zn	mg	3.32		0		1		0.94	15.06	
Copper, Cu	mg	0.113		0		1		0.032	0.513	
Manganese, Mn	mg	0.020		0		1		0.006	0.091	
Selenium, Se	mcg	20.7		0	PAK	1		5.9	93.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0		1		0.037	0.590	
Riboflavin	mg	0.230		0		1		0.065	1.043	
Niacin	mg	6.260		0		1		1.775	28.395	
Pantothenic acid	mg	0.690		0		1		0.196	3.130	
Vitamin B-6	mg	0.150		0		1		0.043	0.680	
Folate, total	mcg	19		0		1		5	86	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		5	86	
Folate, DFE	mcg_DFE	19		0	NC	4		5	86	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.50		0		1		0.71	11.34	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.21		0		1		0.06	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.430		0		1		2.106	33.702	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17011

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0		1		0.011	0.181	
12:0 g	0.070		0		1		0.020	0.318	
13:0 g									
14:0 g	0.680		0		1		0.193	3.084	
15:0 g									
16:0 g	3.740		0		1		1.060	16.965	
17:0 g									
18:0 g	2.350		0		1		0.666	10.660	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.000		0		1		1.985	31.752	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.500		0		1		0.142	2.268	
17:1 g									
18:1 undifferentiated g	6.290		0		1		1.783	28.531	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.350		0		1		0.383	6.124	
18:2 undifferentiated g	0.990		0		1		0.281	4.491	
18:3 undifferentiated g	0.300		0		1		0.085	1.361	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.017	0.272	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	69		0		1		20	313	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.209		0		1		0.059	0.948	
Threonine g	0.767		0		1		0.217	3.479	
Isoleucine g	0.864		0		1		0.245	3.919	
Leucine g	1.393		0		1		0.395	6.319	
Lysine g	1.582		0		1		0.448	7.176	
Methionine g	0.460		0		1		0.130	2.087	
Cystine g	0.214		0		1		0.061	0.971	
Phenylalanine g	0.729		0		1		0.207	3.307	
Tyrosine g	0.602		0		1		0.171	2.731	
Valine g	0.967		0		1		0.274	4.386	
Arginine g	1.064		0		1		0.302	4.826	
Histidine g	0.567		0		1		0.161	2.572	
Alanine g	1.077		0		1		0.305	4.885	
Aspartic acid g	1.577		0		1		0.447	7.153	
Glutamic acid g	2.600		0		1		0.737	11.794	
Glycine g	0.875		0		1		0.248	3.969	
Proline g	0.751		0		1		0.213	3.407	
Serine g	0.666		0		1		0.189	3.021	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17011

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17231

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.99		0	PAE	4		153.37	50.14	
Energy	kcal	242		0	NC	4		629	206	
Energy	kJ	1013				4		2633	861	
Protein (N x 6.25)	g	26.20		0	PAE	4		68.12	22.27	
Total lipid (fat)	g	14.42		0	PAE	4		37.49	12.26	
Ash	g	1.04		0	PAE	4		2.70	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		26	9	
Iron, Fe	mg	2.02		0	PAE	4		5.25	1.72	
Magnesium, Mg	mg	24		0	PAE	4		62	20	
Phosphorus, P	mg	194		0	PAE	4		504	165	
Potassium, K	mg	319		0	PAE	4		829	271	
Sodium, Na	mg	67		0	PAE	4		174	57	
Zinc, Zn	mg	4.53		0	PAE	4		11.78	3.85	
Copper, Cu	mg	0.116		0	PAE	4		0.302	0.099	
Manganese, Mn	mg	0.025		0	PAE	4		0.065	0.021	
Selenium, Se	mcg	27.8		0	BFNN	4		72.3	23.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0	PAE	4		0.286	0.094	
Riboflavin	mg	0.280		0	PAE	4		0.728	0.238	
Niacin	mg	6.530		0	PAE	4		16.978	5.551	
Pantothenic acid	mg	0.690		0	PAE	4		1.794	0.587	
Vitamin B-6	mg	0.150		0	PAE	4		0.390	0.128	
Folate, total	mcg	20		0	PAE	4		52	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0	PAE	4		52	17	
Folate, DFE	mcg_DFE	20		0	NC	4		52	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.60		0	PAE	4		6.76	2.21	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.920		0	PAE	4		15.392	5.032	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17231

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0	PAE	4		0.104	0.034	
12:0 g	0.060		0	PAE	4		0.156	0.051	
13:0 g									
14:0 g	0.550		0	PAE	4		1.430	0.468	
15:0 g									
16:0 g	3.030		0	PAE	4		7.878	2.576	
17:0 g									
18:0 g	1.920		0	PAE	4		4.992	1.632	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.120		0	PAE	4		15.912	5.202	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0	PAE	4		1.092	0.357	
17:1 g									
18:1 undifferentiated g	5.570		0	PAE	4		14.482	4.735	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.020		0	PAE	4		2.652	0.867	
18:2 undifferentiated g	0.780		0	PAE	4		2.028	0.663	
18:3 undifferentiated g	0.190		0	PAE	4		0.494	0.162	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0	PAE	4		0.156	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92		0	PAE	4		239	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.306		0	PAE	4		0.796	0.260	
Threonine g	1.121		0	PAE	4		2.915	0.953	
Isoleucine g	1.264		0	PAE	4		3.286	1.074	
Leucine g	2.038		0	PAE	4		5.299	1.732	
Lysine g	2.314		0	PAE	4		6.016	1.967	
Methionine g	0.672		0	PAE	4		1.747	0.571	
Cystine g	0.313		0	PAE	4		0.814	0.266	
Phenylalanine g	1.067		0	PAE	4		2.774	0.907	
Tyrosine g	0.880		0	PAE	4		2.288	0.748	
Valine g	1.414		0	PAE	4		3.676	1.202	
Arginine g	1.556		0	PAE	4		4.046	1.323	
Histidine g	0.830		0	PAE	4		2.158	0.706	
Alanine g	1.576		0	PAE	4		4.098	1.340	
Aspartic acid g	2.306		0	PAE	4		5.996	1.960	
Glutamic acid g	3.802		0	PAE	4		9.885	3.232	
Glycine g	1.280		0	PAE	4		3.328	1.088	
Proline g	1.099		0	PAE	4		2.857	0.934	
Serine g	0.974		0	PAE	4		2.532	0.828	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17231

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17230

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.38		0	PAE	4		18.82	301.10	
Energy	kcal	209		0	NC	4		59	948	
Energy	kJ	874				4		248	3967	
Protein (N x 6.25)	g	18.47		0	PAE	4		5.24	83.78	
Total lipid (fat)	g	14.42		0	PAE	4		4.09	65.41	
Ash	g	0.97		0	PAE	4		0.27	4.40	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	PAE	4		2	36	
Iron, Fe	mg	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg	mg	24		0	PAE	4		7	109	
Phosphorus, P	mg	175		0	PAE	4		50	794	
Potassium, K	mg	258		0	PAE	4		73	1170	
Sodium, Na	mg	57		0	PAE	4		16	259	
Zinc, Zn	mg	3.43		0	PAE	4		0.97	15.56	
Copper, Cu	mg	0.116		0	PAE	4		0.033	0.526	
Manganese, Mn	mg	0.021		0	PAE	4		0.006	0.095	
Selenium, Se	mcg	21.3		0	BFNN	4		6.0	96.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0	PAE	4		0.037	0.590	
Riboflavin	mg	0.240		0	PAE	4		0.068	1.089	
Niacin	mg	6.250		0	PAE	4		1.772	28.350	
Pantothenic acid	mg	0.700		0	PAE	4		0.198	3.175	
Vitamin B-6	mg	0.150		0	PAE	4		0.043	0.680	
Folate, total	mcg	20		0	PAE	4		6	91	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0	PAE	4		6	91	
Folate, DFE	mcg_DFE	20		0	NC	4		6	91	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.54		0	PAE	4		0.72	11.52	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.210		0	PAE	4		1.761	28.169	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17230

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0	PAE	4		0.011	0.181	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.560		0	PAE	4		0.159	2.540	
15:0 g									
16:0 g	3.140		0	PAE	4		0.890	14.243	
17:0 g									
18:0 g	1.960		0	PAE	4		0.556	8.891	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.910		0	PAE	4		1.675	26.808	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		0	PAE	4		0.119	1.905	
17:1 g									
18:1 undifferentiated g	5.310		0	PAE	4		1.505	24.086	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.150		0	PAE	4		0.326	5.216	
18:2 undifferentiated g	0.850		0	PAE	4		0.241	3.856	
18:3 undifferentiated g	0.250		0	PAE	4		0.071	1.134	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		0	PAE	4		0.014	0.227	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	68		0	PAE	4		19	308	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.216		0	PAE	4		0.061	0.980	
Threonine g	0.791		0	PAE	4		0.224	3.588	
Isoleucine g	0.891		0	PAE	4		0.253	4.042	
Leucine g	1.437		0	PAE	4		0.407	6.518	
Lysine g	1.631		0	PAE	4		0.462	7.398	
Methionine g	0.474		0	PAE	4		0.134	2.150	
Cystine g	0.220		0	PAE	4		0.062	0.998	
Phenylalanine g	0.752		0	PAE	4		0.213	3.411	
Tyrosine g	0.621		0	PAE	4		0.176	2.817	
Valine g	0.997		0	PAE	4		0.283	4.522	
Arginine g	1.097		0	PAE	4		0.311	4.976	
Histidine g	0.585		0	PAE	4		0.166	2.654	
Alanine g	1.111		0	PAE	4		0.315	5.039	
Aspartic acid g	1.626		0	PAE	4		0.461	7.376	
Glutamic acid g	2.680		0	PAE	4		0.760	12.156	
Glycine g	0.902		0	PAE	4		0.256	4.091	
Proline g	0.775		0	PAE	4		0.220	3.515	
Serine g	0.687		0	PAE	4		0.195	3.116	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17230

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17014

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 35% Bone 22%, separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.89	0.462	16		1		139.28	54.31	
Energy....kcal	191		0	NC	4		416	162	
Energy....kJ	799		0		4		1742	679	
Protein (N x 6.25)....g	28.30	0.302	16		1		61.69	24.06	
Total lipid (fat)....g	7.74	0.327	16		1		16.87	6.58	
Ash....g	1.09	0.018	16		1		2.38	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.279	16		1		17	7	
Iron, Fe....mg	2.12	0.071	16		1		4.62	1.80	
Magnesium, Mg....mg	26	0.415	16		1		57	22	
Phosphorus, P....mg	206	3.710	16		1		449	175	
Potassium, K....mg	338	4.118	16		1		737	287	
Sodium, Na....mg	68	0.905	16		1		148	58	
Zinc, Zn....mg	4.94	0.108	16		1		10.77	4.20	
Copper, Cu....mg	0.120	0.008	16		1		0.262	0.102	
Manganese, Mn....mg	0.028		0		1		0.061	0.024	
Selenium, Se....mcg	30.1		0	BFYN	4		65.6	25.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.005	16		1		0.240	0.094	
Riboflavin....mg	0.290	0.014	16		1		0.632	0.247	
Niacin....mg	6.340	0.192	16		1		13.821	5.389	
Pantothenic acid....mg	0.710	0.026	16		1		1.548	0.604	
Vitamin B-6....mg	0.170		0		1		0.371	0.145	
Folate, total....mcg	23	1.216	16		1		50	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.216	16		1		50	20	
Folate, DFE....mcg_DFE	23		0	NC	4		50	20	
Choline, total....mg	104.9		0	BFNN	4		228.8	89.2	
Betaine....mg	13.8		0	BFNN	4		30.1	11.7	
Vitamin B-12....mcg	2.64	0.146	16		1		5.76	2.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.39	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		5	2	
Vitamin K (phylloquinone)....mcg	3.6		0	BFSN	4		7.8	3.1	
Lipids:									
Fatty acids, total saturated....g	2.760		0		1		6.017	2.346	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17014

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		107		1		0.044	0.017	
12:0 g	0.020		107		1		0.044	0.017	
13:0 g									
14:0 g	0.240		107		1		0.523	0.204	
15:0 g									
16:0 g	1.490		107		1		3.248	1.267	
17:0 g									
18:0 g	0.950		107		1		2.071	0.808	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.390		0		1		7.390	2.882	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.230		107		1		0.501	0.196	
17:1 g									
18:1 undifferentiated g	3.140		107		1		6.845	2.669	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.510		0		1		1.112	0.434	
18:2 undifferentiated g	0.410		107		1		0.894	0.349	
18:3 undifferentiated g	0.050		107		1		0.109	0.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		107		1		0.109	0.043	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	89	2.833	16		1		194	76	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.331		0		1		0.722	0.281	
Threonine g	1.211		0		1		2.640	1.029	
Isoleucine g	1.365		0		1		2.976	1.160	
Leucine g	2.201		0		1		4.798	1.871	
Lysine g	2.499		0		1		5.448	2.124	
Methionine g	0.726		0		1		1.583	0.617	
Cystine g	0.338		0		1		0.737	0.287	
Phenylalanine g	1.152		0		1		2.511	0.979	
Tyrosine g	0.951		0		1		2.073	0.808	
Valine g	1.527		0		1		3.329	1.298	
Arginine g	1.681		0		1		3.665	1.429	
Histidine g	0.896		0		1		1.953	0.762	
Alanine g	1.702		0		1		3.710	1.447	
Aspartic acid g	2.491		0		1		5.430	2.117	
Glutamic acid g	4.106		0		1		8.951	3.490	
Glycine g	1.382		0		1		3.013	1.175	
Proline g	1.187		0		1		2.588	1.009	
Serine g	1.052		0		1		2.293	0.894	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17014

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17013

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 36% Bone 21%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.11	0.268	32		1		21.01	336.16	
Energy....kcal	128		0	NC	4		36	581	
Energy....kJ	536				4		152	2429	
Protein (N x 6.25)....g	20.56	0.181	32		1		5.83	93.26	
Total lipid (fat)....g	4.51	0.180	32		1		1.28	20.46	
Ash....g	1.07	0.009	32		1		0.30	4.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.371	32		1		2	27	
Iron, Fe....mg	1.82	0.087	32		1		0.52	8.26	
Magnesium, Mg....mg	27	0.879	32		1		8	122	
Phosphorus, P....mg	193	3.924	16		1		55	875	
Potassium, K....mg	289	13.735	32		1		82	1311	
Sodium, Na....mg	62	2.601	32		1		18	281	
Zinc, Zn....mg	3.84	0.120	32		1		1.09	17.42	
Copper, Cu....mg	0.126	0.004	32		1		0.036	0.572	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	23.5		0	BFNN	4		6.7	106.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140	0.007	16		1		0.040	0.635	
Riboflavin....mg	0.250	0.013	16		1		0.071	1.134	
Niacin....mg	6.230	0.188	16		1		1.766	28.259	
Pantothenic acid....mg	0.720	0.017	16		1		0.204	3.266	
Vitamin B-6....mg	0.170		0		1		0.048	0.771	
Folate, total....mcg	23	1.390	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.390	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.70	0.132	16		1		0.77	12.25	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.610		0		1		0.456	7.303	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17013

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.010		373		1		0.003	0.045	
13:0 g									
14:0 g	0.120		373		1		0.034	0.544	
15:0 g									
16:0 g	0.880		373		1		0.249	3.992	
17:0 g									
18:0 g	0.540		373		1		0.153	2.449	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.810		0		1		0.513	8.210	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.140		373		1		0.040	0.635	
17:1 g									
18:1 undifferentiated g	1.640		373		1		0.465	7.439	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0		1		0.116	1.860	
18:2 undifferentiated g	0.310		373		1		0.088	1.406	
18:3 undifferentiated g	0.060		373		1		0.017	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		373		1		0.011	0.181	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.390	16		1		18	290	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.240		0		1		0.068	1.089	
Threonine g	0.880		0		1		0.249	3.992	
Isoleucine g	0.992		0		1		0.281	4.500	
Leucine g	1.599		0		1		0.453	7.253	
Lysine g	1.815		0		1		0.515	8.233	
Methionine g	0.528		0		1		0.150	2.395	
Cystine g	0.245		0		1		0.069	1.111	
Phenylalanine g	0.837		0		1		0.237	3.797	
Tyrosine g	0.691		0		1		0.196	3.134	
Valine g	1.109		0		1		0.314	5.030	
Arginine g	1.221		0		1		0.346	5.538	
Histidine g	0.651		0		1		0.185	2.953	
Alanine g	1.236		0		1		0.350	5.606	
Aspartic acid g	1.809		0		1		0.513	8.206	
Glutamic acid g	2.983		0		1		0.846	13.531	
Glycine g	1.004		0		1		0.285	4.554	
Proline g	0.862		0		1		0.244	3.910	
Serine g	0.764		0		1		0.217	3.466	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17013

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17024

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.57		0		1		43.83	33.00	
Energy	kcal	316		0	NC	4		269	202	
Energy	kJ	1322		0		4		1124	846	
Protein (N x 6.25)	g	25.17		0		1		21.39	16.11	
Total lipid (fat)	g	23.08		0		1		19.62	14.77	
Ash	g	1.09		0		1		0.93	0.70	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		17	13	
Iron, Fe	mg	1.81		0		1		1.54	1.16	
Magnesium, Mg	mg	24		0		1		20	15	
Phosphorus, P	mg	196		0		1		167	125	
Potassium, K	mg	327		0		1		278	209	
Sodium, Na	mg	77		0		1		65	49	
Zinc, Zn	mg	3.48		0		1		2.96	2.23	
Copper, Cu	mg	0.130		0		1		0.111	0.083	
Manganese, Mn	mg	0.022		0		1		0.019	0.014	
Selenium, Se	mcg	27.4		0	BFYN	4		23.3	17.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.085	0.064	
Riboflavin	mg	0.250		0		1		0.213	0.160	
Niacin	mg	7.100		0		1		6.035	4.544	
Pantothenic acid	mg	0.640		0		1		0.544	0.410	
Vitamin B-6	mg	0.130		0		1		0.111	0.083	
Folate, total	mcg	18		0		1		15	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0		1		15	12	
Folate, DFE	mcg_DFE	18		0	NC	4		15	12	
Choline, total	mg	93.8		0	BFNN	4		79.7	60.0	
Betaine	mg	12.3		0	BFNN	4		10.5	7.9	
Vitamin B-12	mcg	2.47		0		1		2.10	1.58	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13		0		1		0.11	0.08	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		80	AS	1		0.1	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		40	A	1		0.1	0.0	
Vitamin D	IU	2		40	A	1		2	2	
Vitamin K (phylloquinone)	mcg	4.8		0	BFSN	4		4.1	3.1	
Lipids:										
Fatty acids, total saturated	g	9.830		0		1		8.356	6.291	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17024

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.060		0		1		0.051	0.038	
12:0 g	0.100		0		1		0.085	0.064	
13:0 g									
14:0 g	0.920		0		1		0.782	0.589	
15:0 g									
16:0 g	4.980		0		1		4.233	3.187	
17:0 g									
18:0 g	3.150		0		1		2.678	2.016	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.700		0		1		8.245	6.208	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.670		0		1		0.570	0.429	
17:1 g									
18:1 undifferentiated g	8.790		0		1		7.472	5.626	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.680		0		1		1.428	1.075	
18:2 undifferentiated g	1.260		0		1		1.071	0.806	
18:3 undifferentiated g	0.350		0		1		0.298	0.224	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.060	0.045	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	100		0		1		85	64	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.294		0		1		0.250	0.188	
Threonine g	1.077		0		1		0.915	0.689	
Isoleucine g	1.214		0		1		1.032	0.777	
Leucine g	1.958		0		1		1.664	1.253	
Lysine g	2.223		0		1		1.890	1.423	
Methionine g	0.646		0		1		0.549	0.413	
Cystine g	0.300		0		1		0.255	0.192	
Phenylalanine g	1.025		0		1		0.871	0.656	
Tyrosine g	0.846		0		1		0.719	0.541	
Valine g	1.358		0		1		1.154	0.869	
Arginine g	1.496		0		1		1.272	0.957	
Histidine g	0.797		0		1		0.677	0.510	
Alanine g	1.514		0		1		1.287	0.969	
Aspartic acid g	2.216		0		1		1.884	1.418	
Glutamic acid g	3.653		0		1		3.105	2.338	
Glycine g	1.229		0		1		1.045	0.787	
Proline g	1.056		0		1		0.898	0.676	
Serine g	0.936		0		1		0.796	0.599	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17024

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17025

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	52.50		0		1		141.23	44.63	
Energy ... kcal	309		0	NC	4		831	263	
Energy ... kJ	1293		0		4		3478	1099	
Protein (N x 6.25) ... g	22.55		0		1		60.66	19.17	
Total lipid (fat) ... g	23.59		0		1		63.46	20.05	
Ash ... g	1.16		0		1		3.12	0.99	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	18		0		1		48	15	
Iron, Fe ... mg	2.12		0		1		5.70	1.80	
Magnesium, Mg ... mg	23		0		1		62	20	
Phosphorus, P ... mg	180		0		1		484	153	
Potassium, K ... mg	246		0		1		662	209	
Sodium, Na ... mg	64		0		1		172	54	
Zinc, Zn ... mg	3.41		0		1		9.17	2.90	
Copper, Cu ... mg	0.119		0		1		0.320	0.101	
Manganese, Mn ... mg	0.020		0		1		0.054	0.017	
Selenium, Se ... mcg	24.6		0	BFYN	4		66.2	20.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.100		0		1		0.269	0.085	
Riboflavin ... mg	0.240		0		1		0.646	0.204	
Niacin ... mg	7.100		0		1		19.099	6.035	
Pantothenic acid ... mg	0.650		0		1		1.749	0.553	
Vitamin B-6 ... mg	0.110		0		1		0.296	0.094	
Folate, total ... mcg	19		0		1		51	16	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	19		0		1		51	16	
Folate, DFE ... mcg_DFE	19		0	NC	4		51	16	
Choline, total ... mg	88.4		0	BFNN	4		237.9	75.2	
Betaine ... mg	11.6		0	BFNN	4		31.3	9.9	
Vitamin B-12 ... mcg	2.21		0		1		5.94	1.88	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.11		0		1		0.30	0.09	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.2	0.1	
Vitamin D ... IU	2		40	A	1		6	2	
Vitamin K (phylloquinone) ... mcg	4.7		0	BFSN	4		12.7	4.0	
Lipids:									
Fatty acids, total saturated ... g	10.240		0		1		27.546	8.704	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17025

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.060		0		1		0.161	0.051	
12:0 g	0.100		0		1		0.269	0.085	
13:0 g									
14:0 g	0.930		0		1		2.502	0.791	
15:0 g									
16:0 g	5.160		0		1		13.880	4.386	
17:0 g									
18:0 g	3.240		0		1		8.716	2.754	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.680		0		1		26.039	8.228	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.690		0		1		1.856	0.587	
17:1 g									
18:1 undifferentiated g	8.690		0		1		23.376	7.387	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.870		0		1		5.030	1.590	
18:2 undifferentiated g	1.370		0		1		3.685	1.165	
18:3 undifferentiated g	0.420		0		1		1.130	0.357	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.215	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95		0		1		256	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.264		0		1		0.710	0.224	
Threonine g	0.965		0		1		2.596	0.820	
Isoleucine g	1.088		0		1		2.927	0.925	
Leucine g	1.754		0		1		4.718	1.491	
Lysine g	1.991		0		1		5.356	1.692	
Methionine g	0.579		0		1		1.558	0.492	
Cystine g	0.269		0		1		0.724	0.229	
Phenylalanine g	0.918		0		1		2.469	0.780	
Tyrosine g	0.758		0		1		2.039	0.644	
Valine g	1.217		0		1		3.274	1.034	
Arginine g	1.340		0		1		3.605	1.139	
Histidine g	0.714		0		1		1.921	0.607	
Alanine g	1.356		0		1		3.648	1.153	
Aspartic acid g	1.985		0		1		5.340	1.687	
Glutamic acid g	3.272		0		1		8.802	2.781	
Glycine g	1.101		0		1		2.962	0.936	
Proline g	0.946		0		1		2.545	0.804	
Serine g	0.838		0		1		2.254	0.712	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17025

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17023

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.55		0		1		16.03	53.72	
Energy	kcal	310		0	NC	4		88	295	
Energy	kJ	1297				4		368	1232	
Protein (N x 6.25)	g	16.32		0		1		4.63	15.50	
Total lipid (fat)	g	26.63		0		1		7.55	25.30	
Ash	g	0.84		0		1		0.24	0.80	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		4	14	
Iron, Fe	mg	1.61		0		1		0.46	1.53	
Magnesium, Mg	mg	21		0		1		6	20	
Phosphorus, P	mg	152		0		1		43	144	
Potassium, K	mg	214		0		1		61	203	
Sodium, Na	mg	56		0		1		16	53	
Zinc, Zn	mg	2.53		0		1		0.72	2.40	
Copper, Cu	mg	0.105		0		1		0.030	0.100	
Manganese, Mn	mg	0.018		0		1		0.005	0.017	
Selenium, Se	mcg	18.9		0	PIE	4		5.4	18.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		1		0.031	0.105	
Riboflavin	mg	0.210		0		1		0.060	0.200	
Niacin	mg	6.470		0		1		1.834	6.147	
Pantothenic acid	mg	0.630		0		1		0.179	0.599	
Vitamin B-6	mg	0.130		0		1		0.037	0.124	
Folate, total	mcg	17		0		1		5	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		5	16	
Folate, DFE	mcg_DFE	17		0	NC	4		5	16	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.04		0		1		0.58	1.94	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.05	0.17	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.760		0		1		3.334	11.172	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17023

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0		1		0.020	0.067	
12:0 ... g	0.120		0		1		0.034	0.114	
13:0 ... g									
14:0 ... g	1.090		0		1		0.309	1.036	
15:0 ... g									
16:0 ... g	5.890		0		1		1.670	5.596	
17:0 ... g									
18:0 ... g	3.700		0		1		1.049	3.515	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.940		0		1		3.101	10.393	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.770		0		1		0.218	0.732	
17:1 ... g									
18:1 undifferentiated ... g	9.820		0		1		2.784	9.329	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.080		0		1		0.590	1.976	
18:2 undifferentiated ... g	1.520		0		1		0.431	1.444	
18:3 undifferentiated ... g	0.480		0		1		0.136	0.456	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.023	0.076	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	74		0		1		21	70	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.191		0		1		0.054	0.181	
Threonine ... g	0.699		0		1		0.198	0.664	
Isoleucine ... g	0.787		0		1		0.223	0.748	
Leucine ... g	1.270		0		1		0.360	1.207	
Lysine ... g	1.441		0		1		0.409	1.369	
Methionine ... g	0.419		0		1		0.119	0.398	
Cystine ... g	0.195		0		1		0.055	0.185	
Phenylalanine ... g	0.664		0		1		0.188	0.631	
Tyrosine ... g	0.549		0		1		0.156	0.522	
Valine ... g	0.881		0		1		0.250	0.837	
Arginine ... g	0.970		0		1		0.275	0.922	
Histidine ... g	0.517		0		1		0.147	0.491	
Alanine ... g	0.982		0		1		0.278	0.933	
Aspartic acid ... g	1.437		0		1		0.407	1.365	
Glutamic acid ... g	2.369		0		1		0.672	2.251	
Glycine ... g	0.797		0		1		0.226	0.757	
Proline ... g	0.685		0		1		0.194	0.651	
Serine ... g	0.607		0		1		0.172	0.577	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

NDB No. 17023

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17237

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.31		0	PAE	4		45.31	28.25	
Energy....kcal	297		0	NC	4		252	157	
Energy....kJ	1243				4		1056	659	
Protein (N x 6.25)....g	26.06		0	PAE	4		22.15	13.81	
Total lipid (fat)....g	20.61		0	PAE	4		17.52	10.92	
Ash....g	1.12		0	PAE	4		0.95	0.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAE	4		17	11	
Iron, Fe....mg	1.84		0	PAE	4		1.56	0.98	
Magnesium, Mg....mg	25		0	PAE	4		21	13	
Phosphorus, P....mg	201		0	PAE	4		171	107	
Potassium, K....mg	336		0	PAE	4		286	178	
Sodium, Na....mg	78		0	PAE	4		66	41	
Zinc, Zn....mg	3.60		0	PAE	4		3.06	1.91	
Copper, Cu....mg	0.133		0	PAE	4		0.113	0.070	
Manganese, Mn....mg	0.023		0	PAE	4		0.020	0.012	
Selenium, Se....mcg	28.2		0	BFNN	4		24.0	14.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.094	0.058	
Riboflavin....mg	0.260		0	PAE	4		0.221	0.138	
Niacin....mg	7.060		0	PAE	4		6.001	3.742	
Pantothenic acid....mg	0.640		0	PAE	4		0.544	0.339	
Vitamin B-6....mg	0.130		0	PAE	4		0.111	0.069	
Folate, total....mcg	19		0	PAE	4		16	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		16	10	
Folate, DFE....mcg_DFE	19		0	NC	4		16	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.48		0	PAE	4		2.11	1.31	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.650		0	PAE	4		7.353	4.585	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17237

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.043	0.027	
12:0 g	0.090		0	PAE	4		0.077	0.048	
13:0 g									
14:0 g	0.800		0	PAE	4		0.680	0.424	
15:0 g									
16:0 g	4.400		0	PAE	4		3.740	2.332	
17:0 g									
18:0 g	2.790		0	PAE	4		2.372	1.479	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.690		0	PAE	4		7.387	4.606	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600		0	PAE	4		0.510	0.318	
17:1 g									
18:1 undifferentiated g	7.890		0	PAE	4		6.707	4.182	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.480		0	PAE	4		1.258	0.784	
18:2 undifferentiated g	1.120		0	PAE	4		0.952	0.594	
18:3 undifferentiated g	0.290		0	PAE	4		0.247	0.154	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0	PAE	4		0.060	0.037	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	99		0	PAE	4		84	52	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0	PAE	4		0.259	0.162	
Threonine g	1.116		0	PAE	4		0.949	0.591	
Isoleucine g	1.258		0	PAE	4		1.069	0.667	
Leucine g	2.027		0	PAE	4		1.723	1.074	
Lysine g	2.302		0	PAE	4		1.957	1.220	
Methionine g	0.669		0	PAE	4		0.569	0.355	
Cystine g	0.311		0	PAE	4		0.264	0.165	
Phenylalanine g	1.061		0	PAE	4		0.902	0.562	
Tyrosine g	0.876		0	PAE	4		0.745	0.464	
Valine g	1.406		0	PAE	4		1.195	0.745	
Arginine g	1.548		0	PAE	4		1.316	0.820	
Histidine g	0.826		0	PAE	4		0.702	0.438	
Alanine g	1.568		0	PAE	4		1.333	0.831	
Aspartic acid g	2.294		0	PAE	4		1.950	1.216	
Glutamic acid g	3.782		0	PAE	4		3.215	2.004	
Glycine g	1.273		0	PAE	4		1.082	0.675	
Proline g	1.093		0	PAE	4		0.929	0.579	
Serine g	0.969		0	PAE	4		0.824	0.514	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 53g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

NDB No. 17237

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17238

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.33		0	PAE	4		143.97	46.18	
Energy....kcal	290		0	NC	4		769	247	
Energy....kJ	1213				4		3215	1031	
Protein (N x 6.25)....g	23.27		0	PAE	4		61.67	19.78	
Total lipid (fat)....g	21.12		0	PAE	4		55.97	17.95	
Ash....g	1.20		0	PAE	4		3.18	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAE	4		48	15	
Iron, Fe....mg	2.17		0	PAE	4		5.75	1.84	
Magnesium, Mg....mg	24		0	PAE	4		64	20	
Phosphorus, P....mg	185		0	PAE	4		490	157	
Potassium, K....mg	250		0	PAE	4		663	213	
Sodium, Na....mg	64		0	PAE	4		170	54	
Zinc, Zn....mg	3.52		0	PAE	4		9.33	2.99	
Copper, Cu....mg	0.122		0	PAE	4		0.323	0.104	
Manganese, Mn....mg	0.021		0	PAE	4		0.056	0.018	
Selenium, Se....mcg	25.2		0	BFNN	4		66.8	21.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.265	0.085	
Riboflavin....mg	0.240		0	PAE	4		0.636	0.204	
Niacin....mg	7.050		0	PAE	4		18.683	5.993	
Pantothenic acid....mg	0.660		0	PAE	4		1.749	0.561	
Vitamin B-6....mg	0.130		0	PAE	4		0.345	0.111	
Folate, total....mcg	20		0	PAE	4		53	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20		0	PAE	4		53	17	
Folate, DFE....mcg_DFE	20		0	NC	4		53	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.20		0	PAE	4		5.83	1.87	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.080		0	PAE	4		24.062	7.718	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17238

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.133	0.043	
12:0 g	0.090		0	PAE	4		0.239	0.077	
13:0 g									
14:0 g	0.820		0	PAE	4		2.173	0.697	
15:0 g									
16:0 g	4.590		0	PAE	4		12.164	3.902	
17:0 g									
18:0 g	2.870		0	PAE	4		7.606	2.440	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.650		0	PAE	4		22.923	7.353	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.620		0	PAE	4		1.643	0.527	
17:1 g									
18:1 undifferentiated g	7.770		0	PAE	4		20.591	6.605	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.690		0	PAE	4		4.479	1.437	
18:2 undifferentiated g	1.240		0	PAE	4		3.286	1.054	
18:3 undifferentiated g	0.370		0	PAE	4		0.981	0.315	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.212	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	93		0	PAE	4		246	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.272		0	PAE	4		0.721	0.231	
Threonine g	0.996		0	PAE	4		2.639	0.847	
Isoleucine g	1.123		0	PAE	4		2.976	0.955	
Leucine g	1.810		0	PAE	4		4.797	1.539	
Lysine g	2.055		0	PAE	4		5.446	1.747	
Methionine g	0.597		0	PAE	4		1.582	0.507	
Cystine g	0.278		0	PAE	4		0.737	0.236	
Phenylalanine g	0.947		0	PAE	4		2.510	0.805	
Tyrosine g	0.782		0	PAE	4		2.072	0.665	
Valine g	1.256		0	PAE	4		3.328	1.068	
Arginine g	1.383		0	PAE	4		3.665	1.176	
Histidine g	0.737		0	PAE	4		1.953	0.626	
Alanine g	1.400		0	PAE	4		3.710	1.190	
Aspartic acid g	2.048		0	PAE	4		5.427	1.741	
Glutamic acid g	3.377		0	PAE	4		8.949	2.870	
Glycine g	1.137		0	PAE	4		3.013	0.966	
Proline g	0.976		0	PAE	4		2.586	0.830	
Serine g	0.865		0	PAE	4		2.292	0.735	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17238

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17236

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.55		0	PAE	4		16.88	47.04	
Energy....kcal	279		0	NC	4		79	220	
Energy....kJ	1167				4		331	922	
Protein (N x 6.25)....g	17.18		0	PAE	4		4.87	13.57	
Total lipid (fat)....g	22.75		0	PAE	4		6.45	17.97	
Ash....g	0.88		0	PAE	4		0.25	0.70	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAE	4		4	11	
Iron, Fe....mg	1.66		0	PAE	4		0.47	1.31	
Magnesium, Mg....mg	22		0	PAE	4		6	17	
Phosphorus, P....mg	159		0	PAE	4		45	126	
Potassium, K....mg	226		0	PAE	4		64	179	
Sodium, Na....mg	59		0	PAE	4		17	47	
Zinc, Zn....mg	2.65		0	PAE	4		0.75	2.09	
Copper, Cu....mg	0.110		0	PAE	4		0.031	0.087	
Manganese, Mn....mg	0.019		0	PAE	4		0.005	0.015	
Selenium, Se....mcg	19.4		0	BFNN	4		5.5	15.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.034	0.095	
Riboflavin....mg	0.210		0	PAE	4		0.060	0.166	
Niacin....mg	6.480		0	PAE	4		1.837	5.119	
Pantothenic acid....mg	0.640		0	PAE	4		0.181	0.506	
Vitamin B-6....mg	0.140		0	PAE	4		0.040	0.111	
Folate, total....mcg	18		0	PAE	4		5	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0	PAE	4		5	14	
Folate, DFE....mcg_DFE	18		0	NC	4		5	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.07		0	PAE	4		0.59	1.64	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.950		0	PAE	4		2.821	7.861	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17236

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0	PAE	4		0.017	0.047	
12:0 g	0.100		0	PAE	4		0.028	0.079	
13:0 g									
14:0 g	0.910		0	PAE	4		0.258	0.719	
15:0 g									
16:0 g	5.000		0	PAE	4		1.418	3.950	
17:0 g									
18:0 g	3.140		0	PAE	4		0.890	2.481	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.340		0	PAE	4		2.648	7.379	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.660		0	PAE	4		0.187	0.521	
17:1 g									
18:1 undifferentiated g	8.380		0	PAE	4		2.376	6.620	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.790		0	PAE	4		0.507	1.414	
18:2 undifferentiated g	1.310		0	PAE	4		0.371	1.035	
18:3 undifferentiated g	0.410		0	PAE	4		0.116	0.324	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0	PAE	4		0.020	0.055	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0	PAE	4		20	57	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	PAE	4		0.057	0.159	
Threonine g	0.735		0	PAE	4		0.208	0.581	
Isoleucine g	0.829		0	PAE	4		0.235	0.655	
Leucine g	1.336		0	PAE	4		0.379	1.055	
Lysine g	1.517		0	PAE	4		0.430	1.198	
Methionine g	0.441		0	PAE	4		0.125	0.348	
Cystine g	0.205		0	PAE	4		0.058	0.162	
Phenylalanine g	0.699		0	PAE	4		0.198	0.552	
Tyrosine g	0.577		0	PAE	4		0.164	0.456	
Valine g	0.927		0	PAE	4		0.263	0.732	
Arginine g	1.020		0	PAE	4		0.289	0.806	
Histidine g	0.544		0	PAE	4		0.154	0.430	
Alanine g	1.033		0	PAE	4		0.293	0.816	
Aspartic acid g	1.512		0	PAE	4		0.429	1.194	
Glutamic acid g	2.492		0	PAE	4		0.706	1.969	
Glycine g	0.839		0	PAE	4		0.238	0.663	
Proline g	0.720		0	PAE	4		0.204	0.569	
Serine g	0.639		0	PAE	4		0.181	0.505	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 79g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

NDB No. 17236

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17027

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 44% Bone 23%, separable fat 21%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.98	0.389	16		1		51.83	28.05	
Energy....kcal	216		0	NC	4		184	99	
Energy....kJ	904		0		4		768	416	
Protein (N x 6.25)....g	29.99	0.633	16		1		25.49	13.80	
Total lipid (fat)....g	9.73	0.450	15		1		8.27	4.48	
Ash....g	1.24	0.022	16		1		1.05	0.57	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.269	16		1		16	9	
Iron, Fe....mg	2.00	0.074	16		1		1.70	0.92	
Magnesium, Mg....mg	28	0.463	16		1		24	13	
Phosphorus, P....mg	226	5.584	16		1		192	104	
Potassium, K....mg	376	8.460	16		1		320	173	
Sodium, Na....mg	84	1.472	16		1		71	39	
Zinc, Zn....mg	4.13	0.102	16		1		3.51	1.90	
Copper, Cu....mg	0.145	0.008	16		1		0.123	0.067	
Manganese, Mn....mg	0.028		0		1		0.024	0.013	
Selenium, Se....mcg	32.8		0	BFYN	4		27.9	15.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.007	16		1		0.094	0.051	
Riboflavin....mg	0.280	0.017	16		1		0.238	0.129	
Niacin....mg	6.850	0.255	16		1		5.823	3.151	
Pantothenic acid....mg	0.660	0.029	16		1		0.561	0.304	
Vitamin B-6....mg	0.160		0		1		0.136	0.074	
Folate, total....mcg	24	1.487	16		1		20	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	1.487	16		1		20	11	
Folate, DFE....mcg_DFE	24		0	NC	4		20	11	
Choline, total....mg	108.3		0	BFNN	4		92.1	49.8	
Betaine....mg	14.2		0	BFNN	4		12.1	6.5	
Vitamin B-12....mcg	2.52	0.147	16		1		2.14	1.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.0	
Vitamin D....IU	2		40	A	1		2	1	
Vitamin K (phylloquinone)....mcg	3.9		0	BFSN	4		3.3	1.8	
Lipids:									
Fatty acids, total saturated....g	3.480		0		1		2.958	1.601	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17027

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		107		1		0.017	0.009	
12:0 g	0.030		107		1		0.026	0.014	
13:0 g									
14:0 g	0.300		107		1		0.255	0.138	
15:0 g									
16:0 g	1.870		107		1		1.590	0.860	
17:0 g									
18:0 g	1.200		107		1		1.020	0.552	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.260		0		1		3.621	1.960	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.290		107		1		0.247	0.133	
17:1 g									
18:1 undifferentiated g	3.950		107		1		3.358	1.817	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.640		0		1		0.544	0.294	
18:2 undifferentiated g	0.520		107		1		0.442	0.239	
18:3 undifferentiated g	0.060		107		1		0.051	0.028	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		107		1		0.051	0.028	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95	3.112	16		1		81	44	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.350		0		1		0.298	0.161	
Threonine g	1.283		0		1		1.091	0.590	
Isoleucine g	1.447		0		1		1.230	0.666	
Leucine g	2.332		0		1		1.982	1.073	
Lysine g	2.648		0		1		2.251	1.218	
Methionine g	0.770		0		1		0.655	0.354	
Cystine g	0.358		0		1		0.304	0.165	
Phenylalanine g	1.221		0		1		1.038	0.562	
Tyrosine g	1.008		0		1		0.857	0.464	
Valine g	1.618		0		1		1.375	0.744	
Arginine g	1.782		0		1		1.515	0.820	
Histidine g	0.950		0		1		0.808	0.437	
Alanine g	1.803		0		1		1.533	0.829	
Aspartic acid g	2.639		0		1		2.243	1.214	
Glutamic acid g	4.352		0		1		3.699	2.002	
Glycine g	1.465		0		1		1.245	0.674	
Proline g	1.258		0		1		1.069	0.579	
Serine g	1.115		0		1		0.948	0.513	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17027

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 46g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17028

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 44% Bone 22%, separable fat 22%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.76		0		1		121.13	53.35	
Energy....kcal	202		0	NC	4		390	172	
Energy....kJ	845				4		1631	718	
Protein (N x 6.25)....g	26.59		0		1		51.32	22.60	
Total lipid (fat)....g	9.76		0		1		18.84	8.30	
Ash....g	1.35		0		1		2.61	1.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		33	14	
Iron, Fe....mg	2.44		0		1		4.71	2.07	
Magnesium, Mg....mg	27		0		1		52	23	
Phosphorus, P....mg	206		0		1		398	175	
Potassium, K....mg	267		0		1		515	227	
Sodium, Na....mg	66		0		1		127	56	
Zinc, Zn....mg	4.06		0		1		7.84	3.45	
Copper, Cu....mg	0.132		0		1		0.255	0.112	
Manganese, Mn....mg	0.026		0		1		0.050	0.022	
Selenium, Se....mcg	30.3		0	BFYN	4		58.5	25.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.193	0.085	
Riboflavin....mg	0.270		0		1		0.521	0.230	
Niacin....mg	6.830		0		1		13.182	5.806	
Pantothenic acid....mg	0.680		0		1		1.312	0.578	
Vitamin B-6....mg	0.160		0		1		0.309	0.136	
Folate, total....mcg	25		0		1		48	21	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	25		0		1		48	21	
Folate, DFE....mcg_DFE	25		0	NC	4		48	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.16		0		1		4.17	1.84	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.31	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.720		0		1		7.180	3.162	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17028

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.039	0.017	
12:0 ... g	0.030		0		1		0.058	0.026	
13:0 ... g									
14:0 ... g	0.290		0		1		0.560	0.247	
15:0 ... g									
16:0 ... g	1.970		0		1		3.802	1.675	
17:0 ... g									
18:0 ... g	1.210		0		1		2.335	1.029	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.950		0		1		7.624	3.358	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.290		0		1		0.560	0.247	
17:1 ... g									
18:1 undifferentiated ... g	3.560		0		1		6.871	3.026	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.860		0		1		1.660	0.731	
18:2 undifferentiated ... g	0.640		0		1		1.235	0.544	
18:3 undifferentiated ... g	0.140		0		1		0.270	0.119	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.154	0.068	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	87		0		1		168	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.311		0		1		0.600	0.264	
Threonine ... g	1.138		0		1		2.196	0.967	
Isoleucine ... g	1.283		0		1		2.476	1.091	
Leucine ... g	2.068		0		1		3.991	1.758	
Lysine ... g	2.348		0		1		4.532	1.996	
Methionine ... g	0.682		0		1		1.316	0.580	
Cystine ... g	0.317		0		1		0.612	0.269	
Phenylalanine ... g	1.083		0		1		2.090	0.921	
Tyrosine ... g	0.894		0		1		1.725	0.760	
Valine ... g	1.435		0		1		2.770	1.220	
Arginine ... g	1.580		0		1		3.049	1.343	
Histidine ... g	0.842		0		1		1.625	0.716	
Alanine ... g	1.599		0		1		3.086	1.359	
Aspartic acid ... g	2.341		0		1		4.518	1.990	
Glutamic acid ... g	3.859		0		1		7.448	3.280	
Glycine ... g	1.299		0		1		2.507	1.104	
Proline ... g	1.115		0		1		2.152	0.948	
Serine ... g	0.989		0		1		1.909	0.841	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17028

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17026

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 46% Bone 21%, separable fat 25%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.55	0.275	32		1		20.57	47.16	
Energy....kcal	143		0	NC	4		41	93	
Energy....kJ	598				4		170	389	
Protein (N x 6.25)....g	20.88	0.167	31		1		5.92	13.57	
Total lipid (fat)....g	5.94	0.234	32		1		1.68	3.86	
Ash....g	1.06	0.009	32		1		0.30	0.69	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.644	32		1		3	8	
Iron, Fe....mg	1.91	0.110	32		1		0.54	1.24	
Magnesium, Mg....mg	27	0.918	32		1		8	18	
Phosphorus, P....mg	190	3.624	16		1		54	124	
Potassium, K....mg	276	14.533	32		1		78	179	
Sodium, Na....mg	68	2.950	32		1		19	44	
Zinc, Zn....mg	3.19	0.117	32		1		0.90	2.07	
Copper, Cu....mg	0.128	0.005	32		1		0.036	0.083	
Manganese, Mn....mg	0.024		0		1		0.007	0.016	
Selenium, Se....mcg	23.6		0	BFNN	4		6.7	15.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130	0.007	16		1		0.037	0.085	
Riboflavin....mg	0.230	0.014	16		1		0.065	0.150	
Niacin....mg	6.510	0.290	16		1		1.846	4.232	
Pantothenic acid....mg	0.660	0.024	16		1		0.187	0.429	
Vitamin B-6....mg	0.170		0		1		0.048	0.111	
Folate, total....mcg	24	1.653	16		1		7	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	1.653	16		1		7	16	
Folate, DFE....mcg_DFE	24		0	NC	4		7	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.21	0.089	16		1		0.63	1.44	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.130		0		1		0.604	1.385	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17026

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		373		1		0.003	0.007	
12:0 ... g	0.010		373		1		0.003	0.007	
13:0 ... g									
14:0 ... g	0.150		373		1		0.043	0.098	
15:0 ... g									
16:0 ... g	1.150		373		1		0.326	0.748	
17:0 ... g									
18:0 ... g	0.710		373		1		0.201	0.462	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.390		0		1		0.678	1.554	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.180		373		1		0.051	0.117	
17:1 ... g									
18:1 undifferentiated ... g	2.160		373		1		0.612	1.404	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.540		0		1		0.153	0.351	
18:2 undifferentiated ... g	0.410		373		1		0.116	0.267	
18:3 undifferentiated ... g	0.080		373		1		0.023	0.052	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		373		1		0.017	0.039	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	66	1.741	16		1		19	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.244		0		1		0.069	0.159	
Threonine ... g	0.893		0		1		0.253	0.580	
Isoleucine ... g	1.007		0		1		0.285	0.655	
Leucine ... g	1.624		0		1		0.460	1.056	
Lysine ... g	1.843		0		1		0.522	1.198	
Methionine ... g	0.536		0		1		0.152	0.348	
Cystine ... g	0.249		0		1		0.071	0.162	
Phenylalanine ... g	0.850		0		1		0.241	0.553	
Tyrosine ... g	0.702		0		1		0.199	0.456	
Valine ... g	1.126		0		1		0.319	0.732	
Arginine ... g	1.240		0		1		0.352	0.806	
Histidine ... g	0.661		0		1		0.187	0.430	
Alanine ... g	1.255		0		1		0.356	0.816	
Aspartic acid ... g	1.837		0		1		0.521	1.194	
Glutamic acid ... g	3.029		0		1		0.859	1.969	
Glycine ... g	1.020		0		1		0.289	0.663	
Proline ... g	0.876		0		1		0.248	0.569	
Serine ... g	0.776		0		1		0.220	0.504	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

NDB No. 17026

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17030

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 30% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.06		0		1		107.77	40.00	
Energy	kcal	361		0	NC	4		827	307	
Energy	kJ	1510		0		4		3459	1284	
Protein (N x 6.25)	g	22.13		0		1		50.68	18.81	
Total lipid (fat)	g	29.59		0		1		67.76	25.15	
Ash	g	1.14		0		1		2.61	0.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		44	16	
Iron, Fe	mg	1.88		0		1		4.31	1.60	
Magnesium, Mg	mg	23		0		1		53	20	
Phosphorus, P	mg	178		0		1		408	151	
Potassium, K	mg	270		0		1		618	230	
Sodium, Na	mg	76		0		1		174	65	
Zinc, Zn	mg	4.00		0		1		9.16	3.40	
Copper, Cu	mg	0.121		0		1		0.277	0.103	
Manganese, Mn	mg	0.020		0		1		0.046	0.017	
Selenium, Se	mcg	23.9		0	BFYN	4		54.7	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		1		0.206	0.077	
Riboflavin	mg	0.220		0		1		0.504	0.187	
Niacin	mg	7.000		0		1		16.030	5.950	
Pantothenic acid	mg	0.610		0		1		1.397	0.519	
Vitamin B-6	mg	0.110		0		1		0.252	0.094	
Folate, total	mcg	14		0		1		32	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		1		32	12	
Folate, DFE	mcg_DFE	14		0	NC	4		32	12	
Choline, total	mg	86.4		0	BFNN	4		197.8	73.4	
Betaine	mg	11.3		0	BFNN	4		26.0	9.6	
Vitamin B-12	mcg	2.54		0		1		5.82	2.16	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0		1		0.27	0.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		40	A	1		0.1	0.1	
Vitamin D	IU	2		40	A	1		5	2	
Vitamin K (phylloquinone)	mcg	5.3		0	BFSN	4		12.0	4.5	
Lipids:										
Fatty acids, total saturated	g	12.700		0		1		29.083	10.795	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17030

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.070		0		1		0.160	0.060	
12:0 g	0.120		0		1		0.275	0.102	
13:0 g									
14:0 g	1.140		0		1		2.611	0.969	
15:0 g									
16:0 g	6.430		0		1		14.725	5.466	
17:0 g									
18:0 g	4.020		0		1		9.206	3.417	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.120		0		1		27.755	10.302	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.860		0		1		1.969	0.731	
17:1 g									
18:1 undifferentiated g	10.890		0		1		24.938	9.257	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.370		0		1		5.427	2.015	
18:2 undifferentiated g	1.740		0		1		3.985	1.479	
18:3 undifferentiated g	0.520		0		1		1.191	0.442	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.252	0.094	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	99		0		1		227	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0		1		0.593	0.220	
Threonine g	0.947		0		1		2.169	0.805	
Isoleucine g	1.068		0		1		2.446	0.908	
Leucine g	1.721		0		1		3.941	1.463	
Lysine g	1.954		0		1		4.475	1.661	
Methionine g	0.568		0		1		1.301	0.483	
Cystine g	0.264		0		1		0.605	0.224	
Phenylalanine g	0.901		0		1		2.063	0.766	
Tyrosine g	0.744		0		1		1.704	0.632	
Valine g	1.194		0		1		2.734	1.015	
Arginine g	1.315		0		1		3.011	1.118	
Histidine g	0.701		0		1		1.605	0.596	
Alanine g	1.331		0		1		3.048	1.131	
Aspartic acid g	1.948		0		1		4.461	1.656	
Glutamic acid g	3.211		0		1		7.353	2.729	
Glycine g	1.081		0		1		2.475	0.919	
Proline g	0.928		0		1		2.125	0.789	
Serine g	0.823		0		1		1.885	0.700	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17030

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17031

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.89		0		1		122.12	40.71	
Energy....kcal	359		0	NC	4		915	305	
Energy....kJ	1502				4		3830	1277	
Protein (N x 6.25)....g	21.12		0		1		53.86	17.95	
Total lipid (fat)....g	29.82		0		1		76.04	25.35	
Ash....g	0.93		0		1		2.37	0.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		56	19	
Iron, Fe....mg	1.60		0		1		4.08	1.36	
Magnesium, Mg....mg	20		0		1		51	17	
Phosphorus, P....mg	166		0		1		423	141	
Potassium, K....mg	271		0		1		691	230	
Sodium, Na....mg	73		0		1		186	62	
Zinc, Zn....mg	3.49		0		1		8.90	2.97	
Copper, Cu....mg	0.115		0		1		0.293	0.098	
Manganese, Mn....mg	0.019		0		1		0.048	0.016	
Selenium, Se....mcg	21.8		0	BFYN	4		55.6	18.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.230	0.077	
Riboflavin....mg	0.210		0		1		0.536	0.179	
Niacin....mg	6.750		0		1		17.213	5.738	
Pantothenic acid....mg	0.630		0		1		1.607	0.536	
Vitamin B-6....mg	0.110		0		1		0.281	0.094	
Folate, total....mcg	15		0		1		38	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		38	13	
Folate, DFE....mcg_DFE	15		0	NC	4		38	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.23		0		1		5.69	1.90	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.10		0		1		0.26	0.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.770		0		1		32.564	10.855	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17031

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.080		0		1		0.204	0.068	
12:0 ... g	0.130		0		1		0.332	0.111	
13:0 ... g									
14:0 ... g	1.190		0		1		3.035	1.012	
15:0 ... g									
16:0 ... g	6.450		0		1		16.448	5.483	
17:0 ... g									
18:0 ... g	4.080		0		1		10.404	3.468	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.520		0		1		31.926	10.642	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.870		0		1		2.219	0.740	
17:1 ... g									
18:1 undifferentiated ... g	11.330		0		1		28.892	9.631	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.170		0		1		5.534	1.845	
18:2 undifferentiated ... g	1.630		0		1		4.157	1.386	
18:3 undifferentiated ... g	0.460		0		1		1.173	0.391	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		0		1		0.230	0.077	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	97		0		1		247	82	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.247		0		1		0.630	0.210	
Threonine ... g	0.904		0		1		2.305	0.768	
Isoleucine ... g	1.019		0		1		2.598	0.866	
Leucine ... g	1.642		0		1		4.187	1.396	
Lysine ... g	1.865		0		1		4.756	1.585	
Methionine ... g	0.542		0		1		1.382	0.461	
Cystine ... g	0.252		0		1		0.643	0.214	
Phenylalanine ... g	0.860		0		1		2.193	0.731	
Tyrosine ... g	0.710		0		1		1.811	0.604	
Valine ... g	1.139		0		1		2.904	0.968	
Arginine ... g	1.254		0		1		3.198	1.066	
Histidine ... g	0.669		0		1		1.706	0.569	
Alanine ... g	1.270		0		1		3.239	1.080	
Aspartic acid ... g	1.859		0		1		4.740	1.580	
Glutamic acid ... g	3.064		0		1		7.813	2.604	
Glycine ... g	1.031		0		1		2.629	0.876	
Proline ... g	0.886		0		1		2.259	0.753	
Serine ... g	0.785		0		1		2.002	0.667	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17031

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17029

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.80		0		1		14.40	230.43	
Energy....kcal	372		0	NC	4		105	1687	
Energy....kJ	1556				4		441	7060	
Protein (N x 6.25)....g	14.52		0		1		4.12	65.86	
Total lipid (fat)....g	34.39		0		1		9.75	155.99	
Ash....g	0.74		0		1		0.21	3.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		4	68	
Iron, Fe....mg	1.39		0		1		0.39	6.31	
Magnesium, Mg....mg	18		0		1		5	82	
Phosphorus, P....mg	137		0		1		39	621	
Potassium, K....mg	190		0		1		54	862	
Sodium, Na....mg	56		0		1		16	254	
Zinc, Zn....mg	2.71		0		1		0.77	12.29	
Copper, Cu....mg	0.089		0		1		0.025	0.404	
Manganese, Mn....mg	0.016		0		1		0.005	0.073	
Selenium, Se....mcg	16.8		0	PIE	4		4.8	76.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.028	0.454	
Riboflavin....mg	0.190		0		1		0.054	0.862	
Niacin....mg	6.090		0		1		1.727	27.624	
Pantothenic acid....mg	0.620		0		1		0.176	2.812	
Vitamin B-6....mg	0.110		0		1		0.031	0.499	
Folate, total....mcg	14		0		1		4	64	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0		1		4	64	
Folate, DFE....mcg_DFE	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.09		0		1		0.59	9.48	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.05	0.82	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	15.160		0		1		4.298	68.766	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17029

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g	0.090		0		1		0.026	0.408	
12:0....g	0.150		0		1		0.043	0.680	
13:0....g									
14:0....g	1.400		0		1		0.397	6.350	
15:0....g									
16:0....g	7.600		0		1		2.155	34.474	
17:0....g									
18:0....g	4.770		0		1		1.352	21.637	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.130		0		1		4.006	64.094	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0		1		0.284	4.536	
17:1....g									
18:1 undifferentiated....g	12.680		0		1		3.595	57.516	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.690		0		1		0.763	12.202	
18:2 undifferentiated....g	1.970		0		1		0.558	8.936	
18:3 undifferentiated....g	0.620		0		1		0.176	2.812	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.028	0.454	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	76		0		1		22	345	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		0		1		0.048	0.771	
Threonine....g	0.621		0		1		0.176	2.817	
Isoleucine....g	0.700		0		1		0.198	3.175	
Leucine....g	1.129		0		1		0.320	5.121	
Lysine....g	1.282		0		1		0.363	5.815	
Methionine....g	0.373		0		1		0.106	1.692	
Cystine....g	0.173		0		1		0.049	0.785	
Phenylalanine....g	0.591		0		1		0.168	2.681	
Tyrosine....g	0.488		0		1		0.138	2.214	
Valine....g	0.783		0		1		0.222	3.552	
Arginine....g	0.862		0		1		0.244	3.910	
Histidine....g	0.460		0		1		0.130	2.087	
Alanine....g	0.873		0		1		0.247	3.960	
Aspartic acid....g	1.278		0		1		0.362	5.797	
Glutamic acid....g	2.106		0		1		0.597	9.553	
Glycine....g	0.709		0		1		0.201	3.216	
Proline....g	0.609		0		1		0.173	2.762	
Serine....g	0.540		0		1		0.153	2.449	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17029

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17240

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 32% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.03		0	PAE	4		108.85	41.68	
Energy....kcal	340		0	NC	4		755	289	
Energy....kJ	1423				4		3158	1209	
Protein (N x 6.25)....g	23.06		0	PAE	4		51.19	19.60	
Total lipid (fat)....g	26.82		0	PAE	4		59.54	22.80	
Ash....g	1.19		0	PAE	4		2.64	1.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAE	4		40	15	
Iron, Fe....mg	1.93		0	PAE	4		4.28	1.64	
Magnesium, Mg....mg	24		0	PAE	4		53	20	
Phosphorus, P....mg	184		0	PAE	4		408	156	
Potassium, K....mg	277		0	PAE	4		615	235	
Sodium, Na....mg	77		0	PAE	4		171	65	
Zinc, Zn....mg	4.21		0	PAE	4		9.35	3.58	
Copper, Cu....mg	0.124		0	PAE	4		0.275	0.105	
Manganese, Mn....mg	0.021		0	PAE	4		0.047	0.018	
Selenium, Se....mcg	24.7		0	BFNN	4		54.8	21.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.200	0.077	
Riboflavin....mg	0.230		0	PAE	4		0.511	0.196	
Niacin....mg	6.920		0	PAE	4		15.362	5.882	
Pantothenic acid....mg	0.610		0	PAE	4		1.354	0.519	
Vitamin B-6....mg	0.110		0	PAE	4		0.244	0.094	
Folate, total....mcg	15		0	PAE	4		33	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0	PAE	4		33	13	
Folate, DFE....mcg_DFE	15		0	NC	4		33	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.56		0	PAE	4		5.68	2.18	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.360		0	PAE	4		25.219	9.656	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17240

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.070		0	PAE	4		0.155	0.060	
12:0 ... g	0.110		0	PAE	4		0.244	0.094	
13:0 ... g									
14:0 ... g	1.010		0	PAE	4		2.242	0.859	
15:0 ... g									
16:0 ... g	5.780		0	PAE	4		12.832	4.913	
17:0 ... g									
18:0 ... g	3.610		0	PAE	4		8.014	3.069	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.970		0	PAE	4		24.353	9.325	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.780		0	PAE	4		1.732	0.663	
17:1 ... g									
18:1 undifferentiated ... g	9.860		0	PAE	4		21.889	8.381	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.170		0	PAE	4		4.817	1.845	
18:2 undifferentiated ... g	1.600		0	PAE	4		3.552	1.360	
18:3 undifferentiated ... g	0.460		0	PAE	4		1.021	0.391	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.120		0	PAE	4		0.266	0.102	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	98		0	PAE	4		218	83	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.270		0	PAE	4		0.599	0.230	
Threonine ... g	0.987		0	PAE	4		2.191	0.839	
Isoleucine ... g	1.113		0	PAE	4		2.471	0.946	
Leucine ... g	1.794		0	PAE	4		3.983	1.525	
Lysine ... g	2.037		0	PAE	4		4.522	1.731	
Methionine ... g	0.592		0	PAE	4		1.314	0.503	
Cystine ... g	0.275		0	PAE	4		0.611	0.234	
Phenylalanine ... g	0.939		0	PAE	4		2.085	0.798	
Tyrosine ... g	0.775		0	PAE	4		1.721	0.659	
Valine ... g	1.244		0	PAE	4		2.762	1.057	
Arginine ... g	1.370		0	PAE	4		3.041	1.165	
Histidine ... g	0.731		0	PAE	4		1.623	0.621	
Alanine ... g	1.387		0	PAE	4		3.079	1.179	
Aspartic acid ... g	2.030		0	PAE	4		4.507	1.726	
Glutamic acid ... g	3.347		0	PAE	4		7.430	2.845	
Glycine ... g	1.126		0	PAE	4		2.500	0.957	
Proline ... g	0.967		0	PAE	4		2.147	0.822	
Serine ... g	0.857		0	PAE	4		1.903	0.728	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17240

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17241

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	49.59		0	PAE	4		122.98	42.15	
Energy ... kcal	341		0	NC	4		846	290	
Energy ... kJ	1427				4		3538	1213	
Protein (N x 6.25) ... g	21.82		0	PAE	4		54.11	18.55	
Total lipid (fat) ... g	27.53		0	PAE	4		68.27	23.40	
Ash ... g	0.95		0	PAE	4		2.36	0.81	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	22		0	PAE	4		55	19	
Iron, Fe ... mg	1.62		0	PAE	4		4.02	1.38	
Magnesium, Mg ... mg	20		0	PAE	4		50	17	
Phosphorus, P ... mg	170		0	PAE	4		422	145	
Potassium, K ... mg	277		0	PAE	4		687	235	
Sodium, Na ... mg	74		0	PAE	4		184	63	
Zinc, Zn ... mg	3.62		0	PAE	4		8.98	3.08	
Copper, Cu ... mg	0.117		0	PAE	4		0.290	0.099	
Manganese, Mn ... mg	0.021		0	PAE	4		0.052	0.018	
Selenium, Se ... mcg	22.3		0	BFNN	4		55.3	19.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.223	0.077	
Riboflavin ... mg	0.210		0	PAE	4		0.521	0.179	
Niacin ... mg	6.670		0	PAE	4		16.542	5.670	
Pantothenic acid ... mg	0.640		0	PAE	4		1.587	0.544	
Vitamin B-6 ... mg	0.120		0	PAE	4		0.298	0.102	
Folate, total ... mcg	16		0	PAE	4		40	14	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	16		0	PAE	4		40	14	
Folate, DFE ... mcg_DFE	16		0	NC	4		40	14	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.22		0	PAE	4		5.51	1.89	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	11.660		0	PAE	4		28.917	9.911	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17241

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.174	0.060	
12:0 g	0.120		0	PAE	4		0.298	0.102	
13:0 g									
14:0 g	1.090		0	PAE	4		2.703	0.927	
15:0 g									
16:0 g	5.910		0	PAE	4		14.657	5.024	
17:0 g									
18:0 g	3.740		0	PAE	4		9.275	3.179	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	11.590		0	PAE	4		28.743	9.852	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.800		0	PAE	4		1.984	0.680	
17:1 g									
18:1 undifferentiated g	10.510		0	PAE	4		26.065	8.934	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.990		0	PAE	4		4.935	1.692	
18:2 undifferentiated g	1.500		0	PAE	4		3.720	1.275	
18:3 undifferentiated g	0.400		0	PAE	4		0.992	0.340	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0	PAE	4		0.223	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	96		0	PAE	4		238	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0	PAE	4		0.632	0.217	
Threonine g	0.934		0	PAE	4		2.316	0.794	
Isoleucine g	1.053		0	PAE	4		2.611	0.895	
Leucine g	1.697		0	PAE	4		4.209	1.442	
Lysine g	1.927		0	PAE	4		4.779	1.638	
Methionine g	0.560		0	PAE	4		1.389	0.476	
Cystine g	0.260		0	PAE	4		0.645	0.221	
Phenylalanine g	0.888		0	PAE	4		2.202	0.755	
Tyrosine g	0.733		0	PAE	4		1.818	0.623	
Valine g	1.177		0	PAE	4		2.919	1.000	
Arginine g	1.296		0	PAE	4		3.214	1.102	
Histidine g	0.691		0	PAE	4		1.714	0.587	
Alanine g	1.312		0	PAE	4		3.254	1.115	
Aspartic acid g	1.920		0	PAE	4		4.762	1.632	
Glutamic acid g	3.166		0	PAE	4		7.852	2.691	
Glycine g	1.065		0	PAE	4		2.641	0.905	
Proline g	0.915		0	PAE	4		2.269	0.778	
Serine g	0.811		0	PAE	4		2.011	0.689	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17241

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17239

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 29% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.68		0	PAE	4		15.22	243.49	
Energy....kcal	342		0	NC	4		97	1551	
Energy....kJ	1431				4		406	6491	
Protein (N x 6.25)....g	15.32		0	PAE	4		4.34	69.49	
Total lipid (fat)....g	30.71		0	PAE	4		8.71	139.30	
Ash....g	0.78		0	PAE	4		0.22	3.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAE	4		4	64	
Iron, Fe....mg	1.43		0	PAE	4		0.41	6.49	
Magnesium, Mg....mg	19		0	PAE	4		5	86	
Phosphorus, P....mg	143		0	PAE	4		41	649	
Potassium, K....mg	201		0	PAE	4		57	912	
Sodium, Na....mg	58		0	PAE	4		16	263	
Zinc, Zn....mg	2.87		0	PAE	4		0.81	13.02	
Copper, Cu....mg	0.092		0	PAE	4		0.026	0.417	
Manganese, Mn....mg	0.017		0	PAE	4		0.005	0.077	
Selenium, Se....mcg	17.7		0	BFNN	4		5.0	80.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.028	0.454	
Riboflavin....mg	0.190		0	PAE	4		0.054	0.862	
Niacin....mg	6.060		0	PAE	4		1.718	27.488	
Pantothenic acid....mg	0.620		0	PAE	4		0.176	2.812	
Vitamin B-6....mg	0.120		0	PAE	4		0.034	0.544	
Folate, total....mcg	15		0	PAE	4		4	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0	PAE	4		4	68	
Folate, DFE....mcg_DFE	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.14		0	PAE	4		0.61	9.71	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.430		0	PAE	4		3.807	60.918	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17239

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080		0	PAE	4		0.023	0.363	
12:0 g	0.130		0	PAE	4		0.037	0.590	
13:0 g									
14:0 g	1.230		0	PAE	4		0.349	5.579	
15:0 g									
16:0 g	6.750		0	PAE	4		1.914	30.618	
17:0 g									
18:0 g	4.230		0	PAE	4		1.199	19.187	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.600		0	PAE	4		3.572	57.154	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.890		0	PAE	4		0.252	4.037	
17:1 g									
18:1 undifferentiated g	11.320		0	PAE	4		3.209	51.348	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.420		0	PAE	4		0.686	10.977	
18:2 undifferentiated g	1.770		0	PAE	4		0.502	8.029	
18:3 undifferentiated g	0.550		0	PAE	4		0.156	2.495	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0	PAE	4		0.028	0.454	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	74		0	PAE	4		21	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.179		0	PAE	4		0.051	0.812	
Threonine g	0.656		0	PAE	4		0.186	2.976	
Isoleucine g	0.739		0	PAE	4		0.210	3.352	
Leucine g	1.191		0	PAE	4		0.338	5.402	
Lysine g	1.353		0	PAE	4		0.384	6.137	
Methionine g	0.393		0	PAE	4		0.111	1.783	
Cystine g	0.183		0	PAE	4		0.052	0.830	
Phenylalanine g	0.624		0	PAE	4		0.177	2.830	
Tyrosine g	0.515		0	PAE	4		0.146	2.336	
Valine g	0.826		0	PAE	4		0.234	3.747	
Arginine g	0.910		0	PAE	4		0.258	4.128	
Histidine g	0.485		0	PAE	4		0.137	2.200	
Alanine g	0.921		0	PAE	4		0.261	4.178	
Aspartic acid g	1.348		0	PAE	4		0.382	6.115	
Glutamic acid g	2.223		0	PAE	4		0.630	10.084	
Glycine g	0.748		0	PAE	4		0.212	3.393	
Proline g	0.642		0	PAE	4		0.182	2.912	
Serine g	0.569		0	PAE	4		0.161	2.581	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17239

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17033

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 55% Bone 30%, separable fat 25%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.83		0		1		86.48	50.01	
Energy....kcal	235		0	NC	4		345	200	
Energy....kJ	983		0		4		1445	836	
Protein (N x 6.25)....g	27.74		0		1		40.78	23.58	
Total lipid (fat)....g	12.95		0		1		19.04	11.01	
Ash....g	1.40		0		1		2.06	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		24	14	
Iron, Fe....mg	2.21		0		1		3.25	1.88	
Magnesium, Mg....mg	29		0		1		43	25	
Phosphorus, P....mg	213		0		1		313	181	
Potassium, K....mg	313		0		1		460	266	
Sodium, Na....mg	85		0		1		125	72	
Zinc, Zn....mg	5.27		0		1		7.75	4.48	
Copper, Cu....mg	0.139		0		1		0.204	0.118	
Manganese, Mn....mg	0.029		0		1		0.043	0.025	
Selenium, Se....mcg	31.0		0	BFYN	4		45.6	26.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.147	0.085	
Riboflavin....mg	0.250		0		1		0.368	0.213	
Niacin....mg	6.550		0		1		9.629	5.568	
Pantothenic acid....mg	0.630		0		1		0.926	0.536	
Vitamin B-6....mg	0.150		0		1		0.221	0.128	
Folate, total....mcg	21		0		1		31	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0		1		31	18	
Folate, DFE....mcg_DFE	21		0	NC	4		31	18	
Choline, total....mg	104.4		0	BFNN	4		153.4	88.7	
Betaine....mg	13.7		0	BFNN	4		20.2	11.7	
Vitamin B-12....mcg	2.64		0		1		3.88	2.24	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.26	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		4	2	
Vitamin K (phylloquinone)....mcg	4.1		0	BFSN	4		6.0	3.5	
Lipids:									
Fatty acids, total saturated....g	4.650		0		1		6.836	3.953	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17033

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020		0		1		0.029	0.017	
12:0....g	0.030		0		1		0.044	0.026	
13:0....g									
14:0....g	0.340		0		1		0.500	0.289	
15:0....g									
16:0....g	2.520		0		1		3.704	2.142	
17:0....g									
18:0....g	1.540		0		1		2.264	1.309	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.210		0		1		7.659	4.429	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.390		0		1		0.573	0.332	
17:1....g									
18:1 undifferentiated....g	4.710		0		1		6.924	4.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.180		0		1		1.735	1.003	
18:2 undifferentiated....g	0.890		0		1		1.308	0.757	
18:3 undifferentiated....g	0.170		0		1		0.250	0.145	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0		1		0.176	0.102	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	91		0		1		134	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0		1		0.476	0.275	
Threonine....g	1.187		0		1		1.745	1.009	
Isoleucine....g	1.338		0		1		1.967	1.137	
Leucine....g	2.157		0		1		3.171	1.833	
Lysine....g	2.449		0		1		3.600	2.082	
Methionine....g	0.712		0		1		1.047	0.605	
Cystine....g	0.331		0		1		0.487	0.281	
Phenylalanine....g	1.129		0		1		1.660	0.960	
Tyrosine....g	0.932		0		1		1.370	0.792	
Valine....g	1.497		0		1		2.201	1.272	
Arginine....g	1.648		0		1		2.423	1.401	
Histidine....g	0.879		0		1		1.292	0.747	
Alanine....g	1.668		0		1		2.452	1.418	
Aspartic acid....g	2.441		0		1		3.588	2.075	
Glutamic acid....g	4.025		0		1		5.917	3.421	
Glycine....g	1.355		0		1		1.992	1.152	
Proline....g	1.163		0		1		1.710	0.989	
Serine....g	1.031		0		1		1.516	0.876	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17033

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 147g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17034

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 55% Bone 28%, separable fat 27%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.13	0.734	16		1		95.61	51.11	
Energy....kcal	232		0	NC	4		369	197	
Energy....kJ	971				4		1543	825	
Protein (N x 6.25)....g	26.16	0.316	16		1		41.59	22.24	
Total lipid (fat)....g	13.31	0.645	15		1		21.16	11.31	
Ash....g	1.07	0.022	16		1		1.70	0.91	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	1.787	16		1		33	18	
Iron, Fe....mg	1.77	0.068	16		1		2.81	1.50	
Magnesium, Mg....mg	23	0.351	16		1		37	20	
Phosphorus, P....mg	195	3.487	16		1		310	166	
Potassium, K....mg	315	4.264	16		1		501	268	
Sodium, Na....mg	81	1.595	16		1		129	69	
Zinc, Zn....mg	4.47	0.169	16		1		7.11	3.80	
Copper, Cu....mg	0.129	0.005	16		1		0.205	0.110	
Manganese, Mn....mg	0.028		0		1		0.045	0.024	
Selenium, Se....mcg	26.9		0	BFYN	4		42.8	22.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.005	15		1		0.143	0.077	
Riboflavin....mg	0.230	0.014	15		1		0.366	0.196	
Niacin....mg	6.160	0.271	15		1		9.794	5.236	
Pantothenic acid....mg	0.660	0.022	15		1		1.049	0.561	
Vitamin B-6....mg	0.150	0.008	9		1		0.239	0.128	
Folate, total....mcg	22	1.536	15		1		35	19	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	22	1.536	15		1		35	19	
Folate, DFE....mcg_DFE	22		0	NC	4		35	19	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.16	0.136	15		1		3.43	1.84	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.24	0.13	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.760		0		1		7.568	4.046	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17034

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		107		1		0.048	0.026	
12:0 g	0.040		107		1		0.064	0.034	
13:0 g									
14:0 g	0.420		107		1		0.668	0.357	
15:0 g									
16:0 g	2.560		107		1		4.070	2.176	
17:0 g									
18:0 g	1.640		107		1		2.608	1.394	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.830		0		1		9.270	4.956	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.400		107		1		0.636	0.340	
17:1 g									
18:1 undifferentiated g	5.400		107		1		8.586	4.590	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.870		0		1		1.383	0.740	
18:2 undifferentiated g	0.710		107		1		1.129	0.604	
18:3 undifferentiated g	0.080		107		1		0.127	0.068	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		107		1		0.143	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	88	2.315	16		1		140	75	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.306		0		1		0.487	0.260	
Threonine g	1.119		0		1		1.779	0.951	
Isoleucine g	1.262		0		1		2.007	1.073	
Leucine g	2.034		0		1		3.234	1.729	
Lysine g	2.310		0		1		3.673	1.964	
Methionine g	0.671		0		1		1.067	0.570	
Cystine g	0.312		0		1		0.496	0.265	
Phenylalanine g	1.065		0		1		1.693	0.905	
Tyrosine g	0.879		0		1		1.398	0.747	
Valine g	1.411		0		1		2.243	1.199	
Arginine g	1.554		0		1		2.471	1.321	
Histidine g	0.829		0		1		1.318	0.705	
Alanine g	1.573		0		1		2.501	1.337	
Aspartic acid g	2.302		0		1		3.660	1.957	
Glutamic acid g	3.796		0		1		6.036	3.227	
Glycine g	1.277		0		1		2.030	1.085	
Proline g	1.097		0		1		1.744	0.932	
Serine g	0.972		0		1		1.545	0.826	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17034

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17032

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 57% Bone 27%, separable fat 30%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.44	0.548	32		1		19.97	319.52	
Energy....kcal	169		0	NC	4		48	767	
Energy....kJ	707				4		200	3207	
Protein (N x 6.25)....g	19.98	0.177	31		1		5.66	90.63	
Total lipid (fat)....g	9.23	0.668	32		1		2.62	41.87	
Ash....g	1.01	0.013	32		1		0.29	4.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.858	32		1		3	54	
Iron, Fe....mg	1.67	0.083	32		1		0.47	7.58	
Magnesium, Mg....mg	25	0.861	32		1		7	113	
Phosphorus, P....mg	181	3.466	16		1		51	821	
Potassium, K....mg	265	12.257	32		1		75	1202	
Sodium, Na....mg	72	3.092	32		1		20	327	
Zinc, Zn....mg	3.80	0.184	32		1		1.08	17.24	
Copper, Cu....mg	0.111	0.005	32		1		0.031	0.503	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	22.3		0	BFNN	4		6.3	101.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.006	16		1		0.034	0.544	
Riboflavin....mg	0.200	0.012	16		1		0.057	0.907	
Niacin....mg	5.890	0.295	16		1		1.670	26.717	
Pantothenic acid....mg	0.650	0.029	16		1		0.184	2.948	
Vitamin B-6....mg	0.160	0.011	9		1		0.045	0.726	
Folate, total....mcg	21	1.391	16		1		6	95	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21	1.391	16		1		6	95	
Folate, DFE....mcg_DFE	21		0	NC	4		6	95	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.38	0.124	16		1		0.67	10.80	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.86	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.300		0		1		0.936	14.969	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17032

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.020		373		1		0.006	0.091	
13:0 g									
14:0 g	0.240		373		1		0.068	1.089	
15:0 g									
16:0 g	1.790		373		1		0.507	8.119	
17:0 g									
18:0 g	1.100		373		1		0.312	4.990	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.710		0		1		1.052	16.829	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		373		1		0.079	1.270	
17:1 g									
18:1 undifferentiated g	3.360		373		1		0.953	15.241	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.840		0		1		0.238	3.810	
18:2 undifferentiated g	0.630		373		1		0.179	2.858	
18:3 undifferentiated g	0.120		373		1		0.034	0.544	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		373		1		0.026	0.408	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	1.480	16		1		19	299	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.234		0		1		0.066	1.061	
Threonine g	0.855		0		1		0.242	3.878	
Isoleucine g	0.964		0		1		0.273	4.373	
Leucine g	1.554		0		1		0.441	7.049	
Lysine g	1.765		0		1		0.500	8.006	
Methionine g	0.513		0		1		0.145	2.327	
Cystine g	0.239		0		1		0.068	1.084	
Phenylalanine g	0.814		0		1		0.231	3.692	
Tyrosine g	0.672		0		1		0.191	3.048	
Valine g	1.078		0		1		0.306	4.890	
Arginine g	1.187		0		1		0.337	5.384	
Histidine g	0.633		0		1		0.179	2.871	
Alanine g	1.202		0		1		0.341	5.452	
Aspartic acid g	1.759		0		1		0.499	7.979	
Glutamic acid g	2.900		0		1		0.822	13.154	
Glycine g	0.976		0		1		0.277	4.427	
Proline g	0.838		0		1		0.238	3.801	
Serine g	0.743		0		1		0.211	3.370	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17032

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17044

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.22		0		1		37.59	30.95	
Energy....kcal	346		0	NC	4		294	242	
Energy....kJ	1448				4		1231	1013	
Protein (N x 6.25)....g	30.39		0		1		25.83	21.27	
Total lipid (fat)....g	24.00		0		1		20.40	16.80	
Ash....g	1.10		0		1		0.94	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0		1		21	18	
Iron, Fe....mg	2.39		0		1		2.03	1.67	
Magnesium, Mg....mg	26		0		1		22	18	
Phosphorus, P....mg	206		0		1		175	144	
Potassium, K....mg	306		0		1		260	214	
Sodium, Na....mg	72		0		1		61	50	
Zinc, Zn....mg	6.08		0		1		5.17	4.26	
Copper, Cu....mg	0.139		0		1		0.118	0.097	
Manganese, Mn....mg	0.023		0		1		0.020	0.016	
Selenium, Se....mcg	37.2		0	BFYN	4		31.6	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.049	
Riboflavin....mg	0.250		0		1		0.213	0.175	
Niacin....mg	6.660		0		1		5.661	4.662	
Pantothenic acid....mg	0.610		0		1		0.519	0.427	
Vitamin B-6....mg	0.110		0		1		0.094	0.077	
Folate, total....mcg	18		0		1		15	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		15	13	
Folate, DFE....mcg_DFE	18		0	NC	4		15	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.58		0		1		2.19	1.81	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.13	0.11	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.870		0		1		8.390	6.909	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17044

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.051	0.042	
12:0 g	0.100		0		1		0.085	0.070	
13:0 g									
14:0 g	0.910		0		1		0.774	0.637	
15:0 g									
16:0 g	5.050		0		1		4.293	3.535	
17:0 g									
18:0 g	3.200		0		1		2.720	2.240	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.180		0		1		8.653	7.126	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.700		0		1		0.595	0.490	
17:1 g									
18:1 undifferentiated g	9.270		0		1		7.880	6.489	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.710		0		1		1.454	1.197	
18:2 undifferentiated g	1.300		0		1		1.105	0.910	
18:3 undifferentiated g	0.310		0		1		0.264	0.217	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.077	0.063	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	120		0		1		102	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.355		0		1		0.302	0.249	
Threonine g	1.301		0		1		1.106	0.911	
Isoleucine g	1.466		0		1		1.246	1.026	
Leucine g	2.364		0		1		2.009	1.655	
Lysine g	2.684		0		1		2.281	1.879	
Methionine g	0.780		0		1		0.663	0.546	
Cystine g	0.363		0		1		0.309	0.254	
Phenylalanine g	1.237		0		1		1.051	0.866	
Tyrosine g	1.022		0		1		0.869	0.715	
Valine g	1.640		0		1		1.394	1.148	
Arginine g	1.806		0		1		1.535	1.264	
Histidine g	0.963		0		1		0.819	0.674	
Alanine g	1.828		0		1		1.554	1.280	
Aspartic acid g	2.675		0		1		2.274	1.873	
Glutamic acid g	4.411		0		1		3.749	3.088	
Glycine g	1.484		0		1		1.261	1.039	
Proline g	1.275		0		1		1.084	0.893	
Serine g	1.130		0		1		0.961	0.791	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 70g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17044

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17045

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.69		0		1		46.49	50.86	
Energy	kcal	281		0	NC	4		239	261	
Energy	kJ	1176				4		999	1093	
Protein (N x 6.25)	g	24.44		0		1		20.77	22.73	
Total lipid (fat)	g	19.55		0		1		16.62	18.18	
Ash	g	1.31		0		1		1.11	1.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		15	17	
Iron, Fe	mg	2.09		0		1		1.78	1.94	
Magnesium, Mg	mg	26		0		1		22	24	
Phosphorus, P	mg	197		0		1		167	183	
Potassium, K	mg	309		0		1		263	287	
Sodium, Na	mg	77		0		1		65	72	
Zinc, Zn	mg	4.89		0		1		4.16	4.55	
Copper, Cu	mg	0.133		0		1		0.113	0.124	
Manganese, Mn	mg	0.023		0		1		0.020	0.021	
Selenium, Se	mcg	27.6		0	BFYN	4		23.5	25.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.085	0.093	
Riboflavin	mg	0.270		0		1		0.230	0.251	
Niacin	mg	7.020		0		1		5.967	6.529	
Pantothenic acid	mg	0.680		0		1		0.578	0.632	
Vitamin B-6	mg	0.120		0		1		0.102	0.112	
Folate, total	mcg	18		0		1		15	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0		1		15	17	
Folate, DFE	mcg_DFE	18		0	NC	4		15	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.86		0		1		2.43	2.66	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.13		0		1		0.11	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.370		0		1		7.115	7.784	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17045

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.043	0.047	
12:0 g	0.080		0		1		0.068	0.074	
13:0 g									
14:0 g	0.750		0		1		0.638	0.698	
15:0 g									
16:0 g	4.240		0		1		3.604	3.943	
17:0 g									
18:0 g	2.650		0		1		2.253	2.465	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.010		0		1		6.809	7.449	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.570		0		1		0.485	0.530	
17:1 g									
18:1 undifferentiated g	7.190		0		1		6.112	6.687	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.570		0		1		1.335	1.460	
18:2 undifferentiated g	1.150		0		1		0.978	1.070	
18:3 undifferentiated g	0.340		0		1		0.289	0.316	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.068	0.074	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	96		0		1		82	89	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0		1		0.243	0.266	
Threonine g	1.046		0		1		0.889	0.973	
Isoleucine g	1.179		0		1		1.002	1.096	
Leucine g	1.901		0		1		1.616	1.768	
Lysine g	2.158		0		1		1.834	2.007	
Methionine g	0.627		0		1		0.533	0.583	
Cystine g	0.292		0		1		0.248	0.272	
Phenylalanine g	0.995		0		1		0.846	0.925	
Tyrosine g	0.821		0		1		0.698	0.764	
Valine g	1.319		0		1		1.121	1.227	
Arginine g	1.452		0		1		1.234	1.350	
Histidine g	0.774		0		1		0.658	0.720	
Alanine g	1.470		0		1		1.250	1.367	
Aspartic acid g	2.151		0		1		1.828	2.000	
Glutamic acid g	3.547		0		1		3.015	3.299	
Glycine g	1.194		0		1		1.015	1.110	
Proline g	1.025		0		1		0.871	0.953	
Serine g	0.909		0		1		0.773	0.845	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 93g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17045

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17046

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.92		0		1		159.93	47.53	
Energy....kcal	279		0	NC	4		798	237	
Energy....kJ	1167				4		3339	992	
Protein (N x 6.25)....g	22.53		0		1		64.44	19.15	
Total lipid (fat)....g	20.24		0		1		57.89	17.20	
Ash....g	1.21		0		1		3.46	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		51	15	
Iron, Fe....mg	2.03		0		1		5.81	1.73	
Magnesium, Mg....mg	23		0		1		66	20	
Phosphorus, P....mg	183		0		1		523	156	
Potassium, K....mg	259		0		1		741	220	
Sodium, Na....mg	65		0		1		186	55	
Zinc, Zn....mg	4.48		0		1		12.81	3.81	
Copper, Cu....mg	0.113		0		1		0.323	0.096	
Manganese, Mn....mg	0.021		0		1		0.060	0.018	
Selenium, Se....mcg	25.4		0	BFYN	4		72.6	21.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.257	0.077	
Riboflavin....mg	0.250		0		1		0.715	0.213	
Niacin....mg	6.660		0		1		19.048	5.661	
Pantothenic acid....mg	0.710		0		1		2.031	0.604	
Vitamin B-6....mg	0.120		0		1		0.343	0.102	
Folate, total....mcg	20		0		1		57	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20		0		1		57	17	
Folate, DFE....mcg_DFE	20		0	NC	4		57	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.55		0		1		7.29	2.17	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.40	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.740		0		1		24.996	7.429	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17046

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0		1		0.143	0.043	
12:0 ... g	0.090		0		1		0.257	0.077	
13:0 ... g									
14:0 ... g	0.790		0		1		2.259	0.672	
15:0 ... g									
16:0 ... g	4.410		0		1		12.613	3.749	
17:0 ... g									
18:0 ... g	2.770		0		1		7.922	2.355	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.300		0		1		23.738	7.055	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.590		0		1		1.687	0.502	
17:1 ... g									
18:1 undifferentiated ... g	7.450		0		1		21.307	6.333	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.610		0		1		4.605	1.369	
18:2 undifferentiated ... g	1.180		0		1		3.375	1.003	
18:3 undifferentiated ... g	0.360		0		1		1.030	0.306	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0		1		0.200	0.060	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	92		0		1		263	78	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.752	0.224	
Threonine ... g	0.964		0		1		2.757	0.819	
Isoleucine ... g	1.087		0		1		3.109	0.924	
Leucine ... g	1.753		0		1		5.014	1.490	
Lysine ... g	1.990		0		1		5.691	1.692	
Methionine ... g	0.578		0		1		1.653	0.491	
Cystine ... g	0.269		0		1		0.769	0.229	
Phenylalanine ... g	0.917		0		1		2.623	0.779	
Tyrosine ... g	0.757		0		1		2.165	0.643	
Valine ... g	1.216		0		1		3.478	1.034	
Arginine ... g	1.339		0		1		3.830	1.138	
Histidine ... g	0.714		0		1		2.042	0.607	
Alanine ... g	1.355		0		1		3.875	1.152	
Aspartic acid ... g	1.983		0		1		5.671	1.686	
Glutamic acid ... g	3.270		0		1		9.352	2.780	
Glycine ... g	1.101		0		1		3.149	0.936	
Proline ... g	0.945		0		1		2.703	0.803	
Serine ... g	0.838		0		1		2.397	0.712	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17046

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17043

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 17% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.76		0		1		17.51	82.14	
Energy....kcal	260		0	NC	4		74	346	
Energy....kJ	1088				4		308	1447	
Protein (N x 6.25)....g	16.79		0		1		4.76	22.33	
Total lipid (fat)....g	20.90		0		1		5.93	27.80	
Ash....g	0.90		0		1		0.26	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		4	19	
Iron, Fe....mg	1.56		0		1		0.44	2.07	
Magnesium, Mg....mg	21		0		1		6	28	
Phosphorus, P....mg	159		0		1		45	211	
Potassium, K....mg	238		0		1		67	317	
Sodium, Na....mg	60		0		1		17	80	
Zinc, Zn....mg	3.43		0		1		0.97	4.56	
Copper, Cu....mg	0.102		0		1		0.029	0.136	
Manganese, Mn....mg	0.019		0		1		0.005	0.025	
Selenium, Se....mcg	19.3		0	PIE	4		5.5	25.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		1		0.031	0.146	
Riboflavin....mg	0.220		0		1		0.062	0.293	
Niacin....mg	6.090		0		1		1.727	8.100	
Pantothenic acid....mg	0.690		0		1		0.196	0.918	
Vitamin B-6....mg	0.130		0		1		0.037	0.173	
Folate, total....mcg	19		0		1		5	25	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0		1		5	25	
Folate, DFE....mcg_DFE	19		0	NC	4		5	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.44		0		1		0.69	3.25	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.28	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.150		0		1		2.594	12.170	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17043

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.014	0.067	
12:0 g	0.090		0		1		0.026	0.120	
13:0 g									
14:0 g	0.840		0		1		0.238	1.117	
15:0 g									
16:0 g	4.600		0		1		1.304	6.118	
17:0 g									
18:0 g	2.880		0		1		0.816	3.830	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.580		0		1		2.432	11.411	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.610		0		1		0.173	0.811	
17:1 g									
18:1 undifferentiated g	7.700		0		1		2.183	10.241	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.650		0		1		0.468	2.195	
18:2 undifferentiated g	1.200		0		1		0.340	1.596	
18:3 undifferentiated g	0.370		0		1		0.105	0.492	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.093	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0		1		20	94	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.196		0		1		0.056	0.261	
Threonine g	0.719		0		1		0.204	0.956	
Isoleucine g	0.810		0		1		0.230	1.077	
Leucine g	1.306		0		1		0.370	1.737	
Lysine g	1.483		0		1		0.420	1.972	
Methionine g	0.431		0		1		0.122	0.573	
Cystine g	0.200		0		1		0.057	0.266	
Phenylalanine g	0.683		0		1		0.194	0.908	
Tyrosine g	0.564		0		1		0.160	0.750	
Valine g	0.906		0		1		0.257	1.205	
Arginine g	0.997		0		1		0.283	1.326	
Histidine g	0.532		0		1		0.151	0.708	
Alanine g	1.010		0		1		0.286	1.343	
Aspartic acid g	1.478		0		1		0.419	1.966	
Glutamic acid g	2.436		0		1		0.691	3.240	
Glycine g	0.820		0		1		0.232	1.091	
Proline g	0.704		0		1		0.200	0.936	
Serine g	0.624		0		1		0.177	0.830	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17043

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17247

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.92		0	PAE	4		38.18	20.21	
Energy....kcal	337		0	NC	4		286	152	
Energy....kJ	1410				4		1199	635	
Protein (N x 6.25)....g	31.10		0	PAE	4		26.44	14.00	
Total lipid (fat)....g	22.65		0	PAE	4		19.25	10.19	
Ash....g	1.12		0	PAE	4		0.95	0.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	25		0	PAE	4		21	11	
Iron, Fe....mg	2.43		0	PAE	4		2.07	1.09	
Magnesium, Mg....mg	26		0	PAE	4		22	12	
Phosphorus, P....mg	210		0	PAE	4		179	95	
Potassium, K....mg	311		0	PAE	4		264	140	
Sodium, Na....mg	72		0	PAE	4		61	32	
Zinc, Zn....mg	6.24		0	PAE	4		5.30	2.81	
Copper, Cu....mg	0.141		0	PAE	4		0.120	0.063	
Manganese, Mn....mg	0.023		0	PAE	4		0.020	0.010	
Selenium, Se....mcg	37.9		0	BFNN	4		32.2	17.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0	PAE	4		0.060	0.032	
Riboflavin....mg	0.250		0	PAE	4		0.213	0.113	
Niacin....mg	6.610		0	PAE	4		5.619	2.975	
Pantothenic acid....mg	0.610		0	PAE	4		0.519	0.275	
Vitamin B-6....mg	0.110		0	PAE	4		0.094	0.050	
Folate, total....mcg	19		0	PAE	4		16	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		16	9	
Folate, DFE....mcg_DFE	19		0	NC	4		16	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.59		0	PAE	4		2.20	1.17	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.210		0	PAE	4		7.829	4.145	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17247

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.060		0	PAE	4		0.051	0.027	
12:0 ... g	0.090		0	PAE	4		0.077	0.041	
13:0 ... g									
14:0 ... g	0.850		0	PAE	4		0.723	0.383	
15:0 ... g									
16:0 ... g	4.730		0	PAE	4		4.021	2.129	
17:0 ... g									
18:0 ... g	3.000		0	PAE	4		2.550	1.350	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.630		0	PAE	4		8.186	4.334	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.660		0	PAE	4		0.561	0.297	
17:1 ... g									
18:1 undifferentiated ... g	8.780		0	PAE	4		7.463	3.951	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.600		0	PAE	4		1.360	0.720	
18:2 undifferentiated ... g	1.230		0	PAE	4		1.046	0.554	
18:3 undifferentiated ... g	0.280		0	PAE	4		0.238	0.126	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		0	PAE	4		0.077	0.041	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	120		0	PAE	4		102	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.363		0	PAE	4		0.309	0.163	
Threonine ... g	1.331		0	PAE	4		1.131	0.599	
Isoleucine ... g	1.500		0	PAE	4		1.275	0.675	
Leucine ... g	2.419		0	PAE	4		2.056	1.089	
Lysine ... g	2.746		0	PAE	4		2.334	1.236	
Methionine ... g	0.798		0	PAE	4		0.678	0.359	
Cystine ... g	0.371		0	PAE	4		0.315	0.167	
Phenylalanine ... g	1.266		0	PAE	4		1.076	0.570	
Tyrosine ... g	1.045		0	PAE	4		0.888	0.470	
Valine ... g	1.678		0	PAE	4		1.426	0.755	
Arginine ... g	1.847		0	PAE	4		1.570	0.831	
Histidine ... g	0.985		0	PAE	4		0.837	0.443	
Alanine ... g	1.870		0	PAE	4		1.590	0.842	
Aspartic acid ... g	2.737		0	PAE	4		2.326	1.232	
Glutamic acid ... g	4.512		0	PAE	4		3.835	2.030	
Glycine ... g	1.519		0	PAE	4		1.291	0.684	
Proline ... g	1.304		0	PAE	4		1.108	0.587	
Serine ... g	1.156		0	PAE	4		0.983	0.520	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 45g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

NDB No. 17247

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17246

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.30		0	PAE	4		17.95	53.17	
Energy....kcal	244		0	NC	4		69	205	
Energy....kJ	1021				4		289	858	
Protein (N x 6.25)....g	17.19		0	PAE	4		4.87	14.44	
Total lipid (fat)....g	18.94		0	PAE	4		5.37	15.91	
Ash....g	0.92		0	PAE	4		0.26	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAE	4		4	12	
Iron, Fe....mg	1.58		0	PAE	4		0.45	1.33	
Magnesium, Mg....mg	22		0	PAE	4		6	18	
Phosphorus, P....mg	162		0	PAE	4		46	136	
Potassium, K....mg	244		0	PAE	4		69	205	
Sodium, Na....mg	61		0	PAE	4		17	51	
Zinc, Zn....mg	3.52		0	PAE	4		1.00	2.96	
Copper, Cu....mg	0.104		0	PAE	4		0.029	0.087	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.017	
Selenium, Se....mcg	19.8		0	BFNN	4		5.6	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.092	
Riboflavin....mg	0.220		0	PAE	4		0.062	0.185	
Niacin....mg	6.080		0	PAE	4		1.724	5.107	
Pantothenic acid....mg	0.690		0	PAE	4		0.196	0.580	
Vitamin B-6....mg	0.130		0	PAE	4		0.037	0.109	
Folate, total....mcg	19		0	PAE	4		5	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		5	16	
Folate, DFE....mcg_DFE	19		0	NC	4		5	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.47		0	PAE	4		0.70	2.07	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.240		0	PAE	4		2.336	6.922	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17246

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.042	
12:0 g	0.080		0	PAE	4		0.023	0.067	
13:0 g									
14:0 g	0.750		0	PAE	4		0.213	0.630	
15:0 g									
16:0 g	4.150		0	PAE	4		1.177	3.486	
17:0 g									
18:0 g	2.600		0	PAE	4		0.737	2.184	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.770		0	PAE	4		2.203	6.527	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.550		0	PAE	4		0.156	0.462	
17:1 g									
18:1 undifferentiated g	6.980		0	PAE	4		1.979	5.863	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.500		0	PAE	4		0.425	1.260	
18:2 undifferentiated g	1.100		0	PAE	4		0.312	0.924	
18:3 undifferentiated g	0.340		0	PAE	4		0.096	0.286	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0	PAE	4		0.017	0.050	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70		0	PAE	4		20	59	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	PAE	4		0.057	0.169	
Threonine g	0.736		0	PAE	4		0.209	0.618	
Isoleucine g	0.829		0	PAE	4		0.235	0.696	
Leucine g	1.337		0	PAE	4		0.379	1.123	
Lysine g	1.518		0	PAE	4		0.430	1.275	
Methionine g	0.441		0	PAE	4		0.125	0.370	
Cystine g	0.205		0	PAE	4		0.058	0.172	
Phenylalanine g	0.700		0	PAE	4		0.198	0.588	
Tyrosine g	0.578		0	PAE	4		0.164	0.486	
Valine g	0.928		0	PAE	4		0.263	0.780	
Arginine g	1.021		0	PAE	4		0.289	0.858	
Histidine g	0.545		0	PAE	4		0.155	0.458	
Alanine g	1.034		0	PAE	4		0.293	0.869	
Aspartic acid g	1.513		0	PAE	4		0.429	1.271	
Glutamic acid g	2.494		0	PAE	4		0.707	2.095	
Glycine g	0.840		0	PAE	4		0.238	0.706	
Proline g	0.721		0	PAE	4		0.204	0.606	
Serine g	0.639		0	PAE	4		0.181	0.537	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 84g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

NDB No. 17246

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17249

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted

Refuse: 18% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.07		0	PAE	4		162.08	48.51	
Energy....kcal	267		0	NC	4		758	227	
Energy....kJ	1117				4		3173	950	
Protein (N x 6.25)....g	22.93		0	PAE	4		65.12	19.49	
Total lipid (fat)....g	18.75		0	PAE	4		53.25	15.94	
Ash....g	1.23		0	PAE	4		3.49	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAE	4		48	14	
Iron, Fe....mg	2.05		0	PAE	4		5.82	1.74	
Magnesium, Mg....mg	23		0	PAE	4		65	20	
Phosphorus, P....mg	185		0	PAE	4		525	157	
Potassium, K....mg	262		0	PAE	4		744	223	
Sodium, Na....mg	65		0	PAE	4		185	55	
Zinc, Zn....mg	4.58		0	PAE	4		13.01	3.89	
Copper, Cu....mg	0.114		0	PAE	4		0.324	0.097	
Manganese, Mn....mg	0.022		0	PAE	4		0.062	0.019	
Selenium, Se....mcg	25.8		0	BFNN	4		73.3	21.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.256	0.077	
Riboflavin....mg	0.250		0	PAE	4		0.710	0.213	
Niacin....mg	6.620		0	PAE	4		18.801	5.627	
Pantothenic acid....mg	0.710		0	PAE	4		2.016	0.604	
Vitamin B-6....mg	0.130		0	PAE	4		0.369	0.111	
Folate, total....mcg	21		0	PAE	4		60	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0	PAE	4		60	18	
Folate, DFE....mcg_DFE	21		0	NC	4		60	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.56		0	PAE	4		7.27	2.18	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.040		0	PAE	4		22.834	6.834	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17249

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0	PAE	4		0.142	0.043	
12:0 ... g	0.080		0	PAE	4		0.227	0.068	
13:0 ... g									
14:0 ... g	0.720		0	PAE	4		2.045	0.612	
15:0 ... g									
16:0 ... g	4.070		0	PAE	4		11.559	3.460	
17:0 ... g									
18:0 ... g	2.550		0	PAE	4		7.242	2.168	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.680		0	PAE	4		21.811	6.528	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.550		0	PAE	4		1.562	0.468	
17:1 ... g									
18:1 undifferentiated ... g	6.900		0	PAE	4		19.596	5.865	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.500		0	PAE	4		4.260	1.275	
18:2 undifferentiated ... g	1.100		0	PAE	4		3.124	0.935	
18:3 undifferentiated ... g	0.330		0	PAE	4		0.937	0.281	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0	PAE	4		0.199	0.060	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	91		0	PAE	4		258	77	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.268		0	PAE	4		0.761	0.228	
Threonine ... g	0.982		0	PAE	4		2.789	0.835	
Isoleucine ... g	1.106		0	PAE	4		3.141	0.940	
Leucine ... g	1.784		0	PAE	4		5.067	1.516	
Lysine ... g	2.025		0	PAE	4		5.751	1.721	
Methionine ... g	0.589		0	PAE	4		1.673	0.501	
Cystine ... g	0.274		0	PAE	4		0.778	0.233	
Phenylalanine ... g	0.934		0	PAE	4		2.653	0.794	
Tyrosine ... g	0.771		0	PAE	4		2.190	0.655	
Valine ... g	1.237		0	PAE	4		3.513	1.051	
Arginine ... g	1.362		0	PAE	4		3.868	1.158	
Histidine ... g	0.726		0	PAE	4		2.062	0.617	
Alanine ... g	1.379		0	PAE	4		3.916	1.172	
Aspartic acid ... g	2.019		0	PAE	4		5.734	1.716	
Glutamic acid ... g	3.328		0	PAE	4		9.452	2.829	
Glycine ... g	1.120		0	PAE	4		3.181	0.952	
Proline ... g	0.962		0	PAE	4		2.732	0.818	
Serine ... g	0.853		0	PAE	4		2.423	0.725	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 284g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17249

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17248

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.77		0	PAE	4		47.40	32.90	
Energy....kcal	269		0	NC	4		229	159	
Energy....kJ	1125				4		957	664	
Protein (N x 6.25)....g	24.91		0	PAE	4		21.17	14.70	
Total lipid (fat)....g	18.05		0	PAE	4		15.34	10.65	
Ash....g	1.33		0	PAE	4		1.13	0.78	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0	PAE	4		15	11	
Iron, Fe....mg	2.12		0	PAE	4		1.80	1.25	
Magnesium, Mg....mg	27		0	PAE	4		23	16	
Phosphorus, P....mg	200		0	PAE	4		170	118	
Potassium, K....mg	314		0	PAE	4		267	185	
Sodium, Na....mg	78		0	PAE	4		66	46	
Zinc, Zn....mg	5.01		0	PAE	4		4.26	2.96	
Copper, Cu....mg	0.135		0	PAE	4		0.115	0.080	
Manganese, Mn....mg	0.024		0	PAE	4		0.020	0.014	
Selenium, Se....mcg	28.1		0	BFNN	4		23.9	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.085	0.059	
Riboflavin....mg	0.270		0	PAE	4		0.230	0.159	
Niacin....mg	6.990		0	PAE	4		5.942	4.124	
Pantothenic acid....mg	0.680		0	PAE	4		0.578	0.401	
Vitamin B-6....mg	0.120		0	PAE	4		0.102	0.071	
Folate, total....mcg	19		0	PAE	4		16	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		16	11	
Folate, DFE....mcg_DFE	19		0	NC	4		16	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.88		0	PAE	4		2.45	1.70	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.660		0	PAE	4		6.511	4.519	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17248

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0	PAE	4		0.034	0.024	
12:0 g	0.070		0	PAE	4		0.060	0.041	
13:0 g									
14:0 g	0.680		0	PAE	4		0.578	0.401	
15:0 g									
16:0 g	3.890		0	PAE	4		3.307	2.295	
17:0 g									
18:0 g	2.430		0	PAE	4		2.066	1.434	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.380		0	PAE	4		6.273	4.354	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.530		0	PAE	4		0.451	0.313	
17:1 g									
18:1 undifferentiated g	6.640		0	PAE	4		5.644	3.918	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.460		0	PAE	4		1.241	0.861	
18:2 undifferentiated g	1.070		0	PAE	4		0.910	0.631	
18:3 undifferentiated g	0.310		0	PAE	4		0.264	0.183	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.068	0.047	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	96		0	PAE	4		82	57	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0	PAE	4		0.247	0.172	
Threonine g	1.066		0	PAE	4		0.906	0.629	
Isoleucine g	1.202		0	PAE	4		1.022	0.709	
Leucine g	1.937		0	PAE	4		1.646	1.143	
Lysine g	2.200		0	PAE	4		1.870	1.298	
Methionine g	0.639		0	PAE	4		0.543	0.377	
Cystine g	0.297		0	PAE	4		0.252	0.175	
Phenylalanine g	1.014		0	PAE	4		0.862	0.598	
Tyrosine g	0.837		0	PAE	4		0.711	0.494	
Valine g	1.344		0	PAE	4		1.142	0.793	
Arginine g	1.480		0	PAE	4		1.258	0.873	
Histidine g	0.789		0	PAE	4		0.671	0.466	
Alanine g	1.498		0	PAE	4		1.273	0.884	
Aspartic acid g	2.192		0	PAE	4		1.863	1.293	
Glutamic acid g	3.615		0	PAE	4		3.073	2.133	
Glycine g	1.217		0	PAE	4		1.034	0.718	
Proline g	1.045		0	PAE	4		0.888	0.617	
Serine g	0.926		0	PAE	4		0.787	0.546	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

NDB No. 17248

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17048

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 38% Bone 20%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.32	1.240	16		1		41.92	27.13	
Energy....kcal	279		0	NC	4		237	153	
Energy....kJ	1167				4		992	642	
Protein (N x 6.25)....g	35.54	1.070	15		1		30.21	19.55	
Total lipid (fat)....g	14.08	0.683	16		1		11.97	7.74	
Ash....g	1.22	0.032	16		1		1.04	0.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26	1.591	16		1		22	14	
Iron, Fe....mg	2.70	0.150	16		1		2.30	1.49	
Magnesium, Mg....mg	29	0.811	16		1		25	16	
Phosphorus, P....mg	232	5.278	16		1		197	128	
Potassium, K....mg	338	8.806	16		1		287	186	
Sodium, Na....mg	76	1.802	16		1		65	42	
Zinc, Zn....mg	7.30	0.317	16		1		6.21	4.02	
Copper, Cu....mg	0.154	0.010	15		1		0.131	0.085	
Manganese, Mn....mg	0.028		0		1		0.024	0.015	
Selenium, Se....mcg	37.8		0	BFYN	4		32.1	20.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.006	16		1		0.060	0.039	
Riboflavin....mg	0.270	0.019	16		1		0.230	0.149	
Niacin....mg	6.330	0.272	16		1		5.381	3.482	
Pantothenic acid....mg	0.620	0.020	16		1		0.527	0.341	
Vitamin B-6....mg	0.130	0.005	9		1		0.111	0.072	
Folate, total....mcg	22	1.959	16		1		19	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	22	1.959	16		1		19	12	
Folate, DFE....mcg_DFE	22		0	NC	4		19	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.65	0.130	16		1		2.25	1.46	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.10	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.030		0		1		4.276	2.767	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17048

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		107		1		0.026	0.017	
12:0 g	0.040		107		1		0.034	0.022	
13:0 g									
14:0 g	0.440		107		1		0.374	0.242	
15:0 g									
16:0 g	2.710		107		1		2.304	1.491	
17:0 g									
18:0 g	1.730		107		1		1.471	0.952	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.170		0		1		5.245	3.394	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.420		107		1		0.357	0.231	
17:1 g									
18:1 undifferentiated g	5.720		107		1		4.862	3.146	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.920		0		1		0.782	0.506	
18:2 undifferentiated g	0.750		107		1		0.638	0.413	
18:3 undifferentiated g	0.080		107		1		0.068	0.044	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		107		1		0.077	0.050	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	121	3.155	16		1		103	67	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.415		0		1		0.353	0.228	
Threonine g	1.521		0		1		1.293	0.837	
Isoleucine g	1.715		0		1		1.458	0.943	
Leucine g	2.764		0		1		2.349	1.520	
Lysine g	3.138		0		1		2.667	1.726	
Methionine g	0.912		0		1		0.775	0.502	
Cystine g	0.424		0		1		0.360	0.233	
Phenylalanine g	1.447		0		1		1.230	0.796	
Tyrosine g	1.194		0		1		1.015	0.657	
Valine g	1.918		0		1		1.630	1.055	
Arginine g	2.111		0		1		1.794	1.161	
Histidine g	1.126		0		1		0.957	0.619	
Alanine g	2.137		0		1		1.816	1.175	
Aspartic acid g	3.128		0		1		2.659	1.720	
Glutamic acid g	5.157		0		1		4.383	2.836	
Glycine g	1.736		0		1		1.476	0.955	
Proline g	1.491		0		1		1.267	0.820	
Serine g	1.321		0		1		1.123	0.727	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 55g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17048

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17049

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 36% Bone 19%, separable fat 17%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.28		0		1		52.94	46.09	
Energy....kcal	200		0	NC	4		170	148	
Energy....kJ	837				4		711	619	
Protein (N x 6.25)....g	27.71		0		1		23.55	20.51	
Total lipid (fat)....g	9.02		0		1		7.67	6.67	
Ash....g	1.48		0		1		1.26	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		14	13	
Iron, Fe....mg	2.31		0		1		1.96	1.71	
Magnesium, Mg....mg	30		0		1		26	22	
Phosphorus, P....mg	219		0		1		186	162	
Potassium, K....mg	340		0		1		289	252	
Sodium, Na....mg	82		0		1		70	61	
Zinc, Zn....mg	5.73		0		1		4.87	4.24	
Copper, Cu....mg	0.145		0		1		0.123	0.107	
Manganese, Mn....mg	0.028		0		1		0.024	0.021	
Selenium, Se....mcg	31.5		0	BFYN	4		26.8	23.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.074	
Riboflavin....mg	0.290		0		1		0.247	0.215	
Niacin....mg	6.810		0		1		5.789	5.039	
Pantothenic acid....mg	0.710		0		1		0.604	0.525	
Vitamin B-6....mg	0.140		0		1		0.119	0.104	
Folate, total....mcg	23		0		1		20	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23		0		1		20	17	
Folate, DFE....mcg_DFE	23		0	NC	4		20	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.00		0		1		2.55	2.22	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.420		0		1		2.907	2.531	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17049

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.017	0.015	
12:0 g	0.030		0		1		0.026	0.022	
13:0 g									
14:0 g	0.270		0		1		0.230	0.200	
15:0 g									
16:0 g	1.810		0		1		1.539	1.339	
17:0 g									
18:0 g	1.120		0		1		0.952	0.829	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.650		0		1		3.103	2.701	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0		1		0.230	0.200	
17:1 g									
18:1 undifferentiated g	3.290		0		1		2.797	2.435	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.800		0		1		0.680	0.592	
18:2 undifferentiated g	0.590		0		1		0.502	0.437	
18:3 undifferentiated g	0.130		0		1		0.111	0.096	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.060	0.052	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92		0		1		78	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0		1		0.275	0.240	
Threonine g	1.186		0		1		1.008	0.878	
Isoleucine g	1.337		0		1		1.136	0.989	
Leucine g	2.155		0		1		1.832	1.595	
Lysine g	2.447		0		1		2.080	1.811	
Methionine g	0.711		0		1		0.604	0.526	
Cystine g	0.331		0		1		0.281	0.245	
Phenylalanine g	1.128		0		1		0.959	0.835	
Tyrosine g	0.931		0		1		0.791	0.689	
Valine g	1.495		0		1		1.271	1.106	
Arginine g	1.646		0		1		1.399	1.218	
Histidine g	0.878		0		1		0.746	0.650	
Alanine g	1.666		0		1		1.416	1.233	
Aspartic acid g	2.439		0		1		2.073	1.805	
Glutamic acid g	4.021		0		1		3.418	2.976	
Glycine g	1.353		0		1		1.150	1.001	
Proline g	1.162		0		1		0.988	0.860	
Serine g	1.030		0		1		0.876	0.762	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17049

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17050

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 35% Bone 17%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.32		0		1		144.08	54.67	
Energy....kcal	192		0	NC	4		430	163	
Energy....kJ	803				4		1799	683	
Protein (N x 6.25)....g	25.46		0		1		57.03	21.64	
Total lipid (fat)....g	9.26		0		1		20.74	7.87	
Ash....g	1.36		0		1		3.05	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		36	14	
Iron, Fe....mg	2.23		0		1		5.00	1.90	
Magnesium, Mg....mg	26		0		1		58	22	
Phosphorus, P....mg	202		0		1		452	172	
Potassium, K....mg	277		0		1		620	235	
Sodium, Na....mg	67		0		1		150	57	
Zinc, Zn....mg	5.25		0		1		11.76	4.46	
Copper, Cu....mg	0.120		0		1		0.269	0.102	
Manganese, Mn....mg	0.026		0		1		0.058	0.022	
Selenium, Se....mcg	29.1		0	BFYN	4		65.2	24.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.224	0.085	
Riboflavin....mg	0.270		0		1		0.605	0.230	
Niacin....mg	6.340		0		1		14.202	5.389	
Pantothenic acid....mg	0.740		0		1		1.658	0.629	
Vitamin B-6....mg	0.140		0		1		0.314	0.119	
Folate, total....mcg	25		0		1		56	21	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	25		0		1		56	21	
Folate, DFE....mcg_DFE	25		0	NC	4		56	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61		0		1		5.85	2.22	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.38	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.590		0		1		8.042	3.052	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17050

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0		1		0.045	0.017	
12:0 g	0.030		0		1		0.067	0.026	
13:0 g									
14:0 g	0.290		0		1		0.650	0.247	
15:0 g									
16:0 g	1.890		0		1		4.234	1.607	
17:0 g									
18:0 g	1.170		0		1		2.621	0.995	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.760		0		1		8.422	3.196	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0		1		0.627	0.238	
17:1 g									
18:1 undifferentiated g	3.390		0		1		7.594	2.882	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.800		0		1		1.792	0.680	
18:2 undifferentiated g	0.600		0		1		1.344	0.510	
18:3 undifferentiated g	0.140		0		1		0.314	0.119	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.157	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	86		0		1		193	73	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.298		0		1		0.668	0.253	
Threonine g	1.090		0		1		2.442	0.927	
Isoleucine g	1.228		0		1		2.751	1.044	
Leucine g	1.980		0		1		4.435	1.683	
Lysine g	2.248		0		1		5.036	1.911	
Methionine g	0.653		0		1		1.463	0.555	
Cystine g	0.304		0		1		0.681	0.258	
Phenylalanine g	1.036		0		1		2.321	0.881	
Tyrosine g	0.856		0		1		1.917	0.728	
Valine g	1.374		0		1		3.078	1.168	
Arginine g	1.513		0		1		3.389	1.286	
Histidine g	0.807		0		1		1.808	0.686	
Alanine g	1.531		0		1		3.429	1.301	
Aspartic acid g	2.241		0		1		5.020	1.905	
Glutamic acid g	3.695		0		1		8.277	3.141	
Glycine g	1.243		0		1		2.784	1.057	
Proline g	1.068		0		1		2.392	0.908	
Serine g	0.947		0		1		2.121	0.805	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17050

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17047

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 37% Bone 17%, separable fat 20%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.14	0.208	32		1		21.02	74.88	
Energy....kcal	132		0	NC	4		37	133	
Energy....kJ	552				4		157	558	
Protein (N x 6.25)....g	19.99	0.196	32		1		5.67	20.19	
Total lipid (fat)....g	5.20	0.200	32		1		1.47	5.25	
Ash....g	1.07	0.011	32		1		0.30	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.749	32		1		3	12	
Iron, Fe....mg	1.74	0.091	32		1		0.49	1.76	
Magnesium, Mg....mg	25	0.901	32		1		7	25	
Phosphorus, P....mg	186	2.729	16		1		53	188	
Potassium, K....mg	287	13.392	32		1		81	290	
Sodium, Na....mg	69	3.291	32		1		20	70	
Zinc, Zn....mg	4.15	0.157	32		1		1.18	4.19	
Copper, Cu....mg	0.116	0.004	32		1		0.033	0.117	
Manganese, Mn....mg	0.024		0		1		0.007	0.024	
Selenium, Se....mcg	22.7		0	BFNN	4		6.4	22.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.007	16		1		0.034	0.121	
Riboflavin....mg	0.230	0.013	16		1		0.065	0.232	
Niacin....mg	6.000	0.272	16		1		1.701	6.060	
Pantothenic acid....mg	0.720	0.025	16		1		0.204	0.727	
Vitamin B-6....mg	0.150	0.010	9		1		0.043	0.152	
Folate, total....mcg	24	1.393	16		1		7	24	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	1.393	16		1		7	24	
Folate, DFE....mcg_DFE	24		0	NC	4		7	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.67	0.161	16		1		0.76	2.70	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	0.22	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.860		0		1		0.527	1.879	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17047

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.010	
12:0 g	0.010		373		1		0.003	0.010	
13:0 g									
14:0 g	0.130		373		1		0.037	0.131	
15:0 g									
16:0 g	1.010		373		1		0.286	1.020	
17:0 g									
18:0 g	0.620		373		1		0.176	0.626	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.090		0		1		0.593	2.111	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		373		1		0.045	0.162	
17:1 g									
18:1 undifferentiated g	1.890		373		1		0.536	1.909	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.136	0.485	
18:2 undifferentiated g	0.360		373		1		0.102	0.364	
18:3 undifferentiated g	0.070		373		1		0.020	0.071	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		373		1		0.014	0.051	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	64	1.586	16		1		18	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.234		0		1		0.066	0.236	
Threonine g	0.856		0		1		0.243	0.865	
Isoleucine g	0.965		0		1		0.274	0.975	
Leucine g	1.555		0		1		0.441	1.571	
Lysine g	1.766		0		1		0.501	1.784	
Methionine g	0.513		0		1		0.145	0.518	
Cystine g	0.239		0		1		0.068	0.241	
Phenylalanine g	0.814		0		1		0.231	0.822	
Tyrosine g	0.672		0		1		0.191	0.679	
Valine g	1.079		0		1		0.306	1.090	
Arginine g	1.188		0		1		0.337	1.200	
Histidine g	0.633		0		1		0.179	0.639	
Alanine g	1.202		0		1		0.341	1.214	
Aspartic acid g	1.760		0		1		0.499	1.778	
Glutamic acid g	2.901		0		1		0.822	2.930	
Glycine g	0.976		0		1		0.277	0.986	
Proline g	0.839		0		1		0.238	0.847	
Serine g	0.743		0		1		0.211	0.750	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

NDB No. 17047

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17052

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.18		0		1		94.43	38.40	
Energy....kcal	345		0	NC	4		721	293	
Energy....kJ	1443				4		3017	1227	
Protein (N x 6.25)....g	28.51		0		1		59.59	24.23	
Total lipid (fat)....g	24.73		0		1		51.69	21.02	
Ash....g	1.53		0		1		3.20	1.30	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		56	23	
Iron, Fe....mg	2.35		0		1		4.91	2.00	
Magnesium, Mg....mg	24		0		1		50	20	
Phosphorus, P....mg	185		0		1		387	157	
Potassium, K....mg	243		0		1		508	207	
Sodium, Na....mg	75		0		1		157	64	
Zinc, Zn....mg	6.86		0		1		14.34	5.83	
Copper, Cu....mg	0.121		0		1		0.253	0.103	
Manganese, Mn....mg	0.027		0		1		0.056	0.023	
Selenium, Se....mcg	33.1		0	BFYN	4		69.2	28.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.125	0.051	
Riboflavin....mg	0.210		0		1		0.439	0.179	
Niacin....mg	6.040		0		1		12.624	5.134	
Pantothenic acid....mg	0.610		0		1		1.275	0.519	
Vitamin B-6....mg	0.110		0		1		0.230	0.094	
Folate, total....mcg	18		0		1		38	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		38	15	
Folate, DFE....mcg_DFE	18		0	NC	4		38	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.83		0		1		5.91	2.41	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.33	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.290		0		1		21.506	8.747	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17052

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.125	0.051	
12:0 g	0.100		0		1		0.209	0.085	
13:0 g									
14:0 g	0.900		0		1		1.881	0.765	
15:0 g									
16:0 g	5.270		0		1		11.014	4.480	
17:0 g									
18:0 g	3.280		0		1		6.855	2.788	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.100		0		1		21.109	8.585	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.730		0		1		1.526	0.621	
17:1 g									
18:1 undifferentiated g	9.080		0		1		18.977	7.718	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.030		0		1		4.243	1.726	
18:2 undifferentiated g	1.500		0		1		3.135	1.275	
18:3 undifferentiated g	0.410		0		1		0.857	0.349	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		0		1		0.251	0.102	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	116		0		1		242	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.333		0		1		0.696	0.283	
Threonine g	1.220		0		1		2.550	1.037	
Isoleucine g	1.376		0		1		2.876	1.170	
Leucine g	2.218		0		1		4.636	1.885	
Lysine g	2.518		0		1		5.263	2.140	
Methionine g	0.732		0		1		1.530	0.622	
Cystine g	0.340		0		1		0.711	0.289	
Phenylalanine g	1.161		0		1		2.426	0.987	
Tyrosine g	0.958		0		1		2.002	0.814	
Valine g	1.539		0		1		3.217	1.308	
Arginine g	1.694		0		1		3.540	1.440	
Histidine g	0.903		0		1		1.887	0.768	
Alanine g	1.715		0		1		3.584	1.458	
Aspartic acid g	2.510		0		1		5.246	2.134	
Glutamic acid g	4.138		0		1		8.648	3.517	
Glycine g	1.393		0		1		2.911	1.184	
Proline g	1.196		0		1		2.500	1.017	
Serine g	1.060		0		1		2.215	0.901	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17052

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17053

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.92		0		1		140.92	47.53	
Energy....kcal	278		0	NC	4		701	236	
Energy....kJ	1163		0		4		2931	989	
Protein (N x 6.25)....g	23.08		0		1		58.16	19.62	
Total lipid (fat)....g	19.94		0		1		50.25	16.95	
Ash....g	1.15		0		1		2.90	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		60	20	
Iron, Fe....mg	1.72		0		1		4.33	1.46	
Magnesium, Mg....mg	24		0		1		60	20	
Phosphorus, P....mg	198		0		1		499	168	
Potassium, K....mg	336		0		1		847	286	
Sodium, Na....mg	82		0		1		207	70	
Zinc, Zn....mg	5.62		0		1		14.16	4.78	
Copper, Cu....mg	0.122		0		1		0.307	0.104	
Manganese, Mn....mg	0.024		0		1		0.060	0.020	
Selenium, Se....mcg	27.4		0	BFYN	4		69.0	23.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.227	0.077	
Riboflavin....mg	0.250		0		1		0.630	0.213	
Niacin....mg	6.380		0		1		16.078	5.423	
Pantothenic acid....mg	0.670		0		1		1.688	0.570	
Vitamin B-6....mg	0.150		0		1		0.378	0.128	
Folate, total....mcg	18		0		1		45	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		45	15	
Folate, DFE....mcg_DFE	18		0	NC	4		45	15	
Choline, total....mg	89.3		0	BFNN	4		225.0	75.9	
Betaine....mg	11.7		0	BFNN	4		29.6	10.0	
Vitamin B-12....mcg	2.73		0		1		6.88	2.32	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.38	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.2	0.1	
Vitamin D....IU	2		40	A	1		6	2	
Vitamin K (phylloquinone)....mcg	4.4		0	BFSN	4		11.0	3.7	
Lipids:									
Fatty acids, total saturated....g	8.180		0		1		20.614	6.953	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17053

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.050		0		1		0.126	0.043	
12:0 g	0.080		0		1		0.202	0.068	
13:0 g									
14:0 g	0.750		0		1		1.890	0.638	
15:0 g									
16:0 g	4.190		0		1		10.559	3.562	
17:0 g									
18:0 g	2.660		0		1		6.703	2.261	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.460		0		1		21.319	7.191	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.580		0		1		1.462	0.493	
17:1 g									
18:1 undifferentiated g	7.700		0		1		19.404	6.545	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.420		0		1		3.578	1.207	
18:2 undifferentiated g	1.080		0		1		2.722	0.918	
18:3 undifferentiated g	0.260		0		1		0.655	0.221	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.202	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	95		0		1		239	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0		1		0.680	0.230	
Threonine g	0.988		0		1		2.490	0.840	
Isoleucine g	1.113		0		1		2.805	0.946	
Leucine g	1.795		0		1		4.523	1.526	
Lysine g	2.038		0		1		5.136	1.732	
Methionine g	0.592		0		1		1.492	0.503	
Cystine g	0.275		0		1		0.693	0.234	
Phenylalanine g	0.940		0		1		2.369	0.799	
Tyrosine g	0.776		0		1		1.956	0.660	
Valine g	1.245		0		1		3.137	1.058	
Arginine g	1.371		0		1		3.455	1.165	
Histidine g	0.731		0		1		1.842	0.621	
Alanine g	1.388		0		1		3.498	1.180	
Aspartic acid g	2.031		0		1		5.118	1.726	
Glutamic acid g	3.349		0		1		8.439	2.847	
Glycine g	1.127		0		1		2.840	0.958	
Proline g	0.968		0		1		2.439	0.823	
Serine g	0.858		0		1		2.162	0.729	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17053

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17054

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 25% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.85		0		1		144.09	47.47	
Energy	kcal	281		0	NC	4		725	239	
Energy	kJ	1176				4		3033	999	
Protein (N x 6.25)	g	22.25		0		1		57.41	18.91	
Total lipid (fat)	g	20.61		0		1		53.17	17.52	
Ash	g	1.19		0		1		3.07	1.01	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		54	18	
Iron, Fe	mg	1.92		0		1		4.95	1.63	
Magnesium, Mg	mg	22		0		1		57	19	
Phosphorus, P	mg	183		0		1		472	156	
Potassium, K	mg	246		0		1		635	209	
Sodium, Na	mg	66		0		1		170	56	
Zinc, Zn	mg	5.58		0		1		14.40	4.74	
Copper, Cu	mg	0.106		0		1		0.273	0.090	
Manganese, Mn	mg	0.022		0		1		0.057	0.019	
Selenium, Se	mcg	25.2		0	BFYN	4		65.0	21.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		1		0.232	0.077	
Riboflavin	mg	0.230		0		1		0.593	0.196	
Niacin	mg	5.910		0		1		15.248	5.024	
Pantothenic acid	mg	0.690		0		1		1.780	0.587	
Vitamin B-6	mg	0.110		0		1		0.284	0.094	
Folate, total	mcg	21		0		1		54	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		1		54	18	
Folate, DFE	mcg_DFE	21		0	NC	4		54	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.67		0		1		6.89	2.27	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.14		0		1		0.36	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.640		0		1		22.291	7.344	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17054

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.129	0.043	
12:0 g	0.080		0		1		0.206	0.068	
13:0 g									
14:0 g	0.760		0		1		1.961	0.646	
15:0 g									
16:0 g	4.410		0		1		11.378	3.749	
17:0 g									
18:0 g	2.750		0		1		7.095	2.338	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.420		0		1		21.724	7.157	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600		0		1		1.548	0.510	
17:1 g									
18:1 undifferentiated g	7.570		0		1		19.531	6.435	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.680		0		1		4.334	1.428	
18:2 undifferentiated g	1.240		0		1		3.199	1.054	
18:3 undifferentiated g	0.350		0		1		0.903	0.298	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.258	0.085	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	92		0		1		237	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0		1		0.671	0.221	
Threonine g	0.952		0		1		2.456	0.809	
Isoleucine g	1.073		0		1		2.768	0.912	
Leucine g	1.730		0		1		4.463	1.471	
Lysine g	1.964		0		1		5.067	1.669	
Methionine g	0.571		0		1		1.473	0.485	
Cystine g	0.266		0		1		0.686	0.226	
Phenylalanine g	0.906		0		1		2.337	0.770	
Tyrosine g	0.748		0		1		1.930	0.636	
Valine g	1.200		0		1		3.096	1.020	
Arginine g	1.322		0		1		3.411	1.124	
Histidine g	0.705		0		1		1.819	0.599	
Alanine g	1.338		0		1		3.452	1.137	
Aspartic acid g	1.958		0		1		5.052	1.664	
Glutamic acid g	3.228		0		1		8.328	2.744	
Glycine g	1.086		0		1		2.802	0.923	
Proline g	0.933		0		1		2.407	0.793	
Serine g	0.827		0		1		2.134	0.703	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17054

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17051

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 24% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.90		0		1		17.55	280.78	
Energy	kcal	259		0	NC	4		73	1175	
Energy	kJ	1084				4		307	4915	
Protein (N x 6.25)	g	16.63		0		1		4.71	75.43	
Total lipid (fat)	g	20.86		0		1		5.91	94.62	
Ash	g	0.89		0		1		0.25	4.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		5	77	
Iron, Fe	mg	1.48		0		1		0.42	6.71	
Magnesium, Mg	mg	21		0		1		6	95	
Phosphorus, P	mg	160		0		1		45	726	
Potassium, K	mg	229		0		1		65	1039	
Sodium, Na	mg	62		0		1		18	281	
Zinc, Zn	mg	4.28		0		1		1.21	19.41	
Copper, Cu	mg	0.096		0		1		0.027	0.435	
Manganese, Mn	mg	0.020		0		1		0.006	0.091	
Selenium, Se	mcg	19.2		0	PIE	4		5.4	87.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		1		0.031	0.499	
Riboflavin	mg	0.200		0		1		0.057	0.907	
Niacin	mg	5.430		0		1		1.539	24.630	
Pantothenic acid	mg	0.670		0		1		0.190	3.039	
Vitamin B-6	mg	0.140		0		1		0.040	0.635	
Folate, total	mcg	19		0		1		5	86	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		5	86	
Folate, DFE	mcg_DFE	19		0	NC	4		5	86	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.59		0		1		0.73	11.75	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.22		0		1		0.06	1.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.930		0		1		2.532	40.506	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17051

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.014	0.227	
12:0 g	0.090		0		1		0.026	0.408	
13:0 g									
14:0 g	0.800		0		1		0.227	3.629	
15:0 g									
16:0 g	4.520		0		1		1.281	20.503	
17:0 g									
18:0 g	2.830		0		1		0.802	12.837	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.540		0		1		2.421	38.737	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.610		0		1		0.173	2.767	
17:1 g									
18:1 undifferentiated g	7.670		0		1		2.174	34.791	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.680		0		1		0.476	7.620	
18:2 undifferentiated g	1.230		0		1		0.349	5.579	
18:3 undifferentiated g	0.360		0		1		0.102	1.633	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.363	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	72		0		1		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0		1		0.055	0.880	
Threonine g	0.712		0		1		0.202	3.230	
Isoleucine g	0.802		0		1		0.227	3.638	
Leucine g	1.294		0		1		0.367	5.870	
Lysine g	1.469		0		1		0.416	6.663	
Methionine g	0.427		0		1		0.121	1.937	
Cystine g	0.199		0		1		0.056	0.903	
Phenylalanine g	0.677		0		1		0.192	3.071	
Tyrosine g	0.559		0		1		0.158	2.536	
Valine g	0.897		0		1		0.254	4.069	
Arginine g	0.988		0		1		0.280	4.482	
Histidine g	0.527		0		1		0.149	2.390	
Alanine g	1.000		0		1		0.284	4.536	
Aspartic acid g	1.464		0		1		0.415	6.641	
Glutamic acid g	2.413		0		1		0.684	10.945	
Glycine g	0.812		0		1		0.230	3.683	
Proline g	0.698		0		1		0.198	3.166	
Serine g	0.618		0		1		0.175	2.803	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17051

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17251

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Refuse: 29% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.65		0	PAE	4		94.50	38.80	
Energy....kcal	339		0	NC	4		702	288	
Energy....kJ	1418				4		2936	1206	
Protein (N x 6.25)....g	28.92		0	PAE	4		59.86	24.58	
Total lipid (fat)....g	23.88		0	PAE	4		49.43	20.30	
Ash....g	1.55		0	PAE	4		3.21	1.32	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	PAE	4		56	23	
Iron, Fe....mg	2.38		0	PAE	4		4.93	2.02	
Magnesium, Mg....mg	24		0	PAE	4		50	20	
Phosphorus, P....mg	187		0	PAE	4		387	159	
Potassium, K....mg	244		0	PAE	4		505	207	
Sodium, Na....mg	75		0	PAE	4		155	64	
Zinc, Zn....mg	6.98		0	PAE	4		14.45	5.93	
Copper, Cu....mg	0.121		0	PAE	4		0.250	0.103	
Manganese, Mn....mg	0.027		0	PAE	4		0.056	0.023	
Selenium, Se....mcg	33.5		0	BFNN	4		69.3	28.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.124	0.051	
Riboflavin....mg	0.210		0	PAE	4		0.435	0.179	
Niacin....mg	6.000		0	PAE	4		12.420	5.100	
Pantothenic acid....mg	0.610		0	PAE	4		1.263	0.519	
Vitamin B-6....mg	0.110		0	PAE	4		0.228	0.094	
Folate, total....mcg	18		0	PAE	4		37	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0	PAE	4		37	15	
Folate, DFE....mcg_DFE	18		0	NC	4		37	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.84		0	PAE	4		5.88	2.41	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.880		0	PAE	4		20.452	8.398	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17251

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.050		0	PAE	4		0.104	0.043	
12:0 ... g	0.090		0	PAE	4		0.186	0.077	
13:0 ... g									
14:0 ... g	0.860		0	PAE	4		1.780	0.731	
15:0 ... g									
16:0 ... g	5.070		0	PAE	4		10.495	4.310	
17:0 ... g									
18:0 ... g	3.160		0	PAE	4		6.541	2.686	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	9.740		0	PAE	4		20.162	8.279	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.700		0	PAE	4		1.449	0.595	
17:1 ... g									
18:1 undifferentiated ... g	8.770		0	PAE	4		18.154	7.455	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.970		0	PAE	4		4.078	1.675	
18:2 undifferentiated ... g	1.450		0	PAE	4		3.002	1.233	
18:3 undifferentiated ... g	0.400		0	PAE	4		0.828	0.340	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.120		0	PAE	4		0.248	0.102	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	116		0	PAE	4		240	99	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.338		0	PAE	4		0.700	0.287	
Threonine ... g	1.238		0	PAE	4		2.563	1.052	
Isoleucine ... g	1.395		0	PAE	4		2.888	1.186	
Leucine ... g	2.249		0	PAE	4		4.655	1.912	
Lysine ... g	2.554		0	PAE	4		5.287	2.171	
Methionine ... g	0.742		0	PAE	4		1.536	0.631	
Cystine ... g	0.345		0	PAE	4		0.714	0.293	
Phenylalanine ... g	1.177		0	PAE	4		2.436	1.000	
Tyrosine ... g	0.972		0	PAE	4		2.012	0.826	
Valine ... g	1.560		0	PAE	4		3.229	1.326	
Arginine ... g	1.718		0	PAE	4		3.556	1.460	
Histidine ... g	0.916		0	PAE	4		1.896	0.779	
Alanine ... g	1.739		0	PAE	4		3.600	1.478	
Aspartic acid ... g	2.545		0	PAE	4		5.268	2.163	
Glutamic acid ... g	4.196		0	PAE	4		8.686	3.567	
Glycine ... g	1.412		0	PAE	4		2.923	1.200	
Proline ... g	1.213		0	PAE	4		2.511	1.031	
Serine ... g	1.075		0	PAE	4		2.225	0.914	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17251

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17252

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.01		0	PAE	4		142.53	48.46	
Energy	kcal	267		0	NC	4		668	227	
Energy	kJ	1117				4		2793	950	
Protein (N x 6.25)	g	23.48		0	PAE	4		58.70	19.96	
Total lipid (fat)	g	18.50		0	PAE	4		46.25	15.73	
Ash	g	1.17		0	PAE	4		2.93	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0	PAE	4		60	20	
Iron, Fe	mg	1.73		0	PAE	4		4.33	1.47	
Magnesium, Mg	mg	24		0	PAE	4		60	20	
Phosphorus, P	mg	201		0	PAE	4		503	171	
Potassium, K	mg	341		0	PAE	4		853	290	
Sodium, Na	mg	83		0	PAE	4		208	71	
Zinc, Zn	mg	5.77		0	PAE	4		14.43	4.90	
Copper, Cu	mg	0.123		0	PAE	4		0.308	0.105	
Manganese, Mn	mg	0.024		0	PAE	4		0.060	0.020	
Selenium, Se	mcg	27.8		0	BFNN	4		69.5	23.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0	PAE	4		0.225	0.077	
Riboflavin	mg	0.250		0	PAE	4		0.625	0.213	
Niacin	mg	6.330		0	PAE	4		15.825	5.381	
Pantothenic acid	mg	0.670		0	PAE	4		1.675	0.570	
Vitamin B-6	mg	0.150		0	PAE	4		0.375	0.128	
Folate, total	mcg	18		0	PAE	4		45	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0	PAE	4		45	15	
Folate, DFE	mcg_DFE	18		0	NC	4		45	15	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.74		0	PAE	4		6.85	2.33	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.490		0	PAE	4		18.725	6.367	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17252

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.125	0.043	
12:0 g	0.070		0	PAE	4		0.175	0.060	
13:0 g									
14:0 g	0.690		0	PAE	4		1.725	0.587	
15:0 g									
16:0 g	3.860		0	PAE	4		9.650	3.281	
17:0 g									
18:0 g	2.450		0	PAE	4		6.125	2.083	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.880		0	PAE	4		19.700	6.698	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.540		0	PAE	4		1.350	0.459	
17:1 g									
18:1 undifferentiated g	7.190		0	PAE	4		17.975	6.112	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.300		0	PAE	4		3.250	1.105	
18:2 undifferentiated g	1.000		0	PAE	4		2.500	0.850	
18:3 undifferentiated g	0.230		0	PAE	4		0.575	0.196	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.200	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	95		0	PAE	4		238	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.274		0	PAE	4		0.685	0.233	
Threonine g	1.005		0	PAE	4		2.513	0.854	
Isoleucine g	1.133		0	PAE	4		2.833	0.963	
Leucine g	1.826		0	PAE	4		4.565	1.552	
Lysine g	2.073		0	PAE	4		5.183	1.762	
Methionine g	0.603		0	PAE	4		1.508	0.513	
Cystine g	0.280		0	PAE	4		0.700	0.238	
Phenylalanine g	0.956		0	PAE	4		2.390	0.813	
Tyrosine g	0.789		0	PAE	4		1.973	0.671	
Valine g	1.267		0	PAE	4		3.168	1.077	
Arginine g	1.395		0	PAE	4		3.488	1.186	
Histidine g	0.744		0	PAE	4		1.860	0.632	
Alanine g	1.412		0	PAE	4		3.530	1.200	
Aspartic acid g	2.067		0	PAE	4		5.168	1.757	
Glutamic acid g	3.407		0	PAE	4		8.518	2.896	
Glycine g	1.147		0	PAE	4		2.868	0.975	
Proline g	0.985		0	PAE	4		2.463	0.837	
Serine g	0.873		0	PAE	4		2.183	0.742	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17252

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17253

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.95		0	PAE	4		145.79	48.41	
Energy....kcal	270		0	NC	4		691	230	
Energy....kJ	1130				4		2892	960	
Protein (N x 6.25)....g	22.62		0	PAE	4		57.91	19.23	
Total lipid (fat)....g	19.19		0	PAE	4		49.13	16.31	
Ash....g	1.21		0	PAE	4		3.10	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0	PAE	4		54	18	
Iron, Fe....mg	1.95		0	PAE	4		4.99	1.66	
Magnesium, Mg....mg	23		0	PAE	4		59	20	
Phosphorus, P....mg	185		0	PAE	4		474	157	
Potassium, K....mg	248		0	PAE	4		635	211	
Sodium, Na....mg	67		0	PAE	4		172	57	
Zinc, Zn....mg	5.72		0	PAE	4		14.64	4.86	
Copper, Cu....mg	0.107		0	PAE	4		0.274	0.091	
Manganese, Mn....mg	0.022		0	PAE	4		0.056	0.019	
Selenium, Se....mcg	25.6		0	BFNN	4		65.5	21.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.230	0.077	
Riboflavin....mg	0.240		0	PAE	4		0.614	0.204	
Niacin....mg	5.840		0	PAE	4		14.950	4.964	
Pantothenic acid....mg	0.700		0	PAE	4		1.792	0.595	
Vitamin B-6....mg	0.130		0	PAE	4		0.333	0.111	
Folate, total....mcg	21		0	PAE	4		54	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0	PAE	4		54	18	
Folate, DFE....mcg_DFE	21		0	NC	4		54	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.68		0	PAE	4		6.86	2.28	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.960		0	PAE	4		20.378	6.766	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17253

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.040		0	PAE	4		0.102	0.034	
12:0 ... g	0.070		0	PAE	4		0.179	0.060	
13:0 ... g									
14:0 ... g	0.690		0	PAE	4		1.766	0.587	
15:0 ... g									
16:0 ... g	4.080		0	PAE	4		10.445	3.468	
17:0 ... g									
18:0 ... g	2.540		0	PAE	4		6.502	2.159	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.830		0	PAE	4		20.045	6.656	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.560		0	PAE	4		1.434	0.476	
17:1 ... g									
18:1 undifferentiated ... g	7.050		0	PAE	4		18.048	5.993	
20:1 ... g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.580		0	PAE	4		4.045	1.343	
18:2 undifferentiated ... g	1.170		0	PAE	4		2.995	0.995	
18:3 undifferentiated ... g	0.320		0	PAE	4		0.819	0.272	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.100		0	PAE	4		0.256	0.085	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	92		0	PAE	4		236	78	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.264		0	PAE	4		0.676	0.224	
Threonine ... g	0.968		0	PAE	4		2.478	0.823	
Isoleucine ... g	1.091		0	PAE	4		2.793	0.927	
Leucine ... g	1.759		0	PAE	4		4.503	1.495	
Lysine ... g	1.997		0	PAE	4		5.112	1.697	
Methionine ... g	0.580		0	PAE	4		1.485	0.493	
Cystine ... g	0.270		0	PAE	4		0.691	0.230	
Phenylalanine ... g	0.921		0	PAE	4		2.358	0.783	
Tyrosine ... g	0.760		0	PAE	4		1.946	0.646	
Valine ... g	1.221		0	PAE	4		3.126	1.038	
Arginine ... g	1.344		0	PAE	4		3.441	1.142	
Histidine ... g	0.717		0	PAE	4		1.836	0.609	
Alanine ... g	1.360		0	PAE	4		3.482	1.156	
Aspartic acid ... g	1.991		0	PAE	4		5.097	1.692	
Glutamic acid ... g	3.282		0	PAE	4		8.402	2.790	
Glycine ... g	1.105		0	PAE	4		2.829	0.939	
Proline ... g	0.949		0	PAE	4		2.429	0.807	
Serine ... g	0.841		0	PAE	4		2.153	0.715	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17253

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17250

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.39		0	PAE	4		17.97	287.54	
Energy....kcal	244		0	NC	4		69	1107	
Energy....kJ	1021				4		289	4631	
Protein (N x 6.25)....g	17.01		0	PAE	4		4.82	77.16	
Total lipid (fat)....g	18.97		0	PAE	4		5.38	86.05	
Ash....g	0.91		0	PAE	4		0.26	4.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAE	4		5	77	
Iron, Fe....mg	1.50		0	PAE	4		0.43	6.80	
Magnesium, Mg....mg	21		0	PAE	4		6	95	
Phosphorus, P....mg	163		0	PAE	4		46	739	
Potassium, K....mg	234		0	PAE	4		66	1061	
Sodium, Na....mg	63		0	PAE	4		18	286	
Zinc, Zn....mg	4.40		0	PAE	4		1.25	19.96	
Copper, Cu....mg	0.098		0	PAE	4		0.028	0.445	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.091	
Selenium, Se....mcg	19.6		0	BFNN	4		5.6	88.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin....mg	0.210		0	PAE	4		0.060	0.953	
Niacin....mg	5.400		0	PAE	4		1.531	24.494	
Pantothenic acid....mg	0.680		0	PAE	4		0.193	3.084	
Vitamin B-6....mg	0.140		0	PAE	4		0.040	0.635	
Folate, total....mcg	20		0	PAE	4		6	91	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	20		0	PAE	4		6	91	
Folate, DFE....mcg_DFE	20		0	NC	4		6	91	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.62		0	PAE	4		0.74	11.88	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.040		0	PAE	4		2.279	36.469	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17250

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.080		0	PAE	4		0.023	0.363	
13:0 g									
14:0 g	0.720		0	PAE	4		0.204	3.266	
15:0 g									
16:0 g	4.090		0	PAE	4		1.160	18.552	
17:0 g									
18:0 g	2.550		0	PAE	4		0.723	11.567	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.760		0	PAE	4		2.200	35.199	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560		0	PAE	4		0.159	2.540	
17:1 g									
18:1 undifferentiated g	6.970		0	PAE	4		1.976	31.616	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.540		0	PAE	4		0.437	6.985	
18:2 undifferentiated g	1.130		0	PAE	4		0.320	5.126	
18:3 undifferentiated g	0.320		0	PAE	4		0.091	1.452	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.023	0.363	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0	PAE	4		0.056	0.903	
Threonine g	0.728		0	PAE	4		0.206	3.302	
Isoleucine g	0.821		0	PAE	4		0.233	3.724	
Leucine g	1.323		0	PAE	4		0.375	6.001	
Lysine g	1.502		0	PAE	4		0.426	6.813	
Methionine g	0.437		0	PAE	4		0.124	1.982	
Cystine g	0.203		0	PAE	4		0.058	0.921	
Phenylalanine g	0.692		0	PAE	4		0.196	3.139	
Tyrosine g	0.572		0	PAE	4		0.162	2.595	
Valine g	0.918		0	PAE	4		0.260	4.164	
Arginine g	1.011		0	PAE	4		0.287	4.586	
Histidine g	0.539		0	PAE	4		0.153	2.445	
Alanine g	1.023		0	PAE	4		0.290	4.640	
Aspartic acid g	1.497		0	PAE	4		0.424	6.790	
Glutamic acid g	2.468		0	PAE	4		0.700	11.195	
Glycine g	0.831		0	PAE	4		0.236	3.769	
Proline g	0.714		0	PAE	4		0.202	3.239	
Serine g	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17250

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17056

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 42% Bone 28%, separable fat 14%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.64		0		1		83.40	42.19	
Energy	kcal	288		0	NC	4		484	245	
Energy	kJ	1205				4		2024	1024	
Protein (N x 6.25)	g	32.35		0		1		54.35	27.50	
Total lipid (fat)	g	16.64		0		1		27.96	14.14	
Ash	g	1.73		0		1		2.91	1.47	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		47	24	
Iron, Fe	mg	2.60		0		1		4.37	2.21	
Magnesium, Mg	mg	26		0		1		44	22	
Phosphorus, P	mg	202		0		1		339	172	
Potassium, K	mg	254		0		1		427	216	
Sodium, Na	mg	79		0		1		133	67	
Zinc, Zn	mg	8.06		0		1		13.54	6.85	
Copper, Cu	mg	0.128		0		1		0.215	0.109	
Manganese, Mn	mg	0.032		0		1		0.054	0.027	
Selenium, Se	mcg	36.6		0	BFYN	4		61.5	31.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		1		0.101	0.051	
Riboflavin	mg	0.220		0		1		0.370	0.187	
Niacin	mg	5.630		0		1		9.458	4.786	
Pantothenic acid	mg	0.610		0		1		1.025	0.519	
Vitamin B-6	mg	0.120		0		1		0.202	0.102	
Folate, total	mcg	21		0		1		35	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		1		35	18	
Folate, DFE	mcg_DFE	21		0	NC	4		35	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.94		0		1		4.94	2.50	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.34	0.17	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.370		0		1		10.702	5.415	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17056

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.030		0		1		0.050	0.026	
12:0 ... g	0.050		0		1		0.084	0.043	
13:0 ... g									
14:0 ... g	0.500		0		1		0.840	0.425	
15:0 ... g									
16:0 ... g	3.370		0		1		5.662	2.865	
17:0 ... g									
18:0 ... g	2.080		0		1		3.494	1.768	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.740		0		1		11.323	5.729	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.500		0		1		0.840	0.425	
17:1 ... g									
18:1 undifferentiated ... g	6.080		0		1		10.214	5.168	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.460		0		1		2.453	1.241	
18:2 undifferentiated ... g	1.090		0		1		1.831	0.927	
18:3 undifferentiated ... g	0.250		0		1		0.420	0.213	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.130		0		1		0.218	0.111	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	117		0		1		197	99	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.378		0		1		0.635	0.321	
Threonine ... g	1.385		0		1		2.327	1.177	
Isoleucine ... g	1.561		0		1		2.622	1.327	
Leucine ... g	2.516		0		1		4.227	2.139	
Lysine ... g	2.857		0		1		4.800	2.428	
Methionine ... g	0.830		0		1		1.394	0.706	
Cystine ... g	0.386		0		1		0.648	0.328	
Phenylalanine ... g	1.317		0		1		2.213	1.119	
Tyrosine ... g	1.087		0		1		1.826	0.924	
Valine ... g	1.746		0		1		2.933	1.484	
Arginine ... g	1.922		0		1		3.229	1.634	
Histidine ... g	1.025		0		1		1.722	0.871	
Alanine ... g	1.946		0		1		3.269	1.654	
Aspartic acid ... g	2.847		0		1		4.783	2.420	
Glutamic acid ... g	4.694		0		1		7.886	3.990	
Glycine ... g	1.580		0		1		2.654	1.343	
Proline ... g	1.357		0		1		2.280	1.153	
Serine ... g	1.203		0		1		2.021	1.023	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17056

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17057

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 40% Bone 27%, separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.46	0.611	16		1		129.29	53.09	
Energy....kcal	211		0	NC	4		437	179	
Energy....kJ	883				4		1827	750	
Protein (N x 6.25)....g	25.48	0.515	16		1		52.74	21.66	
Total lipid (fat)....g	11.32	0.554	15		1		23.43	9.62	
Ash....g	1.26	0.012	16		1		2.61	1.07	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.062	16		1		50	20	
Iron, Fe....mg	1.81	0.061	16		1		3.75	1.54	
Magnesium, Mg....mg	26	0.281	16		1		54	22	
Phosphorus, P....mg	216	5.071	16		1		447	184	
Potassium, K....mg	368	4.713	16		1		762	313	
Sodium, Na....mg	88	2.777	16		1		182	75	
Zinc, Zn....mg	6.48	0.152	16		1		13.41	5.51	
Copper, Cu....mg	0.129	0.007	16		1		0.267	0.110	
Manganese, Mn....mg	0.028		0		1		0.058	0.024	
Selenium, Se....mcg	30.9		0	BFYN	4		64.0	26.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.005	16		1		0.207	0.085	
Riboflavin....mg	0.260	0.016	16		1		0.538	0.221	
Niacin....mg	6.070	0.259	16		1		12.565	5.160	
Pantothenic acid....mg	0.690	0.031	16		1		1.428	0.587	
Vitamin B-6....mg	0.170		0		1		0.352	0.145	
Folate, total....mcg	21	1.196	15		1		43	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21	1.196	15		1		43	18	
Folate, DFE....mcg_DFE	21		0	NC	4		43	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.81	0.154	16		1		5.82	2.39	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.35	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.040		0		1		8.363	3.434	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17057

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		107		1		0.041	0.017	
12:0 g	0.030		107		1		0.062	0.026	
13:0 g									
14:0 g	0.350		107		1		0.725	0.298	
15:0 g									
16:0 g	2.180		107		1		4.513	1.853	
17:0 g									
18:0 g	1.390		107		1		2.877	1.182	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.960		0		1		10.267	4.216	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340		107		1		0.704	0.289	
17:1 g									
18:1 undifferentiated g	4.590		107		1		9.501	3.902	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0		1		1.532	0.629	
18:2 undifferentiated g	0.600		107		1		1.242	0.510	
18:3 undifferentiated g	0.070		107		1		0.145	0.060	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		107		1		0.145	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	91	2.320	16		1		188	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.298		0		1		0.617	0.253	
Threonine g	1.090		0		1		2.256	0.927	
Isoleucine g	1.229		0		1		2.544	1.045	
Leucine g	1.982		0		1		4.103	1.685	
Lysine g	2.250		0		1		4.658	1.913	
Methionine g	0.654		0		1		1.354	0.556	
Cystine g	0.304		0		1		0.629	0.258	
Phenylalanine g	1.037		0		1		2.147	0.881	
Tyrosine g	0.856		0		1		1.772	0.728	
Valine g	1.375		0		1		2.846	1.169	
Arginine g	1.514		0		1		3.134	1.287	
Histidine g	0.807		0		1		1.670	0.686	
Alanine g	1.532		0		1		3.171	1.302	
Aspartic acid g	2.243		0		1		4.643	1.907	
Glutamic acid g	3.697		0		1		7.653	3.142	
Glycine g	1.244		0		1		2.575	1.057	
Proline g	1.069		0		1		2.213	0.909	
Serine g	0.947		0		1		1.960	0.805	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17057

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17058

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 39% Bone 25%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.82		0		1		131.92	53.40	
Energy....kcal	209		0	NC	4		439	178	
Energy....kJ	874				4		1836	743	
Protein (N x 6.25)....g	24.61		0		1		51.68	20.92	
Total lipid (fat)....g	11.57		0		1		24.30	9.83	
Ash....g	1.31		0		1		2.75	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		44	18	
Iron, Fe....mg	2.07		0		1		4.35	1.76	
Magnesium, Mg....mg	25		0		1		53	21	
Phosphorus, P....mg	199		0		1		418	169	
Potassium, K....mg	258		0		1		542	219	
Sodium, Na....mg	68		0		1		143	58	
Zinc, Zn....mg	6.48		0		1		13.61	5.51	
Copper, Cu....mg	0.110		0		1		0.231	0.094	
Manganese, Mn....mg	0.026		0		1		0.055	0.022	
Selenium, Se....mcg	28.1		0	BFYN	4		59.0	23.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.189	0.077	
Riboflavin....mg	0.250		0		1		0.525	0.213	
Niacin....mg	5.470		0		1		11.487	4.650	
Pantothenic acid....mg	0.720		0		1		1.512	0.612	
Vitamin B-6....mg	0.150		0		1		0.315	0.128	
Folate, total....mcg	25		0		1		53	21	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	25		0		1		53	21	
Folate, DFE....mcg_DFE	25		0	NC	4		53	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.74		0		1		5.75	2.33	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.36	0.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.340		0		1		9.114	3.689	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17058

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020		0		1		0.042	0.017	
12:0 ... g	0.030		0		1		0.063	0.026	
13:0 ... g									
14:0 ... g	0.330		0		1		0.693	0.281	
15:0 ... g									
16:0 ... g	2.310		0		1		4.851	1.964	
17:0 ... g									
18:0 ... g	1.420		0		1		2.982	1.207	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.680		0		1		9.828	3.978	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.350		0		1		0.735	0.298	
17:1 ... g									
18:1 undifferentiated ... g	4.220		0		1		8.862	3.587	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.030		0		1		2.163	0.876	
18:2 undifferentiated ... g	0.770		0		1		1.617	0.655	
18:3 undifferentiated ... g	0.170		0		1		0.357	0.145	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		0		1		0.189	0.077	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	87		0		1		183	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.288		0		1		0.605	0.245	
Threonine ... g	1.053		0		1		2.211	0.895	
Isoleucine ... g	1.187		0		1		2.493	1.009	
Leucine ... g	1.914		0		1		4.019	1.627	
Lysine ... g	2.174		0		1		4.565	1.848	
Methionine ... g	0.632		0		1		1.327	0.537	
Cystine ... g	0.294		0		1		0.617	0.250	
Phenylalanine ... g	1.002		0		1		2.104	0.852	
Tyrosine ... g	0.827		0		1		1.737	0.703	
Valine ... g	1.328		0		1		2.789	1.129	
Arginine ... g	1.462		0		1		3.070	1.243	
Histidine ... g	0.780		0		1		1.638	0.663	
Alanine ... g	1.480		0		1		3.108	1.258	
Aspartic acid ... g	2.166		0		1		4.549	1.841	
Glutamic acid ... g	3.572		0		1		7.501	3.036	
Glycine ... g	1.202		0		1		2.524	1.022	
Proline ... g	1.032		0		1		2.167	0.877	
Serine ... g	0.915		0		1		1.922	0.778	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17058

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17055

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 40% Bone 24%, separable fat 16%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.36	0.358	32		1		20.51	328.22	
Energy....kcal	151		0	NC	4		43	685	
Energy....kJ	632				4		179	2866	
Protein (N x 6.25)....g	19.29	0.161	31		1		5.47	87.50	
Total lipid (fat)....g	7.63	0.366	32		1		2.16	34.61	
Ash....g	1.03	0.011	32		1		0.29	4.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	0.740	32		1		5	73	
Iron, Fe....mg	1.62	0.077	32		1		0.46	7.35	
Magnesium, Mg....mg	24	0.779	32		1		7	109	
Phosphorus, P....mg	183	3.416	16		1		52	830	
Potassium, K....mg	268	12.629	32		1		76	1216	
Sodium, Na....mg	70	3.068	32		1		20	318	
Zinc, Zn....mg	5.11	0.165	32		1		1.45	23.18	
Copper, Cu....mg	0.107	0.003	32		1		0.030	0.485	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	22.0		0	BFNN	4		6.2	99.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.006	16		1		0.034	0.544	
Riboflavin....mg	0.220	0.011	16		1		0.062	0.998	
Niacin....mg	5.190	0.258	16		1		1.471	23.542	
Pantothenic acid....mg	0.700	0.023	16		1		0.198	3.175	
Vitamin B-6....mg	0.160		0		1		0.045	0.726	
Folate, total....mcg	23	1.266	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.266	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.83	0.166	16		1		0.80	12.84	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.730		0		1		0.774	12.383	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17055

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.020		373		1		0.006	0.091	
13:0 g									
14:0 g	0.200		373		1		0.057	0.907	
15:0 g									
16:0 g	1.480		373		1		0.420	6.713	
17:0 g									
18:0 g	0.910		373		1		0.258	4.128	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.070		0		1		0.870	13.926	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.230		373		1		0.065	1.043	
17:1 g									
18:1 undifferentiated g	2.780		373		1		0.788	12.610	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.700		0		1		0.198	3.175	
18:2 undifferentiated g	0.520		373		1		0.147	2.359	
18:3 undifferentiated g	0.100		373		1		0.028	0.454	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		373		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67	1.532	16		1		19	304	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.225		0		1		0.064	1.021	
Threonine g	0.825		0		1		0.234	3.742	
Isoleucine g	0.930		0		1		0.264	4.218	
Leucine g	1.500		0		1		0.425	6.804	
Lysine g	1.703		0		1		0.483	7.725	
Methionine g	0.495		0		1		0.140	2.245	
Cystine g	0.230		0		1		0.065	1.043	
Phenylalanine g	0.785		0		1		0.223	3.561	
Tyrosine g	0.648		0		1		0.184	2.939	
Valine g	1.041		0		1		0.295	4.722	
Arginine g	1.146		0		1		0.325	5.198	
Histidine g	0.611		0		1		0.173	2.771	
Alanine g	1.160		0		1		0.329	5.262	
Aspartic acid g	1.698		0		1		0.481	7.702	
Glutamic acid g	2.799		0		1		0.794	12.696	
Glycine g	0.942		0		1		0.267	4.273	
Proline g	0.809		0		1		0.229	3.670	
Serine g	0.717		0		1		0.203	3.252	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17055

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17036

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 25% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.20		0		1		98.54	38.42	
Energy	kcal	344		0	NC	4		750	292	
Energy	kJ	1439				4		3138	1223	
Protein (N x 6.25)	g	28.68		0		1		62.52	24.38	
Total lipid (fat)	g	24.55		0		1		53.52	20.87	
Ash	g	1.54		0		1		3.36	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0		1		55	21	
Iron, Fe	mg	2.40		0		1		5.23	2.04	
Magnesium, Mg	mg	24		0		1		52	20	
Phosphorus, P	mg	186		0		1		405	158	
Potassium, K	mg	248		0		1		541	211	
Sodium, Na	mg	75		0		1		164	64	
Zinc, Zn	mg	6.37		0		1		13.89	5.41	
Copper, Cu	mg	0.123		0		1		0.268	0.105	
Manganese, Mn	mg	0.026		0		1		0.057	0.022	
Selenium, Se	mcg	33.0		0	BFYN	4		71.9	28.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.153	0.060	
Riboflavin	mg	0.220		0		1		0.480	0.187	
Niacin	mg	6.330		0		1		13.799	5.381	
Pantothenic acid	mg	0.610		0		1		1.330	0.519	
Vitamin B-6	mg	0.100		0		1		0.218	0.085	
Folate, total	mcg	17		0		1		37	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		37	14	
Folate, DFE	mcg_DFE	17		0	NC	4		37	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.80		0		1		6.10	2.38	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.16		0		1		0.35	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.340		0		1		22.541	8.789	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17036

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0		1		0.131	0.051	
12:0 g	0.100		0		1		0.218	0.085	
13:0 g									
14:0 g	0.910		0		1		1.984	0.774	
15:0 g									
16:0 g	5.270		0		1		11.489	4.480	
17:0 g									
18:0 g	3.290		0		1		7.172	2.797	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.040		0		1		21.887	8.534	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.720		0		1		1.570	0.612	
17:1 g									
18:1 undifferentiated g	9.020		0		1		19.664	7.667	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.000		0		1		4.360	1.700	
18:2 undifferentiated g	1.470		0		1		3.205	1.250	
18:3 undifferentiated g	0.420		0		1		0.916	0.357	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.240	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	116		0		1		253	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.335		0		1		0.730	0.285	
Threonine g	1.227		0		1		2.675	1.043	
Isoleucine g	1.384		0		1		3.017	1.176	
Leucine g	2.231		0		1		4.864	1.896	
Lysine g	2.532		0		1		5.520	2.152	
Methionine g	0.736		0		1		1.604	0.626	
Cystine g	0.342		0		1		0.746	0.291	
Phenylalanine g	1.167		0		1		2.544	0.992	
Tyrosine g	0.964		0		1		2.102	0.819	
Valine g	1.547		0		1		3.372	1.315	
Arginine g	1.704		0		1		3.715	1.448	
Histidine g	0.908		0		1		1.979	0.772	
Alanine g	1.725		0		1		3.761	1.466	
Aspartic acid g	2.524		0		1		5.502	2.145	
Glutamic acid g	4.161		0		1		9.071	3.537	
Glycine g	1.401		0		1		3.054	1.191	
Proline g	1.203		0		1		2.623	1.023	
Serine g	1.066		0		1		2.324	0.906	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17036

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17037

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 24% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.03		0		1		136.47	46.78	
Energy	kcal	278		0	NC	4		689	236	
Energy	kJ	1163				4		2885	989	
Protein (N x 6.25)	g	24.42		0		1		60.56	20.76	
Total lipid (fat)	g	19.26		0		1		47.76	16.37	
Ash	g	1.31		0		1		3.25	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		52	18	
Iron, Fe	mg	2.03		0		1		5.03	1.73	
Magnesium, Mg	mg	26		0		1		64	22	
Phosphorus, P	mg	198		0		1		491	168	
Potassium, K	mg	301		0		1		746	256	
Sodium, Na	mg	78		0		1		193	66	
Zinc, Zn	mg	5.72		0		1		14.19	4.86	
Copper, Cu	mg	0.128		0		1		0.317	0.109	
Manganese, Mn	mg	0.024		0		1		0.060	0.020	
Selenium, Se	mcg	27.4		0	BFYN	4		68.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		1		0.223	0.077	
Riboflavin	mg	0.260		0		1		0.645	0.221	
Niacin	mg	6.450		0		1		15.996	5.483	
Pantothenic acid	mg	0.670		0		1		1.662	0.570	
Vitamin B-6	mg	0.120		0		1		0.298	0.102	
Folate, total	mcg	19		0		1		47	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		47	16	
Folate, DFE	mcg_DFE	19		0	NC	4		47	16	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.97		0		1		7.37	2.52	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.16		0		1		0.40	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.040		0		1		19.939	6.834	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17037

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0		1		0.124	0.043	
12:0 g	0.080		0		1		0.198	0.068	
13:0 g									
14:0 g	0.700		0		1		1.736	0.595	
15:0 g									
16:0 g	4.110		0		1		10.193	3.494	
17:0 g									
18:0 g	2.560		0		1		6.349	2.176	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.870		0		1		19.518	6.690	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.570		0		1		1.414	0.485	
17:1 g									
18:1 undifferentiated g	7.080		0		1		17.558	6.018	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.580		0		1		3.918	1.343	
18:2 undifferentiated g	1.160		0		1		2.877	0.986	
18:3 undifferentiated g	0.320		0		1		0.794	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.223	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	97		0		1		241	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.285		0		1		0.707	0.242	
Threonine g	1.045		0		1		2.592	0.888	
Isoleucine g	1.178		0		1		2.921	1.001	
Leucine g	1.900		0		1		4.712	1.615	
Lysine g	2.157		0		1		5.349	1.833	
Methionine g	0.627		0		1		1.555	0.533	
Cystine g	0.292		0		1		0.724	0.248	
Phenylalanine g	0.994		0		1		2.465	0.845	
Tyrosine g	0.821		0		1		2.036	0.698	
Valine g	1.318		0		1		3.269	1.120	
Arginine g	1.451		0		1		3.598	1.233	
Histidine g	0.774		0		1		1.920	0.658	
Alanine g	1.469		0		1		3.643	1.249	
Aspartic acid g	2.150		0		1		5.332	1.828	
Glutamic acid g	3.544		0		1		8.789	3.012	
Glycine g	1.193		0		1		2.959	1.014	
Proline g	1.024		0		1		2.540	0.870	
Serine g	0.908		0		1		2.252	0.772	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17037

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17038

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.26		0		1		151.34	47.82	
Energy ... kcal	276		0	NC	4		742	235	
Energy ... kJ	1155		0		4		3106	982	
Protein (N x 6.25) ... g	22.51		0		1		60.55	19.13	
Total lipid (fat) ... g	19.97		0		1		53.72	16.97	
Ash ... g	1.21		0		1		3.25	1.03	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		0		1		54	17	
Iron, Fe ... mg	1.97		0		1		5.30	1.67	
Magnesium, Mg ... mg	23		0		1		62	20	
Phosphorus, P ... mg	184		0		1		495	156	
Potassium, K ... mg	251		0		1		675	213	
Sodium, Na ... mg	66		0		1		178	56	
Zinc, Zn ... mg	5.23		0		1		14.07	4.45	
Copper, Cu ... mg	0.108		0		1		0.291	0.092	
Manganese, Mn ... mg	0.022		0		1		0.059	0.019	
Selenium, Se ... mcg	26.2		0	BFYN	4		70.5	22.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0		1		0.242	0.077	
Riboflavin ... mg	0.240		0		1		0.646	0.204	
Niacin ... mg	6.150		0		1		16.544	5.228	
Pantothenic acid ... mg	0.700		0		1		1.883	0.595	
Vitamin B-6 ... mg	0.130		0		1		0.350	0.111	
Folate, total ... mcg	21		0		1		56	18	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	21		0		1		56	18	
Folate, DFE ... mcg_DFE	21		0	NC	4		56	18	
Choline, total ... mg	87.9		0	BFNN	4		236.5	74.7	
Betaine ... mg	11.6		0	BFNN	4		31.1	9.8	
Vitamin B-12 ... mcg	2.64		0		1		7.10	2.24	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.14		0		1		0.38	0.12	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.1		40	A	1		0.2	0.1	
Vitamin D ... IU	2		40	A	1		6	2	
Vitamin K (phylloquinone) ... mcg	4.6		0	BFYN	4		12.4	3.9	
Lipids:									
Fatty acids, total saturated ... g	8.440		0		1		22.704	7.174	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17038

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.050		0		1		0.135	0.043	
12:0 g	0.080		0		1		0.215	0.068	
13:0 g									
14:0 g	0.750		0		1		2.018	0.638	
15:0 g									
16:0 g	4.300		0		1		11.567	3.655	
17:0 g									
18:0 g	2.680		0		1		7.209	2.278	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.170		0		1		21.977	6.945	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.580		0		1		1.560	0.493	
17:1 g									
18:1 undifferentiated g	7.340		0		1		19.745	6.239	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.620		0		1		4.358	1.377	
18:2 undifferentiated g	1.190		0		1		3.201	1.012	
18:3 undifferentiated g	0.340		0		1		0.915	0.289	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.242	0.077	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	92		0		1		247	78	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.263		0		1		0.707	0.224	
Threonine g	0.963		0		1		2.590	0.819	
Isoleucine g	1.086		0		1		2.921	0.923	
Leucine g	1.751		0		1		4.710	1.488	
Lysine g	1.988		0		1		5.348	1.690	
Methionine g	0.578		0		1		1.555	0.491	
Cystine g	0.269		0		1		0.724	0.229	
Phenylalanine g	0.916		0		1		2.464	0.779	
Tyrosine g	0.756		0		1		2.034	0.643	
Valine g	1.215		0		1		3.268	1.033	
Arginine g	1.337		0		1		3.597	1.136	
Histidine g	0.713		0		1		1.918	0.606	
Alanine g	1.354		0		1		3.642	1.151	
Aspartic acid g	1.981		0		1		5.329	1.684	
Glutamic acid g	3.266		0		1		8.786	2.776	
Glycine g	1.099		0		1		2.956	0.934	
Proline g	0.944		0		1		2.539	0.802	
Serine g	0.837		0		1		2.252	0.711	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17038

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17035

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 21% Bone 21%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.39		0		1		17.40	278.47	
Energy	kcal	264		0	NC	4		75	1198	
Energy	kJ	1105		0		4		313	5010	
Protein (N x 6.25)	g	16.58		0		1		4.70	75.21	
Total lipid (fat)	g	21.45		0		1		6.08	97.30	
Ash	g	0.89		0		1		0.25	4.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		5	73	
Iron, Fe	mg	1.50		0		1		0.43	6.80	
Magnesium, Mg	mg	21		0		1		6	95	
Phosphorus, P	mg	158		0		1		45	717	
Potassium, K	mg	230		0		1		65	1043	
Sodium, Na	mg	61		0		1		17	277	
Zinc, Zn	mg	3.94		0		1		1.12	17.87	
Copper, Cu	mg	0.097		0		1		0.027	0.440	
Manganese, Mn	mg	0.019		0		1		0.005	0.086	
Selenium, Se	mcg	19.2		0	PIE	4		5.4	87.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		1		0.031	0.499	
Riboflavin	mg	0.210		0		1		0.060	0.953	
Niacin	mg	5.660		0		1		1.605	25.674	
Pantothenic acid	mg	0.680		0		1		0.193	3.084	
Vitamin B-6	mg	0.130		0		1		0.037	0.590	
Folate, total	mcg	19		0		1		5	86	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		5	86	
Folate, DFE	mcg_DFE	19		0	NC	4		5	86	
Choline, total	mg	69.5		0	BFNN	4		19.7	315.1	
Betaine	mg	10.2		0	BFNN	4		2.9	46.3	
Vitamin B-12	mcg	2.53		0		1		0.72	11.48	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0		1		0.06	1.00	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		80	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		40	A	1		0.0	0.2	
Vitamin D	IU	2		40	A	1		1	10	
Vitamin K (phylloquinone)	mcg	3.4		0	BFYN	4		1.0	15.4	
Lipids:										
Fatty acids, total saturated	g	9.280		0		1		2.631	42.094	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17035

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.050		0		1		0.014	0.227	
12:0 g	0.090		0		1		0.026	0.408	
13:0 g									
14:0 g	0.840		0		1		0.238	3.810	
15:0 g									
16:0 g	4.680		0		1		1.327	21.228	
17:0 g									
18:0 g	2.930		0		1		0.831	13.290	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.790		0		1		2.492	39.871	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.620		0		1		0.176	2.812	
17:1 g									
18:1 undifferentiated g	7.900		0		1		2.240	35.834	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.710		0		1		0.485	7.757	
18:2 undifferentiated g	1.250		0		1		0.354	5.670	
18:3 undifferentiated g	0.380		0		1		0.108	1.724	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.363	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	72		0		1		20	327	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0		1		0.055	0.880	
Threonine g	0.710		0		1		0.201	3.221	
Isoleucine g	0.800		0		1		0.227	3.629	
Leucine g	1.290		0		1		0.366	5.851	
Lysine g	1.464		0		1		0.415	6.641	
Methionine g	0.426		0		1		0.121	1.932	
Cystine g	0.198		0		1		0.056	0.898	
Phenylalanine g	0.675		0		1		0.191	3.062	
Tyrosine g	0.557		0		1		0.158	2.527	
Valine g	0.895		0		1		0.254	4.060	
Arginine g	0.985		0		1		0.279	4.468	
Histidine g	0.525		0		1		0.149	2.381	
Alanine g	0.997		0		1		0.283	4.522	
Aspartic acid g	1.460		0		1		0.414	6.623	
Glutamic acid g	2.406		0		1		0.682	10.914	
Glycine g	0.810		0		1		0.230	3.674	
Proline g	0.696		0		1		0.197	3.157	
Serine g	0.616		0		1		0.175	2.794	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17035

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17243

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	45.46		0	PAE	4		96.83	38.64	
Energy ... kcal	338		0	NC	4		720	287	
Energy ... kJ	1414				4		3012	1202	
Protein (N x 6.25) ... g	29.46		0	PAE	4		62.75	25.04	
Total lipid (fat) ... g	23.57		0	PAE	4		50.20	20.03	
Ash ... g	1.44		0	PAE	4		3.07	1.22	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27		0	PAE	4		58	23	
Iron, Fe ... mg	2.39		0	PAE	4		5.09	2.03	
Magnesium, Mg ... mg	25		0	PAE	4		53	21	
Phosphorus, P ... mg	193		0	PAE	4		411	164	
Potassium, K ... mg	261		0	PAE	4		556	222	
Sodium, Na ... mg	74		0	PAE	4		158	63	
Zinc, Zn ... mg	6.80		0	PAE	4		14.48	5.78	
Copper, Cu ... mg	0.126		0	PAE	4		0.268	0.107	
Manganese, Mn ... mg	0.026		0	PAE	4		0.055	0.022	
Selenium, Se ... mcg	33.8		0	BFNN	4		72.0	28.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070		0	PAE	4		0.149	0.060	
Riboflavin ... mg	0.220		0	PAE	4		0.469	0.187	
Niacin ... mg	6.150		0	PAE	4		13.100	5.228	
Pantothenic acid ... mg	0.610		0	PAE	4		1.299	0.519	
Vitamin B-6 ... mg	0.110		0	PAE	4		0.234	0.094	
Folate, total ... mcg	18		0	PAE	4		38	15	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	18		0	PAE	4		38	15	
Folate, DFE ... mcg_DFE	18		0	NC	4		38	15	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.78		0	PAE	4		5.92	2.36	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	9.710		0	PAE	4		20.682	8.254	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17243

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0	PAE	4		0.128	0.051	
12:0 g	0.090		0	PAE	4		0.192	0.077	
13:0 g									
14:0 g	0.850		0	PAE	4		1.811	0.723	
15:0 g									
16:0 g	4.980		0	PAE	4		10.607	4.233	
17:0 g									
18:0 g	3.120		0	PAE	4		6.646	2.652	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.720		0	PAE	4		20.704	8.262	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.690		0	PAE	4		1.470	0.587	
17:1 g									
18:1 undifferentiated g	8.770		0	PAE	4		18.680	7.455	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.880		0	PAE	4		4.004	1.598	
18:2 undifferentiated g	1.400		0	PAE	4		2.982	1.190	
18:3 undifferentiated g	0.370		0	PAE	4		0.788	0.315	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0	PAE	4		0.234	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	117		0	PAE	4		249	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.344		0	PAE	4		0.733	0.292	
Threonine g	1.261		0	PAE	4		2.686	1.072	
Isoleucine g	1.421		0	PAE	4		3.027	1.208	
Leucine g	2.292		0	PAE	4		4.882	1.948	
Lysine g	2.602		0	PAE	4		5.542	2.212	
Methionine g	0.756		0	PAE	4		1.610	0.643	
Cystine g	0.352		0	PAE	4		0.750	0.299	
Phenylalanine g	1.199		0	PAE	4		2.554	1.019	
Tyrosine g	0.990		0	PAE	4		2.109	0.842	
Valine g	1.590		0	PAE	4		3.387	1.352	
Arginine g	1.750		0	PAE	4		3.728	1.488	
Histidine g	0.933		0	PAE	4		1.987	0.793	
Alanine g	1.772		0	PAE	4		3.774	1.506	
Aspartic acid g	2.593		0	PAE	4		5.523	2.204	
Glutamic acid g	4.275		0	PAE	4		9.106	3.634	
Glycine g	1.439		0	PAE	4		3.065	1.223	
Proline g	1.236		0	PAE	4		2.633	1.051	
Serine g	1.095		0	PAE	4		2.332	0.931	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17243

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17244

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.70		0	PAE	4		137.21	48.20	
Energy ... kcal	268		0	NC	4		649	228	
Energy ... kJ	1121				4		2714	953	
Protein (N x 6.25) ... g	23.84		0	PAE	4		57.69	20.26	
Total lipid (fat) ... g	18.39		0	PAE	4		44.50	15.63	
Ash ... g	1.21		0	PAE	4		2.93	1.03	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	23		0	PAE	4		56	20	
Iron, Fe ... mg	1.83		0	PAE	4		4.43	1.56	
Magnesium, Mg ... mg	25		0	PAE	4		61	21	
Phosphorus, P ... mg	201		0	PAE	4		486	171	
Potassium, K ... mg	335		0	PAE	4		811	285	
Sodium, Na ... mg	82		0	PAE	4		198	70	
Zinc, Zn ... mg	5.58		0	PAE	4		13.50	4.74	
Copper, Cu ... mg	0.126		0	PAE	4		0.305	0.107	
Manganese, Mn ... mg	0.024		0	PAE	4		0.058	0.020	
Selenium, Se ... mcg	26.5		0	BFNN	4		64.1	22.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.100		0	PAE	4		0.242	0.085	
Riboflavin ... mg	0.260		0	PAE	4		0.629	0.221	
Niacin ... mg	6.490		0	PAE	4		15.706	5.517	
Pantothenic acid ... mg	0.680		0	PAE	4		1.646	0.578	
Vitamin B-6 ... mg	0.140		0	PAE	4		0.339	0.119	
Folate, total ... mcg	18		0	PAE	4		44	15	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	18		0	PAE	4		44	15	
Folate, DFE ... mcg_DFE	18		0	NC	4		44	15	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.78		0	PAE	4		6.73	2.36	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.530		0	PAE	4		18.223	6.401	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17244

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.121	0.043	
12:0 g	0.070		0	PAE	4		0.169	0.060	
13:0 g									
14:0 g	0.690		0	PAE	4		1.670	0.587	
15:0 g									
16:0 g	3.860		0	PAE	4		9.341	3.281	
17:0 g									
18:0 g	2.440		0	PAE	4		5.905	2.074	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.750		0	PAE	4		18.755	6.588	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.540		0	PAE	4		1.307	0.459	
17:1 g									
18:1 undifferentiated g	7.050		0	PAE	4		17.061	5.993	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.340		0	PAE	4		3.243	1.139	
18:2 undifferentiated g	1.020		0	PAE	4		2.468	0.867	
18:3 undifferentiated g	0.250		0	PAE	4		0.605	0.213	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.194	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	95		0	PAE	4		230	81	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.279		0	PAE	4		0.675	0.237	
Threonine g	1.020		0	PAE	4		2.468	0.867	
Isoleucine g	1.150		0	PAE	4		2.783	0.978	
Leucine g	1.854		0	PAE	4		4.487	1.576	
Lysine g	2.105		0	PAE	4		5.094	1.789	
Methionine g	0.612		0	PAE	4		1.481	0.520	
Cystine g	0.285		0	PAE	4		0.690	0.242	
Phenylalanine g	0.970		0	PAE	4		2.347	0.825	
Tyrosine g	0.801		0	PAE	4		1.938	0.681	
Valine g	1.286		0	PAE	4		3.112	1.093	
Arginine g	1.416		0	PAE	4		3.427	1.204	
Histidine g	0.755		0	PAE	4		1.827	0.642	
Alanine g	1.434		0	PAE	4		3.470	1.219	
Aspartic acid g	2.098		0	PAE	4		5.077	1.783	
Glutamic acid g	3.459		0	PAE	4		8.371	2.940	
Glycine g	1.164		0	PAE	4		2.817	0.989	
Proline g	1.000		0	PAE	4		2.420	0.850	
Serine g	0.886		0	PAE	4		2.144	0.753	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17244

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17245

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 24% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.98		0	PAE	4		149.86	48.43	
Energy ... kcal	269		0	NC	4		707	229	
Energy ... kJ	1125				4		2960	957	
Protein (N x 6.25) ... g	22.70		0	PAE	4		59.70	19.30	
Total lipid (fat) ... g	19.08		0	PAE	4		50.18	16.22	
Ash ... g	1.22		0	PAE	4		3.21	1.04	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	20		0	PAE	4		53	17	
Iron, Fe ... mg	1.97		0	PAE	4		5.18	1.67	
Magnesium, Mg ... mg	23		0	PAE	4		60	20	
Phosphorus, P ... mg	185		0	PAE	4		487	157	
Potassium, K ... mg	251		0	PAE	4		660	213	
Sodium, Na ... mg	66		0	PAE	4		174	56	
Zinc, Zn ... mg	5.44		0	PAE	4		14.31	4.62	
Copper, Cu ... mg	0.108		0	PAE	4		0.284	0.092	
Manganese, Mn ... mg	0.022		0	PAE	4		0.058	0.019	
Selenium, Se ... mcg	26.4		0	BFNN	4		69.4	22.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.237	0.077	
Riboflavin ... mg	0.240		0	PAE	4		0.631	0.204	
Niacin ... mg	6.040		0	PAE	4		15.885	5.134	
Pantothenic acid ... mg	0.700		0	PAE	4		1.841	0.595	
Vitamin B-6 ... mg	0.130		0	PAE	4		0.342	0.111	
Folate, total ... mcg	21		0	PAE	4		55	18	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	21		0	PAE	4		55	18	
Folate, DFE ... mcg_DFE	21		0	NC	4		55	18	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg	2.65		0	PAE	4		6.97	2.25	
Vitamin A, RAE ... mcg_RAE	0		0	PAE	4		0	0	
Retinol ... mcg	0		0	PAE	4		0	0	
Carotene, beta ... mcg									
Carotene, alpha ... mcg									
Cryptoxanthin, beta ... mcg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... mcg									
Lutein + zeaxanthin ... mcg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	7.980		0	PAE	4		20.987	6.783	
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 17245

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.132	0.043	
12:0 g	0.080		0	PAE	4		0.210	0.068	
13:0 g									
14:0 g	0.700		0	PAE	4		1.841	0.595	
15:0 g									
16:0 g	4.080		0	PAE	4		10.730	3.468	
17:0 g									
18:0 g	2.540		0	PAE	4		6.680	2.159	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.790		0	PAE	4		20.488	6.622	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560		0	PAE	4		1.473	0.476	
17:1 g									
18:1 undifferentiated g	7.010		0	PAE	4		18.436	5.959	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.560		0	PAE	4		4.103	1.326	
18:2 undifferentiated g	1.150		0	PAE	4		3.025	0.978	
18:3 undifferentiated g	0.320		0	PAE	4		0.842	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0	PAE	4		0.237	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	91		0	PAE	4		239	77	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0	PAE	4		0.697	0.225	
Threonine g	0.971		0	PAE	4		2.554	0.825	
Isoleucine g	1.095		0	PAE	4		2.880	0.931	
Leucine g	1.765		0	PAE	4		4.642	1.500	
Lysine g	2.004		0	PAE	4		5.271	1.703	
Methionine g	0.582		0	PAE	4		1.531	0.495	
Cystine g	0.271		0	PAE	4		0.713	0.230	
Phenylalanine g	0.924		0	PAE	4		2.430	0.785	
Tyrosine g	0.763		0	PAE	4		2.007	0.649	
Valine g	1.225		0	PAE	4		3.222	1.041	
Arginine g	1.348		0	PAE	4		3.545	1.146	
Histidine g	0.719		0	PAE	4		1.891	0.611	
Alanine g	1.365		0	PAE	4		3.590	1.160	
Aspartic acid g	1.998		0	PAE	4		5.255	1.698	
Glutamic acid g	3.294		0	PAE	4		8.663	2.800	
Glycine g	1.109		0	PAE	4		2.917	0.943	
Proline g	0.952		0	PAE	4		2.504	0.809	
Serine g	0.844		0	PAE	4		2.220	0.717	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17245

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17242

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.36		0	PAE	4		17.96	287.40	
Energy....kcal	244		0	NC	4		69	1107	
Energy....kJ	1021				4		289	4631	
Protein (N x 6.25)....g	17.07		0	PAE	4		4.84	77.43	
Total lipid (fat)....g	18.96		0	PAE	4		5.38	86.00	
Ash....g	0.91		0	PAE	4		0.26	4.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAE	4		5	73	
Iron, Fe....mg	1.53		0	PAE	4		0.43	6.94	
Magnesium, Mg....mg	21		0	PAE	4		6	95	
Phosphorus, P....mg	163		0	PAE	4		46	739	
Potassium, K....mg	237		0	PAE	4		67	1075	
Sodium, Na....mg	63		0	PAE	4		18	286	
Zinc, Zn....mg	4.12		0	PAE	4		1.17	18.69	
Copper, Cu....mg	0.100		0	PAE	4		0.028	0.454	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.091	
Selenium, Se....mcg	19.7		0	BFNN	4		5.6	89.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0	PAE	4		0.031	0.499	
Riboflavin....mg	0.210		0	PAE	4		0.060	0.953	
Niacin....mg	5.620		0	PAE	4		1.593	25.492	
Pantothenic acid....mg	0.680		0	PAE	4		0.193	3.084	
Vitamin B-6....mg	0.140		0	PAE	4		0.040	0.635	
Folate, total....mcg	19		0	PAE	4		5	86	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19		0	PAE	4		5	86	
Folate, DFE....mcg_DFE	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.57		0	PAE	4		0.73	11.66	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.100		0	PAE	4		2.296	36.742	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17242

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.080		0	PAE	4		0.023	0.363	
13:0 g									
14:0 g	0.730		0	PAE	4		0.207	3.311	
15:0 g									
16:0 g	4.110		0	PAE	4		1.165	18.643	
17:0 g									
18:0 g	2.570		0	PAE	4		0.729	11.658	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.760		0	PAE	4		2.200	35.199	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.550		0	PAE	4		0.156	2.495	
17:1 g									
18:1 undifferentiated g	6.970		0	PAE	4		1.976	31.616	
20:1 g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.520		0	PAE	4		0.431	6.895	
18:2 undifferentiated g	1.120		0	PAE	4		0.318	5.080	
18:3 undifferentiated g	0.330		0	PAE	4		0.094	1.497	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0	PAE	4		0.023	0.363	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0	PAE	4		0.056	0.903	
Threonine g	0.730		0	PAE	4		0.207	3.311	
Isoleucine g	0.823		0	PAE	4		0.233	3.733	
Leucine g	1.328		0	PAE	4		0.376	6.024	
Lysine g	1.507		0	PAE	4		0.427	6.836	
Methionine g	0.438		0	PAE	4		0.124	1.987	
Cystine g	0.204		0	PAE	4		0.058	0.925	
Phenylalanine g	0.695		0	PAE	4		0.197	3.153	
Tyrosine g	0.574		0	PAE	4		0.163	2.604	
Valine g	0.921		0	PAE	4		0.261	4.178	
Arginine g	1.014		0	PAE	4		0.287	4.600	
Histidine g	0.541		0	PAE	4		0.153	2.454	
Alanine g	1.026		0	PAE	4		0.291	4.654	
Aspartic acid g	1.502		0	PAE	4		0.426	6.813	
Glutamic acid g	2.477		0	PAE	4		0.702	11.236	
Glycine g	0.834		0	PAE	4		0.236	3.783	
Proline g	0.716		0	PAE	4		0.203	3.248	
Serine g	0.635		0	PAE	4		0.180	2.880	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17242

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17040

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 40% Bone 25%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.96		0		1		86.93	42.47	
Energy....kcal	283		0	NC	4		492	241	
Energy....kJ	1184				4		2060	1006	
Protein (N x 6.25)....g	32.81		0		1		57.09	27.89	
Total lipid (fat)....g	15.89		0		1		27.65	13.51	
Ash....g	1.75		0		1		3.05	1.49	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		45	22	
Iron, Fe....mg	2.67		0		1		4.65	2.27	
Magnesium, Mg....mg	27		0		1		47	23	
Phosphorus, P....mg	204		0		1		355	173	
Potassium, K....mg	261		0		1		454	222	
Sodium, Na....mg	79		0		1		137	67	
Zinc, Zn....mg	7.52		0		1		13.08	6.39	
Copper, Cu....mg	0.132		0		1		0.230	0.112	
Manganese, Mn....mg	0.032		0		1		0.056	0.027	
Selenium, Se....mcg	37.0		0	BFYN	4		64.4	31.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.104	0.051	
Riboflavin....mg	0.230		0		1		0.400	0.196	
Niacin....mg	5.960		0		1		10.370	5.066	
Pantothenic acid....mg	0.620		0		1		1.079	0.527	
Vitamin B-6....mg	0.120		0		1		0.209	0.102	
Folate, total....mcg	21		0		1		37	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		0		1		37	18	
Folate, DFE....mcg_DFE	21		0	NC	4		37	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.91		0		1		5.06	2.47	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.35	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.170		0		1		10.736	5.245	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17040

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030		0		1		0.052	0.026	
12:0 g	0.050		0		1		0.087	0.043	
13:0 g									
14:0 g	0.500		0		1		0.870	0.425	
15:0 g									
16:0 g	3.240		0		1		5.638	2.754	
17:0 g									
18:0 g	2.000		0		1		3.480	1.700	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.450		0		1		11.223	5.483	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.470		0		1		0.818	0.400	
17:1 g									
18:1 undifferentiated g	5.810		0		1		10.109	4.939	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.380		0		1		2.401	1.173	
18:2 undifferentiated g	1.020		0		1		1.775	0.867	
18:3 undifferentiated g	0.240		0		1		0.418	0.204	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.191	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	117		0		1		204	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.383		0		1		0.666	0.326	
Threonine g	1.404		0		1		2.443	1.193	
Isoleucine g	1.583		0		1		2.754	1.346	
Leucine g	2.552		0		1		4.440	2.169	
Lysine g	2.897		0		1		5.041	2.462	
Methionine g	0.842		0		1		1.465	0.716	
Cystine g	0.392		0		1		0.682	0.333	
Phenylalanine g	1.336		0		1		2.325	1.136	
Tyrosine g	1.103		0		1		1.919	0.938	
Valine g	1.770		0		1		3.080	1.505	
Arginine g	1.949		0		1		3.391	1.657	
Histidine g	1.039		0		1		1.808	0.883	
Alanine g	1.973		0		1		3.433	1.677	
Aspartic acid g	2.888		0		1		5.025	2.455	
Glutamic acid g	4.761		0		1		8.284	4.047	
Glycine g	1.602		0		1		2.787	1.362	
Proline g	1.376		0		1		2.394	1.170	
Serine g	1.220		0		1		2.123	1.037	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17040

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17041

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 38% Bone 24%, separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.38		0		1		123.99	52.17	
Energy....kcal	210		0	NC	4		424	179	
Energy....kJ	879		0		4		1775	747	
Protein (N x 6.25)....g	27.12		0		1		54.78	23.05	
Total lipid (fat)....g	10.50		0		1		21.21	8.93	
Ash....g	1.45		0		1		2.93	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		42	18	
Iron, Fe....mg	2.19		0		1		4.42	1.86	
Magnesium, Mg....mg	29		0		1		59	25	
Phosphorus, P....mg	217		0		1		438	184	
Potassium, K....mg	324		0		1		654	275	
Sodium, Na....mg	83		0		1		168	71	
Zinc, Zn....mg	6.60		0		1		13.33	5.61	
Copper, Cu....mg	0.137		0		1		0.277	0.116	
Manganese, Mn....mg	0.028		0		1		0.057	0.024	
Selenium, Se....mcg	31.3		0	BFYN	4		63.2	26.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.202	0.085	
Riboflavin....mg	0.280		0		1		0.566	0.238	
Niacin....mg	6.150		0		1		12.423	5.228	
Pantothenic acid....mg	0.690		0		1		1.394	0.587	
Vitamin B-6....mg	0.140		0		1		0.283	0.119	
Folate, total....mcg	23		0		1		46	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23		0		1		46	20	
Folate, DFE....mcg_DFE	23		0	NC	4		46	20	
Choline, total....mg	104.0		0	BFNN	4		210.1	88.4	
Betaine....mg	13.7		0	BFNN	4		27.6	11.6	
Vitamin B-12....mcg	3.11		0		1		6.28	2.64	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.40	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		5	2	
Vitamin K (phylloquinone)....mcg	5.7		0	BFYN	4		11.5	4.8	
Lipids:									
Fatty acids, total saturated....g	3.880		0		1		7.838	3.298	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17041

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.040	0.017	
12:0 g	0.030		0		1		0.061	0.026	
13:0 g									
14:0 g	0.290		0		1		0.586	0.247	
15:0 g									
16:0 g	2.080		0		1		4.202	1.768	
17:0 g									
18:0 g	1.280		0		1		2.586	1.088	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.240		0		1		8.565	3.604	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.320		0		1		0.646	0.272	
17:1 g									
18:1 undifferentiated g	3.830		0		1		7.737	3.256	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.940		0		1		1.899	0.799	
18:2 undifferentiated g	0.700		0		1		1.414	0.595	
18:3 undifferentiated g	0.150		0		1		0.303	0.128	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.182	0.077	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	93		0		1		188	79	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.317		0		1		0.640	0.269	
Threonine g	1.161		0		1		2.345	0.987	
Isoleucine g	1.308		0		1		2.642	1.112	
Leucine g	2.109		0		1		4.260	1.793	
Lysine g	2.395		0		1		4.838	2.036	
Methionine g	0.696		0		1		1.406	0.592	
Cystine g	0.324		0		1		0.654	0.275	
Phenylalanine g	1.104		0		1		2.230	0.938	
Tyrosine g	0.911		0		1		1.840	0.774	
Valine g	1.463		0		1		2.955	1.244	
Arginine g	1.611		0		1		3.254	1.369	
Histidine g	0.859		0		1		1.735	0.730	
Alanine g	1.631		0		1		3.295	1.386	
Aspartic acid g	2.387		0		1		4.822	2.029	
Glutamic acid g	3.935		0		1		7.949	3.345	
Glycine g	1.324		0		1		2.674	1.125	
Proline g	1.137		0		1		2.297	0.966	
Serine g	1.008		0		1		2.036	0.857	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17041

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 202g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17042

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 37% Bone 22%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.32		0		1		137.40	53.82	
Energy....kcal	204		0	NC	4		443	173	
Energy....kJ	854		0		4		1852	726	
Protein (N x 6.25)....g	24.94		0		1		54.12	21.20	
Total lipid (fat)....g	10.77		0		1		23.37	9.15	
Ash....g	1.33		0		1		2.89	1.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		41	16	
Iron, Fe....mg	2.13		0		1		4.62	1.81	
Magnesium, Mg....mg	25		0		1		54	21	
Phosphorus, P....mg	200		0		1		434	170	
Potassium, K....mg	265		0		1		575	225	
Sodium, Na....mg	68		0		1		148	58	
Zinc, Zn....mg	6.04		0		1		13.11	5.13	
Copper, Cu....mg	0.113		0		1		0.245	0.096	
Manganese, Mn....mg	0.026		0		1		0.056	0.022	
Selenium, Se....mcg	28.5		0	BFYN	4		61.8	24.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.195	0.077	
Riboflavin....mg	0.260		0		1		0.564	0.221	
Niacin....mg	5.760		0		1		12.499	4.896	
Pantothenic acid....mg	0.730		0		1		1.584	0.621	
Vitamin B-6....mg	0.150		0		1		0.326	0.128	
Folate, total....mcg	25		0		1		54	21	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	25		0		1		54	21	
Folate, DFE....mcg_DFE	25		0	NC	4		54	21	
Choline, total....mg	95.8		0	BFNN	4		208.0	81.5	
Betaine....mg	12.6		0	BFNN	4		27.3	10.7	
Vitamin B-12....mcg	2.70		0		1		5.86	2.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.39	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		5	2	
Vitamin K (phylloquinone)....mcg	4.5		0	BFYN	4		9.8	3.9	
Lipids:									
Fatty acids, total saturated....g	4.080		0		1		8.854	3.468	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17042

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.020		0		1		0.043	0.017	
12:0 g	0.030		0		1		0.065	0.026	
13:0 g									
14:0 g	0.320		0		1		0.694	0.272	
15:0 g									
16:0 g	2.170		0		1		4.709	1.845	
17:0 g									
18:0 g	1.330		0		1		2.886	1.131	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.360		0		1		9.461	3.706	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.320		0		1		0.694	0.272	
17:1 g									
18:1 undifferentiated g	3.930		0		1		8.528	3.341	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0		1		2.062	0.808	
18:2 undifferentiated g	0.710		0		1		1.541	0.604	
18:3 undifferentiated g	0.160		0		1		0.347	0.136	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.174	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		0		1		189	74	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0		1		0.631	0.247	
Threonine g	1.067		0		1		2.315	0.907	
Isoleucine g	1.203		0		1		2.611	1.023	
Leucine g	1.940		0		1		4.210	1.649	
Lysine g	2.202		0		1		4.778	1.872	
Methionine g	0.640		0		1		1.389	0.544	
Cystine g	0.298		0		1		0.647	0.253	
Phenylalanine g	1.015		0		1		2.203	0.863	
Tyrosine g	0.838		0		1		1.818	0.712	
Valine g	1.346		0		1		2.921	1.144	
Arginine g	1.482		0		1		3.216	1.260	
Histidine g	0.790		0		1		1.714	0.672	
Alanine g	1.500		0		1		3.255	1.275	
Aspartic acid g	2.195		0		1		4.763	1.866	
Glutamic acid g	3.619		0		1		7.853	3.076	
Glycine g	1.218		0		1		2.643	1.035	
Proline g	1.046		0		1		2.270	0.889	
Serine g	0.927		0		1		2.012	0.788	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17042

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17039

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 39% Bone 21%, separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.99	0.277	32		1		20.69	331.08	
Energy....kcal	144		0	NC	4		41	653	
Energy....kJ	602		0		4		171	2733	
Protein (N x 6.25)....g	19.55	0.156	32		1		5.54	88.68	
Total lipid (fat)....g	6.76	0.251	32		1		1.92	30.66	
Ash....g	1.04	0.010	32		1		0.29	4.72	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	0.603	32		1		4	68	
Iron, Fe....mg	1.66	0.081	32		1		0.47	7.53	
Magnesium, Mg....mg	24	0.788	32		1		7	109	
Phosphorus, P....mg	184	3.041	16		1		52	835	
Potassium, K....mg	274	12.739	32		1		78	1243	
Sodium, Na....mg	70	3.110	32		1		20	318	
Zinc, Zn....mg	4.77	0.152	32		1		1.35	21.64	
Copper, Cu....mg	0.109	0.003	32		1		0.031	0.494	
Manganese, Mn....mg	0.024		0		1		0.007	0.109	
Selenium, Se....mcg	22.2		0	BFNN	4		6.3	100.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.006	16		1		0.034	0.544	
Riboflavin....mg	0.220	0.012	16		1		0.062	0.998	
Niacin....mg	5.450	0.241	16		1		1.545	24.721	
Pantothenic acid....mg	0.710	0.022	16		1		0.201	3.221	
Vitamin B-6....mg	0.160		0		1		0.045	0.726	
Folate, total....mcg	23	1.182	16		1		7	104	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	23	1.182	16		1		7	104	
Folate, DFE....mcg_DFE	23		0	NC	4		7	104	
Choline, total....mg	82.0		0	BFNN	4		23.2	371.8	
Betaine....mg	12.1		0	BFNN	4		3.4	54.7	
Vitamin B-12....mcg	2.78	0.141	16		1		0.79	12.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.0	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.0	0.2	
Vitamin D....IU	2		40	A	1		1	10	
Vitamin K (phylloquinone)....mcg	3.4		0	BFYN	4		1.0	15.4	
Lipids:									
Fatty acids, total saturated....g	2.420		0		1		0.686	10.977	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17039

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		373		1		0.003	0.045	
12:0 g	0.020		373		1		0.006	0.091	
13:0 g									
14:0 g	0.180		373		1		0.051	0.816	
15:0 g									
16:0 g	1.310		373		1		0.371	5.942	
17:0 g									
18:0 g	0.800		373		1		0.227	3.629	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.720		0		1		0.771	12.338	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210		373		1		0.060	0.953	
17:1 g									
18:1 undifferentiated g	2.460		373		1		0.697	11.159	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.620		0		1		0.176	2.812	
18:2 undifferentiated g	0.460		373		1		0.130	2.087	
18:3 undifferentiated g	0.090		373		1		0.026	0.408	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		373		1		0.017	0.272	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	66	1.113	16		1		19	299	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.228		0		1		0.065	1.034	
Threonine g	0.837		0		1		0.237	3.797	
Isoleucine g	0.943		0		1		0.267	4.277	
Leucine g	1.521		0		1		0.431	6.899	
Lysine g	1.726		0		1		0.489	7.829	
Methionine g	0.502		0		1		0.142	2.277	
Cystine g	0.233		0		1		0.066	1.057	
Phenylalanine g	0.796		0		1		0.226	3.611	
Tyrosine g	0.657		0		1		0.186	2.980	
Valine g	1.055		0		1		0.299	4.785	
Arginine g	1.161		0		1		0.329	5.266	
Histidine g	0.619		0		1		0.175	2.808	
Alanine g	1.176		0		1		0.333	5.334	
Aspartic acid g	1.721		0		1		0.488	7.806	
Glutamic acid g	2.837		0		1		0.804	12.869	
Glycine g	0.955		0		1		0.271	4.332	
Proline g	0.820		0		1		0.232	3.720	
Serine g	0.727		0		1		0.206	3.298	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17039

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17225
Lamb, ground, cooked, broiled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.09		0		1		172.43	46.83	
Energy	kcal	283		0	NC	4		886	241	
Energy	kJ	1184		0		4		3706	1006	
Protein (N x 6.25)	g	24.75		0		1		77.47	21.04	
Total lipid (fat)	g	19.65		0		1		61.50	16.70	
Ash	g	1.14		0		1		3.57	0.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		69	19	
Iron, Fe	mg	1.79		0		1		5.60	1.52	
Magnesium, Mg	mg	24		0		1		75	20	
Phosphorus, P	mg	201		0		1		629	171	
Potassium, K	mg	339		0		1		1061	288	
Sodium, Na	mg	81		0		1		254	69	
Zinc, Zn	mg	4.67		0		1		14.62	3.97	
Copper, Cu	mg	0.128		0		1		0.401	0.109	
Manganese, Mn	mg	0.024		0		1		0.075	0.020	
Selenium, Se	mcg	27.7		0	BFNN	4		86.7	23.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.313	0.085	
Riboflavin	mg	0.250		0		1		0.783	0.213	
Niacin	mg	6.700		0		1		20.971	5.695	
Pantothenic acid	mg	0.660		0		1		2.066	0.561	
Vitamin B-6	mg	0.140		0		1		0.438	0.119	
Folate, total	mcg	19		0		1		59	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		1		59	16	
Folate, DFE	mcg_DFE	19		0	NC	4		59	16	
Choline, total	mg	93.4		0	BFNN	4		292.4	79.4	
Betaine	mg	12.3		0	BFNN	4		38.4	10.4	
Vitamin B-12	mcg	2.61		0		1		8.17	2.22	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0		1		0.44	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		80	AS	1		0.2	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		40	A	1		0.2	0.1	
Vitamin D	IU	2		40	A	1		8	2	
Vitamin K (phylloquinone)	mcg	5.3		0	BFYN	4		16.4	4.5	
Lipids:										
Fatty acids, total saturated	g	8.120		0		1		25.416	6.902	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17225
Lamb, ground, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.050		0		1		0.157	0.043	
12:0 g	0.080		0		1		0.250	0.068	
13:0 g									
14:0 g	0.750		0		1		2.348	0.638	
15:0 g									
16:0 g	4.150		0		1		12.990	3.528	
17:0 g									
18:0 g	2.630		0		1		8.232	2.236	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.320		0		1		26.042	7.072	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.570		0		1		1.784	0.485	
17:1 g									
18:1 undifferentiated g	7.570		0		1		23.694	6.435	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.400		0		1		4.382	1.190	
18:2 undifferentiated g	1.070		0		1		3.349	0.910	
18:3 undifferentiated g	0.260		0		1		0.814	0.221	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.219	0.060	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	97		0		1		304	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.289		0		1		0.905	0.246	
Threonine g	1.059		0		1		3.315	0.900	
Isoleucine g	1.194		0		1		3.737	1.015	
Leucine g	1.925		0		1		6.025	1.636	
Lysine g	2.186		0		1		6.842	1.858	
Methionine g	0.635		0		1		1.988	0.540	
Cystine g	0.295		0		1		0.923	0.251	
Phenylalanine g	1.008		0		1		3.155	0.857	
Tyrosine g	0.832		0		1		2.604	0.707	
Valine g	1.335		0		1		4.179	1.135	
Arginine g	1.470		0		1		4.601	1.250	
Histidine g	0.784		0		1		2.454	0.666	
Alanine g	1.488		0		1		4.657	1.265	
Aspartic acid g	2.178		0		1		6.817	1.851	
Glutamic acid g	3.591		0		1		11.240	3.052	
Glycine g	1.209		0		1		3.784	1.028	
Proline g	1.038		0		1		3.249	0.882	
Serine g	0.920		0		1		2.880	0.782	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17225
Lamb, ground, cooked, broiled

Common Measures:

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17224
Lamb, ground, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.47		0		1		16.86	67.20	
Energy....kcal	282		0	NC	4		80	319	
Energy....kJ	1180		0		4		334	1333	
Protein (N x 6.25)....g	16.56		0		1		4.69	18.71	
Total lipid (fat)....g	23.41		0		1		6.64	26.45	
Ash....g	0.87		0		1		0.25	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		5	18	
Iron, Fe....mg	1.55		0		1		0.44	1.75	
Magnesium, Mg....mg	21		0		1		6	24	
Phosphorus, P....mg	157		0		1		45	177	
Potassium, K....mg	222		0		1		63	251	
Sodium, Na....mg	59		0		1		17	67	
Zinc, Zn....mg	3.41		0		1		0.97	3.85	
Copper, Cu....mg	0.101		0		1		0.029	0.114	
Manganese, Mn....mg	0.019		0		1		0.005	0.021	
Selenium, Se....mcg	18.8		0	BFNN	4		5.3	21.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		1		0.031	0.124	
Riboflavin....mg	0.210		0		1		0.060	0.237	
Niacin....mg	5.960		0		1		1.690	6.735	
Pantothenic acid....mg	0.650		0		1		0.184	0.735	
Vitamin B-6....mg	0.130		0		1		0.037	0.147	
Folate, total....mcg	18		0		1		5	20	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		5	20	
Folate, DFE....mcg_DFE	18		0	NC	4		5	20	
Choline, total....mg	69.3		0	BFNN	4		19.6	78.3	
Betaine....mg	10.2		0	BFNN	4		2.9	11.5	
Vitamin B-12....mcg	2.31		0		1		0.65	2.61	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.06	0.23	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		80	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		40	A	1		0.0	0.1	
Vitamin D....IU	2		40	A	1		1	2	
Vitamin K (phylloquinone)....mcg	3.6		0	BFSN	4		1.0	4.0	
Lipids:									
Fatty acids, total saturated....g	10.190		0		1		2.889	11.515	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17224
Lamb, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.060		0		1		0.017	0.068	
12:0 g	0.100		0		1		0.028	0.113	
13:0 g									
14:0 g	0.930		0		1		0.264	1.051	
15:0 g									
16:0 g	5.130		0		1		1.454	5.797	
17:0 g									
18:0 g	3.220		0		1		0.913	3.639	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.600		0		1		2.722	10.848	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.680		0		1		0.193	0.768	
17:1 g									
18:1 undifferentiated g	8.620		0		1		2.444	9.741	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.850		0		1		0.524	2.091	
18:2 undifferentiated g	1.360		0		1		0.386	1.537	
18:3 undifferentiated g	0.420		0		1		0.119	0.475	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.090	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	73		0		1		21	82	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0		1		0.055	0.218	
Threonine g	0.709		0		1		0.201	0.801	
Isoleucine g	0.799		0		1		0.227	0.903	
Leucine g	1.288		0		1		0.365	1.455	
Lysine g	1.462		0		1		0.414	1.652	
Methionine g	0.425		0		1		0.120	0.480	
Cystine g	0.198		0		1		0.056	0.224	
Phenylalanine g	0.674		0		1		0.191	0.762	
Tyrosine g	0.556		0		1		0.158	0.628	
Valine g	0.893		0		1		0.253	1.009	
Arginine g	0.984		0		1		0.279	1.112	
Histidine g	0.524		0		1		0.149	0.592	
Alanine g	0.996		0		1		0.282	1.125	
Aspartic acid g	1.457		0		1		0.413	1.646	
Glutamic acid g	2.402		0		1		0.681	2.714	
Glycine g	0.809		0		1		0.229	0.914	
Proline g	0.694		0		1		0.197	0.784	
Serine g	0.615		0		1		0.174	0.695	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17224
Lamb, ground, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17255

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Refuse: 27% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.80		0	PAE	4		132.62	46.58	
Energy	kcal	270		0	NC	4		653	230	
Energy	kJ	1130				4		2734	960	
Protein (N x 6.25)	g	25.26		0	PAE	4		61.13	21.47	
Total lipid (fat)	g	17.98		0	PAE	4		43.51	15.28	
Ash	g	1.40		0	PAE	4		3.39	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	PAE	4		36	13	
Iron, Fe	mg	2.08		0	PAE	4		5.03	1.77	
Magnesium, Mg	mg	19		0	PAE	4		46	16	
Phosphorus, P	mg	211		0	PAE	4		511	179	
Potassium, K	mg	161		0	PAE	4		390	137	
Sodium, Na	mg	46		0	PAE	4		111	39	
Zinc, Zn	mg	3.61		0	PAE	4		8.74	3.07	
Copper, Cu	mg	0.102		0	PAE	4		0.247	0.087	
Manganese, Mn	mg	0.023		0	PAE	4		0.056	0.020	
Selenium, Se	mcg	2.0		0	BFNN	4		4.8	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0	PAE	4		0.266	0.094	
Riboflavin	mg	0.410		0	PAE	4		0.992	0.349	
Niacin	mg	7.310		0	PAE	4		17.690	6.214	
Pantothenic acid	mg	0.530		0	PAE	4		1.283	0.451	
Vitamin B-6	mg	0.110		0	PAE	4		0.266	0.094	
Folate, total	mcg	1		0	PAE	4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.71		0	PAE	4		6.56	2.30	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.760		0	PAE	4		21.199	7.446	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17255

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.121	0.043	
12:0 g	0.070		0	PAE	4		0.169	0.060	
13:0 g									
14:0 g	0.690		0	PAE	4		1.670	0.587	
15:0 g									
16:0 g	3.920		0	PAE	4		9.486	3.332	
17:0 g									
18:0 g	3.350		0	PAE	4		8.107	2.848	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.960		0	PAE	4		16.843	5.916	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340		0	PAE	4		0.823	0.289	
17:1 g									
18:1 undifferentiated g	6.490		0	PAE	4		15.706	5.517	
20:1 g	0.020		0	PAE	4		0.048	0.017	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.880		0	PAE	4		2.130	0.748	
18:2 undifferentiated g	0.530		0	PAE	4		1.283	0.451	
18:3 undifferentiated g	0.320		0	PAE	4		0.774	0.272	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.073	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	106		0	PAE	4		257	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.295		0	PAE	4		0.714	0.251	
Threonine g	1.081		0	PAE	4		2.616	0.919	
Isoleucine g	1.218		0	PAE	4		2.948	1.035	
Leucine g	1.964		0	PAE	4		4.753	1.669	
Lysine g	2.230		0	PAE	4		5.397	1.896	
Methionine g	0.648		0	PAE	4		1.568	0.551	
Cystine g	0.301		0	PAE	4		0.728	0.256	
Phenylalanine g	1.028		0	PAE	4		2.488	0.874	
Tyrosine g	0.849		0	PAE	4		2.055	0.722	
Valine g	1.363		0	PAE	4		3.298	1.159	
Arginine g	1.500		0	PAE	4		3.630	1.275	
Histidine g	0.800		0	PAE	4		1.936	0.680	
Alanine g	1.519		0	PAE	4		3.676	1.291	
Aspartic acid g	2.223		0	PAE	4		5.380	1.890	
Glutamic acid g	3.665		0	PAE	4		8.869	3.115	
Glycine g	1.233		0	PAE	4		2.984	1.048	
Proline g	1.059		0	PAE	4		2.563	0.900	
Serine g	0.939		0	PAE	4		2.272	0.798	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17255

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17254

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 27% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.03		0	PAE	4		18.15	290.44	
Energy....kcal	232		0	NC	4		66	1052	
Energy....kJ	971				4		275	4403	
Protein (N x 6.25)....g	17.95		0	PAE	4		5.09	81.42	
Total lipid (fat)....g	17.20		0	PAE	4		4.88	78.02	
Ash....g	0.98		0	PAE	4		0.28	4.45	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAE	4		3	50	
Iron, Fe....mg	1.54		0	PAE	4		0.44	6.99	
Magnesium, Mg....mg	16		0	PAE	4		5	73	
Phosphorus, P....mg	179		0	PAE	4		51	812	
Potassium, K....mg	147		0	PAE	4		42	667	
Sodium, Na....mg	41		0	PAE	4		12	186	
Zinc, Zn....mg	2.58		0	PAE	4		0.73	11.70	
Copper, Cu....mg	0.089		0	PAE	4		0.025	0.404	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.091	
Selenium, Se....mcg	1.4		0	BFNN	4		0.4	6.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0	PAE	4		0.037	0.590	
Riboflavin....mg	0.350		0	PAE	4		0.099	1.588	
Niacin....mg	6.570		0	PAE	4		1.863	29.802	
Pantothenic acid....mg	0.520		0	PAE	4		0.147	2.359	
Vitamin B-6....mg	0.120		0	PAE	4		0.034	0.544	
Folate, total....mcg	1		0	PAE	4		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.50		0	PAE	4		0.71	11.34	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.640		0	PAE	4		2.449	39.191	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17254

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.070		0	PAE	4		0.020	0.318	
13:0 g									
14:0 g	0.700		0	PAE	4		0.198	3.175	
15:0 g									
16:0 g	3.770		0	PAE	4		1.069	17.101	
17:0 g									
18:0 g	3.400		0	PAE	4		0.964	15.422	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.600		0	PAE	4		1.871	29.938	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.290		0	PAE	4		0.082	1.315	
17:1 g									
18:1 undifferentiated g	6.170		0	PAE	4		1.749	27.987	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.750		0	PAE	4		0.213	3.402	
18:2 undifferentiated g	0.420		0	PAE	4		0.119	1.905	
18:3 undifferentiated g	0.310		0	PAE	4		0.088	1.406	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	77		0	PAE	4		22	349	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.210		0	PAE	4		0.060	0.953	
Threonine g	0.768		0	PAE	4		0.218	3.484	
Isoleucine g	0.866		0	PAE	4		0.246	3.928	
Leucine g	1.396		0	PAE	4		0.396	6.332	
Lysine g	1.585		0	PAE	4		0.449	7.190	
Methionine g	0.461		0	PAE	4		0.131	2.091	
Cystine g	0.214		0	PAE	4		0.061	0.971	
Phenylalanine g	0.731		0	PAE	4		0.207	3.316	
Tyrosine g	0.603		0	PAE	4		0.171	2.735	
Valine g	0.968		0	PAE	4		0.274	4.391	
Arginine g	1.066		0	PAE	4		0.302	4.835	
Histidine g	0.569		0	PAE	4		0.161	2.581	
Alanine g	1.079		0	PAE	4		0.306	4.894	
Aspartic acid g	1.580		0	PAE	4		0.448	7.167	
Glutamic acid g	2.604		0	PAE	4		0.738	11.812	
Glycine g	0.877		0	PAE	4		0.249	3.978	
Proline g	0.753		0	PAE	4		0.213	3.416	
Serine g	0.667		0	PAE	4		0.189	3.026	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17254

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17257

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 50% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.76		0	PAE	4		95.36	48.25	
Energy	kcal	258		0	NC	4		433	219	
Energy	kJ	1079				4		1814	918	
Protein (N x 6.25)	g	26.97		0	PAE	4		45.31	22.92	
Total lipid (fat)	g	15.83		0	PAE	4		26.59	13.46	
Ash	g	1.61		0	PAE	4		2.70	1.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	PAE	4		24	12	
Iron, Fe	mg	2.07		0	PAE	4		3.48	1.76	
Magnesium, Mg	mg	15		0	PAE	4		25	13	
Phosphorus, P	mg	175		0	PAE	4		294	149	
Potassium, K	mg	118		0	PAE	4		198	100	
Sodium, Na	mg	47		0	PAE	4		79	40	
Zinc, Zn	mg	4.80		0	PAE	4		8.06	4.08	
Copper, Cu	mg	0.102		0	PAE	4		0.171	0.087	
Manganese, Mn	mg	0.024		0	PAE	4		0.040	0.020	
Selenium, Se	mcg	5.3		0	BFZN	4		8.9	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0	PAE	4		0.118	0.060	
Riboflavin	mg	0.330		0	PAE	4		0.554	0.281	
Niacin	mg	6.070		0	PAE	4		10.198	5.160	
Pantothenic acid	mg	0.410		0	PAE	4		0.689	0.349	
Vitamin B-6	mg	0.080		0	PAE	4		0.134	0.068	
Folate, total	mcg	1		0	PAE	4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.44		0	PAE	4		4.10	2.07	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.820		0	PAE	4		13.138	6.647	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17257

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.084	0.043	
12:0 g	0.060		0	PAE	4		0.101	0.051	
13:0 g									
14:0 g	0.620		0	PAE	4		1.042	0.527	
15:0 g									
16:0 g	3.460		0	PAE	4		5.813	2.941	
17:0 g									
18:0 g	3.040		0	PAE	4		5.107	2.584	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.100		0	PAE	4		10.248	5.185	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0	PAE	4		0.470	0.238	
17:1 g									
18:1 undifferentiated g	5.700		0	PAE	4		9.576	4.845	
20:1 g	0.020		0	PAE	4		0.034	0.017	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0	PAE	4		1.226	0.621	
18:2 undifferentiated g	0.430		0	PAE	4		0.722	0.366	
18:3 undifferentiated g	0.280		0	PAE	4		0.470	0.238	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.034	0.017	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	102		0	PAE	4		171	87	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.315		0	PAE	4		0.529	0.268	
Threonine g	1.154		0	PAE	4		1.939	0.981	
Isoleucine g	1.301		0	PAE	4		2.186	1.106	
Leucine g	2.098		0	PAE	4		3.525	1.783	
Lysine g	2.382		0	PAE	4		4.002	2.025	
Methionine g	0.692		0	PAE	4		1.163	0.588	
Cystine g	0.322		0	PAE	4		0.541	0.274	
Phenylalanine g	1.098		0	PAE	4		1.845	0.933	
Tyrosine g	0.906		0	PAE	4		1.522	0.770	
Valine g	1.455		0	PAE	4		2.444	1.237	
Arginine g	1.602		0	PAE	4		2.691	1.362	
Histidine g	0.854		0	PAE	4		1.435	0.726	
Alanine g	1.622		0	PAE	4		2.725	1.379	
Aspartic acid g	2.374		0	PAE	4		3.988	2.018	
Glutamic acid g	3.914		0	PAE	4		6.576	3.327	
Glycine g	1.317		0	PAE	4		2.213	1.119	
Proline g	1.131		0	PAE	4		1.900	0.961	
Serine g	1.003		0	PAE	4		1.685	0.853	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17257

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17256

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 45% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.02		0	PAE	4		18.72	299.47	
Energy....kcal	223		0	NC	4		63	1012	
Energy....kJ	933				4		265	4232	
Protein (N x 6.25)....g	18.04		0	PAE	4		5.11	81.83	
Total lipid (fat)....g	16.15		0	PAE	4		4.58	73.26	
Ash....g	1.06		0	PAE	4		0.30	4.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAE	4		3	45	
Iron, Fe....mg	1.49		0	PAE	4		0.42	6.76	
Magnesium, Mg....mg	15		0	PAE	4		4	68	
Phosphorus, P....mg	170		0	PAE	4		48	771	
Potassium, K....mg	131		0	PAE	4		37	594	
Sodium, Na....mg	45		0	PAE	4		13	204	
Zinc, Zn....mg	3.37		0	PAE	4		0.96	15.29	
Copper, Cu....mg	0.095		0	PAE	4		0.027	0.431	
Manganese, Mn....mg	0.020		0	PAE	4		0.006	0.091	
Selenium, Se....mcg	3.5		0	BFZN	4		1.0	15.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0	PAE	4		0.037	0.590	
Riboflavin....mg	0.360		0	PAE	4		0.102	1.633	
Niacin....mg	6.300		0	PAE	4		1.786	28.577	
Pantothenic acid....mg	0.510		0	PAE	4		0.145	2.313	
Vitamin B-6....mg	0.110		0	PAE	4		0.031	0.499	
Folate, total....mcg	1		0	PAE	4		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.53		0	PAE	4		0.72	11.48	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.180		0	PAE	4		2.319	37.104	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17256

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		0	PAE	4		0.014	0.227	
12:0 g	0.060		0	PAE	4		0.017	0.272	
13:0 g									
14:0 g	0.670		0	PAE	4		0.190	3.039	
15:0 g									
16:0 g	3.550		0	PAE	4		1.006	16.103	
17:0 g									
18:0 g	3.220		0	PAE	4		0.913	14.606	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.190		0	PAE	4		1.755	28.078	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0	PAE	4		0.079	1.270	
17:1 g									
18:1 undifferentiated g	5.790		0	PAE	4		1.641	26.263	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.700		0	PAE	4		0.198	3.175	
18:2 undifferentiated g	0.390		0	PAE	4		0.111	1.769	
18:3 undifferentiated g	0.290		0	PAE	4		0.082	1.315	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	PAE	4		0.003	0.045	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	71		0	PAE	4		20	322	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	PAE	4		0.060	0.957	
Threonine g	0.772		0	PAE	4		0.219	3.502	
Isoleucine g	0.870		0	PAE	4		0.247	3.946	
Leucine g	1.403		0	PAE	4		0.398	6.364	
Lysine g	1.593		0	PAE	4		0.452	7.226	
Methionine g	0.463		0	PAE	4		0.131	2.100	
Cystine g	0.215		0	PAE	4		0.061	0.975	
Phenylalanine g	0.734		0	PAE	4		0.208	3.329	
Tyrosine g	0.606		0	PAE	4		0.172	2.749	
Valine g	0.974		0	PAE	4		0.276	4.418	
Arginine g	1.072		0	PAE	4		0.304	4.863	
Histidine g	0.572		0	PAE	4		0.162	2.595	
Alanine g	1.085		0	PAE	4		0.308	4.922	
Aspartic acid g	1.588		0	PAE	4		0.450	7.203	
Glutamic acid g	2.618		0	PAE	4		0.742	11.875	
Glycine g	0.881		0	PAE	4		0.250	3.996	
Proline g	0.757		0	PAE	4		0.215	3.434	
Serine g	0.671		0	PAE	4		0.190	3.044	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17256

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17259

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.01		0	PAE	4		149.30	50.16	
Energy....kcal	234		0	NC	4		592	199	
Energy....kJ	979				4		2477	832	
Protein (N x 6.25)....g	25.34		0	PAE	4		64.11	21.54	
Total lipid (fat)....g	13.95		0	PAE	4		35.29	11.86	
Ash....g	1.41		0	PAE	4		3.57	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAE	4		23	8	
Iron, Fe....mg	2.13		0	PAE	4		5.39	1.81	
Magnesium, Mg....mg	20		0	PAE	4		51	17	
Phosphorus, P....mg	221		0	PAE	4		559	188	
Potassium, K....mg	170		0	PAE	4		430	145	
Sodium, Na....mg	44		0	PAE	4		111	37	
Zinc, Zn....mg	3.67		0	PAE	4		9.29	3.12	
Copper, Cu....mg	0.105		0	PAE	4		0.266	0.089	
Manganese, Mn....mg	0.024		0	PAE	4		0.061	0.020	
Selenium, Se....mcg	4.1		0	BFNN	4		10.4	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.304	0.102	
Riboflavin....mg	0.460		0	PAE	4		1.164	0.391	
Niacin....mg	7.570		0	PAE	4		19.152	6.435	
Pantothenic acid....mg	0.550		0	PAE	4		1.392	0.468	
Vitamin B-6....mg	0.130		0	PAE	4		0.329	0.111	
Folate, total....mcg	1		0	PAE	4		3	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		3	1	
Folate, DFE....mcg_DFE	1		0	NC	4		3	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.61		0	PAE	4		6.60	2.22	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.750		0	PAE	4		17.078	5.738	
4:0....g									
6:0....g									

NDB No. 17259

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 ... g									
10:0 ... g	0.040		0	PAE	4		0.101	0.034	
12:0 ... g	0.050		0	PAE	4		0.127	0.043	
13:0 ... g									
14:0 ... g	0.530		0	PAE	4		1.341	0.451	
15:0 ... g									
16:0 ... g	3.030		0	PAE	4		7.666	2.576	
17:0 ... g									
18:0 ... g	2.590		0	PAE	4		6.553	2.202	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.400		0	PAE	4		13.662	4.590	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.260		0	PAE	4		0.658	0.221	
17:1 ... g									
18:1 undifferentiated ... g	5.040		0	PAE	4		12.751	4.284	
20:1 ... g	0.010		0	PAE	4		0.025	0.009	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.680		0	PAE	4		1.720	0.578	
18:2 undifferentiated ... g	0.410		0	PAE	4		1.037	0.349	
18:3 undifferentiated ... g	0.250		0	PAE	4		0.633	0.213	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0	PAE	4		0.051	0.017	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	101		0	PAE	4		256	86	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.296		0	PAE	4		0.749	0.252	
Threonine ... g	1.085		0	PAE	4		2.745	0.922	
Isoleucine ... g	1.223		0	PAE	4		3.094	1.040	
Leucine ... g	1.971		0	PAE	4		4.987	1.675	
Lysine ... g	2.238		0	PAE	4		5.662	1.902	
Methionine ... g	0.650		0	PAE	4		1.645	0.553	
Cystine ... g	0.302		0	PAE	4		0.764	0.257	
Phenylalanine ... g	1.032		0	PAE	4		2.611	0.877	
Tyrosine ... g	0.852		0	PAE	4		2.156	0.724	
Valine ... g	1.367		0	PAE	4		3.459	1.162	
Arginine ... g	1.506		0	PAE	4		3.810	1.280	
Histidine ... g	0.803		0	PAE	4		2.032	0.683	
Alanine ... g	1.524		0	PAE	4		3.856	1.295	
Aspartic acid ... g	2.231		0	PAE	4		5.644	1.896	
Glutamic acid ... g	3.678		0	PAE	4		9.305	3.126	
Glycine ... g	1.238		0	PAE	4		3.132	1.052	
Proline ... g	1.063		0	PAE	4		2.689	0.904	
Serine ... g	0.942		0	PAE	4		2.383	0.801	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17259

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17258

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 24% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.05		0	PAE	4		19.01	304.14	
Energy	kcal	201		0	NC	4		57	912	
Energy	kJ	841				4		238	3815	
Protein (N x 6.25)	g	18.76		0	PAE	4		5.32	85.10	
Total lipid (fat)	g	13.37		0	PAE	4		3.79	60.65	
Ash	g	1.03		0	PAE	4		0.29	4.67	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAE	4		2	32	
Iron, Fe	mg	1.60		0	PAE	4		0.45	7.26	
Magnesium, Mg	mg	18		0	PAE	4		5	82	
Phosphorus, P	mg	189		0	PAE	4		54	857	
Potassium, K	mg	160		0	PAE	4		45	726	
Sodium, Na	mg	41		0	PAE	4		12	186	
Zinc, Zn	mg	2.72		0	PAE	4		0.77	12.34	
Copper, Cu	mg	0.095		0	PAE	4		0.027	0.431	
Manganese, Mn	mg	0.021		0	PAE	4		0.006	0.095	
Selenium, Se	mcg	3.0		0	BFNN	4		0.9	13.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.140		0	PAE	4		0.040	0.635	
Riboflavin	mg	0.380		0	PAE	4		0.108	1.724	
Niacin	mg	6.860		0	PAE	4		1.945	31.117	
Pantothenic acid	mg	0.510		0	PAE	4		0.145	2.313	
Vitamin B-6	mg	0.130		0	PAE	4		0.037	0.590	
Folate, total	mcg	1		0	PAE	4		0	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		0	5	
Folate, DFE	mcg_DFE	1		0	NC	4		0	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.47		0	PAE	4		0.70	11.20	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.670		0	PAE	4		1.891	30.255	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17258

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040		0	PAE	4		0.011	0.181	
12:0 g	0.050		0	PAE	4		0.014	0.227	
13:0 g									
14:0 g	0.530		0	PAE	4		0.150	2.404	
15:0 g									
16:0 g	2.920		0	PAE	4		0.828	13.245	
17:0 g									
18:0 g	2.620		0	PAE	4		0.743	11.884	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.130		0	PAE	4		1.454	23.270	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.230		0	PAE	4		0.065	1.043	
17:1 g									
18:1 undifferentiated g	4.800		0	PAE	4		1.361	21.773	
20:1 g	0.020		0	PAE	4		0.006	0.091	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.590		0	PAE	4		0.167	2.676	
18:2 undifferentiated g	0.330		0	PAE	4		0.094	1.497	
18:3 undifferentiated g	0.240		0	PAE	4		0.068	1.089	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	PAE	4		0.003	0.045	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	75		0	PAE	4		21	340	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.219		0	PAE	4		0.062	0.993	
Threonine g	0.803		0	PAE	4		0.228	3.642	
Isoleucine g	0.905		0	PAE	4		0.257	4.105	
Leucine g	1.459		0	PAE	4		0.414	6.618	
Lysine g	1.656		0	PAE	4		0.469	7.512	
Methionine g	0.481		0	PAE	4		0.136	2.182	
Cystine g	0.224		0	PAE	4		0.064	1.016	
Phenylalanine g	0.764		0	PAE	4		0.217	3.466	
Tyrosine g	0.630		0	PAE	4		0.179	2.858	
Valine g	1.012		0	PAE	4		0.287	4.590	
Arginine g	1.114		0	PAE	4		0.316	5.053	
Histidine g	0.594		0	PAE	4		0.168	2.694	
Alanine g	1.128		0	PAE	4		0.320	5.117	
Aspartic acid g	1.651		0	PAE	4		0.468	7.489	
Glutamic acid g	2.722		0	PAE	4		0.772	12.347	
Glycine g	0.916		0	PAE	4		0.260	4.155	
Proline g	0.787		0	PAE	4		0.223	3.570	
Serine g	0.697		0	PAE	4		0.198	3.162	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17258

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17261

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.17		0	PAE	4		44.34	21.91	
Energy	kcal	296		0	NC	4		252	124	
Energy	kJ	1238				4		1053	520	
Protein (N x 6.25)	g	24.41		0	PAE	4		20.75	10.25	
Total lipid (fat)	g	21.28		0	PAE	4		18.09	8.94	
Ash	g	1.34		0	PAE	4		1.14	0.56	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	PAE	4		20	10	
Iron, Fe	mg	2.10		0	PAE	4		1.79	0.88	
Magnesium, Mg	mg	20		0	PAE	4		17	8	
Phosphorus, P	mg	213		0	PAE	4		181	89	
Potassium, K	mg	164		0	PAE	4		139	69	
Sodium, Na	mg	50		0	PAE	4		43	21	
Zinc, Zn	mg	2.76		0	PAE	4		2.35	1.16	
Copper, Cu	mg	0.112		0	PAE	4		0.095	0.047	
Manganese, Mn	mg	0.022		0	PAE	4		0.019	0.009	
Selenium, Se	mcg	2.1		0	BFNN	4		1.8	0.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.120		0	PAE	4		0.102	0.050	
Riboflavin	mg	0.370		0	PAE	4		0.315	0.155	
Niacin	mg	7.920		0	PAE	4		6.732	3.326	
Pantothenic acid	mg	0.490		0	PAE	4		0.417	0.206	
Vitamin B-6	mg	0.110		0	PAE	4		0.094	0.046	
Folate, total	mcg	1		0	PAE	4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		1	0	
Folate, DFE	mcg_DFE	1		0	NC	4		1	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.54		0	PAE	4		2.16	1.07	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.560		0	PAE	4		8.976	4.435	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17261

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.060		0	PAE	4		0.051	0.025	
12:0 ... g	0.080		0	PAE	4		0.068	0.034	
13:0 ... g									
14:0 ... g	0.850		0	PAE	4		0.723	0.357	
15:0 ... g									
16:0 ... g	4.660		0	PAE	4		3.961	1.957	
17:0 ... g									
18:0 ... g	4.090		0	PAE	4		3.477	1.718	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.200		0	PAE	4		6.970	3.444	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.380		0	PAE	4		0.323	0.160	
17:1 ... g									
18:1 undifferentiated ... g	7.660		0	PAE	4		6.511	3.217	
20:1 ... g	0.030		0	PAE	4		0.026	0.013	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.990		0	PAE	4		0.842	0.416	
18:2 undifferentiated ... g	0.580		0	PAE	4		0.493	0.244	
18:3 undifferentiated ... g	0.380		0	PAE	4		0.323	0.160	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0	PAE	4		0.017	0.008	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	113		0	PAE	4		96	47	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.285		0	PAE	4		0.242	0.120	
Threonine ... g	1.045		0	PAE	4		0.888	0.439	
Isoleucine ... g	1.178		0	PAE	4		1.001	0.495	
Leucine ... g	1.898		0	PAE	4		1.613	0.797	
Lysine ... g	2.155		0	PAE	4		1.832	0.905	
Methionine ... g	0.626		0	PAE	4		0.532	0.263	
Cystine ... g	0.291		0	PAE	4		0.247	0.122	
Phenylalanine ... g	0.994		0	PAE	4		0.845	0.417	
Tyrosine ... g	0.820		0	PAE	4		0.697	0.344	
Valine ... g	1.317		0	PAE	4		1.119	0.553	
Arginine ... g	1.450		0	PAE	4		1.233	0.609	
Histidine ... g	0.773		0	PAE	4		0.657	0.325	
Alanine ... g	1.468		0	PAE	4		1.248	0.617	
Aspartic acid ... g	2.148		0	PAE	4		1.826	0.902	
Glutamic acid ... g	3.542		0	PAE	4		3.011	1.488	
Glycine ... g	1.192		0	PAE	4		1.013	0.501	
Proline ... g	1.024		0	PAE	4		0.870	0.430	
Serine ... g	0.907		0	PAE	4		0.771	0.381	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17261

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17260

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.95		0	PAE	4		17.00	37.77	
Energy....kcal	273		0	NC	4		77	172	
Energy....kJ	1142				4		324	720	
Protein (N x 6.25)....g	17.18		0	PAE	4		4.87	10.82	
Total lipid (fat)....g	22.10		0	PAE	4		6.27	13.92	
Ash....g	0.92		0	PAE	4		0.26	0.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAE	4		5	11	
Iron, Fe....mg	1.59		0	PAE	4		0.45	1.00	
Magnesium, Mg....mg	15		0	PAE	4		4	9	
Phosphorus, P....mg	170		0	PAE	4		48	107	
Potassium, K....mg	128		0	PAE	4		36	81	
Sodium, Na....mg	39		0	PAE	4		11	25	
Zinc, Zn....mg	1.94		0	PAE	4		0.55	1.22	
Copper, Cu....mg	0.087		0	PAE	4		0.025	0.055	
Manganese, Mn....mg	0.018		0	PAE	4		0.005	0.011	
Selenium, Se....mcg	1.5		0	BFNN	4		0.4	0.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0	PAE	4		0.037	0.082	
Riboflavin....mg	0.300		0	PAE	4		0.085	0.189	
Niacin....mg	6.850		0	PAE	4		1.942	4.316	
Pantothenic acid....mg	0.500		0	PAE	4		0.142	0.315	
Vitamin B-6....mg	0.120		0	PAE	4		0.034	0.076	
Folate, total....mcg	1		0	PAE	4		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		0	1	
Folate, DFE....mcg_DFE	1		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.13		0	PAE	4		0.60	1.34	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.230		0	PAE	4		3.184	7.075	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17260

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.020	0.044	
12:0 g	0.090		0	PAE	4		0.026	0.057	
13:0 g									
14:0 g	0.930		0	PAE	4		0.264	0.586	
15:0 g									
16:0 g	4.870		0	PAE	4		1.381	3.068	
17:0 g									
18:0 g	4.430		0	PAE	4		1.256	2.791	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.470		0	PAE	4		2.401	5.336	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.380		0	PAE	4		0.108	0.239	
17:1 g									
18:1 undifferentiated g	7.920		0	PAE	4		2.245	4.990	
20:1 g	0.040		0	PAE	4		0.011	0.025	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0	PAE	4		0.269	0.599	
18:2 undifferentiated g	0.530		0	PAE	4		0.150	0.334	
18:3 undifferentiated g	0.400		0	PAE	4		0.113	0.252	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	PAE	4		0.003	0.006	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	82		0	PAE	4		23	52	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	PAE	4		0.057	0.127	
Threonine g	0.735		0	PAE	4		0.208	0.463	
Isoleucine g	0.829		0	PAE	4		0.235	0.522	
Leucine g	1.336		0	PAE	4		0.379	0.842	
Lysine g	1.517		0	PAE	4		0.430	0.956	
Methionine g	0.441		0	PAE	4		0.125	0.278	
Cystine g	0.205		0	PAE	4		0.058	0.129	
Phenylalanine g	0.699		0	PAE	4		0.198	0.440	
Tyrosine g	0.577		0	PAE	4		0.164	0.364	
Valine g	0.927		0	PAE	4		0.263	0.584	
Arginine g	1.021		0	PAE	4		0.289	0.643	
Histidine g	0.544		0	PAE	4		0.154	0.343	
Alanine g	1.033		0	PAE	4		0.293	0.651	
Aspartic acid g	1.512		0	PAE	4		0.429	0.953	
Glutamic acid g	2.493		0	PAE	4		0.707	1.571	
Glycine g	0.839		0	PAE	4		0.238	0.529	
Proline g	0.721		0	PAE	4		0.204	0.454	
Serine g	0.639		0	PAE	4		0.181	0.403	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17260

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17263

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 34% Bone

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.47		0	PAE	4		122.26	44.60	
Energy	kcal	317		0	NC	4		739	269	
Energy	kJ	1326				4		3090	1127	
Protein (N x 6.25)	g	19.86		0	PAE	4		46.27	16.88	
Total lipid (fat)	g	25.74		0	PAE	4		59.97	21.88	
Ash	g	1.11		0	PAE	4		2.59	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	PAE	4		42	15	
Iron, Fe	mg	1.74		0	PAE	4		4.05	1.48	
Magnesium, Mg	mg	15		0	PAE	4		35	13	
Phosphorus, P	mg	173		0	PAE	4		403	147	
Potassium, K	mg	128		0	PAE	4		298	109	
Sodium, Na	mg	44		0	PAE	4		103	37	
Zinc, Zn	mg	2.73		0	PAE	4		6.36	2.32	
Copper, Cu	mg	0.072		0	PAE	4		0.168	0.061	
Manganese, Mn	mg	0.018		0	PAE	4		0.042	0.015	
Selenium, Se	mcg	1.8		0	BFNN	4		4.2	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.233	0.085	
Riboflavin	mg	0.280		0	PAE	4		0.652	0.238	
Niacin	mg	6.720		0	PAE	4		15.658	5.712	
Pantothenic acid	mg	0.500		0	PAE	4		1.165	0.425	
Vitamin B-6	mg	0.080		0	PAE	4		0.186	0.068	
Folate, total	mcg	1		0	PAE	4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.32		0	PAE	4		5.41	1.97	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.820		0	PAE	4		29.871	10.897	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17263

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070		0	PAE	4		0.163	0.060	
12:0 g	0.100		0	PAE	4		0.233	0.085	
13:0 g									
14:0 g	1.050		0	PAE	4		2.447	0.893	
15:0 g									
16:0 g	5.650		0	PAE	4		13.165	4.803	
17:0 g									
18:0 g	4.970		0	PAE	4		11.580	4.225	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.930		0	PAE	4		23.137	8.441	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.470		0	PAE	4		1.095	0.400	
17:1 g									
18:1 undifferentiated g	9.260		0	PAE	4		21.576	7.871	
20:1 g	0.040		0	PAE	4		0.093	0.034	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.190		0	PAE	4		2.773	1.012	
18:2 undifferentiated g	0.700		0	PAE	4		1.631	0.595	
18:3 undifferentiated g	0.470		0	PAE	4		1.095	0.400	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	PAE	4		0.070	0.026	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	99		0	PAE	4		231	84	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0	PAE	4		0.541	0.197	
Threonine g	0.850		0	PAE	4		1.981	0.723	
Isoleucine g	0.958		0	PAE	4		2.232	0.814	
Leucine g	1.545		0	PAE	4		3.600	1.313	
Lysine g	1.754		0	PAE	4		4.087	1.491	
Methionine g	0.510		0	PAE	4		1.188	0.434	
Cystine g	0.237		0	PAE	4		0.552	0.201	
Phenylalanine g	0.808		0	PAE	4		1.883	0.687	
Tyrosine g	0.667		0	PAE	4		1.554	0.567	
Valine g	1.072		0	PAE	4		2.498	0.911	
Arginine g	1.180		0	PAE	4		2.749	1.003	
Histidine g	0.629		0	PAE	4		1.466	0.535	
Alanine g	1.194		0	PAE	4		2.782	1.015	
Aspartic acid g	1.748		0	PAE	4		4.073	1.486	
Glutamic acid g	2.882		0	PAE	4		6.715	2.450	
Glycine g	0.970		0	PAE	4		2.260	0.825	
Proline g	0.833		0	PAE	4		1.941	0.708	
Serine g	0.738		0	PAE	4		1.720	0.627	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17263

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17262

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 33% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.61		0	PAE	4		16.05	256.78	
Energy....kcal	311		0	NC	4		88	1411	
Energy....kJ	1301				4		369	5902	
Protein (N x 6.25)....g	15.87		0	PAE	4		4.50	71.99	
Total lipid (fat)....g	27.00		0	PAE	4		7.65	122.47	
Ash....g	0.85		0	PAE	4		0.24	3.86	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAE	4		4	68	
Iron, Fe....mg	1.43		0	PAE	4		0.41	6.49	
Magnesium, Mg....mg	13		0	PAE	4		4	59	
Phosphorus, P....mg	153		0	PAE	4		43	694	
Potassium, K....mg	120		0	PAE	4		34	544	
Sodium, Na....mg	42		0	PAE	4		12	191	
Zinc, Zn....mg	2.19		0	PAE	4		0.62	9.93	
Copper, Cu....mg	0.067		0	PAE	4		0.019	0.304	
Manganese, Mn....mg	0.017		0	PAE	4		0.005	0.077	
Selenium, Se....mcg	1.3		0	BFNN	4		0.4	5.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.034	0.544	
Riboflavin....mg	0.260		0	PAE	4		0.074	1.179	
Niacin....mg	6.290		0	PAE	4		1.783	28.531	
Pantothenic acid....mg	0.500		0	PAE	4		0.142	2.268	
Vitamin B-6....mg	0.090		0	PAE	4		0.026	0.408	
Folate, total....mcg	1		0	PAE	4		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.22		0	PAE	4		0.63	10.07	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	13.700		0	PAE	4		3.884	62.143	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17262

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.080		0	PAE	4		0.023	0.363	
12:0 ... g	0.110		0	PAE	4		0.031	0.499	
13:0 ... g									
14:0 ... g	1.130		0	PAE	4		0.320	5.126	
15:0 ... g									
16:0 ... g	5.950		0	PAE	4		1.687	26.989	
17:0 ... g									
18:0 ... g	5.400		0	PAE	4		1.531	24.494	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.350		0	PAE	4		2.934	46.948	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.460		0	PAE	4		0.130	2.087	
17:1 ... g									
18:1 undifferentiated ... g	9.680		0	PAE	4		2.744	43.908	
20:1 ... g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.160		0	PAE	4		0.329	5.262	
18:2 undifferentiated ... g	0.650		0	PAE	4		0.184	2.948	
18:3 undifferentiated ... g	0.490		0	PAE	4		0.139	2.223	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0	PAE	4		23	363	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.186		0	PAE	4		0.053	0.844	
Threonine ... g	0.679		0	PAE	4		0.192	3.080	
Isoleucine ... g	0.766		0	PAE	4		0.217	3.475	
Leucine ... g	1.235		0	PAE	4		0.350	5.602	
Lysine ... g	1.402		0	PAE	4		0.397	6.359	
Methionine ... g	0.407		0	PAE	4		0.115	1.846	
Cystine ... g	0.189		0	PAE	4		0.054	0.857	
Phenylalanine ... g	0.646		0	PAE	4		0.183	2.930	
Tyrosine ... g	0.533		0	PAE	4		0.151	2.418	
Valine ... g	0.857		0	PAE	4		0.243	3.887	
Arginine ... g	0.943		0	PAE	4		0.267	4.277	
Histidine ... g	0.503		0	PAE	4		0.143	2.282	
Alanine ... g	0.955		0	PAE	4		0.271	4.332	
Aspartic acid ... g	1.397		0	PAE	4		0.396	6.337	
Glutamic acid ... g	2.304		0	PAE	4		0.653	10.451	
Glycine ... g	0.775		0	PAE	4		0.220	3.515	
Proline ... g	0.666		0	PAE	4		0.189	3.021	
Serine ... g	0.590		0	PAE	4		0.167	2.676	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17262

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17265

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai

Refuse: 20% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	43.73		0	PAE	4		101.89	37.17	
Energy....kcal	342		0	NC	4		797	291	
Energy....kJ	1431				4		3334	1216	
Protein (N x 6.25)....g	29.43		0	PAE	4		68.57	25.02	
Total lipid (fat)....g	24.03		0	PAE	4		55.99	20.43	
Ash....g	1.63		0	PAE	4		3.80	1.39	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	PAE	4		63	23	
Iron, Fe....mg	2.16		0	PAE	4		5.03	1.84	
Magnesium, Mg....mg	18		0	PAE	4		42	15	
Phosphorus, P....mg	200		0	PAE	4		466	170	
Potassium, K....mg	151		0	PAE	4		352	128	
Sodium, Na....mg	52		0	PAE	4		121	44	
Zinc, Zn....mg	4.76		0	PAE	4		11.09	4.05	
Copper, Cu....mg	0.106		0	PAE	4		0.247	0.090	
Manganese, Mn....mg	0.026		0	PAE	4		0.061	0.022	
Selenium, Se....mcg	4.4		0	BFNN	4		10.3	3.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0	PAE	4		0.186	0.068	
Riboflavin....mg	0.330		0	PAE	4		0.769	0.281	
Niacin....mg	6.260		0	PAE	4		14.586	5.321	
Pantothenic acid....mg	0.520		0	PAE	4		1.212	0.442	
Vitamin B-6....mg	0.070		0	PAE	4		0.163	0.060	
Folate, total....mcg	1		0	PAE	4		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.47		0	PAE	4		8.09	2.95	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.500		0	PAE	4		26.795	9.775	
4:0....g									
6:0....g									

NDB No. 17265

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g									
10:0 g	0.070		0	PAE	4		0.163	0.060	
12:0 g	0.090		0	PAE	4		0.210	0.077	
13:0 g									
14:0 g	0.910		0	PAE	4		2.120	0.774	
15:0 g									
16:0 g	5.240		0	PAE	4		12.209	4.454	
17:0 g									
18:0 g	4.320		0	PAE	4		10.066	3.672	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.370		0	PAE	4		21.832	7.965	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0	PAE	4		1.118	0.408	
17:1 g									
18:1 undifferentiated g	8.700		0	PAE	4		20.271	7.395	
20:1 g	0.020		0	PAE	4		0.047	0.017	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.250		0	PAE	4		2.913	1.063	
18:2 undifferentiated g	0.780		0	PAE	4		1.817	0.663	
18:3 undifferentiated g	0.430		0	PAE	4		1.002	0.366	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.040		0	PAE	4		0.093	0.034	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	123		0	PAE	4		287	105	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.344		0	PAE	4		0.802	0.292	
Threonine g	1.260		0	PAE	4		2.936	1.071	
Isoleucine g	1.420		0	PAE	4		3.309	1.207	
Leucine g	2.289		0	PAE	4		5.333	1.946	
Lysine g	2.599		0	PAE	4		6.056	2.209	
Methionine g	0.755		0	PAE	4		1.759	0.642	
Cystine g	0.351		0	PAE	4		0.818	0.298	
Phenylalanine g	1.198		0	PAE	4		2.791	1.018	
Tyrosine g	0.989		0	PAE	4		2.304	0.841	
Valine g	1.588		0	PAE	4		3.700	1.350	
Arginine g	1.748		0	PAE	4		4.073	1.486	
Histidine g	0.932		0	PAE	4		2.172	0.792	
Alanine g	1.770		0	PAE	4		4.124	1.505	
Aspartic acid g	2.590		0	PAE	4		6.035	2.202	
Glutamic acid g	4.271		0	PAE	4		9.951	3.630	
Glycine g	1.437		0	PAE	4		3.348	1.221	
Proline g	1.234		0	PAE	4		2.875	1.049	
Serine g	1.094		0	PAE	4		2.549	0.930	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17265

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17264

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.00		0	PAE	4		17.58	281.23	
Energy....kcal	251		0	NC	4		71	1139	
Energy....kJ	1050				4		298	4764	
Protein (N x 6.25)....g	17.19		0	PAE	4		4.87	77.97	
Total lipid (fat)....g	19.74		0	PAE	4		5.60	89.54	
Ash....g	0.94		0	PAE	4		0.27	4.26	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	PAE	4		5	77	
Iron, Fe....mg	1.36		0	PAE	4		0.39	6.17	
Magnesium, Mg....mg	15		0	PAE	4		4	68	
Phosphorus, P....mg	168		0	PAE	4		48	762	
Potassium, K....mg	137		0	PAE	4		39	621	
Sodium, Na....mg	42		0	PAE	4		12	191	
Zinc, Zn....mg	2.91		0	PAE	4		0.82	13.20	
Copper, Cu....mg	0.083		0	PAE	4		0.024	0.376	
Manganese, Mn....mg	0.019		0	PAE	4		0.005	0.086	
Selenium, Se....mcg	2.7		0	BFNN	4		0.8	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0	PAE	4		0.034	0.544	
Riboflavin....mg	0.310		0	PAE	4		0.088	1.406	
Niacin....mg	5.460		0	PAE	4		1.548	24.767	
Pantothenic acid....mg	0.550		0	PAE	4		0.156	2.495	
Vitamin B-6....mg	0.080		0	PAE	4		0.023	0.363	
Folate, total....mcg	1		0	PAE	4		0	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0	PAE	4		0	5	
Folate, DFE....mcg_DFE	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.14		0	PAE	4		0.89	14.24	
Vitamin A, RAE....mcg_RAE	0		0	PAE	4		0	0	
Retinol....mcg	0		0	PAE	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.900		0	PAE	4		2.807	44.906	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17264

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0	PAE	4		0.017	0.272	
12:0 g	0.080		0	PAE	4		0.023	0.363	
13:0 g									
14:0 g	0.800		0	PAE	4		0.227	3.629	
15:0 g									
16:0 g	4.320		0	PAE	4		1.225	19.596	
17:0 g									
18:0 g	3.900		0	PAE	4		1.106	17.690	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.570		0	PAE	4		2.146	34.338	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340		0	PAE	4		0.096	1.542	
17:1 g									
18:1 undifferentiated g	7.080		0	PAE	4		2.007	32.115	
20:1 g	0.030		0	PAE	4		0.009	0.136	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.860		0	PAE	4		0.244	3.901	
18:2 undifferentiated g	0.490		0	PAE	4		0.139	2.223	
18:3 undifferentiated g	0.360		0	PAE	4		0.102	1.633	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.020		0	PAE	4		0.006	0.091	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	74		0	PAE	4		21	336	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.201		0	PAE	4		0.057	0.912	
Threonine g	0.736		0	PAE	4		0.209	3.338	
Isoleucine g	0.829		0	PAE	4		0.235	3.760	
Leucine g	1.337		0	PAE	4		0.379	6.065	
Lysine g	1.518		0	PAE	4		0.430	6.886	
Methionine g	0.441		0	PAE	4		0.125	2.000	
Cystine g	0.205		0	PAE	4		0.058	0.930	
Phenylalanine g	0.700		0	PAE	4		0.198	3.175	
Tyrosine g	0.578		0	PAE	4		0.164	2.622	
Valine g	0.927		0	PAE	4		0.263	4.205	
Arginine g	1.021		0	PAE	4		0.289	4.631	
Histidine g	0.544		0	PAE	4		0.154	2.468	
Alanine g	1.034		0	PAE	4		0.293	4.690	
Aspartic acid g	1.513		0	PAE	4		0.429	6.863	
Glutamic acid g	2.494		0	PAE	4		0.707	11.313	
Glycine g	0.839		0	PAE	4		0.238	3.806	
Proline g	0.721		0	PAE	4		0.204	3.270	
Serine g	0.639		0	PAE	4		0.181	2.899	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17264

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17186

Lamb, variety meats and by-products, brain, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.73	0.784	6		1		262.78	64.37	
Energy....kcal	145		0	NC	4		503	123	
Energy....kJ	607				4		2105	516	
Protein (N x 6.25)....g	12.55	0.192	6		1		43.55	10.67	
Total lipid (fat)....g	10.17	1.015	6		1		35.29	8.64	
Ash....g	1.36	0.049	5		1		4.72	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		42	10	
Iron, Fe....mg	1.68	0.147	3		1		5.83	1.43	
Magnesium, Mg....mg	14	1.017	3		1		49	12	
Phosphorus, P....mg	337		2		1		1169	286	
Potassium, K....mg	205	39.435	3		1		711	174	
Sodium, Na....mg	134	39.074	3		1		465	114	
Zinc, Zn....mg	1.36	0.086	3		1		4.72	1.16	
Copper, Cu....mg	0.210		1		1		0.729	0.179	
Manganese, Mn....mg	0.059		1		1		0.205	0.050	
Selenium, Se....mcg	12.0	1.638	3	A	1		41.6	10.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		2		1		41.6	10.2	
Thiamin....mg	0.110	0.010	3		1		0.382	0.094	
Riboflavin....mg	0.240	0.032	3		1		0.833	0.204	
Niacin....mg	2.470	0.578	3		1		8.571	2.100	
Pantothenic acid....mg	0.990		2		1		3.435	0.842	
Vitamin B-6....mg	0.110		2		1		0.382	0.094	
Folate, total....mcg	5		2		1		17	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2		1		17	4	
Folate, DFE....mcg_DFE	5		0	NC	4		17	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	9.25		2		1		32.10	7.86	
Vitamin A, RAE....mcg_RAE	0		1		4		0	0	
Retinol....mcg	0		1		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600		0		1		9.022	2.210	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 17186

Lamb, variety meats and by-products, brain, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		2		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.040		2		1		0.139	0.034	
15:0 ... g									
16:0 ... g	1.250		2		1		4.338	1.063	
17:0 ... g									
18:0 ... g	1.270		2		1		4.407	1.080	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.840		0		1		6.385	1.564	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.060		2		1		0.208	0.051	
17:1 ... g									
18:1 undifferentiated ... g	1.530		2		1		5.309	1.301	
20:1 ... g	0.150		2		1		0.521	0.128	
22:1 undifferentiated ... g	0.000		2		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.040		0		1		3.609	0.884	
18:2 undifferentiated ... g	0.030		2		1		0.104	0.026	
18:3 undifferentiated ... g	0.000		2		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.270		2		1		0.937	0.230	
20:5 n-3 (EPA) ... g	0.000		2		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.150		2		1		0.521	0.128	
22:6 n-3 (DHA) ... g	0.590		2		1		2.047	0.502	
Fatty acids, total trans ... g									
Cholesterol ... mg	2043		2		1		7089	1737	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.129		0		1		0.448	0.110	
Threonine ... g	0.562		0		1		1.950	0.478	
Isoleucine ... g	0.499		0		1		1.732	0.424	
Leucine ... g	0.980		0		1		3.401	0.833	
Lysine ... g	0.805		0		1		2.793	0.684	
Methionine ... g	0.250		0		1		0.868	0.213	
Cystine ... g	0.131		0		1		0.455	0.111	
Phenylalanine ... g	0.605		0		1		2.099	0.514	
Tyrosine ... g	0.459		0		1		1.593	0.390	
Valine ... g	0.598		0		1		2.075	0.508	
Arginine ... g	0.846		0		1		2.936	0.719	
Histidine ... g	0.333		0		1		1.156	0.283	
Alanine ... g	0.711		0		1		2.467	0.604	
Aspartic acid ... g	1.047		0		1		3.633	0.890	
Glutamic acid ... g	1.487		0		1		5.160	1.264	
Glycine ... g	0.594		0		1		2.061	0.505	
Proline ... g	0.540		0		1		1.874	0.459	
Serine ... g	0.653		0		1		2.266	0.555	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17186

Lamb, variety meats and by-products, brain, cooked, braised

Common Measures:

Measure 1 = 347g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17187
Lamb, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.71		1		1		145.70	51.60	
Energy	kcal	273		0	NC	4		655	232	
Energy	kJ	1142				4		2741	971	
Protein (N x 6.25)	g	16.97		1		1		40.73	14.42	
Total lipid (fat)	g	22.19		1		1		53.26	18.86	
Ash	g	1.82		1		1		4.37	1.55	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1		1		50	18	
Iron, Fe	mg	2.04		1		1		4.90	1.73	
Magnesium, Mg	mg	22		1		1		53	19	
Phosphorus, P	mg	495		1		1		1188	421	
Potassium, K	mg	358		1		1		859	304	
Sodium, Na	mg	157		1		1		377	133	
Zinc, Zn	mg	2.00		1		1		4.80	1.70	
Copper, Cu	mg	0.480		1		1		1.152	0.408	
Manganese, Mn	mg	0.067		1		1		0.161	0.057	
Selenium, Se	mcg	12.0	3.845	4	A	1		28.8	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	23.0		1		1		55.2	19.6	
Thiamin	mg	0.170		1		1		0.408	0.145	
Riboflavin	mg	0.370		1		1		0.888	0.315	
Niacin	mg	4.550		1		1		10.920	3.868	
Pantothenic acid	mg	1.560		1		1		3.744	1.326	
Vitamin B-6	mg	0.230		1		1		0.552	0.196	
Folate, total	mcg	7		1		1		17	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		1		1		17	6	
Folate, DFE	mcg_DFE	7		0	NC	4		17	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	24.10		1		1		57.84	20.49	
Vitamin A, RAE	mcg_RAE	0		1		4		0	0	
Retinol	mcg	0		1		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		1		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.670		0		1		13.608	4.820	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17187

Lamb, variety meats and by-products, brain, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.000		2		1		0.000	0.000	
13:0 g									
14:0 g	0.090		2		1		0.216	0.077	
15:0 g									
16:0 g	2.740		2		1		6.576	2.329	
17:0 g									
18:0 g	2.780		2		1		6.672	2.363	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.020		0		1		9.648	3.417	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		2		1		0.312	0.111	
17:1 g									
18:1 undifferentiated g	3.330		2		1		7.992	2.831	
20:1 g	0.320		2		1		0.768	0.272	
22:1 undifferentiated g	0.000		2		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.280		0		1		5.472	1.938	
18:2 undifferentiated g	0.070		2		1		0.168	0.060	
18:3 undifferentiated g	0.000		2		1		0.000	0.000	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.600		2		1		1.440	0.510	
20:5 n-3 (EPA) g	0.000		2		1		0.000	0.000	
22:5 n-3 (DPA) g	0.330		2		1		0.792	0.281	
22:6 n-3 (DHA) g	1.280		2		1		3.072	1.088	
Fatty acids, total trans g									
Cholesterol mg	2504		1		1		6010	2128	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.175		6		1		0.420	0.149	
Threonine g	0.760		7		1		1.824	0.646	
Isoleucine g	0.675		7		1		1.620	0.574	
Leucine g	1.326		7		1		3.182	1.127	
Lysine g	1.088		7		1		2.611	0.925	
Methionine g	0.338		7		1		0.811	0.287	
Cystine g	0.177		6		1		0.425	0.150	
Phenylalanine g	0.818		7		1		1.963	0.695	
Tyrosine g	0.621		7		1		1.490	0.528	
Valine g	0.808		7		1		1.939	0.687	
Arginine g	1.144		7		1		2.746	0.972	
Histidine g	0.450		7		1		1.080	0.383	
Alanine g	0.962		7		1		2.309	0.818	
Aspartic acid g	1.416		7		1		3.398	1.204	
Glutamic acid g	2.012		7		1		4.829	1.710	
Glycine g	0.804		7		1		1.930	0.683	
Proline g	0.731		7		1		1.754	0.621	
Serine g	0.883		7		1		2.119	0.751	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17187

Lamb, variety meats and by-products, brain, cooked, pan-fried

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17185
Lamb, variety meats and by-products, brain, raw

Refuse: 2% Blood clots and membranes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.20	0.281	5		1		22.45	89.50	
Energy....kcal	122		0	NC	4		35	138	
Energy....kJ	510				4		145	577	
Protein (N x 6.25)....g	10.40	0.512	6		1		2.95	11.75	
Total lipid (fat)....g	8.58	0.504	5		1		2.43	9.70	
Ash....g	1.33	0.047	5		1		0.38	1.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2		1		3	10	
Iron, Fe....mg	1.75	0.193	5		1		0.50	1.98	
Magnesium, Mg....mg	12		2		1		3	14	
Phosphorus, P....mg	270		1		1		77	305	
Potassium, K....mg	296	25.266	5		1		84	334	
Sodium, Na....mg	112	6.597	6		1		32	127	
Zinc, Zn....mg	1.17	0.075	4		1		0.33	1.32	
Copper, Cu....mg	0.240		1		1		0.068	0.271	
Manganese, Mn....mg	0.044	0.001	13		1		0.012	0.050	
Selenium, Se....mcg	9.0	1.008	3	A	1		2.6	10.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.0	2.765	7		1		4.5	18.1	
Thiamin....mg	0.130	0.033	40		1		0.037	0.147	
Riboflavin....mg	0.300		2		1		0.085	0.339	
Niacin....mg	3.900		2		1		1.106	4.407	
Pantothenic acid....mg	0.920		1		1		0.261	1.040	
Vitamin B-6....mg	0.290		1		1		0.082	0.328	
Folate, total....mcg	3		1		1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	11.30		1		1		3.20	12.77	
Vitamin A, RAE....mcg_RAE	0	0.000	9		1		0	0	
Retinol....mcg	0	0.000	9		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		9		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.190		0		1		0.621	2.475	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17185
Lamb, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.040		2		1		0.011	0.045	
15:0....g									
16:0....g	1.060		2		1		0.301	1.198	
17:0....g									
18:0....g	1.070		2		1		0.303	1.209	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.550		0		1		0.439	1.752	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		2		1		0.014	0.057	
17:1....g									
18:1 undifferentiated....g	1.290		2		1		0.366	1.458	
20:1....g	0.120		2		1		0.034	0.136	
22:1 undifferentiated....g	0.000		2		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0		1		0.249	0.994	
18:2 undifferentiated....g	0.030		2		1		0.009	0.034	
18:3 undifferentiated....g	0.000		2		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.230		2		1		0.065	0.260	
20:5 n-3 (EPA)....g	0.000		2		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.130		2		1		0.037	0.147	
22:6 n-3 (DHA)....g	0.490		2		1		0.139	0.554	
Fatty acids, total trans....g									
Cholesterol....mg	1352		1		1		383	1528	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		6		1		0.030	0.121	
Threonine....g	0.466		7		1		0.132	0.527	
Isoleucine....g	0.414		7		1		0.117	0.468	
Leucine....g	0.813		7		1		0.230	0.919	
Lysine....g	0.667		7		1		0.189	0.754	
Methionine....g	0.207		7		1		0.059	0.234	
Cystine....g	0.108		6		1		0.031	0.122	
Phenylalanine....g	0.501		7		1		0.142	0.566	
Tyrosine....g	0.380		7		1		0.108	0.429	
Valine....g	0.495		7		1		0.140	0.559	
Arginine....g	0.701		7		1		0.199	0.792	
Histidine....g	0.276		7		1		0.078	0.312	
Alanine....g	0.589		7		1		0.167	0.666	
Aspartic acid....g	0.868		7		1		0.246	0.981	
Glutamic acid....g	1.233		7		1		0.350	1.393	
Glycine....g	0.492		7		1		0.139	0.556	
Proline....g	0.448		7		1		0.127	0.506	
Serine....g	0.541		7		1		0.153	0.611	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17185
Lamb, variety meats and by-products, brain, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17192
Lamb, variety meats and by-products, heart, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.20	0.762	6		1		122.62	54.57	
Energy....kcal	185		0	NC	4		353	157	
Energy....kJ	774				4		1478	658	
Protein (N x 6.25)....g	24.97		1		1		47.69	21.22	
Total lipid (fat)....g	7.91	0.578	6		1		15.11	6.72	
Ash....g	0.99		1		1		1.89	0.84	
Carbohydrate, by difference....g	1.93		0	NC	4		3.69	1.64	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		27	12	
Iron, Fe....mg	5.52		1		1		10.54	4.69	
Magnesium, Mg....mg	24		1		1		46	20	
Phosphorus, P....mg	254		1		1		485	216	
Potassium, K....mg	188		1		1		359	160	
Sodium, Na....mg	63		1		1		120	54	
Zinc, Zn....mg	3.68		1		1		7.03	3.13	
Copper, Cu....mg	0.610		1		1		1.165	0.519	
Manganese, Mn....mg	0.055		1		1		0.105	0.047	
Selenium, Se....mcg	47.0	5.783	3	A	1		89.8	40.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1		1		13.4	6.0	
Thiamin....mg	0.170		1		1		0.325	0.145	
Riboflavin....mg	1.190		1		1		2.273	1.012	
Niacin....mg	4.360		1		1		8.328	3.706	
Pantothenic acid....mg	1.370		1		1		2.617	1.165	
Vitamin B-6....mg	0.300		1		1		0.573	0.255	
Folate, total....mcg	2		1		1		4	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		1		1		4	2	
Folate, DFE....mcg_DFE	2		0	NC	4		4	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	11.20		1		1		21.39	9.52	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.140		0		1		5.997	2.669	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17192

Lamb, variety meats and by-products, heart, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.020		3		1		0.038	0.017	
13:0 g									
14:0 g	0.180		3		1		0.344	0.153	
15:0 g									
16:0 g	1.200		3		1		2.292	1.020	
17:0 g									
18:0 g	1.620		3		1		3.094	1.377	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.220		0		1		4.240	1.887	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		3		1		0.191	0.085	
17:1 g									
18:1 undifferentiated g	1.920		3		1		3.667	1.632	
20:1 g	0.000		3		1		0.000	0.000	
22:1 undifferentiated g	0.060		3		1		0.115	0.051	
24:1 c g									
Fatty acids, total polyunsaturated g	0.770		0		1		1.471	0.655	
18:2 undifferentiated g	0.330		3		1		0.630	0.281	
18:3 undifferentiated g	0.180		3		1		0.344	0.153	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		3		1		0.229	0.102	
20:5 n-3 (EPA) g	0.060		3		1		0.115	0.051	
22:5 n-3 (DPA) g	0.040	0.000	3		1		0.076	0.034	
22:6 n-3 (DHA) g	0.040		3		1		0.076	0.034	
Fatty acids, total trans g									
Cholesterol mg	249		1		1		476	212	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.271		0		1		0.518	0.230	
Threonine g	1.178		0		1		2.250	1.001	
Isoleucine g	1.082		0		1		2.067	0.920	
Leucine g	2.124		0		1		4.057	1.805	
Lysine g	1.881		0		1		3.593	1.599	
Methionine g	0.547		0		1		1.045	0.465	
Cystine g	0.209		0		1		0.399	0.178	
Phenylalanine g	1.080		0		1		2.063	0.918	
Tyrosine g	0.778		0		1		1.486	0.661	
Valine g	1.243		0		1		2.374	1.057	
Arginine g	1.633		0		1		3.119	1.388	
Histidine g	0.571		0		1		1.091	0.485	
Alanine g	1.516		0		1		2.896	1.289	
Aspartic acid g	2.152		0		1		4.110	1.829	
Glutamic acid g	3.188		0		1		6.089	2.710	
Glycine g	1.205		0		1		2.302	1.024	
Proline g	1.133		0		1		2.164	0.963	
Serine g	0.965		0		1		1.843	0.820	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17192
Lamb, variety meats and by-products, heart, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17191
Lamb, variety meats and by-products, heart, raw

Refuse: 22% Fat and valves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.71	0.529	19		1		21.75	86.68	
Energy....kcal	122		0	NC	4		35	138	
Energy....kJ	510				4		145	577	
Protein (N x 6.25)....g	16.47	0.381	6		1		4.67	18.61	
Total lipid (fat)....g	5.68	0.433	12		1		1.61	6.42	
Ash....g	0.93	0.038	9		1		0.26	1.05	
Carbohydrate, by difference....g	0.21		0	NC	4		0.06	0.24	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.272	7		1		2	7	
Iron, Fe....mg	4.60	0.150	18		1		1.30	5.20	
Magnesium, Mg....mg	17	0.858	7		1		5	19	
Phosphorus, P....mg	175	9.816	6		1		50	198	
Potassium, K....mg	316	3.041	87		1		90	357	
Sodium, Na....mg	89	0.828	83		1		25	101	
Zinc, Zn....mg	1.87	0.098	18		1		0.53	2.11	
Copper, Cu....mg	0.397	0.022	13		1		0.113	0.449	
Manganese, Mn....mg	0.046	0.003	34		1		0.013	0.052	
Selenium, Se....mcg	32.0	2.645	3	A	1		9.1	36.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0	0.633	13		1		1.4	5.7	
Thiamin....mg	0.370	0.105	4		1		0.105	0.418	
Riboflavin....mg	0.990	0.059	3		1		0.281	1.119	
Niacin....mg	6.140	0.391	3		1		1.741	6.938	
Pantothenic acid....mg	2.630		2		1		0.746	2.972	
Vitamin B-6....mg	0.390		2		1		0.111	0.441	
Folate, total....mcg	2		2		1		1	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		2		1		1	2	
Folate, DFE....mcg_DFE	2		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	10.25		2		1		2.91	11.58	
Vitamin A, RAE....mcg_RAE	0	0.000	9		1		0	0	
Retinol....mcg	0	0.000	9		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		9		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.250		0		1		0.638	2.543	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17191
Lamb, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.020		3		1		0.006	0.023	
13:0....g									
14:0....g	0.130		3		1		0.037	0.147	
15:0....g									
16:0....g	0.860		3		1		0.244	0.972	
17:0....g									
18:0....g	1.160		3		1		0.329	1.311	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.600		0		1		0.454	1.808	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		3		1		0.020	0.079	
17:1....g									
18:1 undifferentiated....g	1.380		3		1		0.391	1.559	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.040		3		1		0.011	0.045	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		0.156	0.622	
18:2 undifferentiated....g	0.240		3		1		0.068	0.271	
18:3 undifferentiated....g	0.130		3		1		0.037	0.147	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		3		1		0.026	0.102	
20:5 n-3 (EPA)....g	0.040		3		1		0.011	0.045	
22:5 n-3 (DPA)....g	0.030	0.000	3		1		0.009	0.034	
22:6 n-3 (DHA)....g	0.030		3		1		0.009	0.034	
Fatty acids, total trans....g									
Cholesterol....mg	135		2		1		38	153	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		4		1		0.050	0.201	
Threonine....g	0.777		5		1		0.220	0.878	
Isoleucine....g	0.714		5		1		0.202	0.807	
Leucine....g	1.401		5		1		0.397	1.583	
Lysine....g	1.240		5		1		0.352	1.401	
Methionine....g	0.361		5		1		0.102	0.408	
Cystine....g	0.138		4		1		0.039	0.156	
Phenylalanine....g	0.712		5		1		0.202	0.805	
Tyrosine....g	0.513		5		1		0.145	0.580	
Valine....g	0.819		5		1		0.232	0.925	
Arginine....g	1.077		5		1		0.305	1.217	
Histidine....g	0.377		5		1		0.107	0.426	
Alanine....g	1.000		5		1		0.284	1.130	
Aspartic acid....g	1.419		5		1		0.402	1.603	
Glutamic acid....g	2.103		5		1		0.596	2.376	
Glycine....g	0.795		5		1		0.225	0.898	
Proline....g	0.747		5		1		0.212	0.844	
Serine....g	0.636		5		1		0.180	0.719	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17191
Lamb, variety meats and by-products, heart, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17196

Lamb, variety meats and by-products, kidneys, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.45	0.677	5		1		179.65	59.88	
Energy....kcal	137		0	NC	4		349	116	
Energy....kJ	573				4		1462	487	
Protein (N x 6.25)....g	23.65	0.805	5		1		60.31	20.10	
Total lipid (fat)....g	3.62	0.177	5		1		9.23	3.08	
Ash....g	1.29	0.077	5		1		3.29	1.10	
Carbohydrate, by difference....g	0.99		0	NC	4		2.52	0.84	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2		1		46	15	
Iron, Fe....mg	12.40		2		1		31.62	10.54	
Magnesium, Mg....mg	20		2		1		51	17	
Phosphorus, P....mg	290		1		1		740	247	
Potassium, K....mg	178		2		1		454	151	
Sodium, Na....mg	151		2		1		385	128	
Zinc, Zn....mg	3.80		2		1		9.69	3.23	
Copper, Cu....mg	0.370		1		1		0.944	0.315	
Manganese, Mn....mg	0.144		1		1		0.367	0.122	
Selenium, Se....mcg	218.8		0	BFYN	4		557.9	186.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		2		1		30.6	10.2	
Thiamin....mg	0.350		2		1		0.893	0.298	
Riboflavin....mg	2.070		2		1		5.279	1.760	
Niacin....mg	5.990		2		1		15.275	5.092	
Pantothenic acid....mg	2.040		1		1		5.202	1.734	
Vitamin B-6....mg	0.120		1		1		0.306	0.102	
Folate, total....mcg	81		1		1		207	69	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	81		1		1		207	69	
Folate, DFE....mcg_DFE	81		0	NC	4		207	69	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	78.90	9.204	6		1		201.20	67.07	
Vitamin A, RAE....mcg_RAE	137		2		1		348	116	
Retinol....mcg	137		2		1		348	116	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	455		2		1		1160	387	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.230		0		1		3.137	1.046	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17196

Lamb, variety meats and by-products, kidneys, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010		3		1		0.026	0.009	
13:0....g									
14:0....g	0.040		3		1		0.102	0.034	
15:0....g									
16:0....g	0.510		3		1		1.301	0.434	
17:0....g									
18:0....g	0.630		3		1		1.607	0.536	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.770		0		1		1.964	0.655	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		3		1		0.128	0.043	
17:1....g									
18:1 undifferentiated....g	0.680		3		1		1.734	0.578	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.010		3		1		0.026	0.009	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		1.709	0.570	
18:2 undifferentiated....g	0.260		3		1		0.663	0.221	
18:3 undifferentiated....g	0.090		3		1		0.230	0.077	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		3		1		0.434	0.145	
20:5 n-3 (EPA)....g	0.060		3		1		0.153	0.051	
22:5 n-3 (DPA)....g	0.050	0.000	3		1		0.128	0.043	
22:6 n-3 (DHA)....g	0.040		3		1		0.102	0.034	
Fatty acids, total trans....g									
Cholesterol....mg	565		2		1		1441	480	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0		1		0.813	0.271	
Threonine....g	1.113		0		1		2.838	0.946	
Isoleucine....g	0.941		0		1		2.400	0.800	
Leucine....g	1.775		0		1		4.526	1.509	
Lysine....g	1.533		0		1		3.909	1.303	
Methionine....g	0.480		0		1		1.224	0.408	
Cystine....g	0.270		0		1		0.689	0.230	
Phenylalanine....g	1.095		0		1		2.792	0.931	
Tyrosine....g	0.833		0		1		2.124	0.708	
Valine....g	1.387		0		1		3.537	1.179	
Arginine....g	1.365		0		1		3.481	1.160	
Histidine....g	0.595		0		1		1.517	0.506	
Alanine....g	1.282		0		1		3.269	1.090	
Aspartic acid....g	2.037		0		1		5.194	1.731	
Glutamic acid....g	2.565		0		1		6.541	2.180	
Glycine....g	1.375		0		1		3.506	1.169	
Proline....g	1.209		0		1		3.083	1.028	
Serine....g	1.103		0		1		2.813	0.938	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17196

Lamb, variety meats and by-products, kidneys, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17195
Lamb, variety meats and by-products, kidneys, raw

Refuse: 3% Connective tissue, fat, and veins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.23	0.209	35		1		22.46	89.53	
Energy....kcal	97		0	NC	4		27	110	
Energy....kJ	406				4		115	459	
Protein (N x 6.25)....g	15.74	0.234	12		1		4.46	17.79	
Total lipid (fat)....g	2.95	0.159	21		1		0.84	3.33	
Ash....g	1.26	0.026	11		1		0.36	1.42	
Carbohydrate, by difference....g	0.82		0	NC	4		0.23	0.93	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.120	8		1		4	15	
Iron, Fe....mg	6.38	0.355	19		1		1.81	7.21	
Magnesium, Mg....mg	17	0.456	7		1		5	19	
Phosphorus, P....mg	246	6.649	6		1		70	278	
Potassium, K....mg	277	1.944	77		1		79	313	
Sodium, Na....mg	156	1.984	75		1		44	176	
Zinc, Zn....mg	2.24	0.100	23		1		0.64	2.53	
Copper, Cu....mg	0.446	0.016	519		1		0.126	0.504	
Manganese, Mn....mg	0.118	0.007	31		1		0.033	0.133	
Selenium, Se....mcg	126.9	5.143	16	A	1		36.0	143.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.0	0.979	14		1		3.1	12.4	
Thiamin....mg	0.620	0.043	7		1		0.176	0.701	
Riboflavin....mg	2.240	0.081	8		1		0.635	2.531	
Niacin....mg	7.510	0.185	8		1		2.129	8.486	
Pantothenic acid....mg	4.220	0.330	3		1		1.196	4.769	
Vitamin B-6....mg	0.220		2		1		0.062	0.249	
Folate, total....mcg	28	1.778	3		1		8	32	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	28	1.778	3		1		8	32	
Folate, DFE....mcg_DFE	28		0	NC	4		8	32	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	52.41	9.038	4		1		14.86	59.22	
Vitamin A, RAE....mcg_RAE	95	7.037	18		1		27	107	
Retinol....mcg	95	7.037	18		1		27	107	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	316	23.433	18		1		90	357	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.000		0		1		0.284	1.130	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17195
Lamb, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010		3		1		0.003	0.011	
13:0....g									
14:0....g	0.030		3		1		0.009	0.034	
15:0....g									
16:0....g	0.420		3		1		0.119	0.475	
17:0....g									
18:0....g	0.520		3		1		0.147	0.588	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.630		0		1		0.179	0.712	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		3		1		0.011	0.045	
17:1....g									
18:1 undifferentiated....g	0.550		3		1		0.156	0.622	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.010		3		1		0.003	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		0.156	0.622	
18:2 undifferentiated....g	0.210		3		1		0.060	0.237	
18:3 undifferentiated....g	0.070		3		1		0.020	0.079	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.140		3		1		0.040	0.158	
20:5 n-3 (EPA)....g	0.050		3		1		0.014	0.057	
22:5 n-3 (DPA)....g	0.040	0.000	3		1		0.011	0.045	
22:6 n-3 (DHA)....g	0.030		3		1		0.009	0.034	
Fatty acids, total trans....g									
Cholesterol....mg	337	24.375	8		1		96	381	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		4		1		0.060	0.240	
Threonine....g	0.741		5		1		0.210	0.837	
Isoleucine....g	0.626		5		1		0.177	0.707	
Leucine....g	1.181		5		1		0.335	1.335	
Lysine....g	1.020		5		1		0.289	1.153	
Methionine....g	0.319		5		1		0.090	0.360	
Cystine....g	0.179		4		1		0.051	0.202	
Phenylalanine....g	0.729		5		1		0.207	0.824	
Tyrosine....g	0.554		5		1		0.157	0.626	
Valine....g	0.923		5		1		0.262	1.043	
Arginine....g	0.908		5		1		0.257	1.026	
Histidine....g	0.396		5		1		0.112	0.447	
Alanine....g	0.853		5		1		0.242	0.964	
Aspartic acid....g	1.355		5		1		0.384	1.531	
Glutamic acid....g	1.707		5		1		0.484	1.929	
Glycine....g	0.915		5		1		0.259	1.034	
Proline....g	0.804		5		1		0.228	0.909	
Serine....g	0.734		5		1		0.208	0.829	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17195
Lamb, variety meats and by-products, kidneys, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17200
Lamb, variety meats and by-products, liver, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.67		1		1		190.41	48.17	
Energy	kcal	220		0	NC	4		739	187	
Energy	kJ	920				4		3093	782	
Protein (N x 6.25)	g	30.57		1		1		102.72	25.98	
Total lipid (fat)	g	8.81		1		1		29.60	7.49	
Ash	g	1.42		1		1		4.77	1.21	
Carbohydrate, by difference	g	2.53		0	NC	4		8.50	2.15	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		27	7	
Iron, Fe	mg	8.28		1		1		27.82	7.04	
Magnesium, Mg	mg	22		1		1		74	19	
Phosphorus, P	mg	420		1		1		1411	357	
Potassium, K	mg	221		1		1		743	188	
Sodium, Na	mg	56		1		1		188	48	
Zinc, Zn	mg	7.89		1		1		26.51	6.71	
Copper, Cu	mg	7.074		1		1		23.769	6.013	
Manganese, Mn	mg	0.520		1		1		1.747	0.442	
Selenium, Se	mcg	111.4		0	BFYN	4		374.3	94.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		1		13.4	3.4	
Thiamin	mg	0.230		1		1		0.773	0.196	
Riboflavin	mg	4.030		1		1		13.541	3.426	
Niacin	mg	12.150		1		1		40.824	10.328	
Pantothenic acid	mg	3.960		1		1		13.306	3.366	
Vitamin B-6	mg	0.490		1		1		1.646	0.417	
Folate, total	mcg	73		1		1		245	62	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	73		1		1		245	62	
Folate, DFE	mcg_DFE	73		0	NC	4		245	62	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	76.50		1		1		257.04	65.03	
Vitamin A, RAE	mcg_RAE	7491		1		1		25170	6367	
Retinol	mcg	7491		1		1		25170	6367	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	24945		1		1		83815	21203	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.410		0		1		11.458	2.899	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 17200
Lamb, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.100		21		1		0.336	0.085	
15:0 ... g									
16:0 ... g	1.200		21		1		4.032	1.020	
17:0 ... g									
18:0 ... g	1.960		21		1		6.586	1.666	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.840		0		1		6.182	1.564	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.220		21		1		0.739	0.187	
17:1 ... g									
18:1 undifferentiated ... g	1.620		21		1		5.443	1.377	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.310		0		1		4.402	1.114	
18:2 undifferentiated ... g	0.570		21		1		1.915	0.485	
18:3 undifferentiated ... g	0.120		21		1		0.403	0.102	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.630		21		1		2.117	0.536	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	501		1		1		1683	426	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.355		0		1		1.193	0.302	
Threonine ... g	1.322		0		1		4.442	1.124	
Isoleucine ... g	1.316		0		1		4.422	1.119	
Leucine ... g	2.497		0		1		8.390	2.122	
Lysine ... g	1.653		0		1		5.554	1.405	
Methionine ... g	0.664		0		1		2.231	0.564	
Cystine ... g	0.320		0		1		1.075	0.272	
Phenylalanine ... g	1.365		0		1		4.586	1.160	
Tyrosine ... g	1.090		0		1		3.662	0.927	
Valine ... g	1.683		0		1		5.655	1.431	
Arginine ... g	1.714		0		1		5.759	1.457	
Histidine ... g	0.718		0		1		2.412	0.610	
Alanine ... g	1.533		0		1		5.151	1.303	
Aspartic acid ... g	2.636		0		1		8.857	2.241	
Glutamic acid ... g	3.297		0		1		11.078	2.802	
Glycine ... g	1.478		0		1		4.966	1.256	
Proline ... g	1.462		0		1		4.912	1.243	
Serine ... g	1.316		0		1		4.422	1.119	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17200

Lamb, variety meats and by-products, liver, cooked, braised

Common Measures:

Measure 1 = 336g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17201

Lamb, variety meats and by-products, liver, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.20	1.815	3		1		180.96	47.77	
Energy....kcal	238		0	NC	4		766	202	
Energy....kJ	996				4		3206	846	
Protein (N x 6.25)....g	25.53	1.312	3		1		82.21	21.70	
Total lipid (fat)....g	12.65	1.200	3		1		40.73	10.75	
Ash....g	1.83		2		1		5.89	1.56	
Carbohydrate, by difference....g	3.78		0	NC	4		12.17	3.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.481	3		1		29	8	
Iron, Fe....mg	10.20	0.473	3		1		32.84	8.67	
Magnesium, Mg....mg	23	0.393	3		1		74	20	
Phosphorus, P....mg	427		2		1		1375	363	
Potassium, K....mg	352	26.407	3		1		1133	299	
Sodium, Na....mg	124	33.617	3		1		399	105	
Zinc, Zn....mg	5.63	0.949	3		1		18.13	4.79	
Copper, Cu....mg	9.830		1		1		31.653	8.356	
Manganese, Mn....mg	0.594		1		1		1.913	0.505	
Selenium, Se....mcg	116.1		0	BFYN	4		373.8	98.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.0	5.401	3		1		41.9	11.1	
Thiamin....mg	0.350	0.092	3		1		1.127	0.298	
Riboflavin....mg	4.590	0.146	3		1		14.780	3.902	
Niacin....mg	16.680	1.841	3		1		53.710	14.178	
Pantothenic acid....mg	6.330		2		1		20.383	5.381	
Vitamin B-6....mg	0.950		2		1		3.059	0.808	
Folate, total....mcg	400		2		1		1288	340	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	400		2		1		1288	340	
Folate, DFE....mcg_DFE	400		0	NC	4		1288	340	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	85.70		2		1		275.95	72.85	
Vitamin A, RAE....mcg_RAE	7782		0	NC	4		25058	6615	
Retinol....mcg	7777		0	NC	4		25042	6610	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	25998		1		1		83714	22098	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.900		0		1		15.778	4.165	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 17201

Lamb, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.140		21		1		0.451	0.119	
15:0 ... g									
16:0 ... g	1.720		21		1		5.538	1.462	
17:0 ... g									
18:0 ... g	2.820		21		1		9.080	2.397	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.640		0		1		8.501	2.244	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.320		21		1		1.030	0.272	
17:1 ... g									
18:1 undifferentiated ... g	2.330		21		1		7.503	1.981	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.890		0		1		6.086	1.607	
18:2 undifferentiated ... g	0.810		21		1		2.608	0.689	
18:3 undifferentiated ... g	0.170		21		1		0.547	0.145	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.900		21		1		2.898	0.765	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	493		2		1		1587	419	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.296		0		1		0.953	0.252	
Threonine ... g	1.104		0		1		3.555	0.938	
Isoleucine ... g	1.100		0		1		3.542	0.935	
Leucine ... g	2.086		0		1		6.717	1.773	
Lysine ... g	1.381		0		1		4.447	1.174	
Methionine ... g	0.554		0		1		1.784	0.471	
Cystine ... g	0.268		0		1		0.863	0.228	
Phenylalanine ... g	1.140		0		1		3.671	0.969	
Tyrosine ... g	0.910		0		1		2.930	0.774	
Valine ... g	1.405		0		1		4.524	1.194	
Arginine ... g	1.432		0		1		4.611	1.217	
Histidine ... g	0.600		0		1		1.932	0.510	
Alanine ... g	1.281		0		1		4.125	1.089	
Aspartic acid ... g	2.202		0		1		7.090	1.872	
Glutamic acid ... g	2.754		0		1		8.868	2.341	
Glycine ... g	1.234		0		1		3.973	1.049	
Proline ... g	1.221		0		1		3.932	1.038	
Serine ... g	1.100		0		1		3.542	0.935	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17201

Lamb, variety meats and by-products, liver, cooked, pan-fried

Common Measures:

Measure 1 = 322g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17199
Lamb, variety meats and by-products, liver, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.37	0.201	17		1		20.23	80.65	
Energy....kcal	139		0	NC	4		39	157	
Energy....kJ	582				4		165	657	
Protein (N x 6.25)....g	20.38		1		1		5.78	23.03	
Total lipid (fat)....g	5.02		1		1		1.42	5.67	
Ash....g	1.44		1		1		0.41	1.63	
Carbohydrate, by difference....g	1.78		0	NC	4		0.50	2.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		2	8	
Iron, Fe....mg	7.37		1		1		2.09	8.33	
Magnesium, Mg....mg	19		1		1		5	21	
Phosphorus, P....mg	364		1		1		103	411	
Potassium, K....mg	313		1		1		89	354	
Sodium, Na....mg	70		1		1		20	79	
Zinc, Zn....mg	4.66	0.375	8		1		1.32	5.27	
Copper, Cu....mg	6.979	0.228	520		1		1.979	7.886	
Manganese, Mn....mg	0.184	0.028	13		1		0.052	0.208	
Selenium, Se....mcg	82.4	7.680	13	A	1		23.4	93.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		1.1	4.5	
Thiamin....mg	0.340		1		1		0.096	0.384	
Riboflavin....mg	3.630		1		1		1.029	4.102	
Niacin....mg	16.110		1		1		4.567	18.204	
Pantothenic acid....mg	6.130		1		1		1.738	6.927	
Vitamin B-6....mg	0.900		1		1		0.255	1.017	
Folate, total....mcg	230	19.068	4		1		65	260	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	230	19.068	4		1		65	260	
Folate, DFE....mcg_DFE	230		0	NC	4		65	260	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	90.05	5.464	19		1		25.53	101.76	
Vitamin A, RAE....mcg_RAE	7391		2		1		2095	8352	
Retinol....mcg	7391		2		1		2095	8352	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	24612		2		1		6978	27812	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.940		0		1		0.550	2.192	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17199
Lamb, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.050		21		1		0.014	0.057	
15:0....g									
16:0....g	0.680		21		1		0.193	0.768	
17:0....g									
18:0....g	1.120		21		1		0.318	1.266	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.050		0		1		0.298	1.187	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		21		1		0.037	0.147	
17:1....g									
18:1 undifferentiated....g	0.920		21		1		0.261	1.040	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		0.213	0.848	
18:2 undifferentiated....g	0.320		21		1		0.091	0.362	
18:3 undifferentiated....g	0.070		21		1		0.020	0.079	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.360		21		1		0.102	0.407	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	371	43.495	4		1		105	419	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		6		1		0.067	0.267	
Threonine....g	0.882		6		1		0.250	0.997	
Isoleucine....g	0.878		6		1		0.249	0.992	
Leucine....g	1.665		6		1		0.472	1.881	
Lysine....g	1.102		6		1		0.312	1.245	
Methionine....g	0.442		6		1		0.125	0.499	
Cystine....g	0.214		6		1		0.061	0.242	
Phenylalanine....g	0.910		6		1		0.258	1.028	
Tyrosine....g	0.727		6		1		0.206	0.822	
Valine....g	1.122		6		1		0.318	1.268	
Arginine....g	1.143		6		1		0.324	1.292	
Histidine....g	0.479		6		1		0.136	0.541	
Alanine....g	1.022		6		1		0.290	1.155	
Aspartic acid....g	1.758		6		1		0.498	1.987	
Glutamic acid....g	2.198		6		1		0.623	2.484	
Glycine....g	0.985		6		1		0.279	1.113	
Proline....g	0.974		6		1		0.276	1.101	
Serine....g	0.878		6		1		0.249	0.992	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17199
Lamb, variety meats and by-products, liver, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17206

Lamb, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.83		0		1		288.91	64.46	
Energy....kcal	113		0	NC	4		431	96	
Energy....kJ	473				4		1801	402	
Protein (N x 6.25)....g	19.88		0		1		75.74	16.90	
Total lipid (fat)....g	3.10		0		1		11.81	2.64	
Ash....g	1.31		0		1		4.99	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		46	10	
Iron, Fe....mg	4.57		0		1		17.41	3.88	
Magnesium, Mg....mg	11		0		1		42	9	
Phosphorus, P....mg	188		0		1		716	160	
Potassium, K....mg	127		0		1		484	108	
Sodium, Na....mg	84		0		1		320	71	
Zinc, Zn....mg	1.93		0		1		7.35	1.64	
Copper, Cu....mg	0.234		0		1		0.892	0.199	
Manganese, Mn....mg	0.016		0		1		0.061	0.014	
Selenium, Se....mcg	21.1		0	BFYN	4		80.4	17.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	28.0		0		1		106.7	23.8	
Thiamin....mg	0.034		0		1		0.130	0.029	
Riboflavin....mg	0.139		0		1		0.530	0.118	
Niacin....mg	2.428		0		1		9.251	2.064	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		1		0.229	0.051	
Folate, total....mcg	8		0		1		30	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		1		30	7	
Folate, DFE....mcg_DFE	8		0	NC	4		30	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.52		0		1		9.60	2.14	
Vitamin A, RAE....mcg_RAE	32		0		1		121	27	
Retinol....mcg	32		0		1		121	27	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	106		0		1		404	90	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.060		0		1		4.039	0.901	
Fatty acids, total monounsaturated....g	0.800		0		1		3.048	0.680	
Fatty acids, total polyunsaturated....g	0.430		0		1		1.638	0.366	
Fatty acids, total trans....g									

NDB No. 17206

Lamb, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	284		0		1		1082	241	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0		1		0.777	0.173	
Threonine....g	0.731		0		1		2.785	0.621	
Isoleucine....g	0.628		0		1		2.393	0.534	
Leucine....g	1.591		0		1		6.062	1.352	
Lysine....g	1.286		0		1		4.900	1.093	
Methionine....g	0.359		0		1		1.368	0.305	
Cystine....g	0.312		0		1		1.189	0.265	
Phenylalanine....g	0.819		0		1		3.120	0.696	
Tyrosine....g	0.560		0		1		2.134	0.476	
Valine....g	1.095		0		1		4.172	0.931	
Arginine....g	1.196		0		1		4.557	1.017	
Histidine....g	0.500		0		1		1.905	0.425	
Alanine....g	1.253		0		1		4.774	1.065	
Aspartic acid....g	1.569		0		1		5.978	1.334	
Glutamic acid....g	2.137		0		1		8.142	1.816	
Glycine....g	1.677		0		1		6.389	1.425	
Proline....g	1.269		0		1		4.835	1.079	
Serine....g	0.793		0		1		3.021	0.674	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 381g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17205
Lamb, variety meats and by-products, lungs, raw

Refuse: 24% Blood clots and membranes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.70	0.286	3		1		22.59	90.06	
Energy....kcal	95		0	NC	4		27	107	
Energy....kJ	397				4		113	449	
Protein (N x 6.25)....g	16.70	0.231	3		1		4.73	18.87	
Total lipid (fat)....g	2.60	0.058	3		1		0.74	2.94	
Ash....g	1.10	0.058	3		1		0.31	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		1		3	11	
Iron, Fe....mg	6.40	0.520	3		1		1.81	7.23	
Magnesium, Mg....mg	14		0		1		4	16	
Phosphorus, P....mg	219		0		1		62	247	
Potassium, K....mg	238	4.394	4		1		67	269	
Sodium, Na....mg	157	1.229	4		1		45	177	
Zinc, Zn....mg	1.80		2		1		0.51	2.03	
Copper, Cu....mg	0.254		0		1		0.072	0.287	
Manganese, Mn....mg	0.019		0		1		0.005	0.021	
Selenium, Se....mcg	17.7		0	BFNN	4		5.0	20.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	31.0	0.626	5		1		8.8	35.0	
Thiamin....mg	0.048		0		1		0.014	0.054	
Riboflavin....mg	0.237		0		1		0.067	0.268	
Niacin....mg	4.124		0		1		1.169	4.660	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1		1		0.031	0.124	
Folate, total....mcg	12		0		1		3	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		3	14	
Folate, DFE....mcg_DFE	12		0	NC	4		3	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.93		0		1		1.11	4.44	
Vitamin A, RAE....mcg_RAE	27	3.056	8		1		8	30	
Retinol....mcg	27	3.056	8		1		8	30	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	89	10.175	8		1		25	101	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.890		0		1		0.252	1.006	
Fatty acids, total monounsaturated....g	0.670		0		1		0.190	0.757	
Fatty acids, total polyunsaturated....g	0.350		0		1		0.099	0.396	
Fatty acids, total trans....g									

NDB No. 17205
Lamb, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		1		1		0.048	0.193	
Threonine....g	0.614		2		1		0.174	0.694	
Isoleucine....g	0.527		2		1		0.149	0.596	
Leucine....g	1.337		2		1		0.379	1.511	
Lysine....g	1.080		2		1		0.306	1.220	
Methionine....g	0.301		2		1		0.085	0.340	
Cystine....g	0.262		2		1		0.074	0.296	
Phenylalanine....g	0.688		2		1		0.195	0.777	
Tyrosine....g	0.471		2		1		0.134	0.532	
Valine....g	0.920		2		1		0.261	1.040	
Arginine....g	1.005		2		1		0.285	1.136	
Histidine....g	0.420		2		1		0.119	0.475	
Alanine....g	1.053		2		1		0.299	1.190	
Aspartic acid....g	1.318		2		1		0.374	1.489	
Glutamic acid....g	1.795		2		1		0.509	2.028	
Glycine....g	1.409		2		1		0.399	1.592	
Proline....g	1.066		2		1		0.302	1.205	
Serine....g	0.666		2		1		0.189	0.753	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17209

Lamb, variety meats and by-products, mechanically separated, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.68	4.617	5		1		16.64	133.20	
Energy....kcal	276		0	NC	4		78	627	
Energy....kJ	1155				4		327	2621	
Protein (N x 6.25)....g	14.97		1		1		4.24	33.98	
Total lipid (fat)....g	23.54	4.617	6		1		6.67	53.44	
Ash....g	1.21		1		1		0.34	2.75	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	162	23.958	5		1		46	368	
Iron, Fe....mg	5.90		0		1		1.67	13.39	
Magnesium, Mg....mg	18		0		1		5	41	
Phosphorus, P....mg	337		0		1		96	765	
Potassium, K....mg	288		0		1		82	654	
Sodium, Na....mg	59		0		1		17	134	
Zinc, Zn....mg	3.72		0		1		1.05	8.44	
Copper, Cu....mg	0.058		0		1		0.016	0.132	
Manganese, Mn....mg	0.012		0		1		0.003	0.027	
Selenium, Se....mcg	20.1		0	BFNN	4		5.7	45.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.072		0		1		0.020	0.163	
Riboflavin....mg	0.118		0		1		0.033	0.268	
Niacin....mg	2.546		0		1		0.722	5.779	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1		1		0.031	0.250	
Folate, total....mcg	5		0		1		1	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	11	
Folate, DFE....mcg_DFE	5		0	NC	4		1	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.56		0		1		0.73	5.81	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.790		0		1		3.342	26.763	
Fatty acids, total monounsaturated....g	8.450		0		1		2.396	19.182	
Fatty acids, total polyunsaturated....g	0.760		0		1		0.215	1.725	
Fatty acids, total trans....g									

NDB No. 17209

Lamb, variety meats and by-products, mechanically separated, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	213		0		1		60	484	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.525		1		1		0.149	1.192	
Isoleucine....g	0.838		1		1		0.238	1.902	
Leucine....g	1.138		1		1		0.323	2.583	
Lysine....g	1.138		1		1		0.323	2.583	
Methionine....g	0.419		1		1		0.119	0.951	
Cystine....g									
Phenylalanine....g	0.584		1		1		0.166	1.326	
Tyrosine....g									
Valine....g	0.719		1		1		0.204	1.632	
Arginine....g	1.063		1		1		0.301	2.413	
Histidine....g	0.525		1		1		0.149	1.192	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17211

Lamb, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.65		0		1		137.79	50.70	
Energy....kcal	234		0	NC	4		541	199	
Energy....kJ	979				4		2262	832	
Protein (N x 6.25)....g	22.83		0		1		52.74	19.41	
Total lipid (fat)....g	15.12		0		1		34.93	12.85	
Ash....g	2.15		0		1		4.97	1.83	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		28	10	
Iron, Fe....mg	2.12		0		1		4.90	1.80	
Magnesium, Mg....mg	19		0		1		44	16	
Phosphorus, P....mg	431		0		1		996	366	
Potassium, K....mg	291		0		1		672	247	
Sodium, Na....mg	52		0		1		120	44	
Zinc, Zn....mg	2.68		0		1		6.19	2.28	
Copper, Cu....mg	0.083		0		1		0.192	0.071	
Manganese, Mn....mg	0.043		0		1		0.099	0.037	
Selenium, Se....mcg	64.8		0	BFYN	4		149.7	55.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		0		1		46.2	17.0	
Thiamin....mg	0.020		0		1		0.046	0.017	
Riboflavin....mg	0.210		0		1		0.485	0.179	
Niacin....mg	2.560		0		1		5.914	2.176	
Pantothenic acid....mg	0.850		0		1		1.964	0.723	
Vitamin B-6....mg	0.050		0		1		0.116	0.043	
Folate, total....mcg	13		0		1		30	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0		1		30	11	
Folate, DFE....mcg_DFE	13		0	NC	4		30	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.54		0		1		12.80	4.71	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.840		0		1		15.800	5.814	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17211

Lamb, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.090		0		1		0.208	0.077	
13:0 g									
14:0 g	0.650		0		1		1.502	0.553	
15:0 g									
16:0 g	2.890		0		1		6.676	2.457	
17:0 g									
18:0 g	2.980		0		1		6.884	2.533	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.450		0		1		12.590	4.633	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.350		0		1		0.809	0.298	
17:1 g									
18:1 undifferentiated g	4.930		0		1		11.388	4.191	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0		1		1.709	0.629	
18:2 undifferentiated g	0.280		0		1		0.647	0.238	
18:3 undifferentiated g	0.290		0		1		0.670	0.247	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.170		0		1		0.393	0.145	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	400		0		1		924	340	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.292		0		1		0.675	0.248	
Threonine g	0.840		0		1		1.940	0.714	
Isoleucine g	0.804		0		1		1.857	0.683	
Leucine g	1.461		0		1		3.375	1.242	
Lysine g	1.972		0		1		4.555	1.676	
Methionine g	0.329		0		1		0.760	0.280	
Cystine g	0.292		0		1		0.675	0.248	
Phenylalanine g	0.767		0		1		1.772	0.652	
Tyrosine g	0.548		0		1		1.266	0.466	
Valine g	0.986		0		1		2.278	0.838	
Arginine g	1.351		0		1		3.121	1.148	
Histidine g	0.657		0		1		1.518	0.558	
Alanine g	1.169		0		1		2.700	0.994	
Aspartic acid g	1.570		0		1		3.627	1.335	
Glutamic acid g	3.178		0		1		7.341	2.701	
Glycine g	1.424		0		1		3.289	1.210	
Proline g	1.169		0		1		2.700	0.994	
Serine g	0.913		0		1		2.109	0.776	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17211

Lamb, variety meats and by-products, pancreas, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17210
Lamb, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.77	0.707	4		1		20.91	83.36	
Energy....kcal	152		0	NC	4		43	172	
Energy....kJ	636				4		180	719	
Protein (N x 6.25)....g	14.84	0.213	4		1		4.21	16.77	
Total lipid (fat)....g	9.82	0.885	4		1		2.78	11.10	
Ash....g	1.40	0.058	3		1		0.40	1.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		2	9	
Iron, Fe....mg	2.30	0.286	4		1		0.65	2.60	
Magnesium, Mg....mg	21		1		1		6	24	
Phosphorus, P....mg	400		1		1		113	452	
Potassium, K....mg	420		1		1		119	475	
Sodium, Na....mg	75		1		1		21	85	
Zinc, Zn....mg	1.93	0.260	3		1		0.55	2.18	
Copper, Cu....mg	0.061		0		1		0.017	0.069	
Manganese, Mn....mg	0.040		1		1		0.011	0.045	
Selenium, Se....mcg	34.3		0	BFNN	4		9.7	38.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	18.0	0.626	5		1		5.1	20.3	
Thiamin....mg	0.030		1		1		0.009	0.034	
Riboflavin....mg	0.250		1		1		0.071	0.283	
Niacin....mg	3.700		1		1		1.049	4.181	
Pantothenic acid....mg	1.000		1		1		0.284	1.130	
Vitamin B-6....mg	0.070		2		1		0.020	0.079	
Folate, total....mcg	13		1		1		4	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		1		1		4	15	
Folate, DFE....mcg_DFE	13		0	NC	4		4	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.00		1		1		1.70	6.78	
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0	0	
Retinol....mcg	0	0.000	8		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.440		0		1		1.259	5.017	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17210
Lamb, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.060		1		1		0.017	0.068	
13:0 g									
14:0 g	0.420		1		1		0.119	0.475	
15:0 g									
16:0 g	1.880		1		1		0.533	2.124	
17:0 g									
18:0 g	1.940		1		1		0.550	2.192	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.540		0		1		1.004	4.000	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220		1		1		0.062	0.249	
17:1 g									
18:1 undifferentiated g	3.210		1		1		0.910	3.627	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.136	0.542	
18:2 undifferentiated g	0.180		1		1		0.051	0.203	
18:3 undifferentiated g	0.190		1		1		0.054	0.215	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		1		1		0.031	0.124	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	260		1		1		74	294	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.190		1		1		0.054	0.215	
Threonine g	0.546		1		1		0.155	0.617	
Isoleucine g	0.522		1		1		0.148	0.590	
Leucine g	0.950		1		1		0.269	1.074	
Lysine g	1.282		1		1		0.363	1.449	
Methionine g	0.214		1		1		0.061	0.242	
Cystine g	0.190		1		1		0.054	0.215	
Phenylalanine g	0.499		1		1		0.141	0.564	
Tyrosine g	0.356		1		1		0.101	0.402	
Valine g	0.641		1		1		0.182	0.724	
Arginine g	0.878		1		1		0.249	0.992	
Histidine g	0.427		1		1		0.121	0.483	
Alanine g	0.760		1		1		0.215	0.859	
Aspartic acid g	1.021		1		1		0.289	1.154	
Glutamic acid g	2.065		1		1		0.585	2.333	
Glycine g	0.926		1		1		0.263	1.046	
Proline g	0.760		1		1		0.215	0.859	
Serine g	0.593		1		1		0.168	0.670	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17210
Lamb, variety meats and by-products, pancreas, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17215
Lamb, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.38		0		1		195.82	56.42	
Energy....kcal	156		0	NC	4		460	133	
Energy....kJ	653				4		1925	555	
Protein (N x 6.25)....g	26.46		0		1		78.06	22.49	
Total lipid (fat)....g	4.77		0		1		14.07	4.05	
Ash....g	2.00		0		1		5.90	1.70	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		38	11	
Iron, Fe....mg	38.67		0		1		114.08	32.87	
Magnesium, Mg....mg	21		0		1		62	18	
Phosphorus, P....mg	341		0		1		1006	290	
Potassium, K....mg	248		0		1		732	211	
Sodium, Na....mg	58		0		1		171	49	
Zinc, Zn....mg	3.94		0		1		11.62	3.35	
Copper, Cu....mg	0.139		0		1		0.410	0.118	
Manganese, Mn....mg	0.062		0		1		0.183	0.053	
Selenium, Se....mcg	49.8		0	BFYN	4		146.9	42.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.0		0		1		76.7	22.1	
Thiamin....mg	0.051		0		1		0.150	0.043	
Riboflavin....mg	0.316		0		1		0.932	0.269	
Niacin....mg	5.868		0		1		17.311	4.988	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		1		0.236	0.068	
Folate, total....mcg	4		0		1		12	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		12	3	
Folate, DFE....mcg_DFE	4		0	NC	4		12	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.29		0		1		15.61	4.50	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.580		0		1		4.661	1.343	
Fatty acids, total monounsaturated....g	1.270		0		1		3.747	1.080	
Fatty acids, total polyunsaturated....g	0.350		0		1		1.033	0.298	
Fatty acids, total trans....g									

NDB No. 17215

Lamb, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	385		0		1		1136	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0		1		0.861	0.248	
Threonine....g	1.080		0		1		3.186	0.918	
Isoleucine....g	1.677		0		1		4.947	1.425	
Leucine....g	2.354		0		1		6.944	2.001	
Lysine....g	2.049		0		1		6.045	1.742	
Methionine....g	0.504		0		1		1.487	0.428	
Cystine....g	0.339		0		1		1.000	0.288	
Phenylalanine....g	1.202		0		1		3.546	1.022	
Tyrosine....g	0.771		0		1		2.274	0.655	
Valine....g	1.727		0		1		5.095	1.468	
Arginine....g	1.672		0		1		4.932	1.421	
Histidine....g	0.881		0		1		2.599	0.749	
Alanine....g	1.710		0		1		5.045	1.454	
Aspartic acid....g	2.295		0		1		6.770	1.951	
Glutamic acid....g	3.082		0		1		9.092	2.620	
Glycine....g	1.719		0		1		5.071	1.461	
Proline....g	1.473		0		1		4.345	1.252	
Serine....g	1.156		0		1		3.410	0.983	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17214
Lamb, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.15	0.147	11		1		22.16	88.31	
Energy....kcal	101		0	NC	4		29	114	
Energy....kJ	423				4		120	478	
Protein (N x 6.25)....g	17.20	0.404	3		1		4.88	19.44	
Total lipid (fat)....g	3.10	0.116	3		1		0.88	3.50	
Ash....g	1.30	0.000	3		1		0.37	1.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		3	10	
Iron, Fe....mg	41.89	6.992	11		1		11.88	47.34	
Magnesium, Mg....mg	21		0		1		6	24	
Phosphorus, P....mg	280		0		1		79	316	
Potassium, K....mg	358	5.332	4		1		101	405	
Sodium, Na....mg	84	1.047	4		1		24	95	
Zinc, Zn....mg	2.84	0.162	11		1		0.81	3.21	
Copper, Cu....mg	0.121	0.006	8		1		0.034	0.137	
Manganese, Mn....mg	0.051	0.003	26		1		0.014	0.058	
Selenium, Se....mcg	32.4		0	BFNN	4		9.2	36.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.0	0.643	12		1		6.5	26.0	
Thiamin....mg	0.047		0		1		0.013	0.053	
Riboflavin....mg	0.348		0		1		0.099	0.393	
Niacin....mg	7.895		0		1		2.238	8.921	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1		1		0.031	0.124	
Folate, total....mcg	4		0		1		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.34		0		1		1.51	6.03	
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0	0	
Retinol....mcg	0	0.000	8		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.030		0		1		0.292	1.164	
Fatty acids, total monounsaturated....g	0.810		0		1		0.230	0.915	
Fatty acids, total polyunsaturated....g	0.230		0		1		0.065	0.260	
Fatty acids, total trans....g									

NDB No. 17214
Lamb, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	250	15.275	3		1		71	283	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		1		1		0.054	0.215	
Threonine....g	0.702		1		1		0.199	0.793	
Isoleucine....g	1.090		1		1		0.309	1.232	
Leucine....g	1.530		1		1		0.434	1.729	
Lysine....g	1.332		1		1		0.378	1.505	
Methionine....g	0.327		1		1		0.093	0.370	
Cystine....g	0.220		1		1		0.062	0.249	
Phenylalanine....g	0.782		1		1		0.222	0.884	
Tyrosine....g	0.501		1		1		0.142	0.566	
Valine....g	1.123		1		1		0.318	1.269	
Arginine....g	1.087		1		1		0.308	1.228	
Histidine....g	0.572		1		1		0.162	0.646	
Alanine....g	1.112		1		1		0.315	1.257	
Aspartic acid....g	1.492		1		1		0.423	1.686	
Glutamic acid....g	2.003		1		1		0.568	2.263	
Glycine....g	1.117		1		1		0.317	1.262	
Proline....g	0.958		1		1		0.272	1.083	
Serine....g	0.751		1		1		0.213	0.849	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17221

Lamb, variety meats and by-products, tongue, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.86	0.551	5		1		147.54	49.18	
Energy....kcal	275		0	NC	4		701	234	
Energy....kJ	1151				4		2934	978	
Protein (N x 6.25)....g	21.57	0.643	5		1		55.00	18.33	
Total lipid (fat)....g	20.28	0.320	5		1		51.71	17.24	
Ash....g	0.73	0.081	5		1		1.86	0.62	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2		1		26	9	
Iron, Fe....mg	2.63		2		1		6.71	2.24	
Magnesium, Mg....mg	16		2		1		41	14	
Phosphorus, P....mg	134		1		1		342	114	
Potassium, K....mg	158		2		1		403	134	
Sodium, Na....mg	67		2		1		171	57	
Zinc, Zn....mg	2.99		2		1		7.62	2.54	
Copper, Cu....mg	0.210		1		1		0.536	0.179	
Manganese, Mn....mg	0.033		1		1		0.084	0.028	
Selenium, Se....mcg	28.0	2.603	3	A	1		71.4	23.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1		1		17.9	6.0	
Thiamin....mg	0.080		2		1		0.204	0.068	
Riboflavin....mg	0.420		2		1		1.071	0.357	
Niacin....mg	3.690		2		1		9.410	3.137	
Pantothenic acid....mg	0.340		1		1		0.867	0.289	
Vitamin B-6....mg	0.170		1		1		0.434	0.145	
Folate, total....mcg	3		1		1		8	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		1		8	3	
Folate, DFE....mcg_DFE	3		0	NC	4		8	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.30		1		1		16.07	5.36	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.830		0		1		19.967	6.656	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17221

Lamb, variety meats and by-products, tongue, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.040		1		1		0.102	0.034	
13:0....g									
14:0....g	0.570		1		1		1.454	0.485	
15:0....g									
16:0....g	3.890		1		1		9.920	3.307	
17:0....g									
18:0....g	2.980		1		1		7.599	2.533	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.000		0		1		25.500	8.500	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		1		1		1.301	0.434	
17:1....g									
18:1 undifferentiated....g	9.240		1		1		23.562	7.854	
20:1....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated....g	0.230		1		1		0.587	0.196	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		3.188	1.063	
18:2 undifferentiated....g	0.570		0		1		1.454	0.485	
18:3 undifferentiated....g	0.610		1		1		1.556	0.519	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		1		1		0.204	0.068	
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	189		2		1		482	161	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0		1		0.556	0.185	
Threonine....g	0.975		0		1		2.486	0.829	
Isoleucine....g	0.843		0		1		2.150	0.717	
Leucine....g	1.535		0		1		3.914	1.305	
Lysine....g	1.527		0		1		3.894	1.298	
Methionine....g	0.457		0		1		1.165	0.388	
Cystine....g	0.236		0		1		0.602	0.201	
Phenylalanine....g	0.805		0		1		2.053	0.684	
Tyrosine....g	0.639		0		1		1.629	0.543	
Valine....g	1.033		0		1		2.634	0.878	
Arginine....g	1.421		0		1		3.624	1.208	
Histidine....g	0.477		0		1		1.216	0.405	
Alanine....g	1.237		0		1		3.154	1.051	
Aspartic acid....g	1.928		0		1		4.916	1.639	
Glutamic acid....g	2.783		0		1		7.097	2.366	
Glycine....g	1.404		0		1		3.580	1.193	
Proline....g	1.135		0		1		2.894	0.965	
Serine....g	0.849		0		1		2.165	0.722	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17221

Lamb, variety meats and by-products, tongue, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17220
Lamb, variety meats and by-products, tongue, raw

Refuse: 16% Connective tissue and cartilage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.60	0.437	7		1		18.88	75.26	
Energy....kcal	222		0	NC	4		63	251	
Energy....kJ	929				4		263	1050	
Protein (N x 6.25)....g	15.70	0.638	10		1		4.45	17.74	
Total lipid (fat)....g	17.17	0.851	6		1		4.87	19.40	
Ash....g	0.92	0.062	9		1		0.26	1.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.394	7		1		3	10	
Iron, Fe....mg	2.65	0.200	10		1		0.75	2.99	
Magnesium, Mg....mg	21	2.386	7		1		6	24	
Phosphorus, P....mg	184	14.570	6		1		52	208	
Potassium, K....mg	257	17.682	7		1		73	290	
Sodium, Na....mg	78		2		1		22	88	
Zinc, Zn....mg	2.32	0.177	7		1		0.66	2.62	
Copper, Cu....mg	0.212	0.012	5		1		0.060	0.240	
Manganese, Mn....mg	0.049	0.006	6		1		0.014	0.055	
Selenium, Se....mcg	15.0	0.998	3	A	1		4.3	17.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0	0.959	6		1		1.7	6.8	
Thiamin....mg	0.150	0.010	3		1		0.043	0.170	
Riboflavin....mg	0.380	0.058	3		1		0.108	0.429	
Niacin....mg	4.650	0.161	3		1		1.318	5.255	
Pantothenic acid....mg	0.970		2		1		0.275	1.096	
Vitamin B-6....mg	0.180	0.044	3		1		0.051	0.203	
Folate, total....mcg	4		2		1		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		2		1		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	7.20		2		1		2.04	8.14	
Vitamin A, RAE....mcg_RAE	0	0.000	9		1		0	0	
Retinol....mcg	0	0.000	9		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	9		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.630		0		1		1.880	7.492	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17220
Lamb, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.030		1		1		0.009	0.034	
13:0 g									
14:0 g	0.480		1		1		0.136	0.542	
15:0 g									
16:0 g	3.290		1		1		0.933	3.718	
17:0 g									
18:0 g	2.520		1		1		0.714	2.848	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.460		0		1		2.398	9.560	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		1		1		0.122	0.486	
17:1 g									
18:1 undifferentiated g	7.820		1		1		2.217	8.837	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g	0.190		1		1		0.054	0.215	
24:1 c g									
Fatty acids, total polyunsaturated g	1.060		0		1		0.301	1.198	
18:2 undifferentiated g	0.480		1		1		0.136	0.542	
18:3 undifferentiated g	0.510		1		1		0.145	0.576	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		1		1		0.017	0.068	
20:5 n-3 (EPA) g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	156		2		1		44	176	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.159		4		1		0.045	0.180	
Threonine g	0.710		5		1		0.201	0.802	
Isoleucine g	0.613		5		1		0.174	0.693	
Leucine g	1.117		5		1		0.317	1.262	
Lysine g	1.112		5		1		0.315	1.257	
Methionine g	0.333		5		1		0.094	0.376	
Cystine g	0.171		4		1		0.048	0.193	
Phenylalanine g	0.586		5		1		0.166	0.662	
Tyrosine g	0.465		5		1		0.132	0.525	
Valine g	0.752		5		1		0.213	0.850	
Arginine g	1.034		5		1		0.293	1.168	
Histidine g	0.347		5		1		0.098	0.392	
Alanine g	0.900		5		1		0.255	1.017	
Aspartic acid g	1.403		5		1		0.398	1.585	
Glutamic acid g	2.026		5		1		0.574	2.289	
Glycine g	1.022		5		1		0.290	1.155	
Proline g	0.826		5		1		0.234	0.933	
Serine g	0.618		5		1		0.175	0.698	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17220
Lamb, variety meats and by-products, tongue, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17273

Veal, breast, plate half, boneless, separable lean and fat, cooked, braised

Bos taurus

Refuse: 11% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.77		0	PAK	1		159.38	46.55	
Energy....kcal	282		0	NC	4		821	240	
Energy....kJ	1180				4		3433	1003	
Protein (N x 6.25)....g	25.93		0	PAK	1		75.46	22.04	
Total lipid (fat)....g	18.95		0	PAK	1		55.14	16.11	
Ash....g	0.86		0	PAK	1		2.50	0.73	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		23	7	
Iron, Fe....mg	0.75		0	PAK	1		2.18	0.64	
Magnesium, Mg....mg	19		0	PAK	1		55	16	
Phosphorus, P....mg	186		0	PAK	1		541	158	
Potassium, K....mg	266		0	PAK	1		774	226	
Sodium, Na....mg	64		0	PAK	1		186	54	
Zinc, Zn....mg	3.47		0	PAK	1		10.10	2.95	
Copper, Cu....mg	0.069		0	PAK	1		0.201	0.059	
Manganese, Mn....mg	0.008		0	PAK	1		0.023	0.007	
Selenium, Se....mcg	10.6		0	BFNN	4		30.8	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.053		0	PAK	1		0.154	0.045	
Riboflavin....mg	0.296		0	PAK	1		0.861	0.252	
Niacin....mg	7.895		0	PAK	1		22.974	6.711	
Pantothenic acid....mg	1.031		0	PAK	1		3.000	0.876	
Vitamin B-6....mg	0.261		0	PAK	1		0.760	0.222	
Folate, total....mcg	13		0	PAK	1		38	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	PAK	1		38	11	
Folate, DFE....mcg_DFE	13		0	NC	4		38	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.33		0	PAK	1		3.87	1.13	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.434		0	PAK	1		21.633	6.319	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17273

Veal, breast, plate half, boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.125		0	PAK	1		0.364	0.106	
13:0 g									
14:0 g	1.113		0	PAK	1		3.239	0.946	
15:0 g									
16:0 g	4.309		0	PAK	1		12.539	3.663	
17:0 g									
18:0 g	1.780		0	PAK	1		5.180	1.513	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.107		0	PAK	1		26.501	7.741	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.843		0	PAK	1		2.453	0.717	
17:1 g									
18:1 undifferentiated g	7.872		0	PAK	1		22.908	6.691	
20:1 g	0.076		0	PAK	1		0.221	0.065	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.224		0	PAK	1		3.562	1.040	
18:2 undifferentiated g	1.046		0	PAK	1		3.044	0.889	
18:3 undifferentiated g	0.061		0	PAK	1		0.178	0.052	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.077		0	PAK	1		0.224	0.065	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	112		0	PAK	1		326	95	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.262		0	PAK	1		0.762	0.223	
Threonine g	1.132		0	PAK	1		3.294	0.962	
Isoleucine g	1.277		0	PAK	1		3.716	1.085	
Leucine g	2.062		0	PAK	1		6.000	1.753	
Lysine g	2.136		0	PAK	1		6.216	1.816	
Methionine g	0.606		0	PAK	1		1.763	0.515	
Cystine g	0.294		0	PAK	1		0.856	0.250	
Phenylalanine g	1.045		0	PAK	1		3.041	0.888	
Tyrosine g	0.825		0	PAK	1		2.401	0.701	
Valine g	1.431		0	PAK	1		4.164	1.216	
Arginine g	1.526		0	PAK	1		4.441	1.297	
Histidine g	0.941		0	PAK	1		2.738	0.800	
Alanine g	1.543		0	PAK	1		4.490	1.312	
Aspartic acid g	2.236		0	PAK	1		6.507	1.901	
Glutamic acid g	4.103		0	PAK	1		11.940	3.488	
Glycine g	1.331		0	PAK	1		3.873	1.131	
Proline g	1.083		0	PAK	1		3.152	0.921	
Serine g	0.971		0	PAK	1		2.826	0.825	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 291g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17273

Veal, breast, plate half, boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17274

Veal, breast, point half, boneless, separable lean and fat, cooked, braised

Bos taurus

Refuse: 4% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.36		0	PAK	1		157.17	48.76	
Energy....kcal	248		0	NC	4		680	211	
Energy....kJ	1038				4		2843	882	
Protein (N x 6.25)....g	28.23		0	PAK	1		77.35	24.00	
Total lipid (fat)....g	14.16		0	PAK	1		38.80	12.04	
Ash....g	0.92		0	PAK	1		2.52	0.78	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		25	8	
Iron, Fe....mg	0.79		0	PAK	1		2.16	0.67	
Magnesium, Mg....mg	21		0	PAK	1		58	18	
Phosphorus, P....mg	197		0	PAK	1		540	167	
Potassium, K....mg	278		0	PAK	1		762	236	
Sodium, Na....mg	66		0	PAK	1		181	56	
Zinc, Zn....mg	3.85		0	PAK	1		10.55	3.27	
Copper, Cu....mg	0.073		0	PAK	1		0.200	0.062	
Manganese, Mn....mg	0.008		0	PAK	1		0.022	0.007	
Selenium, Se....mcg	11.5		0	BFNN	4		31.5	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.056		0	PAK	1		0.153	0.048	
Riboflavin....mg	0.309		0	PAK	1		0.847	0.263	
Niacin....mg	8.352		0	PAK	1		22.884	7.099	
Pantothenic acid....mg	1.071		0	PAK	1		2.935	0.910	
Vitamin B-6....mg	0.272		0	PAK	1		0.745	0.231	
Folate, total....mcg	14		0	PAK	1		38	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0	PAK	1		38	12	
Folate, DFE....mcg_DFE	14		0	NC	4		38	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.39		0	PAK	1		3.81	1.18	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.489		0	PAK	1		15.040	4.666	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17274

Veal, breast, point half, boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.094		0	PAK	1		0.258	0.080	
13:0 g									
14:0 g	0.806		0	PAK	1		2.208	0.685	
15:0 g									
16:0 g	3.169		0	PAK	1		8.683	2.694	
17:0 g									
18:0 g	1.340		0	PAK	1		3.672	1.139	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.698		0	PAK	1		18.353	5.693	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.621		0	PAK	1		1.702	0.528	
17:1 g									
18:1 undifferentiated g	5.791		0	PAK	1		15.867	4.922	
20:1 g	0.056		0	PAK	1		0.153	0.048	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.996		0	PAK	1		2.729	0.847	
18:2 undifferentiated g	0.825		0	PAK	1		2.261	0.701	
18:3 undifferentiated g	0.047		0	PAK	1		0.129	0.040	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.088		0	PAK	1		0.241	0.075	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	114		0	PAK	1		312	97	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.285		0	PAK	1		0.781	0.242	
Threonine g	1.233		0	PAK	1		3.378	1.048	
Isoleucine g	1.391		0	PAK	1		3.811	1.182	
Leucine g	2.245		0	PAK	1		6.151	1.908	
Lysine g	2.326		0	PAK	1		6.373	1.977	
Methionine g	0.659		0	PAK	1		1.806	0.560	
Cystine g	0.320		0	PAK	1		0.877	0.272	
Phenylalanine g	1.138		0	PAK	1		3.118	0.967	
Tyrosine g	0.898		0	PAK	1		2.461	0.763	
Valine g	1.559		0	PAK	1		4.272	1.325	
Arginine g	1.662		0	PAK	1		4.554	1.413	
Histidine g	1.025		0	PAK	1		2.809	0.871	
Alanine g	1.680		0	PAK	1		4.603	1.428	
Aspartic acid g	2.435		0	PAK	1		6.672	2.070	
Glutamic acid g	4.467		0	PAK	1		12.240	3.797	
Glycine g	1.450		0	PAK	1		3.973	1.233	
Proline g	1.179		0	PAK	1		3.230	1.002	
Serine g	1.057		0	PAK	1		2.896	0.898	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17274

Veal, breast, point half, boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17270

Veal, breast, separable fat, cooked

Bos taurus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.15	0.600	6	A	1		10.25		
Energy	kcal	521		0	NC	4		148		
Energy	kJ	2180				4		618		
Protein (N x 6.25)	g	9.40	0.690	6	A	1		2.66		
Total lipid (fat)	g	53.35	0.670	6	A	1		15.12		
Ash	g	0.45	0.030	6	A	1		0.13		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		2	A	1		2		
Iron, Fe	mg	0.45		2	A	1		0.13		
Magnesium, Mg	mg	10		2	A	1		3		
Phosphorus, P	mg	102		2	A	1		29		
Potassium, K	mg	181		2	A	1		51		
Sodium, Na	mg	49		2	A	1		14		
Zinc, Zn	mg	0.76		2	A	1		0.22		
Copper, Cu	mg	0.042		2	A	1		0.012		
Manganese, Mn	mg	0.010		2	A	1		0.003		
Selenium, Se	mcg	5.5		2	A	1		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.020		0	BFPN	4		0.006		
Riboflavin	mg	0.120		0	BFPN	4		0.034		
Niacin	mg	2.790		0	BFPN	4		0.791		
Pantothenic acid	mg	0.450		0	BFPN	4		0.128		
Vitamin B-6	mg	0.110		0	BFPN	4		0.031		
Folate, total	mcg	5		0	BFPN	4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0	BFPN	4		1		
Folate, DFE	mcg_DFE	5		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.55		0	BFPN	4		0.16		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	21.407		0		1		6.069		
4:0	g									
6:0	g									
8:0	g									

NDB No. 17270
Veal, breast, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.351		0		1		0.100		
13:0....g									
14:0....g	3.319		0		1		0.941		
15:0....g									
16:0....g	12.497		0		1		3.543		
17:0....g									
18:0....g	4.934		0		1		1.399		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	26.410		0		1		7.487		
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.440		0		1		0.692		
17:1....g									
18:1 undifferentiated....g	22.820		0		1		6.469		
20:1....g	0.217		0		1		0.062		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.865		0		1		0.812		
18:2 undifferentiated....g	2.633		0		1		0.746		
18:3 undifferentiated....g	0.168		0		1		0.048		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	95		2	A	1		27		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.027		
Threonine....g	0.411		0		1		0.117		
Isoleucine....g	0.463		0		1		0.131		
Leucine....g	0.747		0		1		0.212		
Lysine....g	0.775		0		1		0.220		
Methionine....g	0.220		0		1		0.062		
Cystine....g	0.107		0		1		0.030		
Phenylalanine....g	0.379		0		1		0.107		
Tyrosine....g	0.299		0		1		0.085		
Valine....g	0.519		0		1		0.147		
Arginine....g	0.553		0		1		0.157		
Histidine....g	0.341		0		1		0.097		
Alanine....g	0.559		0		1		0.158		
Aspartic acid....g	0.811		0		1		0.230		
Glutamic acid....g	1.487		0		1		0.422		
Glycine....g	0.483		0		1		0.137		
Proline....g	0.393		0		1		0.111		
Serine....g	0.352		0		1		0.100		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 17270
Veal, breast, separable fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17272

Veal, breast, whole, boneless, separable lean and fat, cooked, braised

Bos taurus

Refuse: 7% Connective tissue

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.95		0	PAK	1		158.34	47.56	
Energy....kcal	266		0	NC	4		753	226	
Energy....kJ	1113				4		3150	946	
Protein (N x 6.25)....g	26.97		0	PAK	1		76.33	22.92	
Total lipid (fat)....g	16.77		0	PAK	1		47.46	14.25	
Ash....g	0.89		0	PAK	1		2.52	0.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		25	8	
Iron, Fe....mg	0.77		0	PAK	1		2.18	0.65	
Magnesium, Mg....mg	20		0	PAK	1		57	17	
Phosphorus, P....mg	191		0	PAK	1		541	162	
Potassium, K....mg	272		0	PAK	1		770	231	
Sodium, Na....mg	65		0	PAK	1		184	55	
Zinc, Zn....mg	3.64		0	PAK	1		10.30	3.09	
Copper, Cu....mg	0.071		0	PAK	1		0.201	0.060	
Manganese, Mn....mg	0.008		0	PAK	1		0.023	0.007	
Selenium, Se....mcg	11.0		0	PAK	1		31.1	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.054		0	PAK	1		0.153	0.046	
Riboflavin....mg	0.296		0	PAK	1		0.838	0.252	
Niacin....mg	7.981		0	PAK	1		22.586	6.784	
Pantothenic acid....mg	1.030		0	PAK	1		2.915	0.876	
Vitamin B-6....mg	0.261		0	PAK	1		0.739	0.222	
Folate, total....mcg	13		0	PAK	1		37	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0	PAK	1		37	11	
Folate, DFE....mcg_DFE	13		0	NC	4		37	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.33		0	PAK	1		3.76	1.13	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.550		0	PAK	1		18.537	5.568	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17272

Veal, breast, whole, boneless, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.111		0	PAK	1		0.314	0.094	
13:0....g									
14:0....g	0.974		0	PAK	1		2.756	0.828	
15:0....g									
16:0....g	3.790		0	PAK	1		10.726	3.222	
17:0....g									
18:0....g	1.580		0	PAK	1		4.471	1.343	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.012		0	PAK	1		22.674	6.810	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.742		0	PAK	1		2.100	0.631	
17:1....g									
18:1 undifferentiated....g	6.926		0	PAK	1		19.601	5.887	
20:1....g	0.067		0	PAK	1		0.190	0.057	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.120		0	PAK	1		3.170	0.952	
18:2 undifferentiated....g	0.945		0	PAK	1		2.674	0.803	
18:3 undifferentiated....g	0.055		0	PAK	1		0.156	0.047	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.082		0	PAK	1		0.232	0.070	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	113		0	PAK	1		320	96	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAK	1		0.770	0.231	
Threonine....g	1.178		0	PAK	1		3.334	1.001	
Isoleucine....g	1.329		0	PAK	1		3.761	1.130	
Leucine....g	2.145		0	PAK	1		6.070	1.823	
Lysine....g	2.222		0	PAK	1		6.288	1.889	
Methionine....g	0.630		0	PAK	1		1.783	0.536	
Cystine....g	0.306		0	PAK	1		0.866	0.260	
Phenylalanine....g	1.087		0	PAK	1		3.076	0.924	
Tyrosine....g	0.858		0	PAK	1		2.428	0.729	
Valine....g	1.489		0	PAK	1		4.214	1.266	
Arginine....g	1.588		0	PAK	1		4.494	1.350	
Histidine....g	0.979		0	PAK	1		2.771	0.832	
Alanine....g	1.606		0	PAK	1		4.545	1.365	
Aspartic acid....g	2.326		0	PAK	1		6.583	1.977	
Glutamic acid....g	4.268		0	PAK	1		12.078	3.628	
Glycine....g	1.385		0	PAK	1		3.920	1.177	
Proline....g	1.126		0	PAK	1		3.187	0.957	
Serine....g	1.010		0	PAK	1		2.858	0.859	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17272

Veal, breast, whole, boneless, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17271

Veal, breast, whole, boneless, separable lean and fat, raw

Bos taurus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.67	1.260	6	A	1		19.18	306.95	
Energy....kcal	208		0	NC	4		59	943	
Energy....kJ	870				4		247	3948	
Protein (N x 6.25)....g	17.47	0.420	6	A	1		4.95	79.24	
Total lipid (fat)....g	14.75	1.640	6	A	1		4.18	66.91	
Ash....g	0.90	0.020	6	A	1		0.26	4.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2	A	1		2	32	
Iron, Fe....mg	0.53		2	A	1		0.15	2.40	
Magnesium, Mg....mg	18		2	A	1		5	82	
Phosphorus, P....mg	172		2	A	1		49	780	
Potassium, K....mg	286		2	A	1		81	1297	
Sodium, Na....mg	71		2	A	1		20	322	
Zinc, Zn....mg	2.33		2	A	1		0.66	10.57	
Copper, Cu....mg	0.094		2	A	1		0.027	0.426	
Manganese, Mn....mg	0.010		2	A	1		0.003	0.045	
Selenium, Se....mcg	6.6		0	BFYN	4		1.9	29.9	
Lipids:									
Fatty acids, total saturated....g	5.896		0		1		1.672	26.744	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.094		0		1		0.027	0.426	
13:0....g									
14:0....g	0.871		0		1		0.247	3.951	
15:0....g									
16:0....g	3.405		0		1		0.965	15.445	
17:0....g									
18:0....g	1.446		0		1		0.410	6.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.164		0		1		2.031	32.496	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.650		0		1		0.184	2.948	
17:1....g									
18:1 undifferentiated....g	6.213		0		1		1.761	28.182	
20:1....g	0.061		0		1		0.017	0.277	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.952		0		1		0.270	4.318	
18:2 undifferentiated....g	0.824		0		1		0.234	3.738	
18:3 undifferentiated....g	0.052		0		1		0.015	0.236	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.057		0		1		0.016	0.259	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		2	A	1		20	322	

NDB No. 17271

Veal, breast, whole, boneless, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0		1		0.050	0.798	
Threonine....g	0.763		0		1		0.216	3.461	
Isoleucine....g	0.861		0		1		0.244	3.905	
Leucine....g	1.389		0		1		0.394	6.301	
Lysine....g	1.439		0		1		0.408	6.527	
Methionine....g	0.408		0		1		0.116	1.851	
Cystine....g	0.198		0		1		0.056	0.898	
Phenylalanine....g	0.704		0		1		0.200	3.193	
Tyrosine....g	0.556		0		1		0.158	2.522	
Valine....g	0.964		0		1		0.273	4.373	
Arginine....g	1.029		0		1		0.292	4.668	
Histidine....g	0.634		0		1		0.180	2.876	
Alanine....g	1.040		0		1		0.295	4.717	
Aspartic acid....g	1.507		0		1		0.427	6.836	
Glutamic acid....g	2.764		0		1		0.784	12.538	
Glycine....g	0.897		0		1		0.254	4.069	
Proline....g	0.729		0		1		0.207	3.307	
Serine....g	0.654		0		1		0.185	2.967	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17275

Veal, breast, whole, boneless, separable lean only, cooked, braised

Bos taurus

Refuse: 22% Connective tissue 7%, separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.72	0.400	6	A	1		141.54	50.76	
Energy....kcal	218		0	NC	4		517	185	
Energy....kJ	912				4		2162	775	
Protein (N x 6.25)....g	30.32	0.280	6	A	1		71.86	25.77	
Total lipid (fat)....g	9.80	0.560	6	A	1		23.23	8.33	
Ash....g	0.97	0.030	6	A	1		2.30	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		2	A	1		21	8	
Iron, Fe....mg	0.83		2	A	1		1.97	0.71	
Magnesium, Mg....mg	22		2	A	1		52	19	
Phosphorus, P....mg	208		2	A	1		493	177	
Potassium, K....mg	289		2	A	1		685	246	
Sodium, Na....mg	68		2	A	1		161	58	
Zinc, Zn....mg	4.19		2	A	1		9.93	3.56	
Copper, Cu....mg	0.076		2	A	1		0.180	0.065	
Manganese, Mn....mg	0.008		2	A	1		0.019	0.007	
Selenium, Se....mcg	12.5		2	A	1		29.6	10.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.060		0	BFPN	4		0.142	0.051	
Riboflavin....mg	0.330		0	BFPN	4		0.782	0.281	
Niacin....mg	8.970		0	BFPN	4		21.259	7.625	
Pantothenic acid....mg	1.140		0	BFPN	4		2.702	0.969	
Vitamin B-6....mg	0.290		0	BFPN	4		0.687	0.247	
Folate, total....mcg	15		0	BFPN	4		36	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0	BFPN	4		36	13	
Folate, DFE....mcg_DFE	15		0	NC	4		36	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.48		0	BFPN	4		3.51	1.26	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.720		0		1		8.816	3.162	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17275

Veal, breast, whole, boneless, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.065		0		1		0.154	0.055	
13:0....g									
14:0....g	0.527		0		1		1.249	0.448	
15:0....g									
16:0....g	2.132		0		1		5.053	1.812	
17:0....g									
18:0....g	0.941		0		1		2.230	0.800	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.508		0		1		10.684	3.832	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.419		0		1		0.993	0.356	
17:1....g									
18:1 undifferentiated....g	3.899		0		1		9.241	3.314	
20:1....g	0.038		0		1		0.090	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.788		0		1		1.868	0.670	
18:2 undifferentiated....g	0.624		0		1		1.479	0.530	
18:3 undifferentiated....g	0.033		0		1		0.078	0.028	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.098		0		1		0.232	0.083	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	116		2	A	1		275	99	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0		1		0.725	0.260	
Threonine....g	1.324		0		1		3.138	1.125	
Isoleucine....g	1.494		0		1		3.541	1.270	
Leucine....g	2.411		0		1		5.714	2.049	
Lysine....g	2.498		0		1		5.920	2.123	
Methionine....g	0.708		0		1		1.678	0.602	
Cystine....g	0.344		0		1		0.815	0.292	
Phenylalanine....g	1.222		0		1		2.896	1.039	
Tyrosine....g	0.965		0		1		2.287	0.820	
Valine....g	1.674		0		1		3.967	1.423	
Arginine....g	1.785		0		1		4.230	1.517	
Histidine....g	1.101		0		1		2.609	0.936	
Alanine....g	1.805		0		1		4.278	1.534	
Aspartic acid....g	2.615		0		1		6.198	2.223	
Glutamic acid....g	4.798		0		1		11.371	4.078	
Glycine....g	1.557		0		1		3.690	1.323	
Proline....g	1.266		0		1		3.000	1.076	
Serine....g	1.135		0		1		2.690	0.965	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 237g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17275

Veal, breast, whole, boneless, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17093

Veal, composite of trimmed retail cuts, separable fat, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	21.65	1.708	10		1		62.79	18.40	
Energy	kcal	642		0	NC	4		1862	546	
Energy	kJ	2686				4		7790	2283	
Protein (N x 6.25)	g	9.42	1.239	10		1		27.32	8.01	
Total lipid (fat)	g	66.74	2.990	10		1		193.55	56.73	
Ash	g	0.82	0.086	10		1		2.38	0.70	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		12	3	
Iron, Fe	mg	1.00		0		1		2.90	0.85	
Magnesium, Mg	mg	10	0.676	8		1		29	9	
Phosphorus, P	mg	116	8.620	8		1		336	99	
Potassium, K	mg	173		0		1		502	147	
Sodium, Na	mg	57		0		1		165	48	
Zinc, Zn	mg	0.87		0		1		2.52	0.74	
Copper, Cu	mg	0.044		0		1		0.128	0.037	
Manganese, Mn	mg	0.012		0		1		0.035	0.010	
Selenium, Se	mcg	5.5		2	A	1		16.0	4.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		1		0.058	0.017	
Riboflavin	mg	0.120		0		1		0.348	0.102	
Niacin	mg	2.790		0		1		8.091	2.372	
Pantothenic acid	mg	0.450		0		1		1.305	0.383	
Vitamin B-6	mg	0.110		0		1		0.319	0.094	
Folate, total	mcg	5		0		1		15	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		15	4	
Folate, DFE	mcg_DFE	5		0	NC	4		15	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.55		0		1		1.60	0.47	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.25		0		1		0.73	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	32.390		0		1		93.931	27.532	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17093

Veal, composite of trimmed retail cuts, separable fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090		67		1		0.261	0.077	
12:0 ... g	0.260		67		1		0.754	0.221	
13:0 ... g									
14:0 ... g	3.640		67		1		10.556	3.094	
15:0 ... g									
16:0 ... g	16.610		67		1		48.169	14.119	
17:0 ... g									
18:0 ... g	10.460		67		1		30.334	8.891	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	27.980		0		1		81.142	23.783	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	3.400		67		1		9.860	2.890	
17:1 ... g									
18:1 undifferentiated ... g	23.660		67		1		68.614	20.111	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.230		0		1		9.367	2.746	
18:2 undifferentiated ... g	2.660		67		1		7.714	2.261	
18:3 undifferentiated ... g	0.570		67		1		1.653	0.485	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	73		2		1		212	62	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.095		0		1		0.276	0.081	
Threonine ... g	0.412		0		1		1.195	0.350	
Isoleucine ... g	0.464		0		1		1.346	0.394	
Leucine ... g	0.750		0		1		2.175	0.638	
Lysine ... g	0.776		0		1		2.250	0.660	
Methionine ... g	0.220		0		1		0.638	0.187	
Cystine ... g	0.106		0		1		0.307	0.090	
Phenylalanine ... g	0.380		0		1		1.102	0.323	
Tyrosine ... g	0.300		0		1		0.870	0.255	
Valine ... g	0.521		0		1		1.511	0.443	
Arginine ... g	0.554		0		1		1.607	0.471	
Histidine ... g	0.342		0		1		0.992	0.291	
Alanine ... g	0.560		0		1		1.624	0.476	
Aspartic acid ... g	0.813		0		1		2.358	0.691	
Glutamic acid ... g	1.490		0		1		4.321	1.267	
Glycine ... g	0.484		0		1		1.404	0.411	
Proline ... g	0.393		0		1		1.140	0.334	
Serine ... g	0.353		0		1		1.024	0.300	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 290g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17093
Veal, composite of trimmed retail cuts, separable fat, cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17092

Veal, composite of trimmed retail cuts, separable fat, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.77	2.207	3		1		7.02	112.36	
Energy	kcal	638		0	NC	4		181	2894	
Energy	kJ	2669				4		757	12108	
Protein (N x 6.25)	g	6.02	2.744	3		1		1.71	27.31	
Total lipid (fat)	g	67.83	2.486	5		1		19.23	307.68	
Ash	g	0.43	0.044	3		1		0.12	1.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		2	32	
Iron, Fe	mg	0.60		0		1		0.17	2.72	
Magnesium, Mg	mg	5		0		1		1	23	
Phosphorus, P	mg	73		0		1		21	331	
Potassium, K	mg	107		0		1		30	485	
Sodium, Na	mg	26		0		1		7	118	
Zinc, Zn	mg	0.54		0		1		0.15	2.45	
Copper, Cu	mg	0.039		0		1		0.011	0.177	
Manganese, Mn	mg	0.010		0		1		0.003	0.045	
Selenium, Se	mcg	5.5		2	A	1		1.6	24.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		1		0.006	0.091	
Riboflavin	mg	0.080		0		1		0.023	0.363	
Niacin	mg	2.370		0		1		0.672	10.750	
Pantothenic acid	mg	0.420		0		1		0.119	1.905	
Vitamin B-6	mg	0.150		0		1		0.043	0.680	
Folate, total	mcg	4		0		1		1	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	18	
Folate, DFE	mcg_DFE	4		0	NC	4		1	18	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.43		0		1		0.12	1.95	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.31		0		1		0.09	1.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	32.920		0		1		9.333	149.325	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17092

Veal, composite of trimmed retail cuts, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090		67		1		0.026	0.408	
12:0 g	0.260		67		1		0.074	1.179	
13:0 g									
14:0 g	3.700		67		1		1.049	16.783	
15:0 g									
16:0 g	16.880		67		1		4.785	76.568	
17:0 g									
18:0 g	10.640		67		1		3.016	48.263	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	28.440		0		1		8.063	129.004	
14:1 g									
15:1 g									
16:1 undifferentiated g	3.460		67		1		0.981	15.695	
17:1 g									
18:1 undifferentiated g	24.050		67		1		6.818	109.091	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.280		0		1		0.930	14.878	
18:2 undifferentiated g	2.700		67		1		0.765	12.247	
18:3 undifferentiated g	0.580		67		1		0.164	2.631	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	73	3.495	5		1		21	331	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.061		0		1		0.017	0.277	
Threonine g	0.263		0		1		0.075	1.193	
Isoleucine g	0.296		0		1		0.084	1.343	
Leucine g	0.479		0		1		0.136	2.173	
Lysine g	0.496		0		1		0.141	2.250	
Methionine g	0.140		0		1		0.040	0.635	
Cystine g	0.068		0		1		0.019	0.308	
Phenylalanine g	0.243		0		1		0.069	1.102	
Tyrosine g	0.192		0		1		0.054	0.871	
Valine g	0.333		0		1		0.094	1.510	
Arginine g	0.354		0		1		0.100	1.606	
Histidine g	0.218		0		1		0.062	0.989	
Alanine g	0.358		0		1		0.101	1.624	
Aspartic acid g	0.519		0		1		0.147	2.354	
Glutamic acid g	0.952		0		1		0.270	4.318	
Glycine g	0.309		0		1		0.088	1.402	
Proline g	0.251		0		1		0.071	1.139	
Serine g	0.226		0		1		0.064	1.025	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17092
Veal, composite of trimmed retail cuts, separable fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17089

Veal, composite of trimmed retail cuts, separable lean and fat, cooked

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.08		0		1		119.30	48.52	
Energy....kcal	231		0	NC	4		483	196	
Energy....kJ	967		0		4		2020	822	
Protein (N x 6.25)....g	30.10		0		1		62.91	25.59	
Total lipid (fat)....g	11.39		0		1		23.81	9.68	
Ash....g	1.20		0		1		2.51	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		46	19	
Iron, Fe....mg	1.15		0		1		2.40	0.98	
Magnesium, Mg....mg	26		0		1		54	22	
Phosphorus, P....mg	239		0		1		500	203	
Potassium, K....mg	325		0		1		679	276	
Sodium, Na....mg	87		0		1		182	74	
Zinc, Zn....mg	4.76		0		1		9.95	4.05	
Copper, Cu....mg	0.114		0		1		0.238	0.097	
Manganese, Mn....mg	0.036		0		1		0.075	0.031	
Selenium, Se....mcg	12.3		0	PIE	4		25.7	10.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.125	0.051	
Riboflavin....mg	0.320		0		1		0.669	0.272	
Niacin....mg	7.970		0		1		16.657	6.775	
Pantothenic acid....mg	1.260		0		1		2.633	1.071	
Vitamin B-6....mg	0.310		0		1		0.648	0.264	
Folate, total....mcg	15		0		1		31	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		31	13	
Folate, DFE....mcg_DFE	15		0	NC	4		31	13	
Choline, total....mg	116.6		0	BFNN	4		243.7	99.1	
Betaine....mg	15.3		0	BFNN	4		32.0	13.0	
Vitamin B-12....mcg	1.57		0		1		3.28	1.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0		1		0.84	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	6.6		0	BFZN	4		13.8	5.6	
Lipids:									
Fatty acids, total saturated....g	4.280		0		1		8.945	3.638	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17089

Veal, composite of trimmed retail cuts, separable lean and fat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.021	0.009	
12:0 g	0.030		0		1		0.063	0.026	
13:0 g									
14:0 g	0.410		0		1		0.857	0.349	
15:0 g									
16:0 g	2.320		0		1		4.849	1.972	
17:0 g									
18:0 g	1.410		0		1		2.947	1.199	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.400		0		1		9.196	3.740	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.470		0		1		0.982	0.400	
17:1 g									
18:1 undifferentiated g	3.840		0		1		8.026	3.264	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.800		0		1		1.672	0.680	
18:2 undifferentiated g	0.630		0		1		1.317	0.536	
18:3 undifferentiated g	0.070		0		1		0.146	0.060	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.209	0.085	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	114		0		1		238	97	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.305		0		1		0.637	0.259	
Threonine g	1.315		0		1		2.748	1.118	
Isoleucine g	1.482		0		1		3.097	1.260	
Leucine g	2.395		0		1		5.006	2.036	
Lysine g	2.480		0		1		5.183	2.108	
Methionine g	0.702		0		1		1.467	0.597	
Cystine g	0.340		0		1		0.711	0.289	
Phenylalanine g	1.215		0		1		2.539	1.033	
Tyrosine g	0.960		0		1		2.006	0.816	
Valine g	1.663		0		1		3.476	1.414	
Arginine g	1.770		0		1		3.699	1.505	
Histidine g	1.092		0		1		2.282	0.928	
Alanine g	1.790		0		1		3.741	1.522	
Aspartic acid g	2.596		0		1		5.426	2.207	
Glutamic acid g	4.761		0		1		9.950	4.047	
Glycine g	1.547		0		1		3.233	1.315	
Proline g	1.257		0		1		2.627	1.068	
Serine g	1.128		0		1		2.358	0.959	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17089

Veal, composite of trimmed retail cuts, separable lean and fat, cooked

Common Measures:

Measure 1 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17088

Veal, composite of trimmed retail cuts, separable lean and fat, raw

Bos taurus

Refuse: 31% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.84		0		1		20.65	330.40	
Energy	kcal	144		0	NC	4		41	653	
Energy	kJ	602				4		171	2733	
Protein (N x 6.25)	g	19.35		0		1		5.49	87.77	
Total lipid (fat)	g	6.77		0		1		1.92	30.71	
Ash	g	1.04		0		1		0.29	4.72	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		4	68	
Iron, Fe	mg	0.83		0		1		0.24	3.76	
Magnesium, Mg	mg	24		0		1		7	109	
Phosphorus, P	mg	203		0		1		58	921	
Potassium, K	mg	315		0		1		89	1429	
Sodium, Na	mg	82		0		1		23	372	
Zinc, Zn	mg	3.06		0		1		0.87	13.88	
Copper, Cu	mg	0.109		0		1		0.031	0.494	
Manganese, Mn	mg	0.028		0		1		0.008	0.127	
Selenium, Se	mcg	8.4		0	PIE	4		2.4	38.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		1		0.023	0.363	
Riboflavin	mg	0.270		0		1		0.077	1.225	
Niacin	mg	7.500		0		1		2.126	34.020	
Pantothenic acid	mg	1.310		0		1		0.371	5.942	
Vitamin B-6	mg	0.410		0		1		0.116	1.860	
Folate, total	mcg	13		0		1		4	59	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		1		4	59	
Folate, DFE	mcg_DFE	13		0	NC	4		4	59	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.34		0		1		0.38	6.08	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	1.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.790		0		1		0.791	12.655	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 17088

Veal, composite of trimmed retail cuts, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.003	0.045	
12:0 ... g	0.020		0		1		0.006	0.091	
13:0 ... g									
14:0 ... g	0.260		0		1		0.074	1.179	
15:0 ... g									
16:0 ... g	1.480		0		1		0.420	6.713	
17:0 ... g									
18:0 ... g	0.920		0		1		0.261	4.173	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.570		0		1		0.729	11.658	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.290		0		1		0.082	1.315	
17:1 ... g									
18:1 undifferentiated ... g	2.210		0		1		0.627	10.025	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.480		0		1		0.136	2.177	
18:2 undifferentiated ... g	0.360		0		1		0.102	1.633	
18:3 undifferentiated ... g	0.040		0		1		0.011	0.181	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	82		0		1		23	372	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.056	0.889	
Threonine ... g	0.845		0		1		0.240	3.833	
Isoleucine ... g	0.953		0		1		0.270	4.323	
Leucine ... g	1.540		0		1		0.437	6.985	
Lysine ... g	1.594		0		1		0.452	7.230	
Methionine ... g	0.452		0		1		0.128	2.050	
Cystine ... g	0.218		0		1		0.062	0.989	
Phenylalanine ... g	0.781		0		1		0.221	3.543	
Tyrosine ... g	0.617		0		1		0.175	2.799	
Valine ... g	1.069		0		1		0.303	4.849	
Arginine ... g	1.138		0		1		0.323	5.162	
Histidine ... g	0.702		0		1		0.199	3.184	
Alanine ... g	1.151		0		1		0.326	5.221	
Aspartic acid ... g	1.669		0		1		0.473	7.571	
Glutamic acid ... g	3.060		0		1		0.868	13.880	
Glycine ... g	0.994		0		1		0.282	4.509	
Proline ... g	0.808		0		1		0.229	3.665	
Serine ... g	0.725		0		1		0.206	3.289	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17088

Veal, composite of trimmed retail cuts, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17091

Veal, composite of trimmed retail cuts, separable lean only, cooked

Refuse: 34% Bone 28%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.16	0.129	12		1		115.51	51.14	
Energy....kcal	196		0	NC	4		376	167	
Energy....kJ	820		0		4		1575	697	
Protein (N x 6.25)....g	31.90	0.233	12		1		61.25	27.12	
Total lipid (fat)....g	6.58	0.160	12		1		12.63	5.59	
Ash....g	1.23	0.015	12		1		2.36	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	2.144	12		1		46	20	
Iron, Fe....mg	1.16	0.029	12		1		2.23	0.99	
Magnesium, Mg....mg	28	0.614	12		1		54	24	
Phosphorus, P....mg	250	5.241	12		1		480	213	
Potassium, K....mg	338	2.458	12		1		649	287	
Sodium, Na....mg	89	3.319	12		1		171	76	
Zinc, Zn....mg	5.10	0.063	12		1		9.79	4.34	
Copper, Cu....mg	0.120	0.009	12		1		0.230	0.102	
Manganese, Mn....mg	0.038		0		1		0.073	0.032	
Selenium, Se....mcg	13.0	1.355	5	A	1		25.0	11.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.005	12		1		0.115	0.051	
Riboflavin....mg	0.340	0.015	12		1		0.653	0.289	
Niacin....mg	8.420	0.708	12		1		16.166	7.157	
Pantothenic acid....mg	1.330	0.224	12		1		2.554	1.131	
Vitamin B-6....mg	0.330	0.046	12		1		0.634	0.281	
Folate, total....mcg	16	2.334	12		1		31	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	2.334	12		1		31	14	
Folate, DFE....mcg_DFE	16		0	NC	4		31	14	
Choline, total....mg	123.0		0	BFNN	4		236.2	104.6	
Betaine....mg	16.2		0	BFNN	4		31.0	13.7	
Vitamin B-12....mcg	1.65	0.247	12		1		3.17	1.40	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.81	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	6.6		0	BFZN	4		12.7	5.6	
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		3.533	1.564	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17091

Veal, composite of trimmed retail cuts, separable lean only, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.019	0.009	
13:0 g									
14:0 g	0.120		73		1		0.230	0.102	
15:0 g									
16:0 g	1.070		73		1		2.054	0.910	
17:0 g									
18:0 g	0.630		73		1		1.210	0.536	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.350		0		1		4.512	1.998	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210		73		1		0.403	0.179	
17:1 g									
18:1 undifferentiated g	2.110		73		1		4.051	1.794	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.590		0		1		1.133	0.502	
18:2 undifferentiated g	0.450		73		1		0.864	0.383	
18:3 undifferentiated g	0.030		73		1		0.058	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		73		1		0.211	0.094	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	118	0.906	7		1		227	100	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.323		0		1		0.620	0.275	
Threonine g	1.393		0		1		2.675	1.184	
Isoleucine g	1.571		0		1		3.016	1.335	
Leucine g	2.539		0		1		4.875	2.158	
Lysine g	2.628		0		1		5.046	2.234	
Methionine g	0.744		0		1		1.428	0.632	
Cystine g	0.360		0		1		0.691	0.306	
Phenylalanine g	1.287		0		1		2.471	1.094	
Tyrosine g	1.017		0		1		1.953	0.864	
Valine g	1.763		0		1		3.385	1.499	
Arginine g	1.876		0		1		3.602	1.595	
Histidine g	1.158		0		1		2.223	0.984	
Alanine g	1.897		0		1		3.642	1.612	
Aspartic acid g	2.752		0		1		5.284	2.339	
Glutamic acid g	5.045		0		1		9.686	4.288	
Glycine g	1.639		0		1		3.147	1.393	
Proline g	1.332		0		1		2.557	1.132	
Serine g	1.196		0		1		2.296	1.017	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17091

Veal, composite of trimmed retail cuts, separable lean only, cooked

Common Measures:

Measure 1 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17090

Veal, composite of trimmed retail cuts, separable lean only, raw

Refuse: 35% Bone 31%, separable fat 4%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.91	0.177	12		1		21.52	344.33	
Energy	kcal	112		0	NC	4		32	508	
Energy	kJ	469				4		133	2126	
Protein (N x 6.25)	g	20.20	0.316	12		1		5.73	91.63	
Total lipid (fat)	g	2.87	0.091	12		1		0.81	13.02	
Ash	g	1.08	0.021	12		1		0.31	4.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.922	12		1		4	68	
Iron, Fe	mg	0.85	0.018	12		1		0.24	3.86	
Magnesium, Mg	mg	25	0.502	12		1		7	113	
Phosphorus, P	mg	211	4.662	12		1		60	957	
Potassium, K	mg	328	5.173	12		1		93	1488	
Sodium, Na	mg	86	3.214	12		1		24	390	
Zinc, Zn	mg	3.23	0.039	12		1		0.92	14.65	
Copper, Cu	mg	0.113	0.005	12		1		0.032	0.513	
Manganese, Mn	mg	0.029		0		1		0.008	0.132	
Selenium, Se	mcg	8.6		0	BFYN	4		2.4	39.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080	0.005	12		1		0.023	0.363	
Riboflavin	mg	0.280	0.012	12		1		0.079	1.270	
Niacin	mg	7.830	0.727	12		1		2.220	35.517	
Pantothenic acid	mg	1.370	0.121	12		1		0.388	6.214	
Vitamin B-6	mg	0.430	0.061	13		1		0.122	1.950	
Folate, total	mcg	13	2.223	12		1		4	59	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13	2.223	12		1		4	59	
Folate, DFE	mcg_DFE	13		0	NC	4		4	59	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.40	0.179	12		1		0.40	6.35	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	1.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.860		0		1		0.244	3.901	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17090

Veal, composite of trimmed retail cuts, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.040		147		1		0.011	0.181	
15:0 g									
16:0 g	0.490		147		1		0.139	2.223	
17:0 g									
18:0 g	0.300		147		1		0.085	1.361	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.920		0		1		0.261	4.173	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		147		1		0.026	0.408	
17:1 g									
18:1 undifferentiated g	0.820		147		1		0.232	3.720	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.300		0		1		0.085	1.361	
18:2 undifferentiated g	0.210		147		1		0.060	0.953	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		147		1		0.023	0.363	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83	4.512	12		1		24	376	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.204		23		1		0.058	0.925	
Threonine g	0.882		45		1		0.250	4.001	
Isoleucine g	0.995		45		1		0.282	4.513	
Leucine g	1.608		45		1		0.456	7.294	
Lysine g	1.664		45		1		0.472	7.548	
Methionine g	0.471		45		1		0.134	2.136	
Cystine g	0.228		30		1		0.065	1.034	
Phenylalanine g	0.815		45		1		0.231	3.697	
Tyrosine g	0.644		38		1		0.183	2.921	
Valine g	1.116		45		1		0.316	5.062	
Arginine g	1.188		38		1		0.337	5.389	
Histidine g	0.733		38		1		0.208	3.325	
Alanine g	1.201		38		1		0.340	5.448	
Aspartic acid g	1.743		38		1		0.494	7.906	
Glutamic acid g	3.195		38		1		0.906	14.493	
Glycine g	1.038		38		1		0.294	4.708	
Proline g	0.843		38		1		0.239	3.824	
Serine g	0.757		38		1		0.215	3.434	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17090
Veal, composite of trimmed retail cuts, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17141

Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.29		0		1		155.93	50.40	
Energy....kcal	188		0	NC	4		494	160	
Energy....kJ	787				4		2069	669	
Protein (N x 6.25)....g	34.94		0		1		91.89	29.70	
Total lipid (fat)....g	4.31		0		1		11.34	3.66	
Ash....g	1.89		0		1		4.97	1.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		76	25	
Iron, Fe....mg	1.44		0		1		3.79	1.22	
Magnesium, Mg....mg	28		0		1		74	24	
Phosphorus, P....mg	239		0		1		629	203	
Potassium, K....mg	342		0		1		899	291	
Sodium, Na....mg	93		0		1		245	79	
Zinc, Zn....mg	6.01		0		1		15.81	5.11	
Copper, Cu....mg	0.153		0		1		0.402	0.130	
Manganese, Mn....mg	0.040		0		1		0.105	0.034	
Selenium, Se....mcg	15.2		0	PIE	4		40.0	12.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.184	0.060	
Riboflavin....mg	0.400		0		1		1.052	0.340	
Niacin....mg	8.300		0		1		21.829	7.055	
Pantothenic acid....mg	1.190		0		1		3.130	1.012	
Vitamin B-6....mg	0.380		0		1		0.999	0.323	
Folate, total....mcg	16		0		1		42	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		42	14	
Folate, DFE....mcg_DFE	16		0	NC	4		42	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.67		0		1		4.39	1.42	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		1.18	0.38	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.300		0		1		3.419	1.105	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17141

Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.010		0		1		0.026	0.009	
13:0 ... g									
14:0 ... g	0.070		0		1		0.184	0.060	
15:0 ... g									
16:0 ... g	0.740		0		1		1.946	0.629	
17:0 ... g									
18:0 ... g	0.450		0		1		1.184	0.383	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.390		0		1		3.656	1.182	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.140		0		1		0.368	0.119	
17:1 ... g									
18:1 undifferentiated ... g	1.230		0		1		3.235	1.046	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.450		0		1		1.184	0.383	
18:2 undifferentiated ... g	0.320		0		1		0.842	0.272	
18:3 undifferentiated ... g	0.020		0		1		0.053	0.017	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		0		1		0.289	0.094	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	145		0		1		381	123	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.354		0		1		0.931	0.301	
Threonine ... g	1.527		0		1		4.016	1.298	
Isoleucine ... g	1.721		0		1		4.526	1.463	
Leucine ... g	2.781		0		1		7.314	2.364	
Lysine ... g	2.879		0		1		7.572	2.447	
Methionine ... g	0.815		0		1		2.143	0.693	
Cystine ... g	0.394		0		1		1.036	0.335	
Phenylalanine ... g	1.410		0		1		3.708	1.199	
Tyrosine ... g	1.114		0		1		2.930	0.947	
Valine ... g	1.931		0		1		5.079	1.641	
Arginine ... g	2.055		0		1		5.405	1.747	
Histidine ... g	1.268		0		1		3.335	1.078	
Alanine ... g	2.078		0		1		5.465	1.766	
Aspartic acid ... g	3.015		0		1		7.929	2.563	
Glutamic acid ... g	5.527		0		1		14.536	4.698	
Glycine ... g	1.796		0		1		4.723	1.527	
Proline ... g	1.459		0		1		3.837	1.240	
Serine ... g	1.310		0		1		3.445	1.114	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17141

Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17140

Veal, cubed for stew (leg and shoulder), separable lean only, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.39	0.143	12		1		21.66	346.51	
Energy....kcal	109		0	NC	4		31	494	
Energy....kJ	456				4		129	2069	
Protein (N x 6.25)....g	20.27	0.282	12		1		5.75	91.94	
Total lipid (fat)....g	2.50	0.050	12		1		0.71	11.34	
Ash....g	1.10	0.022	12		1		0.31	4.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	1.349	12		1		5	77	
Iron, Fe....mg	0.88	0.036	12		1		0.25	3.99	
Magnesium, Mg....mg	25	0.501	12		1		7	113	
Phosphorus, P....mg	213	4.463	12		1		60	966	
Potassium, K....mg	331	6.453	12		1		94	1501	
Sodium, Na....mg	83	2.886	12		1		24	376	
Zinc, Zn....mg	3.48	0.037	12		1		0.99	15.79	
Copper, Cu....mg	0.118	0.005	12		1		0.033	0.535	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	8.8		0	PIE	4		2.5	39.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.008	12		1		0.026	0.408	
Riboflavin....mg	0.290	0.013	12		1		0.082	1.315	
Niacin....mg	7.400	0.721	12		1		2.098	33.566	
Pantothenic acid....mg	1.250	0.070	12		1		0.354	5.670	
Vitamin B-6....mg	0.450	0.044	12		1		0.128	2.041	
Folate, total....mcg	13	2.351	12		1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13	2.351	12		1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.49	0.192	12		1		0.42	6.76	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	1.22	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.750		0		1		0.213	3.402	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17140

Veal, cubed for stew (leg and shoulder), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.040		147		1		0.011	0.181	
15:0 g									
16:0 g	0.430		147		1		0.122	1.950	
17:0 g									
18:0 g	0.260		147		1		0.074	1.179	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.800		0		1		0.227	3.629	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		147		1		0.023	0.363	
17:1 g									
18:1 undifferentiated g	0.710		147		1		0.201	3.221	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.260		0		1		0.074	1.179	
18:2 undifferentiated g	0.180		147		1		0.051	0.816	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		147		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	84	4.834	12		1		24	381	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0		1		0.058	0.930	
Threonine g	0.885		0		1		0.251	4.014	
Isoleucine g	0.998		0		1		0.283	4.527	
Leucine g	1.613		0		1		0.457	7.317	
Lysine g	1.670		0		1		0.473	7.575	
Methionine g	0.473		0		1		0.134	2.146	
Cystine g	0.229		0		1		0.065	1.039	
Phenylalanine g	0.818		0		1		0.232	3.710	
Tyrosine g	0.646		0		1		0.183	2.930	
Valine g	1.120		0		1		0.318	5.080	
Arginine g	1.192		0		1		0.338	5.407	
Histidine g	0.736		0		1		0.209	3.338	
Alanine g	1.205		0		1		0.342	5.466	
Aspartic acid g	1.748		0		1		0.496	7.929	
Glutamic acid g	3.206		0		1		0.909	14.542	
Glycine g	1.042		0		1		0.295	4.727	
Proline g	0.846		0		1		0.240	3.837	
Serine g	0.760		0		1		0.215	3.447	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17140

Veal, cubed for stew (leg and shoulder), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17143
Veal, ground, cooked, broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.76		0		1		199.61	56.75	
Energy....kcal	172		0	NC	4		514	146	
Energy....kJ	720		0		4		2152	612	
Protein (N x 6.25)....g	24.38		0		1		72.90	20.72	
Total lipid (fat)....g	7.56		0		1		22.60	6.43	
Ash....g	1.31		0		1		3.92	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		51	14	
Iron, Fe....mg	0.99		0		1		2.96	0.84	
Magnesium, Mg....mg	24		0		1		72	20	
Phosphorus, P....mg	217		0		1		649	184	
Potassium, K....mg	337		0		1		1008	286	
Sodium, Na....mg	83		0		1		248	71	
Zinc, Zn....mg	3.87		0		1		11.57	3.29	
Copper, Cu....mg	0.103		0		1		0.308	0.088	
Manganese, Mn....mg	0.035		0		1		0.105	0.030	
Selenium, Se....mcg	13.7		0	BFNN	4		41.0	11.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.209	0.060	
Riboflavin....mg	0.270		0		1		0.807	0.230	
Niacin....mg	8.030		0		1		24.010	6.826	
Pantothenic acid....mg	1.160		0		1		3.468	0.986	
Vitamin B-6....mg	0.390		0		1		1.166	0.332	
Folate, total....mcg	11		0		1		33	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		33	9	
Folate, DFE....mcg_DFE	11		0	NC	4		33	9	
Choline, total....mg	95.0		0	BFNN	4		284.0	80.7	
Betaine....mg	12.5		0	BFNN	4		37.3	10.6	
Vitamin B-12....mcg	1.27		0		1		3.80	1.08	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		7		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	NR	4		0.45	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	1.2		0	BFYN	4		3.5	1.0	
Lipids:									
Fatty acids, total saturated....g	3.040		0		1		9.090	2.584	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17143
Veal, ground, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.030	0.009	
12:0 g	0.020		0		1		0.060	0.017	
13:0 g									
14:0 g	0.280		0		1		0.837	0.238	
15:0 g									
16:0 g	1.620		0		1		4.844	1.377	
17:0 g									
18:0 g	1.010		0		1		3.020	0.859	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.840		0		1		8.492	2.414	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.320		0		1		0.957	0.272	
17:1 g									
18:1 undifferentiated g	2.450		0		1		7.326	2.083	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0		1		1.645	0.468	
18:2 undifferentiated g	0.420		0		1		1.256	0.357	
18:3 undifferentiated g	0.050		0		1		0.150	0.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.269	0.077	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	103		0		1		308	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.247		0		1		0.739	0.210	
Threonine g	1.065		0		1		3.184	0.905	
Isoleucine g	1.201		0		1		3.591	1.021	
Leucine g	1.940		0		1		5.801	1.649	
Lysine g	2.009		0		1		6.007	1.708	
Methionine g	0.569		0		1		1.701	0.484	
Cystine g	0.275		0		1		0.822	0.234	
Phenylalanine g	0.984		0		1		2.942	0.836	
Tyrosine g	0.777		0		1		2.323	0.660	
Valine g	1.347		0		1		4.028	1.145	
Arginine g	1.434		0		1		4.288	1.219	
Histidine g	0.885		0		1		2.646	0.752	
Alanine g	1.450		0		1		4.336	1.233	
Aspartic acid g	2.103		0		1		6.288	1.788	
Glutamic acid g	3.856		0		1		11.529	3.278	
Glycine g	1.253		0		1		3.746	1.065	
Proline g	1.018		0		1		3.044	0.865	
Serine g	0.914		0		1		2.733	0.777	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17143

Veal, ground, cooked, broiled

Common Measures:

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17142
Veal, ground, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.84		0		1		20.65	82.31	
Energy....kcal	144		0	NC	4		41	163	
Energy....kJ	602				4		171	681	
Protein (N x 6.25)....g	19.35		0		1		5.49	21.87	
Total lipid (fat)....g	6.77		0		1		1.92	7.65	
Ash....g	1.04		0		1		0.29	1.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		4	17	
Iron, Fe....mg	0.83		0		1		0.24	0.94	
Magnesium, Mg....mg	24		0		1		7	27	
Phosphorus, P....mg	203		0		1		58	229	
Potassium, K....mg	315		0		1		89	356	
Sodium, Na....mg	82		0		1		23	93	
Zinc, Zn....mg	3.06		0		1		0.87	3.46	
Copper, Cu....mg	0.109		0		1		0.031	0.123	
Manganese, Mn....mg	0.028		0		1		0.008	0.032	
Selenium, Se....mcg	8.1		0	BFZN	4		2.3	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.023	0.090	
Riboflavin....mg	0.270		0		1		0.077	0.305	
Niacin....mg	7.500		0		1		2.126	8.475	
Pantothenic acid....mg	1.310		0		1		0.371	1.480	
Vitamin B-6....mg	0.410		0		1		0.116	0.463	
Folate, total....mcg	13		0		1		4	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0		1		4	15	
Folate, DFE....mcg_DFE	13		0	NC	4		4	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.34		0		1		0.38	1.51	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.07	0.29	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.790		0		1		0.791	3.153	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17142
Veal, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.011	
12:0 g	0.020		0		1		0.006	0.023	
13:0 g									
14:0 g	0.260		0		1		0.074	0.294	
15:0 g									
16:0 g	1.480		0		1		0.420	1.672	
17:0 g									
18:0 g	0.920		0		1		0.261	1.040	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.570		0		1		0.729	2.904	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.290		0		1		0.082	0.328	
17:1 g									
18:1 undifferentiated g	2.210		0		1		0.627	2.497	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.136	0.542	
18:2 undifferentiated g	0.360		0		1		0.102	0.407	
18:3 undifferentiated g	0.040		0		1		0.011	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.079	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	82		0		1		23	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.196		0		1		0.056	0.221	
Threonine g	0.845		0		1		0.240	0.955	
Isoleucine g	0.953		0		1		0.270	1.077	
Leucine g	1.540		0		1		0.437	1.740	
Lysine g	1.594		0		1		0.452	1.801	
Methionine g	0.452		0		1		0.128	0.511	
Cystine g	0.218		0		1		0.062	0.246	
Phenylalanine g	0.781		0		1		0.221	0.883	
Tyrosine g	0.617		0		1		0.175	0.697	
Valine g	1.069		0		1		0.303	1.208	
Arginine g	1.138		0		1		0.323	1.286	
Histidine g	0.702		0		1		0.199	0.793	
Alanine g	1.151		0		1		0.326	1.301	
Aspartic acid g	1.669		0		1		0.473	1.886	
Glutamic acid g	3.060		0		1		0.868	3.458	
Glycine g	0.994		0		1		0.282	1.123	
Proline g	0.808		0		1		0.229	0.913	
Serine g	0.725		0		1		0.206	0.819	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17142
Veal, ground, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17095
Veal, leg (top round), separable lean and fat, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	55.49		0		1		150.93	47.17	
Energy ... kcal	211		0	NC	4		574	179	
Energy ... kJ	883		0		4		2401	750	
Protein (N x 6.25) ... g	36.16		0		1		98.36	30.74	
Total lipid (fat) ... g	6.33		0		1		17.22	5.38	
Ash ... g	1.95		0		1		5.30	1.66	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0		1		22	7	
Iron, Fe ... mg	1.32		0		1		3.59	1.12	
Magnesium, Mg ... mg	29		0		1		79	25	
Phosphorus, P ... mg	249		0		1		677	212	
Potassium, K ... mg	383		0		1		1042	326	
Sodium, Na ... mg	67		0		1		182	57	
Zinc, Zn ... mg	3.96		0		1		10.77	3.37	
Copper, Cu ... mg	0.140		0		1		0.381	0.119	
Manganese, Mn ... mg	0.039		0		1		0.106	0.033	
Selenium, Se ... mcg	15.4		0	PIE	4		41.9	13.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.060		0		1		0.163	0.051	
Riboflavin ... mg	0.350		0		1		0.952	0.298	
Niacin ... mg	10.560		0		1		28.723	8.976	
Pantothenic acid ... mg	1.020		0		1		2.774	0.867	
Vitamin B-6 ... mg	0.360		0		1		0.979	0.306	
Folate, total ... mcg	18		0		1		49	15	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	18		0		1		49	15	
Folate, DFE ... mcg_DFE	18		0	NC	4		49	15	
Choline, total ... mg	141.2		0	BFNN	4		384.1	120.0	
Betaine ... mg	18.6		0	BFNN	4		50.5	15.8	
Vitamin B-12 ... mcg	1.17		0		1		3.18	0.99	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.49		0		1		1.33	0.42	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D ... IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone) ... mcg	7.0		0	BFYN	4		19.2	6.0	
Lipids:									
Fatty acids, total saturated ... g	2.530		0		1		6.882	2.151	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17095
Veal, leg (top round), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.027	0.009	
12:0 g	0.020		0		1		0.054	0.017	
13:0 g									
14:0 g	0.230		0		1		0.626	0.196	
15:0 g									
16:0 g	1.350		0		1		3.672	1.148	
17:0 g									
18:0 g	0.840		0		1		2.285	0.714	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.360		0		1		6.419	2.006	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0		1		0.734	0.230	
17:1 g									
18:1 undifferentiated g	2.040		0		1		5.549	1.734	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.470		0		1		1.278	0.400	
18:2 undifferentiated g	0.350		0		1		0.952	0.298	
18:3 undifferentiated g	0.040		0		1		0.109	0.034	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.218	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	134		0		1		364	114	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.366		0		1		0.996	0.311	
Threonine g	1.580		0		1		4.298	1.343	
Isoleucine g	1.781		0		1		4.844	1.514	
Leucine g	2.878		0		1		7.828	2.446	
Lysine g	2.980		0		1		8.106	2.533	
Methionine g	0.844		0		1		2.296	0.717	
Cystine g	0.408		0		1		1.110	0.347	
Phenylalanine g	1.459		0		1		3.968	1.240	
Tyrosine g	1.153		0		1		3.136	0.980	
Valine g	1.999		0		1		5.437	1.699	
Arginine g	2.127		0		1		5.785	1.808	
Histidine g	1.313		0		1		3.571	1.116	
Alanine g	2.151		0		1		5.851	1.828	
Aspartic acid g	3.120		0		1		8.486	2.652	
Glutamic acid g	5.720		0		1		15.558	4.862	
Glycine g	1.858		0		1		5.054	1.579	
Proline g	1.510		0		1		4.107	1.284	
Serine g	1.355		0		1		3.686	1.152	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17095

Veal, leg (top round), separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17096

Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.31		0		1		151.36	43.61	
Energy....kcal	238		0	NC	4		701	202	
Energy....kJ	994		0	NC	4		2934	845	
Protein (N x 6.25)....g	27.29		0		1		80.51	23.20	
Total lipid (fat)....g	9.18		0		1		27.08	7.80	
Ash....g	2.31		0		1		6.81	1.96	
Carbohydrate, by difference....g	9.91		0	NC	4		29.23	8.42	
Fiber, total dietary....g	0.3		0		4		0.9	0.3	
Sugars, total....g	0.57		0	PIK	4		1.68	0.48	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.17		0	PAK	1		0.49	0.14	
Fructose....g	0.23		0	PAK	1		0.67	0.19	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.18		0	PAK	1		0.52	0.15	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g	5.49		0	PAK	1		16.19	4.67	
Minerals:									
Calcium, Ca....mg	39		0		1		115	33	
Iron, Fe....mg	1.64		0		1		4.84	1.39	
Magnesium, Mg....mg	31		0		1		91	26	
Phosphorus, P....mg	250		0		1		738	213	
Potassium, K....mg	371		0		1		1094	315	
Sodium, Na....mg	454		0		1		1339	386	
Zinc, Zn....mg	2.75		0		1		8.11	2.34	
Copper, Cu....mg	0.073		0		1		0.215	0.062	
Manganese, Mn....mg	0.135		0		1		0.398	0.115	
Selenium, Se....mcg	16.5		0	PIE	4		48.7	14.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		0		1		0.472	0.136	
Riboflavin....mg	0.350		0		1		1.033	0.298	
Niacin....mg	10.340		0		1		30.503	8.789	
Pantothenic acid....mg	1.070		0		1		3.157	0.910	
Vitamin B-6....mg	0.400		0		1		1.180	0.340	
Folate, total....mcg	27		0	RA	4		80	23	
Folic acid....mcg	8		0	NC	4		24	7	
Folate, food....mcg	19		0		1		56	16	
Folate, DFE....mcg_DFE	33		0	NC	4		96	28	
Choline, total....mg	113.2		0	PIE	4		334.0	96.2	
Betaine....mg									
Vitamin B-12....mcg	1.24		0		1		3.66	1.05	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		30	9	
Retinol....mcg	10		0	NR	4		30	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	34		0		1		100	29	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0		1		1.56	0.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.01	0.00	
Tocopherol, gamma....mg	0.07		0	PAK	1		0.21	0.06	
Tocopherol, delta....mg	0.02		0	PAK	1		0.05	0.01	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 17096

Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D.....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone).....mcg	5.1		0	PIK	4		15.1	4.3	
Lipids:									
Fatty acids, total saturated.....g	3.060		0		1		9.027	2.601	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.020		0		1		0.059	0.017	
13:0.....g									
14:0.....g	0.240		0		1		0.708	0.204	
15:0.....g									
16:0.....g	1.750		0		1		5.163	1.488	
17:0.....g									
18:0.....g	0.980		0		1		2.891	0.833	
20:0.....g	0.000		0	PAK	1		0.000	0.000	
22:0.....g	0.000		0	PAK	1		0.000	0.000	
24:0.....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.390		0		1		10.001	2.882	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.885	0.255	
17:1.....g									
18:1 undifferentiated.....g	3.040		0		1		8.968	2.584	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.490		0		1		4.396	1.267	
18:2 undifferentiated.....g	1.280		0		1		3.776	1.088	
18:3 undifferentiated.....g	0.140		0		1		0.413	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.177	0.051	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	112		0		1		330	95	
Phytosterols.....mg	3		0		1		9	3	
Amino Acids:									
Tryptophan.....g	0.284		0		1		0.838	0.241	
Threonine.....g	1.172		0		1		3.457	0.996	
Isoleucine.....g	1.339		0		1		3.950	1.138	
Leucine.....g	2.161		0		1		6.375	1.837	
Lysine.....g	2.144		0		1		6.325	1.822	
Methionine.....g	0.631		0		1		1.861	0.536	
Cystine.....g	0.328		0		1		0.968	0.279	
Phenylalanine.....g	1.129		0		1		3.331	0.960	
Tyrosine.....g	0.864		0		1		2.549	0.734	
Valine.....g	1.512		0		1		4.460	1.285	
Arginine.....g	1.578		0		1		4.655	1.341	
Histidine.....g	0.956		0		1		2.820	0.813	
Alanine.....g	1.582		0		1		4.667	1.345	
Aspartic acid.....g	2.307		0		1		6.806	1.961	
Glutamic acid.....g	4.547		0		1		13.414	3.865	
Glycine.....g	1.368		0		1		4.036	1.163	
Proline.....g	1.247		0		1		3.679	1.060	
Serine.....g	1.075		0		1		3.171	0.914	
Hydroxyproline.....g									
Others:									

NDB No. 17096

Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17097

Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.34		0		1		177.35	49.59	
Energy	kcal	211		0	NC	4		641	179	
Energy	kJ	883		0		4		2684	750	
Protein (N x 6.25)	g	31.75		0		1		96.52	26.99	
Total lipid (fat)	g	8.35		0		1		25.38	7.10	
Ash	g	1.40		0		1		4.26	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		18	5	
Iron, Fe	mg	0.88		0		1		2.68	0.75	
Magnesium, Mg	mg	31		0		1		94	26	
Phosphorus, P	mg	279		0		1		848	237	
Potassium, K	mg	425		0		1		1292	361	
Sodium, Na	mg	76		0		1		231	65	
Zinc, Zn	mg	3.23		0		1		9.82	2.75	
Copper, Cu	mg	0.062		0		1		0.188	0.053	
Manganese, Mn	mg	0.031		0		1		0.094	0.026	
Selenium, Se	mcg	13.4		0	PIE	4		40.7	11.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.213	0.060	
Riboflavin	mg	0.350		0		1		1.064	0.298	
Niacin	mg	12.050		0		1		36.632	10.243	
Pantothenic acid	mg	1.170		0		1		3.557	0.995	
Vitamin B-6	mg	0.490		0		1		1.490	0.417	
Folate, total	mcg	15		0		1		46	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		1		46	13	
Folate, DFE	mcg_DFE	15		0	NC	4		46	13	
Choline, total	mg	123.2		0	BFNN	4		374.6	104.7	
Betaine	mg	16.2		0	BFNN	4		49.2	13.8	
Vitamin B-12	mcg	1.45		0		1		4.41	1.23	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.42		0		1		1.28	0.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D	IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	5.0		0	BFYN	4		15.1	4.2	
Lipids:										
Fatty acids, total saturated	g	3.160		0		1		9.606	2.686	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17097

Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.030	0.009	
12:0 g	0.020		0		1		0.061	0.017	
13:0 g									
14:0 g	0.300		0		1		0.912	0.255	
15:0 g									
16:0 g	1.700		0		1		5.168	1.445	
17:0 g									
18:0 g	1.040		0		1		3.162	0.884	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.230		0		1		9.819	2.746	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.340		0		1		1.034	0.289	
17:1 g									
18:1 undifferentiated g	2.820		0		1		8.573	2.397	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0		1		1.763	0.493	
18:2 undifferentiated g	0.460		0		1		1.398	0.391	
18:3 undifferentiated g	0.050		0		1		0.152	0.043	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.213	0.060	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	105		0		1		319	89	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.321		0		1		0.976	0.273	
Threonine g	1.387		0		1		4.216	1.179	
Isoleucine g	1.564		0		1		4.755	1.329	
Leucine g	2.527		0		1		7.682	2.148	
Lysine g	2.616		0		1		7.953	2.224	
Methionine g	0.741		0		1		2.253	0.630	
Cystine g	0.358		0		1		1.088	0.304	
Phenylalanine g	1.281		0		1		3.894	1.089	
Tyrosine g	1.012		0		1		3.076	0.860	
Valine g	1.755		0		1		5.335	1.492	
Arginine g	1.867		0		1		5.676	1.587	
Histidine g	1.152		0		1		3.502	0.979	
Alanine g	1.888		0		1		5.740	1.605	
Aspartic acid g	2.739		0		1		8.327	2.328	
Glutamic acid g	5.022		0		1		15.267	4.269	
Glycine g	1.632		0		1		4.961	1.387	
Proline g	1.326		0		1		4.031	1.127	
Serine g	1.190		0		1		3.618	1.012	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17097

Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded

Common Measures:

Measure 1 = 304g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17098

Veal, leg (top round), separable lean and fat, cooked, roasted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.10		0		1		236.64	56.19	
Energy....kcal	160		0	NC	4		573	136	
Energy....kJ	669		0		4		2397	569	
Protein (N x 6.25)....g	27.70		0		1		99.17	23.55	
Total lipid (fat)....g	4.65		0		1		16.65	3.95	
Ash....g	1.49		0		1		5.33	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		21	5	
Iron, Fe....mg	0.91		0		1		3.26	0.77	
Magnesium, Mg....mg	28		0		1		100	24	
Phosphorus, P....mg	234		0		1		838	199	
Potassium, K....mg	389		0		1		1393	331	
Sodium, Na....mg	68		0		1		243	58	
Zinc, Zn....mg	3.04		0		1		10.88	2.58	
Copper, Cu....mg	0.129		0		1		0.462	0.110	
Manganese, Mn....mg	0.030		0		1		0.107	0.026	
Selenium, Se....mcg	11.2		0	PIE	4		40.1	9.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.215	0.051	
Riboflavin....mg	0.320		0		1		1.146	0.272	
Niacin....mg	9.930		0		1		35.549	8.441	
Pantothenic acid....mg	0.990		0		1		3.544	0.842	
Vitamin B-6....mg	0.310		0		1		1.110	0.264	
Folate, total....mcg	16		0		1		57	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		57	14	
Folate, DFE....mcg_DFE	16		0	NC	4		57	14	
Choline, total....mg	108.2		0	BFNN	4		387.3	92.0	
Betaine....mg	14.2		0	BFNN	4		50.9	12.1	
Vitamin B-12....mcg	1.17		0		1		4.19	0.99	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		1.75	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.5		0	BFYN	4		19.8	4.7	
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		6.587	1.564	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17098
Veal, leg (top round), separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.036	0.009	
13:0 g									
14:0 g	0.170		0		1		0.609	0.145	
15:0 g									
16:0 g	0.980		0		1		3.508	0.833	
17:0 g									
18:0 g	0.610		0		1		2.184	0.519	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.730		0		1		6.193	1.471	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.190		0		1		0.680	0.162	
17:1 g									
18:1 undifferentiated g	1.490		0		1		5.334	1.267	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.350		0		1		1.253	0.298	
18:2 undifferentiated g	0.260		0		1		0.931	0.221	
18:3 undifferentiated g	0.030		0		1		0.107	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		0		1		0.215	0.051	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	103		0		1		369	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.280		0		1		1.002	0.238	
Threonine g	1.210		0		1		4.332	1.029	
Isoleucine g	1.364		0		1		4.883	1.159	
Leucine g	2.205		0		1		7.894	1.874	
Lysine g	2.282		0		1		8.170	1.940	
Methionine g	0.646		0		1		2.313	0.549	
Cystine g	0.313		0		1		1.121	0.266	
Phenylalanine g	1.118		0		1		4.002	0.950	
Tyrosine g	0.883		0		1		3.161	0.751	
Valine g	1.531		0		1		5.481	1.301	
Arginine g	1.629		0		1		5.832	1.385	
Histidine g	1.005		0		1		3.598	0.854	
Alanine g	1.647		0		1		5.896	1.400	
Aspartic acid g	2.390		0		1		8.556	2.032	
Glutamic acid g	4.381		0		1		15.684	3.724	
Glycine g	1.423		0		1		5.094	1.210	
Proline g	1.156		0		1		4.138	0.983	
Serine g	1.038		0		1		3.716	0.882	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17098

Veal, leg (top round), separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 358g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17094
Veal, leg (top round), separable lean and fat, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.80		0		1		21.21	339.29	
Energy....kcal	117		0	NC	4		33	531	
Energy....kJ	490		0		4		139	2220	
Protein (N x 6.25)....g	20.98		0		1		5.95	95.17	
Total lipid (fat)....g	3.08		0		1		0.87	13.97	
Ash....g	1.12		0		1		0.32	5.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		1	23	
Iron, Fe....mg	0.79		0		1		0.22	3.58	
Magnesium, Mg....mg	26		0		1		7	118	
Phosphorus, P....mg	220		0		1		62	998	
Potassium, K....mg	367		0		1		104	1665	
Sodium, Na....mg	63		0		1		18	286	
Zinc, Zn....mg	2.30		0		1		0.65	10.43	
Copper, Cu....mg	0.108		0		1		0.031	0.490	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	9.0		0	PIE	4		2.6	40.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.023	0.363	
Riboflavin....mg	0.270		0		1		0.077	1.225	
Niacin....mg	9.420		0		1		2.671	42.729	
Pantothenic acid....mg	1.070		0		1		0.303	4.854	
Vitamin B-6....mg	0.460		0		1		0.130	2.087	
Folate, total....mcg	14		0		1		4	64	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0		1		4	64	
Folate, DFE....mcg_DFE	14		0	NC	4		4	64	
Choline, total....mg	89.5		0	BFNN	4		25.4	406.2	
Betaine....mg	13.2		0	BFNN	4		3.7	59.7	
Vitamin B-12....mcg	1.04		0		1		0.29	4.72	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0		1		0.09	1.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	3.9		0	BFSN	4		1.1	17.6	
Lipids:									
Fatty acids, total saturated....g	1.180		0		1		0.335	5.352	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17094
Veal, leg (top round), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.003	0.045	
13:0....g									
14:0....g	0.100		0		1		0.028	0.454	
15:0....g									
16:0....g	0.630		0		1		0.179	2.858	
17:0....g									
18:0....g	0.390		0		1		0.111	1.769	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.120		0		1		0.318	5.080	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.034	0.544	
17:1....g									
18:1 undifferentiated....g	0.970		0		1		0.275	4.400	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1		0.068	1.089	
18:2 undifferentiated....g	0.180		0		1		0.051	0.816	
18:3 undifferentiated....g	0.020		0		1		0.006	0.091	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.014	0.227	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		22	354	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.060	0.962	
Threonine....g	0.916		0		1		0.260	4.155	
Isoleucine....g	1.033		0		1		0.293	4.686	
Leucine....g	1.670		0		1		0.473	7.575	
Lysine....g	1.729		0		1		0.490	7.843	
Methionine....g	0.490		0		1		0.139	2.223	
Cystine....g	0.237		0		1		0.067	1.075	
Phenylalanine....g	0.847		0		1		0.240	3.842	
Tyrosine....g	0.669		0		1		0.190	3.035	
Valine....g	1.159		0		1		0.329	5.257	
Arginine....g	1.234		0		1		0.350	5.597	
Histidine....g	0.761		0		1		0.216	3.452	
Alanine....g	1.248		0		1		0.354	5.661	
Aspartic acid....g	1.810		0		1		0.513	8.210	
Glutamic acid....g	3.318		0		1		0.941	15.050	
Glycine....g	1.078		0		1		0.306	4.890	
Proline....g	0.876		0		1		0.248	3.974	
Serine....g	0.786		0		1		0.223	3.565	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17094

Veal, leg (top round), separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17100
Veal, leg (top round), separable lean only, cooked, braised

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.18		0		1		150.00	47.75	
Energy....kcal	203		0	NC	4		542	173	
Energy....kJ	849				4		2268	722	
Protein (N x 6.25)....g	36.71		0		1		98.02	31.20	
Total lipid (fat)....g	5.09		0		1		13.59	4.33	
Ash....g	1.97		0		1		5.26	1.67	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		24	8	
Iron, Fe....mg	1.32		0		1		3.52	1.12	
Magnesium, Mg....mg	30		0		1		80	26	
Phosphorus, P....mg	252		0		1		673	214	
Potassium, K....mg	387		0		1		1033	329	
Sodium, Na....mg	67		0		1		179	57	
Zinc, Zn....mg	4.03		0		1		10.76	3.43	
Copper, Cu....mg	0.142		0		1		0.379	0.121	
Manganese, Mn....mg	0.040		0		1		0.107	0.034	
Selenium, Se....mcg	15.6		0	BFYN	4		41.7	13.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.160	0.051	
Riboflavin....mg	0.360		0		1		0.961	0.306	
Niacin....mg	10.720		0		1		28.622	9.112	
Pantothenic acid....mg	1.040		0		1		2.777	0.884	
Vitamin B-6....mg	0.370		0		1		0.988	0.315	
Folate, total....mcg	18		0		1		48	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		48	15	
Folate, DFE....mcg_DFE	18		0	NC	4		48	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.19		0		1		3.18	1.01	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		1.34	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.920		0		1		5.126	1.632	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17100
Veal, leg (top round), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.027	0.009	
13:0 g									
14:0 g	0.160		0		1		0.427	0.136	
15:0 g									
16:0 g	1.040		0		1		2.777	0.884	
17:0 g									
18:0 g	0.640		0		1		1.709	0.544	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.840		0		1		4.913	1.564	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		0		1		0.534	0.170	
17:1 g									
18:1 undifferentiated g	1.600		0		1		4.272	1.360	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0		1		1.095	0.349	
18:2 undifferentiated g	0.300		0		1		0.801	0.255	
18:3 undifferentiated g	0.030		0		1		0.080	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.214	0.068	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	135		0		1		360	115	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.372		0		1		0.993	0.316	
Threonine g	1.604		0		1		4.283	1.363	
Isoleucine g	1.808		0		1		4.827	1.537	
Leucine g	2.922		0		1		7.802	2.484	
Lysine g	3.025		0		1		8.077	2.571	
Methionine g	0.857		0		1		2.288	0.728	
Cystine g	0.414		0		1		1.105	0.352	
Phenylalanine g	1.481		0		1		3.954	1.259	
Tyrosine g	1.170		0		1		3.124	0.995	
Valine g	2.029		0		1		5.417	1.725	
Arginine g	2.159		0		1		5.765	1.835	
Histidine g	1.332		0		1		3.556	1.132	
Alanine g	2.183		0		1		5.829	1.856	
Aspartic acid g	3.167		0		1		8.456	2.692	
Glutamic acid g	5.806		0		1		15.502	4.935	
Glycine g	1.886		0		1		5.036	1.603	
Proline g	1.533		0		1		4.093	1.303	
Serine g	1.376		0		1		3.674	1.170	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17100
Veal, leg (top round), separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17101

Veal, leg (top round), separable lean only, cooked, pan-fried, breaded

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.14		0		1		156.76	45.17	
Energy....kcal	216		0	NC	4		637	184	
Energy....kJ	904		0	NC	4		2666	768	
Protein (N x 6.25)....g	28.41		0		1		83.81	24.15	
Total lipid (fat)....g	6.27		0		1		18.50	5.33	
Ash....g	2.34		0		1		6.90	1.99	
Carbohydrate, by difference....g	9.84		0	NC	4		29.03	8.36	
Fiber, total dietary....g	0.2		0		4		0.6	0.2	
Sugars, total....g	0.57		0	PIK	4		1.68	0.48	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.17		0	PAK	1		0.49	0.14	
Fructose....g	0.23		0	PAK	1		0.67	0.19	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.18		0	PAK	1		0.52	0.15	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g	5.49		0	PAK	1		16.19	4.67	
Minerals:									
Calcium, Ca....mg	39		0		1		115	33	
Iron, Fe....mg	1.64		0		1		4.84	1.39	
Magnesium, Mg....mg	32		0		1		94	27	
Phosphorus, P....mg	258		0		1		761	219	
Potassium, K....mg	383		0		1		1130	326	
Sodium, Na....mg	455		0		1		1342	387	
Zinc, Zn....mg	2.87		0		1		8.47	2.44	
Copper, Cu....mg	0.074		0		1		0.218	0.063	
Manganese, Mn....mg	0.137		0		1		0.404	0.116	
Selenium, Se....mcg	13.5	0.627	28	A	1		39.8	11.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		0		1		0.472	0.136	
Riboflavin....mg	0.360		0		1		1.062	0.306	
Niacin....mg	10.800		0		1		31.860	9.180	
Pantothenic acid....mg	1.110		0		1		3.275	0.944	
Vitamin B-6....mg	0.420		0		1		1.239	0.357	
Folate, total....mcg	28		0	RA	4		83	24	
Folic acid....mcg	8		0	NC	4		24	7	
Folate, food....mcg	20		0		1		59	17	
Folate, DFE....mcg_DFE	34		0	NC	4		99	29	
Choline, total....mg	117.9		0	PIE	4		347.8	100.2	
Betaine....mg									
Vitamin B-12....mcg	1.28		0		1		3.78	1.09	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		30	9	
Retinol....mcg	10		0	NR	4		30	9	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	34		0		1		100	29	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0		1		1.56	0.45	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.01	0.00	
Tocopherol, gamma....mg	0.07		0	PAK	1		0.21	0.06	
Tocopherol, delta....mg	0.02		0	PAK	1		0.05	0.01	
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 17101

Veal, leg (top round), separable lean only, cooked, pan-fried, breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.1		0	PIK	4		15.1	4.3	
Lipids:									
Fatty acids, total saturated....g	1.600		0		1		4.720	1.360	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.030	0.009	
13:0....g									
14:0....g	0.070		0		1		0.207	0.060	
15:0....g									
16:0....g	1.000		0		1		2.950	0.850	
17:0....g									
18:0....g	0.510		0		1		1.505	0.434	
20:0....g	0.000		0	PAK	1		0.000	0.000	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.160		0		1		6.372	1.836	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.443	0.128	
17:1....g									
18:1 undifferentiated....g	2.000		0		1		5.900	1.700	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.350		0		1		3.983	1.148	
18:2 undifferentiated....g	1.170		0		1		3.452	0.995	
18:3 undifferentiated....g	0.110		0		1		0.325	0.094	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.207	0.060	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	113		0		1		333	96	
Phytosterols....mg	3		0		1		9	3	
Amino Acids:									
Tryptophan....g	0.295		0		1		0.870	0.251	
Threonine....g	1.221		0		1		3.602	1.038	
Isoleucine....g	1.394		0		1		4.112	1.185	
Leucine....g	2.249		0		1		6.635	1.912	
Lysine....g	2.235		0		1		6.593	1.900	
Methionine....g	0.657		0		1		1.938	0.558	
Cystine....g	0.340		0		1		1.003	0.289	
Phenylalanine....g	1.174		0		1		3.463	0.998	
Tyrosine....g	0.899		0		1		2.652	0.764	
Valine....g	1.573		0		1		4.640	1.337	
Arginine....g	1.644		0		1		4.850	1.397	
Histidine....g	0.996		0		1		2.938	0.847	
Alanine....g	1.648		0		1		4.862	1.401	
Aspartic acid....g	2.403		0		1		7.089	2.043	
Glutamic acid....g	4.724		0		1		13.936	4.015	
Glycine....g	1.425		0		1		4.204	1.211	
Proline....g	1.294		0		1		3.817	1.100	
Serine....g	1.116		0		1		3.292	0.949	
Hydroxyproline....g									
Others:									

NDB No. 17101

Veal, leg (top round), separable lean only, cooked, pan-fried, breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17102

Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded

Refuse: 5% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.68	0.370	12		1		175.37	51.58	
Energy....kcal	183		0	NC	4		529	156	
Energy....kJ	766		0		4		2213	651	
Protein (N x 6.25)....g	33.17	0.234	12		1		95.86	28.19	
Total lipid (fat)....g	4.62	0.201	12		1		13.35	3.93	
Ash....g	1.44	0.009	12		1		4.16	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.506	11		1		20	6	
Iron, Fe....mg	0.87	0.048	12		1		2.51	0.74	
Magnesium, Mg....mg	32	0.735	12		1		92	27	
Phosphorus, P....mg	290	6.770	12		1		838	247	
Potassium, K....mg	442	8.714	12		1		1277	376	
Sodium, Na....mg	77	2.498	12		1		223	65	
Zinc, Zn....mg	3.38	0.080	12		1		9.77	2.87	
Copper, Cu....mg	0.063	0.010	12		1		0.182	0.054	
Manganese, Mn....mg	0.032		0		1		0.092	0.027	
Selenium, Se....mcg	10.4		0	PIE	4		30.1	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.007	11		1		0.202	0.060	
Riboflavin....mg	0.370	0.022	12		1		1.069	0.315	
Niacin....mg	12.640	1.435	12		1		36.530	10.744	
Pantothenic acid....mg	1.220	0.182	12		1		3.526	1.037	
Vitamin B-6....mg	0.510	0.061	12		1		1.474	0.434	
Folate, total....mcg	16	2.496	12		1		46	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	2.496	12		1		46	14	
Folate, DFE....mcg_DFE	16		0	NC	4		46	14	
Choline, total....mg	128.4		0	BFNN	4		370.9	109.1	
Betaine....mg	16.9		0	BFNN	4		48.7	14.3	
Vitamin B-12....mcg	1.51	0.240	12		1		4.36	1.28	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		1.21	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.0		0	BFYN	4		14.4	4.2	
Lipids:									
Fatty acids, total saturated....g	1.290		0		1		3.728	1.097	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17102

Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.029	0.009	
13:0 g									
14:0 g	0.090		73		1		0.260	0.077	
15:0 g									
16:0 g	0.750		73		1		2.168	0.638	
17:0 g									
18:0 g	0.440		73		1		1.272	0.374	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.650		0		1		4.769	1.403	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.150		73		1		0.434	0.128	
17:1 g									
18:1 undifferentiated g	1.480		73		1		4.277	1.258	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0		1		1.185	0.349	
18:2 undifferentiated g	0.320		73		1		0.925	0.272	
18:3 undifferentiated g	0.020		73		1		0.058	0.017	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		73		1		0.231	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	107	4.009	22		1		309	91	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.336		0		1		0.971	0.286	
Threonine g	1.449		0		1		4.188	1.232	
Isoleucine g	1.634		0		1		4.722	1.389	
Leucine g	2.640		0		1		7.630	2.244	
Lysine g	2.734		0		1		7.901	2.324	
Methionine g	0.774		0		1		2.237	0.658	
Cystine g	0.374		0		1		1.081	0.318	
Phenylalanine g	1.339		0		1		3.870	1.138	
Tyrosine g	1.058		0		1		3.058	0.899	
Valine g	1.834		0		1		5.300	1.559	
Arginine g	1.951		0		1		5.638	1.658	
Histidine g	1.204		0		1		3.480	1.023	
Alanine g	1.973		0		1		5.702	1.677	
Aspartic acid g	2.862		0		1		8.271	2.433	
Glutamic acid g	5.247		0		1		15.164	4.460	
Glycine g	1.705		0		1		4.927	1.449	
Proline g	1.385		0		1		4.003	1.177	
Serine g	1.243		0		1		3.592	1.057	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17102

Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded

Common Measures:

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17103
Veal, leg (top round), separable lean only, cooked, roasted

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.01		0		1		235.21	56.96	
Energy....kcal	150		0	NC	4		527	128	
Energy....kJ	628				4		2203	533	
Protein (N x 6.25)....g	28.07		0		1		98.53	23.86	
Total lipid (fat)....g	3.39		0		1		11.90	2.88	
Ash....g	1.50		0		1		5.27	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		21	5	
Iron, Fe....mg	0.90		0		1		3.16	0.77	
Magnesium, Mg....mg	28		0		1		98	24	
Phosphorus, P....mg	236		0		1		828	201	
Potassium, K....mg	393		0		1		1379	334	
Sodium, Na....mg	68		0		1		239	58	
Zinc, Zn....mg	3.08		0		1		10.81	2.62	
Copper, Cu....mg	0.130		0		1		0.456	0.111	
Manganese, Mn....mg	0.031		0		1		0.109	0.026	
Selenium, Se....mcg	11.9		0	BFYN	4		41.8	10.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.211	0.051	
Riboflavin....mg	0.330		0		1		1.158	0.281	
Niacin....mg	10.080		0		1		35.381	8.568	
Pantothenic acid....mg	1.000		0		1		3.510	0.850	
Vitamin B-6....mg	0.310		0		1		1.088	0.264	
Folate, total....mcg	16		0		1		56	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		56	14	
Folate, DFE....mcg_DFE	16		0	NC	4		56	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.18		0		1		4.14	1.00	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.55		0		1		1.93	0.47	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.220		0		1		4.282	1.037	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 17103

Veal, leg (top round), separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.010		0		1		0.035	0.009	
13:0 ... g									
14:0 ... g	0.090		0		1		0.316	0.077	
15:0 ... g									
16:0 ... g	0.660		0		1		2.317	0.561	
17:0 ... g									
18:0 ... g	0.410		0		1		1.439	0.349	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.190		0		1		4.177	1.012	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.130		0		1		0.456	0.111	
17:1 ... g									
18:1 undifferentiated ... g	1.040		0		1		3.650	0.884	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.290		0		1		1.018	0.247	
18:2 undifferentiated ... g	0.210		0		1		0.737	0.179	
18:3 undifferentiated ... g	0.020		0		1		0.070	0.017	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.060		0		1		0.211	0.051	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	103		0		1		362	88	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.284		0		1		0.997	0.241	
Threonine ... g	1.226		0		1		4.303	1.042	
Isoleucine ... g	1.382		0		1		4.851	1.175	
Leucine ... g	2.234		0		1		7.841	1.899	
Lysine ... g	2.313		0		1		8.119	1.966	
Methionine ... g	0.655		0		1		2.299	0.557	
Cystine ... g	0.317		0		1		1.113	0.269	
Phenylalanine ... g	1.133		0		1		3.977	0.963	
Tyrosine ... g	0.895		0		1		3.141	0.761	
Valine ... g	1.552		0		1		5.448	1.319	
Arginine ... g	1.651		0		1		5.795	1.403	
Histidine ... g	1.019		0		1		3.577	0.866	
Alanine ... g	1.670		0		1		5.862	1.420	
Aspartic acid ... g	2.422		0		1		8.501	2.059	
Glutamic acid ... g	4.440		0		1		15.584	3.774	
Glycine ... g	1.443		0		1		5.065	1.227	
Proline ... g	1.172		0		1		4.114	0.996	
Serine ... g	1.052		0		1		3.693	0.894	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17103

Veal, leg (top round), separable lean only, cooked, roasted

Common Measures:

Measure 1 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17099
Veal, leg (top round), separable lean only, raw

Refuse: 2% Separable fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.82	0.204	12		1		21.49	343.92	
Energy....kcal	107		0	NC	4		30	485	
Energy....kJ	448				4		127	2031	
Protein (N x 6.25)....g	21.28	0.714	12		1		6.03	96.53	
Total lipid (fat)....g	1.76	0.077	12		1		0.50	7.98	
Ash....g	1.14	0.019	12		1		0.32	5.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.129	11		1		1	23	
Iron, Fe....mg	0.80	0.044	12		1		0.23	3.63	
Magnesium, Mg....mg	27	0.600	12		1		8	122	
Phosphorus, P....mg	223	6.245	12		1		63	1012	
Potassium, K....mg	372	8.025	12		1		105	1687	
Sodium, Na....mg	64	2.085	12		1		18	290	
Zinc, Zn....mg	2.34	0.046	12		1		0.66	10.61	
Copper, Cu....mg	0.110	0.009	12		1		0.031	0.499	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	9.1		0	BFNN	4		2.6	41.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.011	12		1		0.023	0.363	
Riboflavin....mg	0.280	0.014	12		1		0.079	1.270	
Niacin....mg	9.560	0.887	12		1		2.710	43.364	
Pantothenic acid....mg	1.090	0.075	11		1		0.309	4.944	
Vitamin B-6....mg	0.470	0.075	14		1		0.133	2.132	
Folate, total....mcg	14	3.038	12		1		4	64	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14	3.038	12		1		4	64	
Folate, DFE....mcg_DFE	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.05	0.146	12		1		0.30	4.76	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.29		0		1		0.08	1.32	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.530		0		1		0.150	2.404	
4:0....g									
6:0....g									

NDB No. 17099
Veal, leg (top round), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
8:0 g									
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.030		147		1		0.009	0.136	
15:0 g									
16:0 g	0.300		147		1		0.085	1.361	
17:0 g									
18:0 g	0.180		147		1		0.051	0.816	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.560		0		1		0.159	2.540	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		147		1		0.017	0.272	
17:1 g									
18:1 undifferentiated g	0.500		147		1		0.142	2.268	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		1		0.051	0.816	
18:2 undifferentiated g	0.130		147		1		0.037	0.590	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.050		147		1		0.014	0.227	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	78	5.415	12		1		22	354	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0		1		0.061	0.975	
Threonine g	0.930		0		1		0.264	4.218	
Isoleucine g	1.048		0		1		0.297	4.754	
Leucine g	1.694		0		1		0.480	7.684	
Lysine g	1.754		0		1		0.497	7.956	
Methionine g	0.497		0		1		0.141	2.254	
Cystine g	0.240		0		1		0.068	1.089	
Phenylalanine g	0.859		0		1		0.244	3.896	
Tyrosine g	0.679		0		1		0.192	3.080	
Valine g	1.176		0		1		0.333	5.334	
Arginine g	1.252		0		1		0.355	5.679	
Histidine g	0.773		0		1		0.219	3.506	
Alanine g	1.266		0		1		0.359	5.743	
Aspartic acid g	1.836		0		1		0.521	8.328	
Glutamic acid g	3.366		0		1		0.954	15.268	
Glycine g	1.094		0		1		0.310	4.962	
Proline g	0.889		0		1		0.252	4.033	
Serine g	0.798		0		1		0.226	3.620	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 17099
Veal, leg (top round), separable lean only, raw

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17105
Veal, loin, separable lean and fat, cooked, braised

Refuse: 36% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.02		0		1		44.22	41.62	
Energy	kcal	284		0	NC	4		241	227	
Energy	kJ	1188		0		4		1010	951	
Protein (N x 6.25)	g	30.19		0		1		25.66	24.15	
Total lipid (fat)	g	17.21		0		1		14.63	13.77	
Ash	g	1.11		0		1		0.94	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		24	22	
Iron, Fe	mg	1.09		0		1		0.93	0.87	
Magnesium, Mg	mg	24		0		1		20	19	
Phosphorus, P	mg	220		0		1		187	176	
Potassium, K	mg	280		0		1		238	224	
Sodium, Na	mg	80		0		1		68	64	
Zinc, Zn	mg	3.63		0		1		3.09	2.90	
Copper, Cu	mg	0.091		0		1		0.077	0.073	
Manganese, Mn	mg	0.034		0		1		0.029	0.027	
Selenium, Se	mcg	13.2		0	PIE	4		11.2	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040		0		1		0.034	0.032	
Riboflavin	mg	0.300		0		1		0.255	0.240	
Niacin	mg	9.030		0		1		7.676	7.224	
Pantothenic acid	mg	0.790		0		1		0.672	0.632	
Vitamin B-6	mg	0.260		0		1		0.221	0.208	
Folate, total	mcg	14		0		1		12	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		1		12	11	
Folate, DFE	mcg_DFE	14		0	NC	4		12	11	
Choline, total	mg	113.8		0	BFNN	4		96.7	91.1	
Betaine	mg	15.0		0	BFNN	4		12.7	12.0	
Vitamin B-12	mcg	1.21		0		1		1.03	0.97	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.40		0		1		0.34	0.32	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D	IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	7.0		0	BFYN	4		6.0	5.6	
Lipids:										
Fatty acids, total saturated	g	6.730		0		1		5.721	5.384	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17105
Veal, loin, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.009	0.008	
12:0....g	0.050		0		1		0.043	0.040	
13:0....g									
14:0....g	0.660		0		1		0.561	0.528	
15:0....g									
16:0....g	3.610		0		1		3.069	2.888	
17:0....g									
18:0....g	2.220		0		1		1.887	1.776	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.730		0		1		5.721	5.384	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.730		0		1		0.621	0.584	
17:1....g									
18:1 undifferentiated....g	5.840		0		1		4.964	4.672	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.160		0		1		0.986	0.928	
18:2 undifferentiated....g	0.910		0		1		0.774	0.728	
18:3 undifferentiated....g	0.110		0		1		0.094	0.088	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.130		0		1		0.111	0.104	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	118		0		1		100	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0		1		0.260	0.245	
Threonine....g	1.319		0		1		1.121	1.055	
Isoleucine....g	1.487		0		1		1.264	1.190	
Leucine....g	2.403		0		1		2.043	1.922	
Lysine....g	2.487		0		1		2.114	1.990	
Methionine....g	0.704		0		1		0.598	0.563	
Cystine....g	0.341		0		1		0.290	0.273	
Phenylalanine....g	1.218		0		1		1.035	0.974	
Tyrosine....g	0.962		0		1		0.818	0.770	
Valine....g	1.668		0		1		1.418	1.334	
Arginine....g	1.775		0		1		1.509	1.420	
Histidine....g	1.096		0		1		0.932	0.877	
Alanine....g	1.795		0		1		1.526	1.436	
Aspartic acid....g	2.604		0		1		2.213	2.083	
Glutamic acid....g	4.775		0		1		4.059	3.820	
Glycine....g	1.551		0		1		1.318	1.241	
Proline....g	1.260		0		1		1.071	1.008	
Serine....g	1.131		0		1		0.961	0.905	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17105

Veal, loin, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17106
Veal, loin, separable lean and fat, cooked, roasted

Refuse: 36% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.73		0		1		139.07	51.62	
Energy....kcal	217		0	NC	4		497	184	
Energy....kJ	908		0		4		2079	772	
Protein (N x 6.25)....g	24.80		0		1		56.79	21.08	
Total lipid (fat)....g	12.32		0		1		28.21	10.47	
Ash....g	1.38		0		1		3.16	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		44	16	
Iron, Fe....mg	0.87		0		1		1.99	0.74	
Magnesium, Mg....mg	25		0		1		57	21	
Phosphorus, P....mg	212		0		1		485	180	
Potassium, K....mg	325		0		1		744	276	
Sodium, Na....mg	93		0		1		213	79	
Zinc, Zn....mg	3.03		0		1		6.94	2.58	
Copper, Cu....mg	0.110		0		1		0.252	0.094	
Manganese, Mn....mg	0.029		0		1		0.066	0.025	
Selenium, Se....mcg	11.0		0	PIE	4		25.2	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.115	0.043	
Riboflavin....mg	0.280		0		1		0.641	0.238	
Niacin....mg	8.860		0		1		20.289	7.531	
Pantothenic acid....mg	1.200		0		1		2.748	1.020	
Vitamin B-6....mg	0.340		0		1		0.779	0.289	
Folate, total....mcg	15		0		1		34	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		34	13	
Folate, DFE....mcg_DFE	15		0	NC	4		34	13	
Choline, total....mg	99.7		0	BFNN	4		228.3	84.7	
Betaine....mg	13.1		0	BFNN	4		30.0	11.1	
Vitamin B-12....mcg	1.24		0		1		2.84	1.05	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0		1		1.01	0.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.5		0	BFYN	4		12.7	4.7	
Lipids:									
Fatty acids, total saturated....g	5.260		0		1		12.045	4.471	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17106
Veal, loin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.023	0.009	
12:0....g	0.040		0		1		0.092	0.034	
13:0....g									
14:0....g	0.520		0		1		1.191	0.442	
15:0....g									
16:0....g	2.760		0		1		6.320	2.346	
17:0....g									
18:0....g	1.730		0		1		3.962	1.471	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.780		0		1		10.946	4.063	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0		1		1.282	0.476	
17:1....g									
18:1 undifferentiated....g	4.100		0		1		9.389	3.485	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0		1		1.855	0.689	
18:2 undifferentiated....g	0.620		0		1		1.420	0.527	
18:3 undifferentiated....g	0.090		0		1		0.206	0.077	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.229	0.085	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	103		0		1		236	88	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.575	0.213	
Threonine....g	1.083		0		1		2.480	0.921	
Isoleucine....g	1.221		0		1		2.796	1.038	
Leucine....g	1.974		0		1		4.520	1.678	
Lysine....g	2.044		0		1		4.681	1.737	
Methionine....g	0.579		0		1		1.326	0.492	
Cystine....g	0.280		0		1		0.641	0.238	
Phenylalanine....g	1.001		0		1		2.292	0.851	
Tyrosine....g	0.791		0		1		1.811	0.672	
Valine....g	1.371		0		1		3.140	1.165	
Arginine....g	1.459		0		1		3.341	1.240	
Histidine....g	0.900		0		1		2.061	0.765	
Alanine....g	1.475		0		1		3.378	1.254	
Aspartic acid....g	2.139		0		1		4.898	1.818	
Glutamic acid....g	3.923		0		1		8.984	3.335	
Glycine....g	1.275		0		1		2.920	1.084	
Proline....g	1.035		0		1		2.370	0.880	
Serine....g	0.930		0		1		2.130	0.791	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17106

Veal, loin, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17104
Veal, loin, separable lean and fat, raw

Refuse: 36% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.38		0		1		19.95	87.98	
Energy	kcal	163		0	NC	4		46	204	
Energy	kJ	682		0		4		193	852	
Protein (N x 6.25)	g	18.89		0		1		5.36	23.61	
Total lipid (fat)	g	9.14		0		1		2.59	11.43	
Ash	g	1.03		0		1		0.29	1.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		5	20	
Iron, Fe	mg	0.73		0		1		0.21	0.91	
Magnesium, Mg	mg	23		0		1		7	29	
Phosphorus, P	mg	199		0		1		56	249	
Potassium, K	mg	304		0		1		86	380	
Sodium, Na	mg	85		0		1		24	106	
Zinc, Zn	mg	2.32		0		1		0.66	2.90	
Copper, Cu	mg	0.094		0		1		0.027	0.118	
Manganese, Mn	mg	0.027		0		1		0.008	0.034	
Selenium, Se	mcg	8.5		0	PIE	4		2.4	10.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.020	0.088	
Riboflavin	mg	0.240		0		1		0.068	0.300	
Niacin	mg	8.480		0		1		2.404	10.600	
Pantothenic acid	mg	1.300		0		1		0.369	1.625	
Vitamin B-6	mg	0.530		0		1		0.150	0.663	
Folate, total	mcg	13		0		1		4	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		1		4	16	
Folate, DFE	mcg_DFE	13		0	NC	4		4	16	
Choline, total	mg	82.9		0	BFNN	4		23.5	103.6	
Betaine	mg	12.2		0	BFNN	4		3.5	15.2	
Vitamin B-12	mcg	1.11		0		1		0.31	1.39	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	0.33	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D	IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)	mcg	5.5		0	BFYN	4		1.6	6.9	
Lipids:										
Fatty acids, total saturated	g	3.880		0		1		1.100	4.850	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 17104
Veal, loin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.003	0.013	
12:0 g	0.030		0		1		0.009	0.038	
13:0 g									
14:0 g	0.380		0		1		0.108	0.475	
15:0 g									
16:0 g	2.040		0		1		0.578	2.550	
17:0 g									
18:0 g	1.280		0		1		0.363	1.600	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.540		0		1		1.004	4.425	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.410		0		1		0.116	0.513	
17:1 g									
18:1 undifferentiated g	3.030		0		1		0.859	3.788	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		0.173	0.763	
18:2 undifferentiated g	0.470		0		1		0.133	0.588	
18:3 undifferentiated g	0.060		0		1		0.017	0.075	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.023	0.100	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0		1		22	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0		1		0.054	0.239	
Threonine g	0.825		0		1		0.234	1.031	
Isoleucine g	0.930		0		1		0.264	1.163	
Leucine g	1.504		0		1		0.426	1.880	
Lysine g	1.557		0		1		0.441	1.946	
Methionine g	0.441		0		1		0.125	0.551	
Cystine g	0.213		0		1		0.060	0.266	
Phenylalanine g	0.763		0		1		0.216	0.954	
Tyrosine g	0.602		0		1		0.171	0.753	
Valine g	1.044		0		1		0.296	1.305	
Arginine g	1.111		0		1		0.315	1.389	
Histidine g	0.686		0		1		0.194	0.858	
Alanine g	1.124		0		1		0.319	1.405	
Aspartic acid g	1.630		0		1		0.462	2.038	
Glutamic acid g	2.988		0		1		0.847	3.735	
Glycine g	0.971		0		1		0.275	1.214	
Proline g	0.789		0		1		0.224	0.986	
Serine g	0.708		0		1		0.201	0.885	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17104

Veal, loin, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17108
Veal, loin, separable lean only, cooked, braised

Refuse: 45% Bone 36%, separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.96	0.621	12		1		48.42	39.30	
Energy....kcal	226		0	NC	4		192	156	
Energy....kJ	946		0		4		804	652	
Protein (N x 6.25)....g	33.57	0.295	12		1		28.53	23.16	
Total lipid (fat)....g	9.15	0.366	12		1		7.78	6.31	
Ash....g	1.15	0.024	12		1		0.98	0.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	3.810	12		1		27	22	
Iron, Fe....mg	1.10	0.039	12		1		0.94	0.76	
Magnesium, Mg....mg	27	0.686	12		1		23	19	
Phosphorus, P....mg	237	5.157	12		1		201	164	
Potassium, K....mg	297	4.836	12		1		252	205	
Sodium, Na....mg	84	2.201	12		1		71	58	
Zinc, Zn....mg	4.09	0.057	12		1		3.48	2.82	
Copper, Cu....mg	0.099	0.011	12		1		0.084	0.068	
Manganese, Mn....mg	0.038		0		1		0.032	0.026	
Selenium, Se....mcg	14.4		0	BFYN	4		12.2	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050	0.004	11		1		0.043	0.035	
Riboflavin....mg	0.340	0.020	12		1		0.289	0.235	
Niacin....mg	10.050	1.173	12		1		8.543	6.935	
Pantothenic acid....mg	0.850	0.076	12		1		0.723	0.587	
Vitamin B-6....mg	0.280	0.044	12		1		0.238	0.193	
Folate, total....mcg	15	2.485	12		1		13	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15	2.485	12		1		13	10	
Folate, DFE....mcg_DFE	15		0	NC	4		13	10	
Choline, total....mg	125.4		0	BFNN	4		106.6	86.5	
Betaine....mg	16.5		0	BFNN	4		14.0	11.4	
Vitamin B-12....mcg	1.32	0.237	11		1		1.12	0.91	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	7.0		0	BFYN	4		6.0	4.9	
Lipids:									
Fatty acids, total saturated....g	2.550		0		1		2.168	1.760	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17108
Veal, loin, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		73		1		0.000	0.000	
12:0 ....g	0.020		73		1		0.017	0.014	
13:0 ....g									
14:0 ....g	0.170		73		1		0.145	0.117	
15:0 ....g									
16:0 ....g	1.490		73		1		1.267	1.028	
17:0 ....g									
18:0 ....g	0.870		73		1		0.740	0.600	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	3.270		0		1		2.780	2.256	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.290		73		1		0.247	0.200	
17:1 ....g									
18:1 undifferentiated ....g	2.940		73		1		2.499	2.029	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.820		0		1		0.697	0.566	
18:2 undifferentiated ....g	0.630		73		1		0.536	0.435	
18:3 undifferentiated ....g	0.040		73		1		0.034	0.028	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.150		73		1		0.128	0.104	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	125	10.932	22		1		106	86	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.340		0		1		0.289	0.235	
Threonine ....g	1.466		0		1		1.246	1.012	
Isoleucine ....g	1.653		0		1		1.405	1.141	
Leucine ....g	2.672		0		1		2.271	1.844	
Lysine ....g	2.766		0		1		2.351	1.909	
Methionine ....g	0.783		0		1		0.666	0.540	
Cystine ....g	0.379		0		1		0.322	0.262	
Phenylalanine ....g	1.355		0		1		1.152	0.935	
Tyrosine ....g	1.070		0		1		0.910	0.738	
Valine ....g	1.855		0		1		1.577	1.280	
Arginine ....g	1.974		0		1		1.678	1.362	
Histidine ....g	1.218		0		1		1.035	0.840	
Alanine ....g	1.996		0		1		1.697	1.377	
Aspartic acid ....g	2.896		0		1		2.462	1.998	
Glutamic acid ....g	5.309		0		1		4.513	3.663	
Glycine ....g	1.725		0		1		1.466	1.190	
Proline ....g	1.401		0		1		1.191	0.967	
Serine ....g	1.258		0		1		1.069	0.868	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17108

Veal, loin, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17109
Veal, loin, separable lean only, cooked, roasted

Refuse: 42% Bone 36%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.59		0		1		134.35	54.90	
Energy....kcal	175		0	NC	4		364	149	
Energy....kJ	732		0		4		1523	622	
Protein (N x 6.25)....g	26.32		0		1		54.75	22.37	
Total lipid (fat)....g	6.94		0		1		14.44	5.90	
Ash....g	1.43		0		1		2.97	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		44	18	
Iron, Fe....mg	0.85		0		1		1.77	0.72	
Magnesium, Mg....mg	26		0		1		54	22	
Phosphorus, P....mg	222		0		1		462	189	
Potassium, K....mg	340		0		1		707	289	
Sodium, Na....mg	96		0		1		200	82	
Zinc, Zn....mg	3.24		0		1		6.74	2.75	
Copper, Cu....mg	0.117		0		1		0.243	0.099	
Manganese, Mn....mg	0.030		0		1		0.062	0.026	
Selenium, Se....mcg	11.6		0	BFYN	4		24.1	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.125	0.051	
Riboflavin....mg	0.300		0		1		0.624	0.255	
Niacin....mg	9.460		0		1		19.677	8.041	
Pantothenic acid....mg	1.270		0		1		2.642	1.080	
Vitamin B-6....mg	0.370		0		1		0.770	0.315	
Folate, total....mcg	16		0		1		33	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		33	14	
Folate, DFE....mcg_DFE	16		0	NC	4		33	14	
Choline, total....mg	105.3		0	BFNN	4		219.0	89.5	
Betaine....mg	13.8		0	BFNN	4		28.8	11.8	
Vitamin B-12....mcg	1.31		0		1		2.72	1.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		1.02	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.5		0	BFYN	4		11.5	4.7	
Lipids:									
Fatty acids, total saturated....g	2.580		0		1		5.366	2.193	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17109
Veal, loin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.020		0		1		0.042	0.017	
13:0....g									
14:0....g	0.210		0		1		0.437	0.179	
15:0....g									
16:0....g	1.390		0		1		2.891	1.182	
17:0....g									
18:0....g	0.870		0		1		1.810	0.740	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.490		0		1		5.179	2.117	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.562	0.230	
17:1....g									
18:1 undifferentiated....g	2.160		0		1		4.493	1.836	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.570		0		1		1.186	0.485	
18:2 undifferentiated....g	0.420		0		1		0.874	0.357	
18:3 undifferentiated....g	0.040		0		1		0.083	0.034	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.229	0.094	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	106		0		1		220	90	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.553	0.226	
Threonine....g	1.150		0		1		2.392	0.978	
Isoleucine....g	1.296		0		1		2.696	1.102	
Leucine....g	2.095		0		1		4.358	1.781	
Lysine....g	2.169		0		1		4.512	1.844	
Methionine....g	0.614		0		1		1.277	0.522	
Cystine....g	0.297		0		1		0.618	0.252	
Phenylalanine....g	1.062		0		1		2.209	0.903	
Tyrosine....g	0.839		0		1		1.745	0.713	
Valine....g	1.455		0		1		3.026	1.237	
Arginine....g	1.548		0		1		3.220	1.316	
Histidine....g	0.955		0		1		1.986	0.812	
Alanine....g	1.565		0		1		3.255	1.330	
Aspartic acid....g	2.271		0		1		4.724	1.930	
Glutamic acid....g	4.163		0		1		8.659	3.539	
Glycine....g	1.353		0		1		2.814	1.150	
Proline....g	1.099		0		1		2.286	0.934	
Serine....g	0.987		0		1		2.053	0.839	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17109

Veal, loin, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17107
Veal, loin, separable lean only, raw

Refuse: 42% Bone 36%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.89	0.329	12		1		21.23	84.63	
Energy....kcal	116		0	NC	4		33	131	
Energy....kJ	485				4		138	548	
Protein (N x 6.25)....g	20.17	0.468	12		1		5.72	22.79	
Total lipid (fat)....g	3.34	0.166	12		1		0.95	3.77	
Ash....g	1.09	0.023	12		1		0.31	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	1.065	12		1		5	19	
Iron, Fe....mg	0.75	0.032	12		1		0.21	0.85	
Magnesium, Mg....mg	25	0.577	12		1		7	28	
Phosphorus, P....mg	211	5.363	12		1		60	238	
Potassium, K....mg	324	5.173	12		1		92	366	
Sodium, Na....mg	91	3.741	12		1		26	103	
Zinc, Zn....mg	2.49	0.055	12		1		0.71	2.81	
Copper, Cu....mg	0.100	0.008	12		1		0.028	0.113	
Manganese, Mn....mg	0.029		0		1		0.008	0.033	
Selenium, Se....mcg	8.8		0	BFNN	4		2.5	9.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.004	12		1		0.020	0.079	
Riboflavin....mg	0.260	0.020	12		1		0.074	0.294	
Niacin....mg	9.080	0.774	12		1		2.574	10.260	
Pantothenic acid....mg	1.390	0.279	12		1		0.394	1.571	
Vitamin B-6....mg	0.560	0.055	12		1		0.159	0.633	
Folate, total....mcg	14	2.763	12		1		4	16	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14	2.763	12		1		4	16	
Folate, DFE....mcg_DFE	14		0	NC	4		4	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.18	0.153	12		1		0.33	1.33	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.07	0.29	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.010		0		1		0.286	1.141	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17107
Veal, loin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.050		147		1		0.014	0.057	
15:0 g									
16:0 g	0.570		147		1		0.162	0.644	
17:0 g									
18:0 g	0.350		147		1		0.099	0.396	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.070		0		1		0.303	1.209	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		147		1		0.031	0.124	
17:1 g									
18:1 undifferentiated g	0.950		147		1		0.269	1.074	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.340		0		1		0.096	0.384	
18:2 undifferentiated g	0.250		147		1		0.071	0.283	
18:3 undifferentiated g	0.010		147		1		0.003	0.011	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		147		1		0.026	0.102	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	80	4.724	12		1		23	90	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.204		0		1		0.058	0.231	
Threonine g	0.881		0		1		0.250	0.996	
Isoleucine g	0.993		0		1		0.282	1.122	
Leucine g	1.605		0		1		0.455	1.814	
Lysine g	1.662		0		1		0.471	1.878	
Methionine g	0.471		0		1		0.134	0.532	
Cystine g	0.228		0		1		0.065	0.258	
Phenylalanine g	0.814		0		1		0.231	0.920	
Tyrosine g	0.643		0		1		0.182	0.727	
Valine g	1.115		0		1		0.316	1.260	
Arginine g	1.186		0		1		0.336	1.340	
Histidine g	0.732		0		1		0.208	0.827	
Alanine g	1.199		0		1		0.340	1.355	
Aspartic acid g	1.740		0		1		0.493	1.966	
Glutamic acid g	3.190		0		1		0.904	3.605	
Glycine g	1.036		0		1		0.294	1.171	
Proline g	0.842		0		1		0.239	0.951	
Serine g	0.756		0		1		0.214	0.854	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

NDB No. 17107
Veal, loin, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17111
Veal, rib, separable lean and fat, cooked, braised

Refuse: 37% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.33		0		1		94.39	45.33	
Energy....kcal	251		0	NC	4		444	213	
Energy....kJ	1050		0		4		1859	893	
Protein (N x 6.25)....g	32.43		0		1		57.40	27.57	
Total lipid (fat)....g	12.53		0		1		22.18	10.65	
Ash....g	1.68		0		1		2.97	1.43	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		39	19	
Iron, Fe....mg	1.41		0		1		2.50	1.20	
Magnesium, Mg....mg	25		0		1		44	21	
Phosphorus, P....mg	210		0		1		372	179	
Potassium, K....mg	306		0		1		542	260	
Sodium, Na....mg	95		0		1		168	81	
Zinc, Zn....mg	5.57		0		1		9.86	4.73	
Copper, Cu....mg	0.132		0		1		0.234	0.112	
Manganese, Mn....mg	0.038		0		1		0.067	0.032	
Selenium, Se....mcg	13.9		0	PIE	4		24.6	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.089	0.043	
Riboflavin....mg	0.290		0		1		0.513	0.247	
Niacin....mg	7.500		0		1		13.275	6.375	
Pantothenic acid....mg	1.070		0		1		1.894	0.910	
Vitamin B-6....mg	0.320		0		1		0.566	0.272	
Folate, total....mcg	16		0		1		28	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		28	14	
Folate, DFE....mcg_DFE	16		0	NC	4		28	14	
Choline, total....mg	126.3		0	BFNN	4		223.5	107.3	
Betaine....mg	16.6		0	BFNN	4		29.4	14.1	
Vitamin B-12....mcg	1.45		0		1		2.57	1.23	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0		1		0.60	0.29	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	7.0		0	BFYN	4		12.5	6.0	
Lipids:									
Fatty acids, total saturated....g	4.950		0		1		8.762	4.208	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17111
Veal, rib, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.010		0		1		0.018	0.009	
12:0 ... g	0.030		0		1		0.053	0.026	
13:0 ... g									
14:0 ... g	0.440		0		1		0.779	0.374	
15:0 ... g									
16:0 ... g	2.640		0		1		4.673	2.244	
17:0 ... g									
18:0 ... g	1.650		0		1		2.921	1.403	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.650		0		1		8.231	3.953	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.520		0		1		0.920	0.442	
17:1 ... g									
18:1 undifferentiated ... g	4.020		0		1		7.115	3.417	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.940		0		1		1.664	0.799	
18:2 undifferentiated ... g	0.710		0		1		1.257	0.604	
18:3 undifferentiated ... g	0.080		0		1		0.142	0.068	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.160		0		1		0.283	0.136	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	139		0		1		246	118	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.328		0		1		0.581	0.279	
Threonine ... g	1.417		0		1		2.508	1.204	
Isoleucine ... g	1.597		0		1		2.827	1.357	
Leucine ... g	2.581		0		1		4.568	2.194	
Lysine ... g	2.673		0		1		4.731	2.272	
Methionine ... g	0.757		0		1		1.340	0.643	
Cystine ... g	0.366		0		1		0.648	0.311	
Phenylalanine ... g	1.309		0		1		2.317	1.113	
Tyrosine ... g	1.034		0		1		1.830	0.879	
Valine ... g	1.793		0		1		3.174	1.524	
Arginine ... g	1.908		0		1		3.377	1.622	
Histidine ... g	1.177		0		1		2.083	1.000	
Alanine ... g	1.929		0		1		3.414	1.640	
Aspartic acid ... g	2.798		0		1		4.952	2.378	
Glutamic acid ... g	5.130		0		1		9.080	4.361	
Glycine ... g	1.667		0		1		2.951	1.417	
Proline ... g	1.354		0		1		2.397	1.151	
Serine ... g	1.216		0		1		2.152	1.034	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17111

Veal, rib, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17112
Veal, rib, separable lean and fat, cooked, roasted

Refuse: 33% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.91		0		1		143.78	50.92	
Energy	kcal	228		0	NC	4		547	194	
Energy	kJ	954				4		2289	811	
Protein (N x 6.25)	g	23.96		0		1		57.50	20.37	
Total lipid (fat)	g	13.96		0		1		33.50	11.87	
Ash	g	1.05		0		1		2.52	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		26	9	
Iron, Fe	mg	0.97		0		1		2.33	0.82	
Magnesium, Mg	mg	22		0		1		53	19	
Phosphorus, P	mg	197		0		1		473	167	
Potassium, K	mg	295		0		1		708	251	
Sodium, Na	mg	92		0		1		221	78	
Zinc, Zn	mg	4.09		0		1		9.82	3.48	
Copper, Cu	mg	0.099		0		1		0.238	0.084	
Manganese, Mn	mg	0.030		0		1		0.072	0.026	
Selenium, Se	mcg	10.5		0	PIE	4		25.2	8.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050		0		1		0.120	0.043	
Riboflavin	mg	0.270		0		1		0.648	0.230	
Niacin	mg	6.980		0		1		16.752	5.933	
Pantothenic acid	mg	1.280		0		1		3.072	1.088	
Vitamin B-6	mg	0.250		0		1		0.600	0.213	
Folate, total	mcg	13		0		1		31	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		1		31	11	
Folate, DFE	mcg_DFE	13		0	NC	4		31	11	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.46		0		1		3.50	1.24	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.35		0		1		0.84	0.30	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.410		0		1		12.984	4.599	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17112
Veal, rib, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.024	0.009	
12:0 ... g	0.040		0		1		0.096	0.034	
13:0 ... g									
14:0 ... g	0.530		0		1		1.272	0.451	
15:0 ... g									
16:0 ... g	2.910		0		1		6.984	2.474	
17:0 ... g									
18:0 ... g	1.780		0		1		4.272	1.513	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.440		0		1		13.056	4.624	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.590		0		1		1.416	0.502	
17:1 ... g									
18:1 undifferentiated ... g	4.730		0		1		11.352	4.021	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.950		0		1		2.280	0.808	
18:2 undifferentiated ... g	0.750		0		1		1.800	0.638	
18:3 undifferentiated ... g	0.090		0		1		0.216	0.077	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		0		1		0.264	0.094	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	110		0		1		264	94	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.243		0		1		0.583	0.207	
Threonine ... g	1.047		0		1		2.513	0.890	
Isoleucine ... g	1.180		0		1		2.832	1.003	
Leucine ... g	1.907		0		1		4.577	1.621	
Lysine ... g	1.974		0		1		4.738	1.678	
Methionine ... g	0.559		0		1		1.342	0.475	
Cystine ... g	0.270		0		1		0.648	0.230	
Phenylalanine ... g	0.967		0		1		2.321	0.822	
Tyrosine ... g	0.764		0		1		1.834	0.649	
Valine ... g	1.324		0		1		3.178	1.125	
Arginine ... g	1.409		0		1		3.382	1.198	
Histidine ... g	0.870		0		1		2.088	0.740	
Alanine ... g	1.425		0		1		3.420	1.211	
Aspartic acid ... g	2.067		0		1		4.961	1.757	
Glutamic acid ... g	3.790		0		1		9.096	3.222	
Glycine ... g	1.231		0		1		2.954	1.046	
Proline ... g	1.000		0		1		2.400	0.850	
Serine ... g	0.898		0		1		2.155	0.763	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17112
Veal, rib, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17110
Veal, rib, separable lean and fat, raw

Refuse: 35% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.15		0		1		20.17	322.74	
Energy	kcal	162		0	NC	4		46	735	
Energy	kJ	678				4		192	3075	
Protein (N x 6.25)	g	18.86		0		1		5.35	85.55	
Total lipid (fat)	g	9.01		0		1		2.55	40.87	
Ash	g	0.97		0		1		0.27	4.40	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		4	59	
Iron, Fe	mg	0.86		0		1		0.24	3.90	
Magnesium, Mg	mg	22		0		1		6	100	
Phosphorus, P	mg	184		0		1		52	835	
Potassium, K	mg	290		0		1		82	1315	
Sodium, Na	mg	89		0		1		25	404	
Zinc, Zn	mg	3.24		0		1		0.92	14.70	
Copper, Cu	mg	0.102		0		1		0.029	0.463	
Manganese, Mn	mg	0.027		0		1		0.008	0.122	
Selenium, Se	mcg	8.2		0	PIE	4		2.3	37.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.020	0.318	
Riboflavin	mg	0.230		0		1		0.065	1.043	
Niacin	mg	6.680		0		1		1.894	30.300	
Pantothenic acid	mg	1.130		0		1		0.320	5.126	
Vitamin B-6	mg	0.420		0		1		0.119	1.905	
Folate, total	mcg	12		0		1		3	54	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		1		3	54	
Folate, DFE	mcg_DFE	12		0	NC	4		3	54	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.29		0		1		0.37	5.85	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.21		0		1		0.06	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.710		0		1		1.052	16.829	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 17110
Veal, rib, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.003	0.045	
12:0 g	0.020		0		1		0.006	0.091	
13:0 g									
14:0 g	0.350		0		1		0.099	1.588	
15:0 g									
16:0 g	1.960		0		1		0.556	8.891	
17:0 g									
18:0 g	1.230		0		1		0.349	5.579	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.430		0		1		0.972	15.558	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.390		0		1		0.111	1.769	
17:1 g									
18:1 undifferentiated g	2.950		0		1		0.836	13.381	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.630		0		1		0.179	2.858	
18:2 undifferentiated g	0.480		0		1		0.136	2.177	
18:3 undifferentiated g	0.060		0		1		0.017	0.272	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.026	0.408	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	82		0		1		23	372	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.191		0		1		0.054	0.866	
Threonine g	0.824		0		1		0.234	3.738	
Isoleucine g	0.929		0		1		0.263	4.214	
Leucine g	1.501		0		1		0.426	6.809	
Lysine g	1.554		0		1		0.441	7.049	
Methionine g	0.440		0		1		0.125	1.996	
Cystine g	0.213		0		1		0.060	0.966	
Phenylalanine g	0.761		0		1		0.216	3.452	
Tyrosine g	0.601		0		1		0.170	2.726	
Valine g	1.042		0		1		0.295	4.727	
Arginine g	1.109		0		1		0.314	5.030	
Histidine g	0.684		0		1		0.194	3.103	
Alanine g	1.121		0		1		0.318	5.085	
Aspartic acid g	1.627		0		1		0.461	7.380	
Glutamic acid g	2.983		0		1		0.846	13.531	
Glycine g	0.969		0		1		0.275	4.395	
Proline g	0.787		0		1		0.223	3.570	
Serine g	0.707		0		1		0.200	3.207	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17110

Veal, rib, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17114
Veal, rib, separable lean only, cooked, braised

Refuse: 42% Bone 37%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.08		0		1		91.41	47.67	
Energy....kcal	218		0	NC	4		355	185	
Energy....kJ	912		0		4		1487	775	
Protein (N x 6.25)....g	34.44		0		1		56.14	29.27	
Total lipid (fat)....g	7.81		0		1		12.73	6.64	
Ash....g	1.76		0		1		2.87	1.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		39	20	
Iron, Fe....mg	1.45		0		1		2.36	1.23	
Magnesium, Mg....mg	26		0		1		42	22	
Phosphorus, P....mg	218		0		1		355	185	
Potassium, K....mg	318		0		1		518	270	
Sodium, Na....mg	99		0		1		161	84	
Zinc, Zn....mg	5.98		0		1		9.75	5.08	
Copper, Cu....mg	0.140		0		1		0.228	0.119	
Manganese, Mn....mg	0.040		0		1		0.065	0.034	
Selenium, Se....mcg	14.6		0	BFYN	4		23.8	12.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.098	0.051	
Riboflavin....mg	0.310		0		1		0.505	0.264	
Niacin....mg	7.910		0		1		12.893	6.724	
Pantothenic acid....mg	1.130		0		1		1.842	0.961	
Vitamin B-6....mg	0.340		0		1		0.554	0.289	
Folate, total....mcg	16		0		1		26	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		26	14	
Folate, DFE....mcg_DFE	16		0	NC	4		26	14	
Choline, total....mg	133.6		0	BFNN	4		217.7	113.5	
Betaine....mg	17.5		0	BFNN	4		28.6	14.9	
Vitamin B-12....mcg	1.53		0		1		2.49	1.30	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0		1		0.57	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	7.0		0	BFYN	4		11.5	6.0	
Lipids:									
Fatty acids, total saturated....g	2.560		0		1		4.173	2.176	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17114
Veal, rib, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		0		1		0.000	0.000	
12:0 ....g	0.010		0		1		0.016	0.009	
13:0 ....g									
14:0 ....g	0.160		0		1		0.261	0.136	
15:0 ....g									
16:0 ....g	1.430		0		1		2.331	1.216	
17:0 ....g									
18:0 ....g	0.880		0		1		1.434	0.748	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	2.620		0		1		4.271	2.227	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.270		0		1		0.440	0.230	
17:1 ....g									
18:1 undifferentiated ....g	2.310		0		1		3.765	1.964	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.740		0		1		1.206	0.629	
18:2 undifferentiated ....g	0.540		0		1		0.880	0.459	
18:3 undifferentiated ....g	0.030		0		1		0.049	0.026	
18:4 ....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.170		0		1		0.277	0.145	
20:5 n-3 (EPA) ....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ....g									
Cholesterol ....mg	144		0		1		235	122	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.349		0		1		0.569	0.297	
Threonine ....g	1.504		0		1		2.452	1.278	
Isoleucine ....g	1.696		0		1		2.764	1.442	
Leucine ....g	2.741		0		1		4.468	2.330	
Lysine ....g	2.838		0		1		4.626	2.412	
Methionine ....g	0.804		0		1		1.311	0.683	
Cystine ....g	0.389		0		1		0.634	0.331	
Phenylalanine ....g	1.390		0		1		2.266	1.182	
Tyrosine ....g	1.098		0		1		1.790	0.933	
Valine ....g	1.903		0		1		3.102	1.618	
Arginine ....g	2.025		0		1		3.301	1.721	
Histidine ....g	1.250		0		1		2.038	1.063	
Alanine ....g	2.048		0		1		3.338	1.741	
Aspartic acid ....g	2.971		0		1		4.843	2.525	
Glutamic acid ....g	5.447		0		1		8.879	4.630	
Glycine ....g	1.770		0		1		2.885	1.505	
Proline ....g	1.438		0		1		2.344	1.222	
Serine ....g	1.291		0		1		2.104	1.097	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg	0		0	Z	7		0	0	
Theobromine ....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17114

Veal, rib, separable lean only, cooked, braised

Common Measures:

Measure 1 = 163g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17115
Veal, rib, separable lean only, cooked, roasted

Refuse: 40% Bone 33%, separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.64	0.420	12		1		138.98	54.94	
Energy....kcal	177		0	NC	4		381	150	
Energy....kJ	741				4		1592	629	
Protein (N x 6.25)....g	25.76	0.489	12		1		55.38	21.90	
Total lipid (fat)....g	7.44	0.356	12		1		16.00	6.32	
Ash....g	1.08	0.010	12		1		2.32	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.924	11		1		26	10	
Iron, Fe....mg	0.96	0.022	12		1		2.06	0.82	
Magnesium, Mg....mg	24	0.487	12		1		52	20	
Phosphorus, P....mg	207	5.964	12		1		445	176	
Potassium, K....mg	311	4.110	12		1		669	264	
Sodium, Na....mg	97	2.754	12		1		209	82	
Zinc, Zn....mg	4.49	0.069	12		1		9.65	3.82	
Copper, Cu....mg	0.106	0.004	12		1		0.228	0.090	
Manganese, Mn....mg	0.032		0		1		0.069	0.027	
Selenium, Se....mcg	11.1		0	BFYN	4		23.9	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.005	12		1		0.129	0.051	
Riboflavin....mg	0.290	0.009	12		1		0.624	0.247	
Niacin....mg	7.500	0.607	12		1		16.125	6.375	
Pantothenic acid....mg	1.380	0.235	12		1		2.967	1.173	
Vitamin B-6....mg	0.270	0.053	13		1		0.581	0.230	
Folate, total....mcg	14	2.606	12		1		30	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14	2.606	12		1		30	12	
Folate, DFE....mcg_DFE	14		0	NC	4		30	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.58	0.217	12		1		3.40	1.34	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.36		0		1		0.77	0.31	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.080		0		1		4.472	1.768	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17115
Veal, rib, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.022	0.009	
13:0 g									
14:0 g	0.140		73		1		0.301	0.119	
15:0 g									
16:0 g	1.210		73		1		2.602	1.029	
17:0 g									
18:0 g	0.710		73		1		1.527	0.604	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.660		0		1		5.719	2.261	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.240		73		1		0.516	0.204	
17:1 g									
18:1 undifferentiated g	2.390		73		1		5.139	2.032	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.670		0		1		1.441	0.570	
18:2 undifferentiated g	0.510		73		1		1.097	0.434	
18:3 undifferentiated g	0.030		73		1		0.065	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		73		1		0.258	0.102	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	115	4.148	22		1		247	98	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.261		0		1		0.561	0.222	
Threonine g	1.125		0		1		2.419	0.956	
Isoleucine g	1.268		0		1		2.726	1.078	
Leucine g	2.050		0		1		4.408	1.743	
Lysine g	2.122		0		1		4.562	1.804	
Methionine g	0.601		0		1		1.292	0.511	
Cystine g	0.291		0		1		0.626	0.247	
Phenylalanine g	1.040		0		1		2.236	0.884	
Tyrosine g	0.821		0		1		1.765	0.698	
Valine g	1.424		0		1		3.062	1.210	
Arginine g	1.515		0		1		3.257	1.288	
Histidine g	0.935		0		1		2.010	0.795	
Alanine g	1.532		0		1		3.294	1.302	
Aspartic acid g	2.222		0		1		4.777	1.889	
Glutamic acid g	4.074		0		1		8.759	3.463	
Glycine g	1.324		0		1		2.847	1.125	
Proline g	1.075		0		1		2.311	0.914	
Serine g	0.965		0		1		2.075	0.820	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 215g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17115
Veal, rib, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17113
Veal, rib, separable lean only, raw

Refuse: 40% Bone 35%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.18	0.415	12		1		21.31	341.02	
Energy....kcal	120		0	NC	4		34	544	
Energy....kJ	502				4		142	2277	
Protein (N x 6.25)....g	19.97	0.312	12		1		5.66	90.58	
Total lipid (fat)....g	3.89	0.324	12		1		1.10	17.65	
Ash....g	1.02	0.024	12		1		0.29	4.63	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.384	12		1		4	64	
Iron, Fe....mg	0.88	0.042	12		1		0.25	3.99	
Magnesium, Mg....mg	23	0.525	12		1		7	104	
Phosphorus, P....mg	194	4.501	12		1		55	880	
Potassium, K....mg	306	3.563	12		1		87	1388	
Sodium, Na....mg	95	3.263	12		1		27	431	
Zinc, Zn....mg	3.47	0.095	12		1		0.98	15.74	
Copper, Cu....mg	0.108	0.007	12		1		0.031	0.490	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	8.5		0	BFNN	4		2.4	38.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.005	12		1		0.020	0.318	
Riboflavin....mg	0.240	0.016	12		1		0.068	1.089	
Niacin....mg	7.050	0.660	12		1		1.999	31.979	
Pantothenic acid....mg	1.190	0.129	12		1		0.337	5.398	
Vitamin B-6....mg	0.440	0.072	12		1		0.125	1.996	
Folate, total....mcg	13	2.848	12		1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13	2.848	12		1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.36	0.168	12		1		0.39	6.17	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.170		0		1		0.332	5.307	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17113
Veal, rib, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.060		147		1		0.017	0.272	
15:0 g									
16:0 g	0.670		147		1		0.190	3.039	
17:0 g									
18:0 g	0.410		147		1		0.116	1.860	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.250		0		1		0.354	5.670	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		147		1		0.037	0.590	
17:1 g									
18:1 undifferentiated g	1.110		147		1		0.315	5.035	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.400		0		1		0.113	1.814	
18:2 undifferentiated g	0.290		147		1		0.082	1.315	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		147		1		0.028	0.454	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83	4.112	12		1		24	376	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0		1		0.057	0.916	
Threonine g	0.873		0		1		0.247	3.960	
Isoleucine g	0.984		0		1		0.279	4.463	
Leucine g	1.590		0		1		0.451	7.212	
Lysine g	1.646		0		1		0.467	7.466	
Methionine g	0.466		0		1		0.132	2.114	
Cystine g	0.225		0		1		0.064	1.021	
Phenylalanine g	0.806		0		1		0.229	3.656	
Tyrosine g	0.637		0		1		0.181	2.889	
Valine g	1.104		0		1		0.313	5.008	
Arginine g	1.175		0		1		0.333	5.330	
Histidine g	0.725		0		1		0.206	3.289	
Alanine g	1.188		0		1		0.337	5.389	
Aspartic acid g	1.723		0		1		0.488	7.816	
Glutamic acid g	3.159		0		1		0.896	14.329	
Glycine g	1.026		0		1		0.291	4.654	
Proline g	0.834		0		1		0.236	3.783	
Serine g	0.749		0		1		0.212	3.397	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17113
Veal, rib, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17277

Veal, shank (fore and hind), separable lean and fat, cooked, braised

Bos taurus

Refuse: 39% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.74		0	PAK	1		119.78	52.48	
Energy....kcal	191		0	NC	4		371	162	
Energy....kJ	799				4		1550	679	
Protein (N x 6.25)....g	31.54		0	PAK	1		61.19	26.81	
Total lipid (fat)....g	6.20		0	PAK	1		12.03	5.27	
Ash....g	1.12		0	PAK	1		2.17	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0	PAK	1		64	28	
Iron, Fe....mg	1.25		0	PAK	1		2.43	1.06	
Magnesium, Mg....mg	25		0	PAK	1		49	21	
Phosphorus, P....mg	225		0	PAK	1		437	191	
Potassium, K....mg	305		0	PAK	1		592	259	
Sodium, Na....mg	93		0	PAK	1		180	79	
Zinc, Zn....mg	6.63		0	PAK	1		12.86	5.64	
Copper, Cu....mg	0.111		0	PAK	1		0.215	0.094	
Manganese, Mn....mg	0.015		0	PAK	1		0.029	0.013	
Selenium, Se....mcg	15.3		0	BFNN	4		29.7	13.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.049		0	PAK	1		0.095	0.042	
Riboflavin....mg	0.295		0	PAK	1		0.572	0.251	
Niacin....mg	9.454		0	PAK	1		18.341	8.036	
Pantothenic acid....mg	1.226		0	PAK	1		2.378	1.042	
Vitamin B-6....mg	0.265		0	PAK	1		0.514	0.225	
Folate, total....mcg	17		0	PAK	1		33	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	17		0	PAK	1		33	14	
Folate, DFE....mcg_DFE	17		0	NC	4		33	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.61		0	PAK	1		3.12	1.37	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.078		0	PAK	1		4.031	1.766	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17277

Veal, shank (fore and hind), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.003		0	PAK	1		0.006	0.003	
12:0 ... g	0.023		0	PAK	1		0.045	0.020	
13:0 ... g									
14:0 ... g	0.236		0	PAK	1		0.458	0.201	
15:0 ... g									
16:0 ... g	1.122		0	PAK	1		2.177	0.954	
17:0 ... g									
18:0 ... g	0.636		0	PAK	1		1.234	0.541	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.339		0	PAK	1		4.538	1.988	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.233		0	PAK	1		0.452	0.198	
17:1 ... g									
18:1 undifferentiated ... g	2.023		0	PAK	1		3.925	1.720	
20:1 ... g	0.012		0	PAK	1		0.023	0.010	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.541		0	PAK	1		1.050	0.460	
18:2 undifferentiated ... g	0.415		0	PAK	1		0.805	0.353	
18:3 undifferentiated ... g	0.029		0	PAK	1		0.056	0.025	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.089		0	PAK	1		0.173	0.076	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	124		0	PAK	1		241	105	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.318		0	PAK	1		0.617	0.270	
Threonine ... g	1.377		0	PAK	1		2.671	1.170	
Isoleucine ... g	1.554		0	PAK	1		3.015	1.321	
Leucine ... g	2.508		0	PAK	1		4.866	2.132	
Lysine ... g	2.599		0	PAK	1		5.042	2.209	
Methionine ... g	0.737		0	PAK	1		1.430	0.626	
Cystine ... g	0.258		0	PAK	1		0.501	0.219	
Phenylalanine ... g	1.271		0	PAK	1		2.466	1.080	
Tyrosine ... g	1.004		0	PAK	1		1.948	0.853	
Valine ... g	1.740		0	PAK	1		3.376	1.479	
Arginine ... g	1.857		0	PAK	1		3.603	1.578	
Histidine ... g	1.145		0	PAK	1		2.221	0.973	
Alanine ... g	1.877		0	PAK	1		3.641	1.595	
Aspartic acid ... g	2.720		0	PAK	1		5.277	2.312	
Glutamic acid ... g	4.990		0	PAK	1		9.681	4.242	
Glycine ... g	1.620		0	PAK	1		3.143	1.377	
Proline ... g	1.316		0	PAK	1		2.553	1.119	
Serine ... g	1.180		0	PAK	1		2.289	1.003	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17277

Veal, shank (fore and hind), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17276

Veal, shank (fore and hind), separable lean and fat, raw

Bos taurus

Refuse: 29% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.92		0	PAK	1		21.81	348.91	
Energy....kcal	113		0	NC	4		32	513	
Energy....kJ	473				4		134	2145	
Protein (N x 6.25)....g	19.15		0	PAK	1		5.43	86.86	
Total lipid (fat)....g	3.48		0	PAK	1		0.99	15.79	
Ash....g	1.04		0	PAK	1		0.29	4.72	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAK	1		6	91	
Iron, Fe....mg	0.76		0	PAK	1		0.22	3.45	
Magnesium, Mg....mg	21		0	PAK	1		6	95	
Phosphorus, P....mg	191		0	PAK	1		54	866	
Potassium, K....mg	314		0	PAK	1		89	1424	
Sodium, Na....mg	84		0	PAK	1		24	381	
Zinc, Zn....mg	3.99		0	PAK	1		1.13	18.10	
Copper, Cu....mg	0.074		0	PAK	1		0.021	0.336	
Manganese, Mn....mg	0.009		0	PAK	1		0.003	0.041	
Selenium, Se....mcg	7.9		0	BFNN	4		2.2	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.079		0	PAK	1		0.022	0.358	
Riboflavin....mg	0.268		0	PAK	1		0.076	1.216	
Niacin....mg	7.458		0	PAK	1		2.114	33.829	
Pantothenic acid....mg	1.291		0	PAK	1		0.366	5.856	
Vitamin B-6....mg	0.437		0	PAK	1		0.124	1.982	
Folate, total....mcg	15		0	PAK	1		4	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0	PAK	1		4	68	
Folate, DFE....mcg_DFE	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.36		0	PAK	1		0.39	6.17	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.060		0	PAK	1		0.301	4.808	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17276

Veal, shank (fore and hind), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.001		0	PAK	1		0.000	0.005	
12:0 ... g	0.013		0	PAK	1		0.004	0.059	
13:0 ... g									
14:0 ... g	0.120		0	PAK	1		0.034	0.544	
15:0 ... g									
16:0 ... g	0.581		0	PAK	1		0.165	2.635	
17:0 ... g									
18:0 ... g	0.324		0	PAK	1		0.092	1.470	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.257		0	PAK	1		0.356	5.702	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.122		0	PAK	1		0.035	0.553	
17:1 ... g									
18:1 undifferentiated ... g	1.089		0	PAK	1		0.309	4.940	
20:1 ... g	0.007		0	PAK	1		0.002	0.032	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.363		0	PAK	1		0.103	1.647	
18:2 undifferentiated ... g	0.269		0	PAK	1		0.076	1.220	
18:3 undifferentiated ... g	0.014		0	PAK	1		0.004	0.064	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.074		0	PAK	1		0.021	0.336	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	75		0	PAK	1		21	340	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.193		0	PAK	1		0.055	0.875	
Threonine ... g	0.836		0	PAK	1		0.237	3.792	
Isoleucine ... g	0.943		0	PAK	1		0.267	4.277	
Leucine ... g	1.522		0	PAK	1		0.431	6.904	
Lysine ... g	1.578		0	PAK	1		0.447	7.158	
Methionine ... g	0.447		0	PAK	1		0.127	2.028	
Cystine ... g	0.217		0	PAK	1		0.062	0.984	
Phenylalanine ... g	0.772		0	PAK	1		0.219	3.502	
Tyrosine ... g	0.610		0	PAK	1		0.173	2.767	
Valine ... g	1.057		0	PAK	1		0.300	4.795	
Arginine ... g	1.127		0	PAK	1		0.320	5.112	
Histidine ... g	0.695		0	PAK	1		0.197	3.153	
Alanine ... g	1.140		0	PAK	1		0.323	5.171	
Aspartic acid ... g	1.650		0	PAK	1		0.468	7.484	
Glutamic acid ... g	3.030		0	PAK	1		0.859	13.744	
Glycine ... g	0.983		0	PAK	1		0.279	4.459	
Proline ... g	0.799		0	PAK	1		0.227	3.624	
Serine ... g	0.717		0	PAK	1		0.203	3.252	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17276
Veal, shank (fore and hind), separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17279

Veal, shank (fore and hind), separable lean only, cooked, braised

Bos taurus

Refuse: 30% Bone 29%, separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.98	0.330	6	A	1		140.45	53.53	
Energy....kcal	177		0	NC	4		395	150	
Energy....kJ	741				4		1651	629	
Protein (N x 6.25)....g	32.22	0.330	6	A	1		71.85	27.39	
Total lipid (fat)....g	4.33	0.110	6	A	1		9.66	3.68	
Ash....g	1.13	0.020	6	A	1		2.52	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34		2	A	1		76	29	
Iron, Fe....mg	1.26		2	A	1		2.81	1.07	
Magnesium, Mg....mg	25		2	A	1		56	21	
Phosphorus, P....mg	228		2	A	1		508	194	
Potassium, K....mg	309		2	A	1		689	263	
Sodium, Na....mg	94		2	A	1		210	80	
Zinc, Zn....mg	6.81		2	A	1		15.19	5.79	
Copper, Cu....mg	0.113		2	A	1		0.252	0.096	
Manganese, Mn....mg	0.015		2	A	1		0.033	0.013	
Selenium, Se....mcg	13.7		0	BFYN	4		30.6	11.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050		0	BFPN	4		0.112	0.043	
Riboflavin....mg	0.300		0	BFPN	4		0.669	0.255	
Niacin....mg	9.660		0	BFPN	4		21.542	8.211	
Pantothenic acid....mg	1.250		0	BFPN	4		2.788	1.063	
Vitamin B-6....mg	0.270		0	BFPN	4		0.602	0.230	
Folate, total....mcg	17		0	BFPN	4		38	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	17		0	BFPN	4		38	14	
Folate, DFE....mcg_DFE	17		0	NC	4		38	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.64		0	BFPN	4		3.66	1.39	
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0	Z	7		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.140		0		1		2.542	0.969	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17279

Veal, shank (fore and hind), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.016		0		1		0.036	0.014	
13:0 g									
14:0 g	0.131		0		1		0.292	0.111	
15:0 g									
16:0 g	0.643		0		1		1.434	0.547	
17:0 g									
18:0 g	0.332		0		1		0.740	0.282	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.546		0		1		3.448	1.314	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.135		0		1		0.301	0.115	
17:1 g									
18:1 undifferentiated g	1.354		0		1		3.019	1.151	
20:1 g	0.012		0		1		0.027	0.010	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.458		0		1		1.021	0.389	
18:2 undifferentiated g	0.346		0		1		0.772	0.294	
18:3 undifferentiated g	0.012		0		1		0.027	0.010	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.092		0		1		0.205	0.078	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	126		2	A	1		281	107	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.325		0		1		0.725	0.276	
Threonine g	1.407		0		1		3.138	1.196	
Isoleucine g	1.588		0		1		3.541	1.350	
Leucine g	2.562		0		1		5.713	2.178	
Lysine g	2.655		0		1		5.921	2.257	
Methionine g	0.753		0		1		1.679	0.640	
Cystine g	0.366		0		1		0.816	0.311	
Phenylalanine g	1.299		0		1		2.897	1.104	
Tyrosine g	1.026		0		1		2.288	0.872	
Valine g	1.778		0		1		3.965	1.511	
Arginine g	1.897		0		1		4.230	1.612	
Histidine g	1.170		0		1		2.609	0.995	
Alanine g	1.918		0		1		4.277	1.630	
Aspartic acid g	2.779		0		1		6.197	2.362	
Glutamic acid g	5.098		0		1		11.369	4.333	
Glycine g	1.655		0		1		3.691	1.407	
Proline g	1.345		0		1		2.999	1.143	
Serine g	1.206		0		1		2.689	1.025	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17279

Veal, shank (fore and hind), separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17278

Veal, shank (fore and hind), separable lean only, raw

Bos taurus

Refuse: 30% Bone 29%, separable fat 1%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.45	0.170	6	A	1		21.96	351.31	
Energy....kcal	108		0	NC	4		31	490	
Energy....kJ	452				4		128	2050	
Protein (N x 6.25)....g	19.28	0.240	6	A	1		5.47	87.45	
Total lipid (fat)....g	2.83	0.130	6	A	1		0.80	12.84	
Ash....g	1.05	0.020	6	A	1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		2	A	1		6	91	
Iron, Fe....mg	0.76		2	A	1		0.22	3.45	
Magnesium, Mg....mg	21		2	A	1		6	95	
Phosphorus, P....mg	192		2	A	1		54	871	
Potassium, K....mg	316		2	A	1		90	1433	
Sodium, Na....mg	85		2	A	1		24	386	
Zinc, Zn....mg	4.02		2	A	1		1.14	18.23	
Copper, Cu....mg	0.074		2	A	1		0.021	0.336	
Manganese, Mn....mg	0.009		2	A	1		0.003	0.041	
Selenium, Se....mcg	8.0		0	BFNN	4		2.3	36.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.080		0	BFPN	4		0.023	0.363	
Riboflavin....mg	0.270		0	BFPN	4		0.077	1.225	
Niacin....mg	7.600		0	BFPN	4		2.155	34.474	
Pantothenic acid....mg	1.300		0	BFPN	4		0.369	5.897	
Vitamin B-6....mg	0.440		0	BFPN	4		0.125	1.996	
Folate, total....mcg	15		0	BFPN	4		4	68	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0	BFPN	4		4	68	
Folate, DFE....mcg_DFE	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.37		0	BFPN	4		0.39	6.21	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.738		0		1		0.209	3.348	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17278
Veal, shank (fore and hind), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010		0		1		0.003	0.045	
13:0....g									
14:0....g	0.084		0		1		0.024	0.381	
15:0....g									
16:0....g	0.416		0		1		0.118	1.887	
17:0....g									
18:0....g	0.220		0		1		0.062	0.998	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.982		0		1		0.278	4.454	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.088		0		1		0.025	0.399	
17:1....g									
18:1 undifferentiated....g	0.857		0		1		0.243	3.887	
20:1....g	0.007		0		1		0.002	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.334		0		1		0.095	1.515	
18:2 undifferentiated....g	0.244		0		1		0.069	1.107	
18:3 undifferentiated....g	0.008		0		1		0.002	0.036	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.075		0		1		0.021	0.340	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	75	0.875	3	A	1		21	340	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0		1		0.055	0.880	
Threonine....g	0.842		0		1		0.239	3.819	
Isoleucine....g	0.950		0		1		0.269	4.309	
Leucine....g	1.533		0		1		0.435	6.954	
Lysine....g	1.589		0		1		0.450	7.208	
Methionine....g	0.450		0		1		0.128	2.041	
Cystine....g	0.219		0		1		0.062	0.993	
Phenylalanine....g	0.777		0		1		0.220	3.524	
Tyrosine....g	0.614		0		1		0.174	2.785	
Valine....g	1.064		0		1		0.302	4.826	
Arginine....g	1.135		0		1		0.322	5.148	
Histidine....g	0.700		0		1		0.198	3.175	
Alanine....g	1.148		0		1		0.325	5.207	
Aspartic acid....g	1.663		0		1		0.471	7.543	
Glutamic acid....g	3.051		0		1		0.865	13.839	
Glycine....g	0.990		0		1		0.281	4.491	
Proline....g	0.805		0		1		0.228	3.651	
Serine....g	0.722		0		1		0.205	3.275	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17278
Veal, shank (fore and hind), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17123

Veal, shoulder, arm, separable lean and fat, cooked, braised

Refuse: 23% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.28		0		1		46.99	95.63	
Energy....kcal	236		0	NC	4		201	408	
Energy....kJ	987				4		839	1708	
Protein (N x 6.25)....g	33.63		0		1		28.59	58.18	
Total lipid (fat)....g	10.24		0		1		8.70	17.72	
Ash....g	1.27		0		1		1.08	2.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		24	48	
Iron, Fe....mg	1.38		0		1		1.17	2.39	
Magnesium, Mg....mg	29		0		1		25	50	
Phosphorus, P....mg	263		0		1		224	455	
Potassium, K....mg	333		0		1		283	576	
Sodium, Na....mg	87		0		1		74	151	
Zinc, Zn....mg	5.81		0		1		4.94	10.05	
Copper, Cu....mg	0.128		0		1		0.109	0.221	
Manganese, Mn....mg	0.036		0		1		0.031	0.062	
Selenium, Se....mcg	14.5		0	PIE	4		12.3	25.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.104	
Riboflavin....mg	0.310		0		1		0.264	0.536	
Niacin....mg	10.080		0		1		8.568	17.438	
Pantothenic acid....mg	1.310		0		1		1.114	2.266	
Vitamin B-6....mg	0.290		0		1		0.247	0.502	
Folate, total....mcg	18		0		1		15	31	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		0		1		15	31	
Folate, DFE....mcg_DFE	18		0	NC	4		15	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.72		0		1		1.46	2.98	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		0.39	0.80	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.960		0		1		3.366	6.851	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17123

Veal, shoulder, arm, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.009	0.017	
12:0 g	0.030		0		1		0.026	0.052	
13:0 g									
14:0 g	0.380		0		1		0.323	0.657	
15:0 g									
16:0 g	2.130		0		1		1.811	3.685	
17:0 g									
18:0 g	1.310		0		1		1.114	2.266	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.990		0		1		3.392	6.903	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.430		0		1		0.366	0.744	
17:1 g									
18:1 undifferentiated g	3.470		0		1		2.950	6.003	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.700		0		1		0.595	1.211	
18:2 undifferentiated g	0.550		0		1		0.468	0.952	
18:3 undifferentiated g	0.070		0		1		0.060	0.121	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.068	0.138	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	148		0		1		126	256	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.340		0		1		0.289	0.588	
Threonine g	1.469		0		1		1.249	2.541	
Isoleucine g	1.656		0		1		1.408	2.865	
Leucine g	2.676		0		1		2.275	4.629	
Lysine g	2.771		0		1		2.355	4.794	
Methionine g	0.785		0		1		0.667	1.358	
Cystine g	0.380		0		1		0.323	0.657	
Phenylalanine g	1.357		0		1		1.153	2.348	
Tyrosine g	1.072		0		1		0.911	1.855	
Valine g	1.858		0		1		1.579	3.214	
Arginine g	1.978		0		1		1.681	3.422	
Histidine g	1.221		0		1		1.038	2.112	
Alanine g	2.000		0		1		1.700	3.460	
Aspartic acid g	2.901		0		1		2.466	5.019	
Glutamic acid g	5.319		0		1		4.521	9.202	
Glycine g	1.728		0		1		1.469	2.989	
Proline g	1.404		0		1		1.193	2.429	
Serine g	1.260		0		1		1.071	2.180	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

NDB No. 17123
Veal, shoulder, arm, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17124

Veal, shoulder, arm, separable lean and fat, cooked, roasted

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.68		0		1		183.04	54.98	
Energy....kcal	183		0	NC	4		518	156	
Energy....kJ	766				4		2167	651	
Protein (N x 6.25)....g	25.46		0		1		72.05	21.64	
Total lipid (fat)....g	8.25		0		1		23.35	7.01	
Ash....g	1.44		0		1		4.08	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		1		74	22	
Iron, Fe....mg	1.15		0		1		3.25	0.98	
Magnesium, Mg....mg	26		0		1		74	22	
Phosphorus, P....mg	221		0		1		625	188	
Potassium, K....mg	348		0		1		985	296	
Sodium, Na....mg	90		0		1		255	77	
Zinc, Zn....mg	4.18		0		1		11.83	3.55	
Copper, Cu....mg	0.141		0		1		0.399	0.120	
Manganese, Mn....mg	0.030		0		1		0.085	0.026	
Selenium, Se....mcg	11.1		0	PIE	4		31.4	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.170	0.051	
Riboflavin....mg	0.320		0		1		0.906	0.272	
Niacin....mg	8.020		0		1		22.697	6.817	
Pantothenic acid....mg	1.160		0		1		3.283	0.986	
Vitamin B-6....mg	0.290		0		1		0.821	0.247	
Folate, total....mcg	17		0		1		48	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	17		0		1		48	14	
Folate, DFE....mcg_DFE	17		0	NC	4		48	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.53		0		1		4.33	1.30	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		1.30	0.39	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.510		0		1		9.933	2.984	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17124

Veal, shoulder, arm, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.028	0.009	
12:0 g	0.020		0		1		0.057	0.017	
13:0 g									
14:0 g	0.350		0		1		0.991	0.298	
15:0 g									
16:0 g	1.850		0		1		5.236	1.573	
17:0 g									
18:0 g	1.160		0		1		3.283	0.986	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.200		0		1		9.056	2.720	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.370		0		1		1.047	0.315	
17:1 g									
18:1 undifferentiated g	2.740		0		1		7.754	2.329	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.540		0		1		1.528	0.459	
18:2 undifferentiated g	0.420		0		1		1.189	0.357	
18:3 undifferentiated g	0.060		0		1		0.170	0.051	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.198	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	108		0		1		306	92	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.258		0		1		0.730	0.219	
Threonine g	1.112		0		1		3.147	0.945	
Isoleucine g	1.254		0		1		3.549	1.066	
Leucine g	2.027		0		1		5.736	1.723	
Lysine g	2.098		0		1		5.937	1.783	
Methionine g	0.594		0		1		1.681	0.505	
Cystine g	0.287		0		1		0.812	0.244	
Phenylalanine g	1.028		0		1		2.909	0.874	
Tyrosine g	0.812		0		1		2.298	0.690	
Valine g	1.407		0		1		3.982	1.196	
Arginine g	1.498		0		1		4.239	1.273	
Histidine g	0.924		0		1		2.615	0.785	
Alanine g	1.515		0		1		4.287	1.288	
Aspartic acid g	2.197		0		1		6.218	1.867	
Glutamic acid g	4.028		0		1		11.399	3.424	
Glycine g	1.309		0		1		3.704	1.113	
Proline g	1.063		0		1		3.008	0.904	
Serine g	0.954		0		1		2.700	0.811	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17124
Veal, shoulder, arm, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17122
Veal, shoulder, arm, separable lean and fat, raw

Refuse: 21% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.05		0		1		20.99	225.11	
Energy....kcal	132		0	NC	4		37	401	
Energy....kJ	552		0		4		157	1679	
Protein (N x 6.25)....g	19.34		0		1		5.48	58.79	
Total lipid (fat)....g	5.44		0		1		1.54	16.54	
Ash....g	1.08		0		1		0.31	3.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		6	64	
Iron, Fe....mg	1.00		0		1		0.28	3.04	
Magnesium, Mg....mg	25		0		1		7	76	
Phosphorus, P....mg	208		0		1		59	632	
Potassium, K....mg	327		0		1		93	994	
Sodium, Na....mg	83		0		1		24	252	
Zinc, Zn....mg	3.20		0		1		0.91	9.73	
Copper, Cu....mg	0.120		0		1		0.034	0.365	
Manganese, Mn....mg	0.028		0		1		0.008	0.085	
Selenium, Se....mcg	8.4		0	PIE	4		2.4	25.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.023	0.243	
Riboflavin....mg	0.270		0		1		0.077	0.821	
Niacin....mg	7.630		0		1		2.163	23.195	
Pantothenic acid....mg	1.260		0		1		0.357	3.830	
Vitamin B-6....mg	0.440		0		1		0.125	1.338	
Folate, total....mcg	15		0		1		4	46	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		4	46	
Folate, DFE....mcg_DFE	15		0	NC	4		4	46	
Choline, total....mg	83.0		0	BFNN	4		23.5	252.4	
Betaine....mg	12.2		0	BFNN	4		3.5	37.1	
Vitamin B-12....mcg	1.37		0		1		0.39	4.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	0.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	4.6		0	BFYN	4		1.3	14.0	
Lipids:									
Fatty acids, total saturated....g	2.260		0		1		0.641	6.870	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17122
Veal, shoulder, arm, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.020		0		1		0.006	0.061	
13:0....g									
14:0....g	0.220		0		1		0.062	0.669	
15:0....g									
16:0....g	1.200		0		1		0.340	3.648	
17:0....g									
18:0....g	0.750		0		1		0.213	2.280	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.080		0		1		0.590	6.323	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		1		0.068	0.730	
17:1....g									
18:1 undifferentiated....g	1.790		0		1		0.507	5.442	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.108	1.155	
18:2 undifferentiated....g	0.290		0		1		0.082	0.882	
18:3 undifferentiated....g	0.040		0		1		0.011	0.122	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.014	0.152	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		23	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.056	0.596	
Threonine....g	0.845		0		1		0.240	2.569	
Isoleucine....g	0.952		0		1		0.270	2.894	
Leucine....g	1.539		0		1		0.436	4.679	
Lysine....g	1.594		0		1		0.452	4.846	
Methionine....g	0.451		0		1		0.128	1.371	
Cystine....g	0.218		0		1		0.062	0.663	
Phenylalanine....g	0.781		0		1		0.221	2.374	
Tyrosine....g	0.617		0		1		0.175	1.876	
Valine....g	1.069		0		1		0.303	3.250	
Arginine....g	1.137		0		1		0.322	3.456	
Histidine....g	0.702		0		1		0.199	2.134	
Alanine....g	1.150		0		1		0.326	3.496	
Aspartic acid....g	1.669		0		1		0.473	5.074	
Glutamic acid....g	3.059		0		1		0.867	9.299	
Glycine....g	0.994		0		1		0.282	3.022	
Proline....g	0.807		0		1		0.229	2.453	
Serine....g	0.725		0		1		0.206	2.204	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17122

Veal, shoulder, arm, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 304g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17126

Veal, shoulder, arm, separable lean only, cooked, braised

Refuse: 29% Bone 23%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.20	0.339	12		1		49.47	93.12	
Energy....kcal	201		0	NC	4		171	322	
Energy....kJ	841				4		715	1346	
Protein (N x 6.25)....g	35.73	0.397	12		1		30.37	57.17	
Total lipid (fat)....g	5.33	0.161	12		1		4.53	8.53	
Ash....g	1.31	0.031	12		1		1.11	2.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	30	3.251	12		1		26	48	
Iron, Fe....mg	1.41	0.034	12		1		1.20	2.26	
Magnesium, Mg....mg	30	0.779	12		1		26	48	
Phosphorus, P....mg	276	7.947	12		1		235	442	
Potassium, K....mg	347	6.079	12		1		295	555	
Sodium, Na....mg	90	3.967	12		1		77	144	
Zinc, Zn....mg	6.24	0.288	12		1		5.30	9.98	
Copper, Cu....mg	0.135	0.010	12		1		0.115	0.216	
Manganese, Mn....mg	0.038		0		1		0.032	0.061	
Selenium, Se....mcg	15.3		0	BFYN	4		13.0	24.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.011	11		1		0.051	0.096	
Riboflavin....mg	0.330	0.024	11		1		0.281	0.528	
Niacin....mg	10.710	1.359	10		1		9.104	17.136	
Pantothenic acid....mg	1.390	0.108	10		1		1.182	2.224	
Vitamin B-6....mg	0.300	0.044	11		1		0.255	0.480	
Folate, total....mcg	19	4.047	11		1		16	30	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	19	4.047	11		1		16	30	
Folate, DFE....mcg_DFE	19		0	NC	4		16	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.82	0.285	11		1		1.55	2.91	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.47		0		1		0.40	0.75	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.490		0		1		1.267	2.384	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17126

Veal, shoulder, arm, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.009	0.016	
13:0 g									
14:0 g	0.100		73		1		0.085	0.160	
15:0 g									
16:0 g	0.870		73		1		0.740	1.392	
17:0 g									
18:0 g	0.510		73		1		0.434	0.816	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.900		0		1		1.615	3.040	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170		73		1		0.145	0.272	
17:1 g									
18:1 undifferentiated g	1.710		73		1		1.454	2.736	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		0.408	0.768	
18:2 undifferentiated g	0.370		73		1		0.315	0.592	
18:3 undifferentiated g	0.020		73		1		0.017	0.032	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		73		1		0.077	0.144	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	155	12.866	12		1		132	248	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.362		0		1		0.308	0.579	
Threonine g	1.561		0		1		1.327	2.498	
Isoleucine g	1.760		0		1		1.496	2.816	
Leucine g	2.844		0		1		2.417	4.550	
Lysine g	2.944		0		1		2.502	4.710	
Methionine g	0.834		0		1		0.709	1.334	
Cystine g	0.403		0		1		0.343	0.645	
Phenylalanine g	1.442		0		1		1.226	2.307	
Tyrosine g	1.139		0		1		0.968	1.822	
Valine g	1.975		0		1		1.679	3.160	
Arginine g	2.101		0		1		1.786	3.362	
Histidine g	1.297		0		1		1.102	2.075	
Alanine g	2.125		0		1		1.806	3.400	
Aspartic acid g	3.082		0		1		2.620	4.931	
Glutamic acid g	5.651		0		1		4.803	9.042	
Glycine g	1.836		0		1		1.561	2.938	
Proline g	1.492		0		1		1.268	2.387	
Serine g	1.339		0		1		1.138	2.142	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 160g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

NDB No. 17126

Veal, shoulder, arm, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17127
Veal, shoulder, arm, separable lean only, cooked, roasted

Refuse: 24% Bone 21%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.47		0		1		180.80	56.50	
Energy....kcal	164		0	NC	4		446	139	
Energy....kJ	686				4		1866	583	
Protein (N x 6.25)....g	26.13		0		1		71.07	22.21	
Total lipid (fat)....g	5.81		0		1		15.80	4.94	
Ash....g	1.47		0		1		4.00	1.25	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		73	23	
Iron, Fe....mg	1.16		0		1		3.16	0.99	
Magnesium, Mg....mg	27		0		1		73	23	
Phosphorus, P....mg	226		0		1		615	192	
Potassium, K....mg	356		0		1		968	303	
Sodium, Na....mg	91		0		1		248	77	
Zinc, Zn....mg	4.32		0		1		11.75	3.67	
Copper, Cu....mg	0.146		0		1		0.397	0.124	
Manganese, Mn....mg	0.030		0		1		0.082	0.026	
Selenium, Se....mcg	11.3		0	BFYN	4		30.7	9.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.190	0.060	
Riboflavin....mg	0.330		0		1		0.898	0.281	
Niacin....mg	8.240		0		1		22.413	7.004	
Pantothenic acid....mg	1.190		0		1		3.237	1.012	
Vitamin B-6....mg	0.300		0		1		0.816	0.255	
Folate, total....mcg	17		0		1		46	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	17		0		1		46	14	
Folate, DFE....mcg_DFE	17		0	NC	4		46	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.57		0		1		4.27	1.33	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		1.36	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.310		0		1		6.283	1.964	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17127

Veal, shoulder, arm, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.027	0.009	
13:0 g									
14:0 g	0.210		0		1		0.571	0.179	
15:0 g									
16:0 g	1.230		0		1		3.346	1.046	
17:0 g									
18:0 g	0.770		0		1		2.094	0.655	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.160		0		1		5.875	1.836	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.240		0		1		0.653	0.204	
17:1 g									
18:1 undifferentiated g	1.870		0		1		5.086	1.590	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.430		0		1		1.170	0.366	
18:2 undifferentiated g	0.320		0		1		0.870	0.272	
18:3 undifferentiated g	0.040		0		1		0.109	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.190	0.060	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	109		0		1		296	93	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0		1		0.721	0.225	
Threonine g	1.142		0		1		3.106	0.971	
Isoleucine g	1.287		0		1		3.501	1.094	
Leucine g	2.080		0		1		5.658	1.768	
Lysine g	2.153		0		1		5.856	1.830	
Methionine g	0.610		0		1		1.659	0.519	
Cystine g	0.295		0		1		0.802	0.251	
Phenylalanine g	1.055		0		1		2.870	0.897	
Tyrosine g	0.833		0		1		2.266	0.708	
Valine g	1.444		0		1		3.928	1.227	
Arginine g	1.537		0		1		4.181	1.306	
Histidine g	0.949		0		1		2.581	0.807	
Alanine g	1.554		0		1		4.227	1.321	
Aspartic acid g	2.254		0		1		6.131	1.916	
Glutamic acid g	4.133		0		1		11.242	3.513	
Glycine g	1.343		0		1		3.653	1.142	
Proline g	1.091		0		1		2.968	0.927	
Serine g	0.980		0		1		2.666	0.833	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17127
Veal, shoulder, arm, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17125
Veal, shoulder, arm, separable lean only, raw

Refuse: 25% Bone 21%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.64	0.276	12		1		21.73	221.49	
Energy....kcal	105		0	NC	4		30	303	
Energy....kJ	439				4		125	1270	
Protein (N x 6.25)....g	20.04	0.316	12		1		5.68	57.92	
Total lipid (fat)....g	2.16	0.080	12		1		0.61	6.24	
Ash....g	1.12	0.021	12		1		0.32	3.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22	3.666	12		1		6	64	
Iron, Fe....mg	1.02	0.168	12		1		0.29	2.95	
Magnesium, Mg....mg	26	0.543	12		1		7	75	
Phosphorus, P....mg	215	4.396	12		1		61	621	
Potassium, K....mg	339	8.677	12		1		96	980	
Sodium, Na....mg	86	3.817	12		1		24	249	
Zinc, Zn....mg	3.34	0.133	12		1		0.95	9.65	
Copper, Cu....mg	0.124	0.007	12		1		0.035	0.358	
Manganese, Mn....mg	0.029		0		1		0.008	0.084	
Selenium, Se....mcg	8.6		0	BFNN	4		2.4	24.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.005	12		1		0.023	0.231	
Riboflavin....mg	0.280	0.014	12		1		0.079	0.809	
Niacin....mg	7.910	0.822	12		1		2.242	22.860	
Pantothenic acid....mg	1.300	0.067	11		1		0.369	3.757	
Vitamin B-6....mg	0.460	0.074	12		1		0.130	1.329	
Folate, total....mcg	16	3.877	12		1		5	46	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	3.877	12		1		5	46	
Folate, DFE....mcg_DFE	16		0	NC	4		5	46	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.42	0.199	12		1		0.40	4.10	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	0.78	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.650		0		1		0.184	1.879	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17125
Veal, shoulder, arm, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.030		147		1		0.009	0.087	
15:0 g									
16:0 g	0.370		147		1		0.105	1.069	
17:0 g									
18:0 g	0.230		147		1		0.065	0.665	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.690		0		1		0.196	1.994	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		147		1		0.020	0.202	
17:1 g									
18:1 undifferentiated g	0.620		147		1		0.176	1.792	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.220		0		1		0.062	0.636	
18:2 undifferentiated g	0.160		147		1		0.045	0.462	
18:3 undifferentiated g	0.010		147		1		0.003	0.029	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.060		147		1		0.017	0.173	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	83	4.826	12		1		24	240	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.203		0		1		0.058	0.587	
Threonine g	0.876		0		1		0.248	2.532	
Isoleucine g	0.987		0		1		0.280	2.852	
Leucine g	1.595		0		1		0.452	4.610	
Lysine g	1.652		0		1		0.468	4.774	
Methionine g	0.468		0		1		0.133	1.353	
Cystine g	0.226		0		1		0.064	0.653	
Phenylalanine g	0.809		0		1		0.229	2.338	
Tyrosine g	0.639		0		1		0.181	1.847	
Valine g	1.108		0		1		0.314	3.202	
Arginine g	1.179		0		1		0.334	3.407	
Histidine g	0.727		0		1		0.206	2.101	
Alanine g	1.192		0		1		0.338	3.445	
Aspartic acid g	1.729		0		1		0.490	4.997	
Glutamic acid g	3.170		0		1		0.899	9.161	
Glycine g	1.030		0		1		0.292	2.977	
Proline g	0.837		0		1		0.237	2.419	
Serine g	0.751		0		1		0.213	2.170	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 289g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

NDB No. 17125
Veal, shoulder, arm, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17129
Veal, shoulder, blade, separable lean and fat, cooked, braised

Refuse: 35% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	56.98		0		1		105.98	48.43	
Energy ... kcal	225		0	NC	4		419	191	
Energy ... kJ	941		0		4		1751	800	
Protein (N x 6.25) ... g	31.26		0		1		58.14	26.57	
Total lipid (fat) ... g	10.09		0		1		18.77	8.58	
Ash ... g	1.22		0		1		2.27	1.04	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	38		0		1		71	32	
Iron, Fe ... mg	1.44		0		1		2.68	1.22	
Magnesium, Mg ... mg	26		0		1		48	22	
Phosphorus, P ... mg	244		0		1		454	207	
Potassium, K ... mg	297		0		1		552	252	
Sodium, Na ... mg	98		0		1		182	83	
Zinc, Zn ... mg	7.00		0		1		13.02	5.95	
Copper, Cu ... mg	0.164		0		1		0.305	0.139	
Manganese, Mn ... mg	0.036		0		1		0.067	0.031	
Selenium, Se ... mcg	14.0		0	PIE	4		26.0	11.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.060		0		1		0.112	0.051	
Riboflavin ... mg	0.350		0		1		0.651	0.298	
Niacin ... mg	5.500		0		1		10.230	4.675	
Pantothenic acid ... mg	1.520		0		1		2.827	1.292	
Vitamin B-6 ... mg	0.240		0		1		0.446	0.204	
Folate, total ... mcg	15		0		1		28	13	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	15		0		1		28	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		28	13	
Choline, total ... mg	121.8		0	BFNN	4		226.6	103.5	
Betaine ... mg	16.0		0	BFNN	4		29.8	13.6	
Vitamin B-12 ... mcg	1.93		0		1		3.59	1.64	
Vitamin B-12, added ... mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0	0	
Retinol ... mcg	0		0	NR	4		0	0	
Carotene, beta ... mcg	0		0	Z	7		0	0	
Carotene, alpha ... mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... mcg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.44		0		1		0.82	0.37	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D ... IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone) ... mcg	6.6		0	BFSN	4		12.3	5.6	
Lipids:									
Fatty acids, total saturated ... g	3.640		0		1		6.770	3.094	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 17129
Veal, shoulder, blade, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.019	0.009	
12:0 g	0.030		0		1		0.056	0.026	
13:0 g									
14:0 g	0.330		0		1		0.614	0.281	
15:0 g									
16:0 g	1.990		0		1		3.701	1.692	
17:0 g									
18:0 g	1.210		0		1		2.251	1.029	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.850		0		1		7.161	3.273	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.400		0		1		0.744	0.340	
17:1 g									
18:1 undifferentiated g	3.370		0		1		6.268	2.865	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.740		0		1		1.376	0.629	
18:2 undifferentiated g	0.580		0		1		1.079	0.493	
18:3 undifferentiated g	0.060		0		1		0.112	0.051	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.186	0.085	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	153		0		1		285	130	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.316		0		1		0.588	0.269	
Threonine g	1.366		0		1		2.541	1.161	
Isoleucine g	1.540		0		1		2.864	1.309	
Leucine g	2.488		0		1		4.628	2.115	
Lysine g	2.576		0		1		4.791	2.190	
Methionine g	0.730		0		1		1.358	0.621	
Cystine g	0.353		0		1		0.657	0.300	
Phenylalanine g	1.262		0		1		2.347	1.073	
Tyrosine g	0.997		0		1		1.854	0.847	
Valine g	1.728		0		1		3.214	1.469	
Arginine g	1.839		0		1		3.421	1.563	
Histidine g	1.135		0		1		2.111	0.965	
Alanine g	1.859		0		1		3.458	1.580	
Aspartic acid g	2.697		0		1		5.016	2.292	
Glutamic acid g	4.945		0		1		9.198	4.203	
Glycine g	1.607		0		1		2.989	1.366	
Proline g	1.305		0		1		2.427	1.109	
Serine g	1.172		0		1		2.180	0.996	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17129

Veal, shoulder, blade, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 186g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17130

Veal, shoulder, blade, separable lean and fat, cooked, roasted

Refuse: 32% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.54		0		1		159.92	55.71	
Energy....kcal	186		0	NC	4		454	158	
Energy....kJ	778				4		1899	661	
Protein (N x 6.25)....g	25.15		0		1		61.37	21.38	
Total lipid (fat)....g	8.67		0		1		21.15	7.37	
Ash....g	1.38		0		1		3.37	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		68	24	
Iron, Fe....mg	1.00		0		1		2.44	0.85	
Magnesium, Mg....mg	24		0		1		59	20	
Phosphorus, P....mg	212		0		1		517	180	
Potassium, K....mg	306		0		1		747	260	
Sodium, Na....mg	100		0		1		244	85	
Zinc, Zn....mg	5.58		0		1		13.62	4.74	
Copper, Cu....mg	0.138		0		1		0.337	0.117	
Manganese, Mn....mg	0.030		0		1		0.073	0.026	
Selenium, Se....mcg	10.6		0	PIE	4		25.9	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.171	0.060	
Riboflavin....mg	0.350		0		1		0.854	0.298	
Niacin....mg	5.730		0		1		13.981	4.871	
Pantothenic acid....mg	1.380		0		1		3.367	1.173	
Vitamin B-6....mg	0.240		0		1		0.586	0.204	
Folate, total....mcg	11		0		1		27	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		27	9	
Folate, DFE....mcg_DFE	11		0	NC	4		27	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.01		0		1		4.90	1.71	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.47		0		1		1.15	0.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.460		0		1		8.442	2.941	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17130

Veal, shoulder, blade, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.024	0.009	
12:0 g	0.020		0		1		0.049	0.017	
13:0 g									
14:0 g	0.310		0		1		0.756	0.264	
15:0 g									
16:0 g	1.840		0		1		4.490	1.564	
17:0 g									
18:0 g	1.150		0		1		2.806	0.978	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.240		0		1		7.906	2.754	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.370		0		1		0.903	0.315	
17:1 g									
18:1 undifferentiated g	2.790		0		1		6.808	2.372	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.640		0		1		1.562	0.544	
18:2 undifferentiated g	0.480		0		1		1.171	0.408	
18:3 undifferentiated g	0.050		0		1		0.122	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.268	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	117		0		1		285	99	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0		1		0.622	0.217	
Threonine g	1.099		0		1		2.682	0.934	
Isoleucine g	1.238		0		1		3.021	1.052	
Leucine g	2.002		0		1		4.885	1.702	
Lysine g	2.072		0		1		5.056	1.761	
Methionine g	0.587		0		1		1.432	0.499	
Cystine g	0.284		0		1		0.693	0.241	
Phenylalanine g	1.015		0		1		2.477	0.863	
Tyrosine g	0.802		0		1		1.957	0.682	
Valine g	1.390		0		1		3.392	1.182	
Arginine g	1.479		0		1		3.609	1.257	
Histidine g	0.913		0		1		2.228	0.776	
Alanine g	1.496		0		1		3.650	1.272	
Aspartic acid g	2.170		0		1		5.295	1.845	
Glutamic acid g	3.978		0		1		9.706	3.381	
Glycine g	1.292		0		1		3.152	1.098	
Proline g	1.050		0		1		2.562	0.893	
Serine g	0.943		0		1		2.301	0.802	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17130

Veal, shoulder, blade, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17128
Veal, shoulder, blade, separable lean and fat, raw

Refuse: 32% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.15		0		1		21.31	340.88	
Energy....kcal	129		0	NC	4		37	585	
Energy....kJ	540				4		153	2448	
Protein (N x 6.25)....g	19.23		0		1		5.45	87.23	
Total lipid (fat)....g	5.20		0		1		1.47	23.59	
Ash....g	1.04		0		1		0.29	4.72	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		1		7	104	
Iron, Fe....mg	0.87		0		1		0.25	3.95	
Magnesium, Mg....mg	23		0		1		7	104	
Phosphorus, P....mg	200		0		1		57	907	
Potassium, K....mg	289		0		1		82	1311	
Sodium, Na....mg	95		0		1		27	431	
Zinc, Zn....mg	4.31		0		1		1.22	19.55	
Copper, Cu....mg	0.118		0		1		0.033	0.535	
Manganese, Mn....mg	0.028		0		1		0.008	0.127	
Selenium, Se....mcg	8.1		0	PIE	4		2.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.026	0.408	
Riboflavin....mg	0.300		0		1		0.085	1.361	
Niacin....mg	5.450		0		1		1.545	24.721	
Pantothenic acid....mg	1.510		0		1		0.428	6.849	
Vitamin B-6....mg	0.370		0		1		0.105	1.678	
Folate, total....mcg	10		0		1		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		1		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.82		0		1		0.52	8.26	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.28		0		1		0.08	1.27	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.940		0		1		0.550	8.800	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17128
Veal, shoulder, blade, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.010		0		1		0.003	0.045	
13:0 ... g									
14:0 ... g	0.160		0		1		0.045	0.726	
15:0 ... g									
16:0 ... g	1.050		0		1		0.298	4.763	
17:0 ... g									
18:0 ... g	0.650		0		1		0.184	2.948	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.870		0		1		0.530	8.482	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.210		0		1		0.060	0.953	
17:1 ... g									
18:1 undifferentiated ... g	1.620		0		1		0.459	7.348	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.420		0		1		0.119	1.905	
18:2 undifferentiated ... g	0.310		0		1		0.088	1.406	
18:3 undifferentiated ... g	0.030		0		1		0.009	0.136	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		0		1		0.023	0.363	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	90		0		1		26	408	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.195		0		1		0.055	0.885	
Threonine ... g	0.840		0		1		0.238	3.810	
Isoleucine ... g	0.947		0		1		0.268	4.296	
Leucine ... g	1.531		0		1		0.434	6.945	
Lysine ... g	1.585		0		1		0.449	7.190	
Methionine ... g	0.449		0		1		0.127	2.037	
Cystine ... g	0.217		0		1		0.062	0.984	
Phenylalanine ... g	0.776		0		1		0.220	3.520	
Tyrosine ... g	0.613		0		1		0.174	2.781	
Valine ... g	1.063		0		1		0.301	4.822	
Arginine ... g	1.131		0		1		0.321	5.130	
Histidine ... g	0.698		0		1		0.198	3.166	
Alanine ... g	1.144		0		1		0.324	5.189	
Aspartic acid ... g	1.659		0		1		0.470	7.525	
Glutamic acid ... g	3.042		0		1		0.862	13.799	
Glycine ... g	0.988		0		1		0.280	4.482	
Proline ... g	0.803		0		1		0.228	3.642	
Serine ... g	0.721		0		1		0.204	3.270	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17128
Veal, shoulder, blade, separable lean and fat, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17132

Veal, shoulder, blade, separable lean only, cooked, braised

Refuse: 39% Bone 35%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.24	0.392	12		1		103.08	50.35	
Energy....kcal	198		0	NC	4		345	168	
Energy....kJ	828		0		4		1441	704	
Protein (N x 6.25)....g	32.66	0.407	12		1		56.83	27.76	
Total lipid (fat)....g	6.48	0.176	12		1		11.28	5.51	
Ash....g	1.24	0.029	12		1		2.16	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	40	3.167	12		1		70	34	
Iron, Fe....mg	1.47	0.045	12		1		2.56	1.25	
Magnesium, Mg....mg	28	0.572	12		1		49	24	
Phosphorus, P....mg	252	7.458	12		1		438	214	
Potassium, K....mg	305	4.531	12		1		531	259	
Sodium, Na....mg	101	4.750	12		1		176	86	
Zinc, Zn....mg	7.39	0.126	12		1		12.86	6.28	
Copper, Cu....mg	0.171	0.015	12		1		0.298	0.145	
Manganese, Mn....mg	0.038		0		1		0.066	0.032	
Selenium, Se....mcg	14.5		0	BFYN	4		25.2	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	12		1		0.104	0.051	
Riboflavin....mg	0.360	0.019	12		1		0.626	0.306	
Niacin....mg	5.680	0.613	12		1		9.883	4.828	
Pantothenic acid....mg	1.590	0.363	12		1		2.767	1.352	
Vitamin B-6....mg	0.250	0.040	12		1		0.435	0.213	
Folate, total....mcg	15	3.048	12		1		26	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15	3.048	12		1		26	13	
Folate, DFE....mcg_DFE	15		0	NC	4		26	13	
Choline, total....mg	126.8		0	BFNN	4		220.6	107.8	
Betaine....mg	16.7		0	BFNN	4		29.0	14.2	
Vitamin B-12....mcg	2.01	0.327	12		1		3.50	1.71	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		0.78	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	6.8		0	BFSN	4		11.7	5.7	
Lipids:									
Fatty acids, total saturated....g	1.810		0		1		3.149	1.539	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17132
Veal, shoulder, blade, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.017	0.009	
13:0 g									
14:0 g	0.120		73		1		0.209	0.102	
15:0 g									
16:0 g	1.060		73		1		1.844	0.901	
17:0 g									
18:0 g	0.620		73		1		1.079	0.527	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.310		0		1		4.019	1.964	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210		73		1		0.365	0.179	
17:1 g									
18:1 undifferentiated g	2.080		73		1		3.619	1.768	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0		1		1.009	0.493	
18:2 undifferentiated g	0.440		73		1		0.766	0.374	
18:3 undifferentiated g	0.030		73		1		0.052	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		73		1		0.191	0.094	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	158	13.538	12		1		275	134	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.331		0		1		0.576	0.281	
Threonine g	1.427		0		1		2.483	1.213	
Isoleucine g	1.608		0		1		2.798	1.367	
Leucine g	2.599		0		1		4.522	2.209	
Lysine g	2.691		0		1		4.682	2.287	
Methionine g	0.762		0		1		1.326	0.648	
Cystine g	0.369		0		1		0.642	0.314	
Phenylalanine g	1.318		0		1		2.293	1.120	
Tyrosine g	1.041		0		1		1.811	0.885	
Valine g	1.805		0		1		3.141	1.534	
Arginine g	1.921		0		1		3.343	1.633	
Histidine g	1.185		0		1		2.062	1.007	
Alanine g	1.942		0		1		3.379	1.651	
Aspartic acid g	2.817		0		1		4.902	2.394	
Glutamic acid g	5.166		0		1		8.989	4.391	
Glycine g	1.678		0		1		2.920	1.426	
Proline g	1.363		0		1		2.372	1.159	
Serine g	1.224		0		1		2.130	1.040	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17132

Veal, shoulder, blade, separable lean only, cooked, braised

Common Measures:

Measure 1 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17133
Veal, shoulder, blade, separable lean only, cooked, roasted

Refuse: 34% Bone 32%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.90		0		1		157.88	56.87	
Energy....kcal	171		0	NC	4		404	145	
Energy....kJ	715				4		1688	608	
Protein (N x 6.25)....g	25.64		0		1		60.51	21.79	
Total lipid (fat)....g	6.88		0		1		16.24	5.85	
Ash....g	1.39		0		1		3.28	1.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		66	24	
Iron, Fe....mg	1.00		0		1		2.36	0.85	
Magnesium, Mg....mg	24		0		1		57	20	
Phosphorus, P....mg	215		0		1		507	183	
Potassium, K....mg	310		0		1		732	264	
Sodium, Na....mg	102		0		1		241	87	
Zinc, Zn....mg	5.72		0		1		13.50	4.86	
Copper, Cu....mg	0.141		0		1		0.333	0.120	
Manganese, Mn....mg	0.030		0		1		0.071	0.026	
Selenium, Se....mcg	10.7		0	BFYN	4		25.3	9.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.165	0.060	
Riboflavin....mg	0.360		0		1		0.850	0.306	
Niacin....mg	5.820		0		1		13.735	4.947	
Pantothenic acid....mg	1.410		0		1		3.328	1.199	
Vitamin B-6....mg	0.240		0		1		0.566	0.204	
Folate, total....mcg	11		0		1		26	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		26	9	
Folate, DFE....mcg_DFE	11		0	NC	4		26	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.06		0		1		4.86	1.75	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		1.18	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.570		0		1		6.065	2.185	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17133
Veal, shoulder, blade, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.020		0		1		0.047	0.017	
13:0 g									
14:0 g	0.210		0		1		0.496	0.179	
15:0 g									
16:0 g	1.390		0		1		3.280	1.182	
17:0 g									
18:0 g	0.860		0		1		2.030	0.731	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.470		0		1		5.829	2.100	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.270		0		1		0.637	0.230	
17:1 g									
18:1 undifferentiated g	2.150		0		1		5.074	1.828	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.560		0		1		1.322	0.476	
18:2 undifferentiated g	0.410		0		1		0.968	0.349	
18:3 undifferentiated g	0.040		0		1		0.094	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.260	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	119		0		1		281	101	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.259		0		1		0.611	0.220	
Threonine g	1.120		0		1		2.643	0.952	
Isoleucine g	1.262		0		1		2.978	1.073	
Leucine g	2.040		0		1		4.814	1.734	
Lysine g	2.112		0		1		4.984	1.795	
Methionine g	0.598		0		1		1.411	0.508	
Cystine g	0.289		0		1		0.682	0.246	
Phenylalanine g	1.035		0		1		2.443	0.880	
Tyrosine g	0.817		0		1		1.928	0.694	
Valine g	1.417		0		1		3.344	1.204	
Arginine g	1.508		0		1		3.559	1.282	
Histidine g	0.931		0		1		2.197	0.791	
Alanine g	1.525		0		1		3.599	1.296	
Aspartic acid g	2.212		0		1		5.220	1.880	
Glutamic acid g	4.055		0		1		9.570	3.447	
Glycine g	1.317		0		1		3.108	1.119	
Proline g	1.070		0		1		2.525	0.910	
Serine g	0.961		0		1		2.268	0.817	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17133
Veal, shoulder, blade, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17131
Veal, shoulder, blade, separable lean only, raw

Refuse: 34% Bone 32%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.71	0.193	12		1		21.75	347.96	
Energy....kcal	113		0	NC	4		32	513	
Energy....kJ	473				4		134	2145	
Protein (N x 6.25)....g	19.64	0.215	12		1		5.57	89.09	
Total lipid (fat)....g	3.26	0.067	12		1		0.92	14.79	
Ash....g	1.06	0.027	12		1		0.30	4.81	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23	2.688	12		1		7	104	
Iron, Fe....mg	0.88	0.029	12		1		0.25	3.99	
Magnesium, Mg....mg	23	0.446	12		1		7	104	
Phosphorus, P....mg	204	5.032	12		1		58	925	
Potassium, K....mg	295	4.801	12		1		84	1338	
Sodium, Na....mg	97	3.421	12		1		27	440	
Zinc, Zn....mg	4.42	0.093	12		1		1.25	20.05	
Copper, Cu....mg	0.121	0.007	12		1		0.034	0.549	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	8.1		0	BFNN	4		2.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.009	12		1		0.026	0.408	
Riboflavin....mg	0.310	0.018	12		1		0.088	1.406	
Niacin....mg	5.550	0.578	12		1		1.573	25.175	
Pantothenic acid....mg	1.540	0.155	12		1		0.437	6.985	
Vitamin B-6....mg	0.370	0.036	12		1		0.105	1.678	
Folate, total....mcg	10	1.753	12		1		3	45	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	1.753	12		1		3	45	
Folate, DFE....mcg_DFE	10		0	NC	4		3	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.86	0.272	12		1		0.53	8.44	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	1.22	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.980		0		1		0.278	4.445	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17131
Veal, shoulder, blade, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.050		147		1		0.014	0.227	
15:0 g									
16:0 g	0.560		147		1		0.159	2.540	
17:0 g									
18:0 g	0.340		147		1		0.096	1.542	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.050		0		1		0.298	4.763	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		147		1		0.031	0.499	
17:1 g									
18:1 undifferentiated g	0.930		147		1		0.264	4.218	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.340		0		1		0.096	1.542	
18:2 undifferentiated g	0.240		147		1		0.068	1.089	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		147		1		0.026	0.408	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	90	4.871	12		1		26	408	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0		1		0.056	0.903	
Threonine g	0.858		0		1		0.243	3.892	
Isoleucine g	0.967		0		1		0.274	4.386	
Leucine g	1.563		0		1		0.443	7.090	
Lysine g	1.618		0		1		0.459	7.339	
Methionine g	0.458		0		1		0.130	2.077	
Cystine g	0.222		0		1		0.063	1.007	
Phenylalanine g	0.793		0		1		0.225	3.597	
Tyrosine g	0.626		0		1		0.177	2.840	
Valine g	1.085		0		1		0.308	4.922	
Arginine g	1.155		0		1		0.327	5.239	
Histidine g	0.713		0		1		0.202	3.234	
Alanine g	1.168		0		1		0.331	5.298	
Aspartic acid g	1.694		0		1		0.480	7.684	
Glutamic acid g	3.106		0		1		0.881	14.089	
Glycine g	1.009		0		1		0.286	4.577	
Proline g	0.820		0		1		0.232	3.720	
Serine g	0.736		0		1		0.209	3.338	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17131
Veal, shoulder, blade, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17117

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Refuse: 31% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.40		0		1		107.72	47.94	
Energy....kcal	228		0	NC	4		435	194	
Energy....kJ	954		0		4		1822	811	
Protein (N x 6.25)....g	32.06		0		1		61.23	27.25	
Total lipid (fat)....g	10.14		0		1		19.37	8.62	
Ash....g	1.24		0		1		2.37	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		1		67	30	
Iron, Fe....mg	1.42		0		1		2.71	1.21	
Magnesium, Mg....mg	27		0		1		52	23	
Phosphorus, P....mg	250		0		1		478	213	
Potassium, K....mg	309		0		1		590	263	
Sodium, Na....mg	95		0		1		181	81	
Zinc, Zn....mg	6.59		0		1		12.59	5.60	
Copper, Cu....mg	0.151		0		1		0.288	0.128	
Manganese, Mn....mg	0.036		0		1		0.069	0.031	
Selenium, Se....mcg	14.2		0	PIE	4		27.1	12.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.115	0.051	
Riboflavin....mg	0.340		0		1		0.649	0.289	
Niacin....mg	6.420		0		1		12.262	5.457	
Pantothenic acid....mg	1.530		0		1		2.922	1.301	
Vitamin B-6....mg	0.250		0		1		0.478	0.213	
Folate, total....mcg	15		0		1		29	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		29	13	
Folate, DFE....mcg_DFE	15		0	NC	4		29	13	
Choline, total....mg	123.8		0	BFNN	4		236.4	105.2	
Betaine....mg	16.3		0	BFNN	4		31.1	13.8	
Vitamin B-12....mcg	1.84		0		1		3.51	1.56	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.80	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	5.9		0	BFYN	4		11.3	5.0	
Lipids:									
Fatty acids, total saturated....g	3.750		0		1		7.163	3.188	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17117

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.019	0.009	
12:0 g	0.030		0		1		0.057	0.026	
13:0 g									
14:0 g	0.350		0		1		0.669	0.298	
15:0 g									
16:0 g	2.030		0		1		3.877	1.726	
17:0 g									
18:0 g	1.240		0		1		2.368	1.054	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.900		0		1		7.449	3.315	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.410		0		1		0.783	0.349	
17:1 g									
18:1 undifferentiated g	3.410		0		1		6.513	2.899	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.730		0		1		1.394	0.621	
18:2 undifferentiated g	0.570		0		1		1.089	0.485	
18:3 undifferentiated g	0.060		0		1		0.115	0.051	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.191	0.085	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	126		0		1		241	107	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.325		0		1		0.621	0.276	
Threonine g	1.401		0		1		2.676	1.191	
Isoleucine g	1.579		0		1		3.016	1.342	
Leucine g	2.552		0		1		4.874	2.169	
Lysine g	2.642		0		1		5.046	2.246	
Methionine g	0.748		0		1		1.429	0.636	
Cystine g	0.362		0		1		0.691	0.308	
Phenylalanine g	1.294		0		1		2.472	1.100	
Tyrosine g	1.022		0		1		1.952	0.869	
Valine g	1.772		0		1		3.385	1.506	
Arginine g	1.886		0		1		3.602	1.603	
Histidine g	1.164		0		1		2.223	0.989	
Alanine g	1.907		0		1		3.642	1.621	
Aspartic acid g	2.766		0		1		5.283	2.351	
Glutamic acid g	5.071		0		1		9.686	4.310	
Glycine g	1.648		0		1		3.148	1.401	
Proline g	1.339		0		1		2.557	1.138	
Serine g	1.202		0		1		2.296	1.022	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17117

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17118

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.31		0		1		168.50	55.51	
Energy....kcal	184		0	NC	4		475	156	
Energy....kJ	770				4		1986	654	
Protein (N x 6.25)....g	25.32		0		1		65.33	21.52	
Total lipid (fat)....g	8.42		0		1		21.72	7.16	
Ash....g	1.40		0		1		3.61	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		70	23	
Iron, Fe....mg	1.03		0		1		2.66	0.88	
Magnesium, Mg....mg	25		0		1		65	21	
Phosphorus, P....mg	215		0		1		555	183	
Potassium, K....mg	322		0		1		831	274	
Sodium, Na....mg	96		0		1		248	82	
Zinc, Zn....mg	5.12		0		1		13.21	4.35	
Copper, Cu....mg	0.139		0		1		0.359	0.118	
Manganese, Mn....mg	0.030		0		1		0.077	0.026	
Selenium, Se....mcg	10.7		0	PIE	4		27.6	9.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.181	0.060	
Riboflavin....mg	0.340		0		1		0.877	0.289	
Niacin....mg	6.330		0		1		16.331	5.381	
Pantothenic acid....mg	1.300		0		1		3.354	1.105	
Vitamin B-6....mg	0.260		0		1		0.671	0.221	
Folate, total....mcg	12		0		1		31	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		31	10	
Folate, DFE....mcg_DFE	12		0	NC	4		31	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.82		0		1		4.70	1.55	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		1.19	0.39	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.400		0		1		8.772	2.890	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17118

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010		0		1		0.026	0.009	
12:0 g	0.020		0		1		0.052	0.017	
13:0 g									
14:0 g	0.310		0		1		0.800	0.264	
15:0 g									
16:0 g	1.810		0		1		4.670	1.539	
17:0 g									
18:0 g	1.130		0		1		2.915	0.961	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.160		0		1		8.153	2.686	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.360		0		1		0.929	0.306	
17:1 g									
18:1 undifferentiated g	2.730		0		1		7.043	2.321	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		1.574	0.519	
18:2 undifferentiated g	0.460		0		1		1.187	0.391	
18:3 undifferentiated g	0.050		0		1		0.129	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		1		0.258	0.085	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	113		0		1		292	96	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.256		0		1		0.660	0.218	
Threonine g	1.106		0		1		2.853	0.940	
Isoleucine g	1.247		0		1		3.217	1.060	
Leucine g	2.015		0		1		5.199	1.713	
Lysine g	2.087		0		1		5.384	1.774	
Methionine g	0.591		0		1		1.525	0.502	
Cystine g	0.286		0		1		0.738	0.243	
Phenylalanine g	1.022		0		1		2.637	0.869	
Tyrosine g	0.807		0		1		2.082	0.686	
Valine g	1.400		0		1		3.612	1.190	
Arginine g	1.489		0		1		3.842	1.266	
Histidine g	0.919		0		1		2.371	0.781	
Alanine g	1.506		0		1		3.885	1.280	
Aspartic acid g	2.184		0		1		5.635	1.856	
Glutamic acid g	4.005		0		1		10.333	3.404	
Glycine g	1.301		0		1		3.357	1.106	
Proline g	1.057		0		1		2.727	0.898	
Serine g	0.949		0		1		2.448	0.807	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17118

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17116

Veal, shoulder, whole (arm and blade), separable lean and fat, raw

Refuse: 28% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.78		0		1		21.20	339.20	
Energy....kcal	130		0	NC	4		37	590	
Energy....kJ	544		0		4		154	2467	
Protein (N x 6.25)....g	19.27		0		1		5.46	87.41	
Total lipid (fat)....g	5.28		0		1		1.50	23.95	
Ash....g	1.05		0		1		0.30	4.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		6	100	
Iron, Fe....mg	0.91		0		1		0.26	4.13	
Magnesium, Mg....mg	23		0		1		7	104	
Phosphorus, P....mg	203		0		1		58	921	
Potassium, K....mg	302		0		1		86	1370	
Sodium, Na....mg	91		0		1		26	413	
Zinc, Zn....mg	3.93		0		1		1.11	17.83	
Copper, Cu....mg	0.119		0		1		0.034	0.540	
Manganese, Mn....mg	0.028		0		1		0.008	0.127	
Selenium, Se....mcg	8.1		0	PIE	4		2.3	36.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.026	0.408	
Riboflavin....mg	0.290		0		1		0.082	1.315	
Niacin....mg	6.190		0		1		1.755	28.078	
Pantothenic acid....mg	1.420		0		1		0.403	6.441	
Vitamin B-6....mg	0.390		0		1		0.111	1.769	
Folate, total....mcg	12		0		1		3	54	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		1		3	54	
Folate, DFE....mcg_DFE	12		0	NC	4		3	54	
Choline, total....mg	80.7		0	BFNN	4		22.9	366.2	
Betaine....mg	11.9		0	BFNN	4		3.4	53.8	
Vitamin B-12....mcg	1.67		0		1		0.47	7.58	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	1.22	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	4.6		0	BFYN	4		1.3	21.0	
Lipids:									
Fatty acids, total saturated....g	2.050		0		1		0.581	9.299	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17116

Veal, shoulder, whole (arm and blade), separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.003	0.045	
13:0 g									
14:0 g	0.180		0		1		0.051	0.816	
15:0 g									
16:0 g	1.100		0		1		0.312	4.990	
17:0 g									
18:0 g	0.680		0		1		0.193	3.084	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.940		0		1		0.550	8.800	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220		0		1		0.062	0.998	
17:1 g									
18:1 undifferentiated g	1.680		0		1		0.476	7.620	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0		1		0.116	1.860	
18:2 undifferentiated g	0.300		0		1		0.085	1.361	
18:3 undifferentiated g	0.030		0		1		0.009	0.136	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		0		1		0.020	0.318	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	87		0		1		25	395	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.195		0		1		0.055	0.885	
Threonine g	0.842		0		1		0.239	3.819	
Isoleucine g	0.949		0		1		0.269	4.305	
Leucine g	1.534		0		1		0.435	6.958	
Lysine g	1.588		0		1		0.450	7.203	
Methionine g	0.450		0		1		0.128	2.041	
Cystine g	0.217		0		1		0.062	0.984	
Phenylalanine g	0.778		0		1		0.221	3.529	
Tyrosine g	0.614		0		1		0.174	2.785	
Valine g	1.065		0		1		0.302	4.831	
Arginine g	1.133		0		1		0.321	5.139	
Histidine g	0.699		0		1		0.198	3.171	
Alanine g	1.146		0		1		0.325	5.198	
Aspartic acid g	1.662		0		1		0.471	7.539	
Glutamic acid g	3.048		0		1		0.864	13.826	
Glycine g	0.990		0		1		0.281	4.491	
Proline g	0.804		0		1		0.228	3.647	
Serine g	0.722		0		1		0.205	3.275	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17116

Veal, shoulder, whole (arm and blade), separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17120

Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

Refuse: 35% Bone 31%, separable fat 4%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.88	0.309	12		1		107.16	50.05	
Energy....kcal	199		0	NC	4		362	169	
Energy....kJ	833				4		1515	708	
Protein (N x 6.25)....g	33.68	0.324	12		1		61.30	28.63	
Total lipid (fat)....g	6.10	0.070	12		1		11.10	5.19	
Ash....g	1.27	0.027	12		1		2.31	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37	3.047	12		1		67	31	
Iron, Fe....mg	1.45	0.039	12		1		2.64	1.23	
Magnesium, Mg....mg	28	0.635	12		1		51	24	
Phosphorus, P....mg	260	7.304	12		1		473	221	
Potassium, K....mg	319	3.828	12		1		581	271	
Sodium, Na....mg	97	4.385	12		1		177	82	
Zinc, Zn....mg	7.00	0.157	12		1		12.74	5.95	
Copper, Cu....mg	0.159	0.012	12		1		0.289	0.135	
Manganese, Mn....mg	0.038		0		1		0.069	0.032	
Selenium, Se....mcg	14.7		0	BFYN	4		26.8	12.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	12		1		0.109	0.051	
Riboflavin....mg	0.350	0.020	12		1		0.637	0.298	
Niacin....mg	6.680	0.922	12		1		12.158	5.678	
Pantothenic acid....mg	1.610	0.356	12		1		2.930	1.369	
Vitamin B-6....mg	0.260	0.041	12		1		0.473	0.221	
Folate, total....mcg	16	3.146	12		1		29	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	3.146	12		1		29	14	
Folate, DFE....mcg_DFE	16		0	NC	4		29	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.94	0.296	12		1		3.53	1.65	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		0.82	0.38	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.700		0		1		3.094	1.445	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17120

Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.018	0.009	
13:0 g									
14:0 g	0.120		73		1		0.218	0.102	
15:0 g									
16:0 g	0.990		73		1		1.802	0.842	
17:0 g									
18:0 g	0.580		73		1		1.056	0.493	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.180		0		1		3.968	1.853	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.200		73		1		0.364	0.170	
17:1 g									
18:1 undifferentiated g	1.960		73		1		3.567	1.666	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0		1		1.001	0.468	
18:2 undifferentiated g	0.420		73		1		0.764	0.357	
18:3 undifferentiated g	0.030		73		1		0.055	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		73		1		0.182	0.085	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	130	7.780	22		1		237	111	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.341		0		1		0.621	0.290	
Threonine g	1.471		0		1		2.677	1.250	
Isoleucine g	1.658		0		1		3.018	1.409	
Leucine g	2.680		0		1		4.878	2.278	
Lysine g	2.775		0		1		5.051	2.359	
Methionine g	0.786		0		1		1.431	0.668	
Cystine g	0.380		0		1		0.692	0.323	
Phenylalanine g	1.359		0		1		2.473	1.155	
Tyrosine g	1.074		0		1		1.955	0.913	
Valine g	1.861		0		1		3.387	1.582	
Arginine g	1.981		0		1		3.605	1.684	
Histidine g	1.222		0		1		2.224	1.039	
Alanine g	2.003		0		1		3.645	1.703	
Aspartic acid g	2.905		0		1		5.287	2.469	
Glutamic acid g	5.327		0		1		9.695	4.528	
Glycine g	1.731		0		1		3.150	1.471	
Proline g	1.406		0		1		2.559	1.195	
Serine g	1.262		0		1		2.297	1.073	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17120

Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17121

Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted

Refuse: 30% Bone 28%, separable fat 2%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.66		0		1		167.32	56.66	
Energy....kcal	170		0	NC	4		427	145	
Energy....kJ	711				4		1785	605	
Protein (N x 6.25)....g	25.81		0		1		64.78	21.94	
Total lipid (fat)....g	6.62		0		1		16.62	5.63	
Ash....g	1.41		0		1		3.54	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		68	23	
Iron, Fe....mg	1.03		0		1		2.59	0.88	
Magnesium, Mg....mg	25		0		1		63	21	
Phosphorus, P....mg	218		0		1		547	185	
Potassium, K....mg	327		0		1		821	278	
Sodium, Na....mg	97		0		1		243	82	
Zinc, Zn....mg	5.25		0		1		13.18	4.46	
Copper, Cu....mg	0.142		0		1		0.356	0.121	
Manganese, Mn....mg	0.030		0		1		0.075	0.026	
Selenium, Se....mcg	10.9		0	BFYN	4		27.4	9.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.176	0.060	
Riboflavin....mg	0.340		0		1		0.853	0.289	
Niacin....mg	6.440		0		1		16.164	5.474	
Pantothenic acid....mg	1.320		0		1		3.313	1.122	
Vitamin B-6....mg	0.260		0		1		0.653	0.221	
Folate, total....mcg	13		0		1		33	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0		1		33	11	
Folate, DFE....mcg_DFE	13		0	NC	4		33	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.86		0		1		4.67	1.58	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		1.26	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.500		0		1		6.275	2.125	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17121

Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.020		0		1		0.050	0.017	
13:0 ... g									
14:0 ... g	0.210		0		1		0.527	0.179	
15:0 ... g									
16:0 ... g	1.350		0		1		3.389	1.148	
17:0 ... g									
18:0 ... g	0.840		0		1		2.108	0.714	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.400		0		1		6.024	2.040	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.270		0		1		0.678	0.230	
17:1 ... g									
18:1 undifferentiated ... g	2.080		0		1		5.221	1.768	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.530		0		1		1.330	0.451	
18:2 undifferentiated ... g	0.390		0		1		0.979	0.332	
18:3 undifferentiated ... g	0.040		0		1		0.100	0.034	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.100		0		1		0.251	0.085	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	114		0		1		286	97	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.261		0		1		0.655	0.222	
Threonine ... g	1.128		0		1		2.831	0.959	
Isoleucine ... g	1.271		0		1		3.190	1.080	
Leucine ... g	2.055		0		1		5.158	1.747	
Lysine ... g	2.127		0		1		5.339	1.808	
Methionine ... g	0.602		0		1		1.511	0.512	
Cystine ... g	0.291		0		1		0.730	0.247	
Phenylalanine ... g	1.042		0		1		2.615	0.886	
Tyrosine ... g	0.823		0		1		2.066	0.700	
Valine ... g	1.427		0		1		3.582	1.213	
Arginine ... g	1.518		0		1		3.810	1.290	
Histidine ... g	0.937		0		1		2.352	0.796	
Alanine ... g	1.535		0		1		3.853	1.305	
Aspartic acid ... g	2.227		0		1		5.590	1.893	
Glutamic acid ... g	4.083		0		1		10.248	3.471	
Glycine ... g	1.327		0		1		3.331	1.128	
Proline ... g	1.078		0		1		2.706	0.916	
Serine ... g	0.968		0		1		2.430	0.823	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17121

Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17119

Veal, shoulder, whole (arm and blade), separable lean only, raw

Refuse: 31% Bone 28%, separable fat 3%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.58	0.182	18		1		21.71	347.37	
Energy....kcal	112		0	NC	4		32	508	
Energy....kJ	469				4		133	2126	
Protein (N x 6.25)....g	19.79	0.215	18		1		5.61	89.77	
Total lipid (fat)....g	3.00	0.054	18		1		0.85	13.61	
Ash....g	1.07	0.024	18		1		0.30	4.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22	2.163	18		1		6	100	
Iron, Fe....mg	0.90	0.058	18		1		0.26	4.08	
Magnesium, Mg....mg	24	0.466	18		1		7	109	
Phosphorus, P....mg	208	4.432	18		1		59	943	
Potassium, K....mg	311	5.936	18		1		88	1411	
Sodium, Na....mg	92	3.561	18		1		26	417	
Zinc, Zn....mg	4.06	0.060	18		1		1.15	18.42	
Copper, Cu....mg	0.121	0.006	18		1		0.034	0.549	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	8.3		0	BFNN	4		2.4	37.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.006	18		1		0.026	0.408	
Riboflavin....mg	0.290	0.016	18		1		0.082	1.315	
Niacin....mg	6.150	0.631	18		1		1.744	27.896	
Pantothenic acid....mg	1.450	0.149	18		1		0.411	6.577	
Vitamin B-6....mg	0.400	0.044	19		1		0.113	1.814	
Folate, total....mcg	11	2.034	18		1		3	50	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11	2.034	18		1		3	50	
Folate, DFE....mcg_DFE	11		0	NC	4		3	50	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.68	0.225	18		1		0.48	7.62	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.07	1.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.900		0		1		0.255	4.082	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17119

Veal, shoulder, whole (arm and blade), separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.050		147		1		0.014	0.227	
15:0 g									
16:0 g	0.510		147		1		0.145	2.313	
17:0 g									
18:0 g	0.320		147		1		0.091	1.452	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.960		0		1		0.272	4.355	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		147		1		0.028	0.454	
17:1 g									
18:1 undifferentiated g	0.860		147		1		0.244	3.901	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.310		0		1		0.088	1.406	
18:2 undifferentiated g	0.220		147		1		0.062	0.998	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		147		1		0.023	0.363	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	86	4.577	18		1		24	390	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.200		0		1		0.057	0.907	
Threonine g	0.864		0		1		0.245	3.919	
Isoleucine g	0.974		0		1		0.276	4.418	
Leucine g	1.575		0		1		0.447	7.144	
Lysine g	1.630		0		1		0.462	7.394	
Methionine g	0.462		0		1		0.131	2.096	
Cystine g	0.223		0		1		0.063	1.012	
Phenylalanine g	0.799		0		1		0.227	3.624	
Tyrosine g	0.631		0		1		0.179	2.862	
Valine g	1.094		0		1		0.310	4.962	
Arginine g	1.164		0		1		0.330	5.280	
Histidine g	0.718		0		1		0.204	3.257	
Alanine g	1.177		0		1		0.334	5.339	
Aspartic acid g	1.707		0		1		0.484	7.743	
Glutamic acid g	3.130		0		1		0.887	14.198	
Glycine g	1.017		0		1		0.288	4.613	
Proline g	0.826		0		1		0.234	3.747	
Serine g	0.742		0		1		0.210	3.366	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17119

Veal, shoulder, whole (arm and blade), separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17135
Veal, sirloin, separable lean and fat, cooked, braised

Refuse: 26% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.49		0		1		111.70	46.32	
Energy	kcal	252		0	NC	4		517	214	
Energy	kJ	1054				4		2161	896	
Protein (N x 6.25)	g	31.26		0		1		64.08	26.57	
Total lipid (fat)	g	13.14		0		1		26.94	11.17	
Ash	g	1.16		0		1		2.38	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		35	14	
Iron, Fe	mg	1.20		0		1		2.46	1.02	
Magnesium, Mg	mg	27		0		1		55	23	
Phosphorus, P	mg	243		0		1		498	207	
Potassium, K	mg	321		0		1		658	273	
Sodium, Na	mg	79		0		1		162	67	
Zinc, Zn	mg	4.32		0		1		8.86	3.67	
Copper, Cu	mg	0.128		0		1		0.262	0.109	
Manganese, Mn	mg	0.035		0		1		0.072	0.030	
Selenium, Se	mcg	14.0		0	PIE	4		28.7	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050		0		1		0.103	0.043	
Riboflavin	mg	0.350		0		1		0.718	0.298	
Niacin	mg	6.580		0		1		13.489	5.593	
Pantothenic acid	mg	1.010		0		1		2.071	0.859	
Vitamin B-6	mg	0.350		0		1		0.718	0.298	
Folate, total	mcg	15		0		1		31	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		1		31	13	
Folate, DFE	mcg_DFE	15		0	NC	4		31	13	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.48		0		1		3.03	1.26	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.41		0		1		0.84	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.180		0		1		10.619	4.403	
4:0	g									
6:0	g									
8:0	g									

NDB No. 17135
Veal, sirloin, separable lean and fat, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		1		0.021	0.009	
12:0 ... g	0.040		0		1		0.082	0.034	
13:0 ... g									
14:0 ... g	0.510		0		1		1.046	0.434	
15:0 ... g									
16:0 ... g	2.770		0		1		5.679	2.355	
17:0 ... g									
18:0 ... g	1.700		0		1		3.485	1.445	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.150		0		1		10.558	4.378	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.560		0		1		1.148	0.476	
17:1 ... g									
18:1 undifferentiated ... g	4.460		0		1		9.143	3.791	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.870		0		1		1.784	0.740	
18:2 undifferentiated ... g	0.690		0		1		1.415	0.587	
18:3 undifferentiated ... g	0.090		0		1		0.185	0.077	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.100		0		1		0.205	0.085	
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	108		0		1		221	92	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.316		0		1		0.648	0.269	
Threonine ... g	1.366		0		1		2.800	1.161	
Isoleucine ... g	1.539		0		1		3.155	1.308	
Leucine ... g	2.488		0		1		5.100	2.115	
Lysine ... g	2.576		0		1		5.281	2.190	
Methionine ... g	0.729		0		1		1.494	0.620	
Cystine ... g	0.353		0		1		0.724	0.300	
Phenylalanine ... g	1.262		0		1		2.587	1.073	
Tyrosine ... g	0.997		0		1		2.044	0.847	
Valine ... g	1.728		0		1		3.542	1.469	
Arginine ... g	1.838		0		1		3.768	1.562	
Histidine ... g	1.135		0		1		2.327	0.965	
Alanine ... g	1.859		0		1		3.811	1.580	
Aspartic acid ... g	2.697		0		1		5.529	2.292	
Glutamic acid ... g	4.944		0		1		10.135	4.202	
Glycine ... g	1.606		0		1		3.292	1.365	
Proline ... g	1.305		0		1		2.675	1.109	
Serine ... g	1.172		0		1		2.403	0.996	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17135
Veal, sirloin, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17136
Veal, sirloin, separable lean and fat, cooked, roasted

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.66		0		1		168.56	53.26	
Energy....kcal	202		0	NC	4		543	172	
Energy....kJ	845		0		4		2274	718	
Protein (N x 6.25)....g	25.14		0		1		67.63	21.37	
Total lipid (fat)....g	10.45		0		1		28.11	8.88	
Ash....g	1.39		0		1		3.74	1.18	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		35	11	
Iron, Fe....mg	0.92		0		1		2.47	0.78	
Magnesium, Mg....mg	26		0		1		70	22	
Phosphorus, P....mg	223		0		1		600	190	
Potassium, K....mg	351		0		1		944	298	
Sodium, Na....mg	83		0		1		223	71	
Zinc, Zn....mg	3.35		0		1		9.01	2.85	
Copper, Cu....mg	0.129		0		1		0.347	0.110	
Manganese, Mn....mg	0.029		0		1		0.078	0.025	
Selenium, Se....mcg	11.1		0	PIE	4		29.9	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.161	0.051	
Riboflavin....mg	0.350		0		1		0.942	0.298	
Niacin....mg	8.870		0		1		23.860	7.540	
Pantothenic acid....mg	1.260		0		1		3.389	1.071	
Vitamin B-6....mg	0.320		0		1		0.861	0.272	
Folate, total....mcg	15		0		1		40	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		40	13	
Folate, DFE....mcg_DFE	15		0	NC	4		40	13	
Choline, total....mg	99.5		0	BFNN	4		267.6	84.5	
Betaine....mg	13.1		0	BFNN	4		35.2	11.1	
Vitamin B-12....mcg	1.42		0		1		3.82	1.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		1.13	0.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	6.6		0	BFYN	4		17.8	5.6	
Lipids:									
Fatty acids, total saturated....g	4.510		0		1		12.132	3.834	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17136
Veal, sirloin, separable lean and fat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010		0		1		0.027	0.009	
12:0 g	0.030		0		1		0.081	0.026	
13:0 g									
14:0 g	0.450		0		1		1.211	0.383	
15:0 g									
16:0 g	2.360		0		1		6.348	2.006	
17:0 g									
18:0 g	1.480		0		1		3.981	1.258	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.080		0		1		10.975	3.468	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.480		0		1		1.291	0.408	
17:1 g									
18:1 undifferentiated g	3.490		0		1		9.388	2.967	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.680		0		1		1.829	0.578	
18:2 undifferentiated g	0.520		0		1		1.399	0.442	
18:3 undifferentiated g	0.070		0		1		0.188	0.060	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.080		0		1		0.215	0.068	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	102		0		1		274	87	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.254		0		1		0.683	0.216	
Threonine g	1.098		0		1		2.954	0.933	
Isoleucine g	1.238		0		1		3.330	1.052	
Leucine g	2.001		0		1		5.383	1.701	
Lysine g	2.072		0		1		5.574	1.761	
Methionine g	0.587		0		1		1.579	0.499	
Cystine g	0.284		0		1		0.764	0.241	
Phenylalanine g	1.015		0		1		2.730	0.863	
Tyrosine g	0.802		0		1		2.157	0.682	
Valine g	1.390		0		1		3.739	1.182	
Arginine g	1.479		0		1		3.979	1.257	
Histidine g	0.913		0		1		2.456	0.776	
Alanine g	1.495		0		1		4.022	1.271	
Aspartic acid g	2.169		0		1		5.835	1.844	
Glutamic acid g	3.976		0		1		10.695	3.380	
Glycine g	1.292		0		1		3.475	1.098	
Proline g	1.050		0		1		2.825	0.893	
Serine g	0.942		0		1		2.534	0.801	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17136

Veal, sirloin, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17134
Veal, sirloin, separable lean and fat, raw

Refuse: 25% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.85		0		1		20.37	325.91	
Energy....kcal	152		0	NC	4		43	689	
Energy....kJ	636		0		4		180	2885	
Protein (N x 6.25)....g	19.07		0		1		5.41	86.50	
Total lipid (fat)....g	7.81		0		1		2.21	35.43	
Ash....g	1.04		0		1		0.29	4.72	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		1		3	50	
Iron, Fe....mg	0.78		0		1		0.22	3.54	
Magnesium, Mg....mg	24		0		1		7	109	
Phosphorus, P....mg	209		0		1		59	948	
Potassium, K....mg	329		0		1		93	1492	
Sodium, Na....mg	76		0		1		22	345	
Zinc, Zn....mg	2.55		0		1		0.72	11.57	
Copper, Cu....mg	0.110		0		1		0.031	0.499	
Manganese, Mn....mg	0.027		0		1		0.008	0.122	
Selenium, Se....mcg	8.5		0	PIE	4		2.4	38.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.023	0.363	
Riboflavin....mg	0.300		0		1		0.085	1.361	
Niacin....mg	8.440		0		1		2.393	38.284	
Pantothenic acid....mg	1.360		0		1		0.386	6.169	
Vitamin B-6....mg	0.490		0		1		0.139	2.223	
Folate, total....mcg	13		0		1		4	59	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		0		1		4	59	
Folate, DFE....mcg_DFE	13		0	NC	4		4	59	
Choline, total....mg	82.3		0	BFNN	4		23.3	373.5	
Betaine....mg	12.1		0	BFNN	4		3.4	54.9	
Vitamin B-12....mcg	1.27		0		1		0.36	5.76	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0		1		0.07	1.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....mcg	4.6		0	BFYN	4		1.3	21.0	
Lipids:									
Fatty acids, total saturated....g	3.350		0		1		0.950	15.196	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 17134
Veal, sirloin, separable lean and fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.003	0.045	
12:0....g	0.020		0		1		0.006	0.091	
13:0....g									
14:0....g	0.330		0		1		0.094	1.497	
15:0....g									
16:0....g	1.760		0		1		0.499	7.983	
17:0....g									
18:0....g	1.100		0		1		0.312	4.990	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.040		0		1		0.862	13.789	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.099	1.588	
17:1....g									
18:1 undifferentiated....g	2.600		0		1		0.737	11.794	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.510		0		1		0.145	2.313	
18:2 undifferentiated....g	0.390		0		1		0.111	1.769	
18:3 undifferentiated....g	0.060		0		1		0.017	0.272	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0		1		0.017	0.272	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		22	354	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0		1		0.055	0.875	
Threonine....g	0.833		0		1		0.236	3.778	
Isoleucine....g	0.939		0		1		0.266	4.259	
Leucine....g	1.517		0		1		0.430	6.881	
Lysine....g	1.571		0		1		0.445	7.126	
Methionine....g	0.445		0		1		0.126	2.019	
Cystine....g	0.215		0		1		0.061	0.975	
Phenylalanine....g	0.769		0		1		0.218	3.488	
Tyrosine....g	0.608		0		1		0.172	2.758	
Valine....g	1.054		0		1		0.299	4.781	
Arginine....g	1.121		0		1		0.318	5.085	
Histidine....g	0.692		0		1		0.196	3.139	
Alanine....g	1.134		0		1		0.321	5.144	
Aspartic acid....g	1.645		0		1		0.466	7.462	
Glutamic acid....g	3.016		0		1		0.855	13.681	
Glycine....g	0.980		0		1		0.278	4.445	
Proline....g	0.796		0		1		0.226	3.611	
Serine....g	0.715		0		1		0.203	3.243	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17134

Veal, sirloin, separable lean and fat, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17138
Veal, sirloin, separable lean only, cooked, braised

Refuse: 34% Bone 26%, separable fat 8%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.55	0.285	11		1		107.15	49.77	
Energy....kcal	204		0	NC	4		373	173	
Energy....kJ	854				4		1562	726	
Protein (N x 6.25)....g	33.96	0.444	11		1		62.15	28.87	
Total lipid (fat)....g	6.51	0.389	11		1		11.91	5.53	
Ash....g	1.20	0.031	11		1		2.20	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	2.102	11		1		35	16	
Iron, Fe....mg	1.23	0.051	11		1		2.25	1.05	
Magnesium, Mg....mg	29	0.802	11		1		53	25	
Phosphorus, P....mg	259	7.599	11		1		474	220	
Potassium, K....mg	339	6.581	11		1		620	288	
Sodium, Na....mg	81	4.759	11		1		148	69	
Zinc, Zn....mg	4.75	0.049	11		1		8.69	4.04	
Copper, Cu....mg	0.138	0.014	11		1		0.253	0.117	
Manganese, Mn....mg	0.038		0		1		0.070	0.032	
Selenium, Se....mcg	15.0		0	BFYN	4		27.5	12.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	11		1		0.110	0.051	
Riboflavin....mg	0.380	0.025	11		1		0.695	0.323	
Niacin....mg	7.050	0.737	11		1		12.902	5.993	
Pantothenic acid....mg	1.080	0.169	10		1		1.976	0.918	
Vitamin B-6....mg	0.380	0.069	11		1		0.695	0.323	
Folate, total....mcg	16	2.008	11		1		29	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16	2.008	11		1		29	14	
Folate, DFE....mcg_DFE	16		0	NC	4		29	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.59	0.283	11		1		2.91	1.35	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.44		0		1		0.81	0.37	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.820		0		1		3.331	1.547	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17138
Veal, sirloin, separable lean only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		73		1		0.000	0.000	
12:0 g	0.010		73		1		0.018	0.009	
13:0 g									
14:0 g	0.120		73		1		0.220	0.102	
15:0 g									
16:0 g	1.060		73		1		1.940	0.901	
17:0 g									
18:0 g	0.620		73		1		1.135	0.527	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.330		0		1		4.264	1.981	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.210		73		1		0.384	0.179	
17:1 g									
18:1 undifferentiated g	2.090		73		1		3.825	1.777	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.580		0		1		1.061	0.493	
18:2 undifferentiated g	0.450		73		1		0.824	0.383	
18:3 undifferentiated g	0.030		73		1		0.055	0.026	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		73		1		0.201	0.094	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	113	9.589	18		1		207	96	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.344		0		1		0.630	0.292	
Threonine g	1.483		0		1		2.714	1.261	
Isoleucine g	1.672		0		1		3.060	1.421	
Leucine g	2.703		0		1		4.946	2.298	
Lysine g	2.798		0		1		5.120	2.378	
Methionine g	0.792		0		1		1.449	0.673	
Cystine g	0.383		0		1		0.701	0.326	
Phenylalanine g	1.371		0		1		2.509	1.165	
Tyrosine g	1.083		0		1		1.982	0.921	
Valine g	1.877		0		1		3.435	1.595	
Arginine g	1.997		0		1		3.655	1.697	
Histidine g	1.233		0		1		2.256	1.048	
Alanine g	2.020		0		1		3.697	1.717	
Aspartic acid g	2.930		0		1		5.362	2.491	
Glutamic acid g	5.371		0		1		9.829	4.565	
Glycine g	1.745		0		1		3.193	1.483	
Proline g	1.418		0		1		2.595	1.205	
Serine g	1.273		0		1		2.330	1.082	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17138
Veal, sirloin, separable lean only, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17139
Veal, sirloin, separable lean only, cooked, roasted

Refuse: 30% Bone 25%, separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.74		0		1		165.01	55.88	
Energy....kcal	168		0	NC	4		422	143	
Energy....kJ	703				4		1764	597	
Protein (N x 6.25)....g	26.32		0		1		66.06	22.37	
Total lipid (fat)....g	6.22		0		1		15.61	5.29	
Ash....g	1.44		0		1		3.61	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		35	12	
Iron, Fe....mg	0.91		0		1		2.28	0.77	
Magnesium, Mg....mg	27		0		1		68	23	
Phosphorus, P....mg	231		0		1		580	196	
Potassium, K....mg	365		0		1		916	310	
Sodium, Na....mg	85		0		1		213	72	
Zinc, Zn....mg	3.54		0		1		8.89	3.01	
Copper, Cu....mg	0.136		0		1		0.341	0.116	
Manganese, Mn....mg	0.030		0		1		0.075	0.026	
Selenium, Se....mcg	11.5		0	BFYN	4		28.9	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.151	0.051	
Riboflavin....mg	0.370		0		1		0.929	0.315	
Niacin....mg	9.330		0		1		23.418	7.931	
Pantothenic acid....mg	1.320		0		1		3.313	1.122	
Vitamin B-6....mg	0.340		0		1		0.853	0.289	
Folate, total....mcg	16		0		1		40	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		1		40	14	
Folate, DFE....mcg_DFE	16		0	NC	4		40	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.49		0		1		3.74	1.27	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		1.15	0.39	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.410		0		1		6.049	2.049	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17139
Veal, sirloin, separable lean only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.025	0.009	
13:0 g									
14:0 g	0.210		0		1		0.527	0.179	
15:0 g									
16:0 g	1.290		0		1		3.238	1.097	
17:0 g									
18:0 g	0.800		0		1		2.008	0.680	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.280		0		1		5.723	1.938	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.250		0		1		0.628	0.213	
17:1 g									
18:1 undifferentiated g	1.970		0		1		4.945	1.675	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.480		0		1		1.205	0.408	
18:2 undifferentiated g	0.360		0		1		0.904	0.306	
18:3 undifferentiated g	0.040		0		1		0.100	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.090		0		1		0.226	0.077	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	104		0		1		261	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.266		0		1		0.668	0.226	
Threonine g	1.150		0		1		2.887	0.978	
Isoleucine g	1.296		0		1		3.253	1.102	
Leucine g	2.095		0		1		5.258	1.781	
Lysine g	2.169		0		1		5.444	1.844	
Methionine g	0.614		0		1		1.541	0.522	
Cystine g	0.297		0		1		0.745	0.252	
Phenylalanine g	1.062		0		1		2.666	0.903	
Tyrosine g	0.839		0		1		2.106	0.713	
Valine g	1.455		0		1		3.652	1.237	
Arginine g	1.548		0		1		3.885	1.316	
Histidine g	0.956		0		1		2.400	0.813	
Alanine g	1.566		0		1		3.931	1.331	
Aspartic acid g	2.271		0		1		5.700	1.930	
Glutamic acid g	4.164		0		1		10.452	3.539	
Glycine g	1.353		0		1		3.396	1.150	
Proline g	1.099		0		1		2.758	0.934	
Serine g	0.987		0		1		2.477	0.839	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17139
Veal, sirloin, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17137
Veal, sirloin, separable lean only, raw

Refuse: 31% Bone 25%, separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.94	0.096	12		1		21.53	344.46	
Energy....kcal	110		0	NC	4		31	499	
Energy....kJ	460				4		130	2088	
Protein (N x 6.25)....g	20.20	0.662	12		1		5.73	91.63	
Total lipid (fat)....g	2.59	0.087	12		1		0.73	11.75	
Ash....g	1.09	0.023	12		1		0.31	4.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.645	12		1		3	50	
Iron, Fe....mg	0.80	0.032	12		1		0.23	3.63	
Magnesium, Mg....mg	26	0.516	12		1		7	118	
Phosphorus, P....mg	220	5.552	12		1		62	998	
Potassium, K....mg	348	4.973	12		1		99	1579	
Sodium, Na....mg	80	4.085	12		1		23	363	
Zinc, Zn....mg	2.73	0.043	12		1		0.77	12.38	
Copper, Cu....mg	0.116	0.009	12		1		0.033	0.526	
Manganese, Mn....mg	0.029		0		1		0.008	0.132	
Selenium, Se....mcg	8.7		0	BFNN	4		2.5	39.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.006	12		1		0.023	0.363	
Riboflavin....mg	0.310	0.018	12		1		0.088	1.406	
Niacin....mg	8.970	0.892	12		1		2.543	40.688	
Pantothenic acid....mg	1.450	0.117	12		1		0.411	6.577	
Vitamin B-6....mg	0.520	0.044	12		1		0.147	2.359	
Folate, total....mcg	14	2.811	12		1		4	64	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14	2.811	12		1		4	64	
Folate, DFE....mcg_DFE	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.34	0.182	12		1		0.38	6.08	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg	0.25		0		1		0.07	1.13	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.780		0		1		0.221	3.538	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17137
Veal, sirloin, separable lean only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		147		1		0.000	0.000	
12:0 g	0.000		147		1		0.000	0.000	
13:0 g									
14:0 g	0.040		147		1		0.011	0.181	
15:0 g									
16:0 g	0.440		147		1		0.125	1.996	
17:0 g									
18:0 g	0.270		147		1		0.077	1.225	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.830		0		1		0.235	3.765	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.080		147		1		0.023	0.363	
17:1 g									
18:1 undifferentiated g	0.740		147		1		0.210	3.357	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.270		0		1		0.077	1.225	
18:2 undifferentiated g	0.190		147		1		0.054	0.862	
18:3 undifferentiated g	0.010		147		1		0.003	0.045	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.070		147		1		0.020	0.318	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	79	4.854	12		1		22	358	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.204		0		1		0.058	0.925	
Threonine g	0.882		0		1		0.250	4.001	
Isoleucine g	0.995		0		1		0.282	4.513	
Leucine g	1.608		0		1		0.456	7.294	
Lysine g	1.665		0		1		0.472	7.552	
Methionine g	0.471		0		1		0.134	2.136	
Cystine g	0.228		0		1		0.065	1.034	
Phenylalanine g	0.815		0		1		0.231	3.697	
Tyrosine g	0.644		0		1		0.183	2.921	
Valine g	1.116		0		1		0.316	5.062	
Arginine g	1.188		0		1		0.337	5.389	
Histidine g	0.733		0		1		0.208	3.325	
Alanine g	1.201		0		1		0.340	5.448	
Aspartic acid g	1.743		0		1		0.494	7.906	
Glutamic acid g	3.195		0		1		0.906	14.493	
Glycine g	1.038		0		1		0.294	4.708	
Proline g	0.843		0		1		0.239	3.824	
Serine g	0.757		0		1		0.215	3.434	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

NDB No. 17137
Veal, sirloin, separable lean only, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17189

Veal, variety meats and by-products, brain, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.89	2.012	5		1		260.66	65.36	
Energy	kcal	136		0	NC	4		461	116	
Energy	kJ	569				4		1929	484	
Protein (N x 6.25)	g	11.48	0.609	5		1		38.92	9.76	
Total lipid (fat)	g	9.63	1.483	5		1		32.65	8.19	
Ash	g	1.40	0.041	4		1		4.75	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1		1		54	14	
Iron, Fe	mg	1.67		2		1		5.66	1.42	
Magnesium, Mg	mg	16		2		1		54	14	
Phosphorus, P	mg	385		2		1		1305	327	
Potassium, K	mg	214		2		1		725	182	
Sodium, Na	mg	156		2		1		529	133	
Zinc, Zn	mg	1.61		2		1		5.46	1.37	
Copper, Cu	mg	0.260		1		1		0.881	0.221	
Manganese, Mn	mg	0.038		1		1		0.129	0.032	
Selenium, Se	mcg	11.0	2.767	4	A	1		37.3	9.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0		1		1		44.1	11.1	
Thiamin	mg	0.080		2		1		0.271	0.068	
Riboflavin	mg	0.200		2		1		0.678	0.170	
Niacin	mg	2.430		2		1		8.238	2.066	
Pantothenic acid	mg	1.000		2		1		3.390	0.850	
Vitamin B-6	mg	0.170		2		1		0.576	0.145	
Folate, total	mcg	3		2		1		10	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		2		1		10	3	
Folate, DFE	mcg_DFE	3		0	NC	4		10	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	9.65		2		1		32.71	8.20	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.180		0		1		7.390	1.853	
Fatty acids, total monounsaturated	g	1.740		0		1		5.899	1.479	
14:1	g									
15:1	g									

NDB No. 17189

Veal, variety meats and by-products, brain, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.110		0		1		3.763	0.944	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.490		0		1		5.051	1.267	
18:2 undifferentiated....g	0.090		0		1		0.305	0.077	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	3100		1		1		10509	2635	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.390	0.098	
Threonine....g	0.568		0		1		1.926	0.483	
Isoleucine....g	0.467		0		1		1.583	0.397	
Leucine....g	0.886		0		1		3.004	0.753	
Lysine....g	0.711		0		1		2.410	0.604	
Methionine....g	0.252		0		1		0.854	0.214	
Cystine....g	0.120		0		1		0.407	0.102	
Phenylalanine....g	0.604		0		1		2.048	0.513	
Tyrosine....g	0.445		0		1		1.509	0.378	
Valine....g	0.546		0		1		1.851	0.464	
Arginine....g	0.629		0		1		2.132	0.535	
Histidine....g	0.287		0		1		0.973	0.244	
Alanine....g	0.591		0		1		2.003	0.502	
Aspartic acid....g	0.974		0		1		3.302	0.828	
Glutamic acid....g	1.373		0		1		4.654	1.167	
Glycine....g	0.504		0		1		1.709	0.428	
Proline....g	0.474		0		1		1.607	0.403	
Serine....g	0.589		0		1		1.997	0.501	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 339g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17190
Veal, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.56		1		1		226.25	58.28	
Energy....kcal	213		0	NC	4		703	181	
Energy....kJ	891				4		2941	758	
Protein (N x 6.25)....g	14.48		1		1		47.78	12.31	
Total lipid (fat)....g	16.75		1		1		55.28	14.24	
Ash....g	1.88		1		1		6.20	1.60	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		33	9	
Iron, Fe....mg	1.07		1		1		3.53	0.91	
Magnesium, Mg....mg	18		1		1		59	15	
Phosphorus, P....mg	434		1		1		1432	369	
Potassium, K....mg	472		1		1		1558	401	
Sodium, Na....mg	176		1		1		581	150	
Zinc, Zn....mg	1.82		1		1		6.01	1.55	
Copper, Cu....mg	0.300		1		1		0.990	0.255	
Manganese, Mn....mg	0.044		1		1		0.145	0.037	
Selenium, Se....mcg	12.0	2.207	4	A	1		39.6	10.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.0		1		1		49.5	12.8	
Thiamin....mg	0.150		1		1		0.495	0.128	
Riboflavin....mg	0.360		1		1		1.188	0.306	
Niacin....mg	5.620		1		1		18.546	4.777	
Pantothenic acid....mg	1.130		1		1		3.729	0.961	
Vitamin B-6....mg	0.330		1		1		1.089	0.281	
Folate, total....mcg	6		1		1		20	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		1		1		20	5	
Folate, DFE....mcg_DFE	6		0	NC	4		20	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	21.30		1		1		70.29	18.11	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.960		0		1		13.068	3.366	
Fatty acids, total monounsaturated....g	4.210		0		1		13.893	3.579	
14:1....g									
15:1....g									

NDB No. 17190

Veal, variety meats and by-products, brain, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.670		0		1		12.111	3.120	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.440		0		1		8.052	2.074	
18:2 undifferentiated....g	0.890		0		1		2.937	0.757	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2120		1		1		6996	1802	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0		1		0.479	0.123	
Threonine....g	0.716		0		1		2.363	0.609	
Isoleucine....g	0.589		0		1		1.944	0.501	
Leucine....g	1.118		0		1		3.689	0.950	
Lysine....g	0.897		0		1		2.960	0.762	
Methionine....g	0.318		0		1		1.049	0.270	
Cystine....g	0.151		0		1		0.498	0.128	
Phenylalanine....g	0.762		0		1		2.515	0.648	
Tyrosine....g	0.561		0		1		1.851	0.477	
Valine....g	0.689		0		1		2.274	0.586	
Arginine....g	0.794		0		1		2.620	0.675	
Histidine....g	0.363		0		1		1.198	0.309	
Alanine....g	0.745		0		1		2.459	0.633	
Aspartic acid....g	1.228		0		1		4.052	1.044	
Glutamic acid....g	1.732		0		1		5.716	1.472	
Glycine....g	0.635		0		1		2.096	0.540	
Proline....g	0.598		0		1		1.973	0.508	
Serine....g	0.743		0		1		2.452	0.632	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 330g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17188
Veal, variety meats and by-products, brain, raw

Refuse: 3% Blood clots and membranes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.78	0.310	9		1		22.62	90.15	
Energy....kcal	118		0	NC	4		33	133	
Energy....kJ	494				4		140	558	
Protein (N x 6.25)....g	10.32	0.046	9		1		2.93	11.66	
Total lipid (fat)....g	8.21	0.353	9		1		2.33	9.28	
Ash....g	1.36	0.016	9		1		0.39	1.54	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2		1		3	11	
Iron, Fe....mg	2.13	0.606	5		1		0.60	2.41	
Magnesium, Mg....mg	14		2		1		4	16	
Phosphorus, P....mg	274		2		1		78	310	
Potassium, K....mg	315	22.229	6		1		89	356	
Sodium, Na....mg	127	1.301	6		1		36	144	
Zinc, Zn....mg	1.11		1		1		0.31	1.25	
Copper, Cu....mg	0.220		2		1		0.062	0.249	
Manganese, Mn....mg	0.037		1		1		0.010	0.042	
Selenium, Se....mcg	10.0	1.603	4	A	1		2.8	11.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.0		2		1		4.0	15.8	
Thiamin....mg	0.130		1		1		0.037	0.147	
Riboflavin....mg	0.260		1		1		0.074	0.294	
Niacin....mg	4.300		1		1		1.219	4.859	
Pantothenic acid....mg	2.720		1		1		0.771	3.074	
Vitamin B-6....mg	0.280		1		1		0.079	0.316	
Folate, total....mcg	3		1		1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		1		1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	12.20		1		1		3.46	13.79	
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0	0	
Retinol....mcg	0	0.000	8		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		8		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.910		0		1		0.541	2.158	
Fatty acids, total monounsaturated....g	1.640		0		1		0.465	1.853	
14:1....g									
15:1....g									

NDB No. 17188
Veal, variety meats and by-products, brain, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.310		0		1		0.371	1.480	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.950		0		1		0.269	1.074	
18:2 undifferentiated....g	0.020		0		1		0.006	0.023	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	1590		2		1		451	1797	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		6		1		0.029	0.116	
Threonine....g	0.511		6		1		0.145	0.577	
Isoleucine....g	0.420		6		1		0.119	0.475	
Leucine....g	0.797		6		1		0.226	0.901	
Lysine....g	0.640		6		1		0.181	0.723	
Methionine....g	0.227		6		1		0.064	0.257	
Cystine....g	0.108		6		1		0.031	0.122	
Phenylalanine....g	0.543		6		1		0.154	0.614	
Tyrosine....g	0.400		6		1		0.113	0.452	
Valine....g	0.491		6		1		0.139	0.555	
Arginine....g	0.566		6		1		0.160	0.640	
Histidine....g	0.258		6		1		0.073	0.292	
Alanine....g	0.531		6		1		0.151	0.600	
Aspartic acid....g	0.876		6		1		0.248	0.990	
Glutamic acid....g	1.234		6		1		0.350	1.394	
Glycine....g	0.453		6		1		0.128	0.512	
Proline....g	0.426		6		1		0.121	0.481	
Serine....g	0.530		6		1		0.150	0.599	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17194
Veal, variety meats and by-products, heart, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.18		0		1		123.12	52.85	
Energy....kcal	186		0	NC	4		368	158	
Energy....kJ	778				4		1541	661	
Protein (N x 6.25)....g	29.12		0		1		57.66	24.75	
Total lipid (fat)....g	6.75		0		1		13.37	5.74	
Ash....g	1.82		0		1		3.60	1.55	
Carbohydrate, by difference....g	0.13		0	NC	4		0.26	0.11	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		16	7	
Iron, Fe....mg	4.32		0		1		8.55	3.67	
Magnesium, Mg....mg	18		0		1		36	15	
Phosphorus, P....mg	250		0		1		495	213	
Potassium, K....mg	199		0		1		394	169	
Sodium, Na....mg	58		0		1		115	49	
Zinc, Zn....mg	2.24		0		1		4.44	1.90	
Copper, Cu....mg	0.432		0		1		0.855	0.367	
Manganese, Mn....mg	0.061		0		1		0.121	0.052	
Selenium, Se....mcg	52.4		0	BFNN	4		103.8	44.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		0		1		19.8	8.5	
Thiamin....mg	0.350		0		1		0.693	0.298	
Riboflavin....mg	0.930		0		1		1.841	0.791	
Niacin....mg	4.880		0		1		9.662	4.148	
Pantothenic acid....mg	1.650		0		1		3.267	1.403	
Vitamin B-6....mg	0.210		0		1		0.416	0.179	
Folate, total....mcg	2		0		1		4	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		1		4	2	
Folate, DFE....mcg_DFE	2		0	NC	4		4	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	14.46		0		1		28.63	12.29	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0		4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.820		0		1		3.604	1.547	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17194

Veal, variety meats and by-products, heart, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.040		0		1		0.079	0.034	
13:0 g									
14:0 g	0.120		0		1		0.238	0.102	
15:0 g									
16:0 g	0.820		0		1		1.624	0.697	
17:0 g									
18:0 g	0.800		0		1		1.584	0.680	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.420		0		1		2.812	1.207	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.110		0		1		0.218	0.094	
17:1 g									
18:1 undifferentiated g	1.230		0		1		2.435	1.046	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.050		0		1		0.099	0.043	
24:1 c g									
Fatty acids, total polyunsaturated g	1.780		0		1		3.524	1.513	
18:2 undifferentiated g	1.210		0		1		2.396	1.029	
18:3 undifferentiated g	0.050		0		1		0.099	0.043	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.410		0		1		0.812	0.349	
20:5 n-3 (EPA) g	0.060		0		1		0.119	0.051	
22:5 n-3 (DPA) g	0.060		0		1		0.119	0.051	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	176		0		1		348	150	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.310		0		1		0.614	0.264	
Threonine g	1.288		0		1		2.550	1.095	
Isoleucine g	1.395		0		1		2.762	1.186	
Leucine g	2.287		0		1		4.528	1.944	
Lysine g	2.507		0		1		4.964	2.131	
Methionine g	0.664		0		1		1.315	0.564	
Cystine g	0.313		0		1		0.620	0.266	
Phenylalanine g	1.263		0		1		2.501	1.074	
Tyrosine g	0.955		0		1		1.891	0.812	
Valine g	1.523		0		1		3.016	1.295	
Arginine g	1.808		0		1		3.580	1.537	
Histidine g	0.783		0		1		1.550	0.666	
Alanine g	1.808		0		1		3.580	1.537	
Aspartic acid g	2.703		0		1		5.352	2.298	
Glutamic acid g	4.203		0		1		8.322	3.573	
Glycine g	1.589		0		1		3.146	1.351	
Proline g	1.351		0		1		2.675	1.148	
Serine g	1.351		0		1		2.675	1.148	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17194

Veal, variety meats and by-products, heart, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17193
Veal, variety meats and by-products, heart, raw

Refuse: 26% Fat and valves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.69	0.601	7		1		22.03	87.79	
Energy....kcal	110		0	NC	4		31	124	
Energy....kJ	460				4		130	520	
Protein (N x 6.25)....g	17.18	0.314	6		1		4.87	19.41	
Total lipid (fat)....g	3.98	0.520	6		1		1.13	4.50	
Ash....g	1.07	0.032	6		1		0.30	1.21	
Carbohydrate, by difference....g	0.08		0	NC	4		0.02	0.09	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5	1.659	3		1		1	6	
Iron, Fe....mg	4.24	0.467	6		1		1.20	4.79	
Magnesium, Mg....mg	18	1.703	3		1		5	20	
Phosphorus, P....mg	211		2		1		60	238	
Potassium, K....mg	261	35.016	3		1		74	295	
Sodium, Na....mg	77	16.969	3		1		22	87	
Zinc, Zn....mg	1.47		2		1		0.42	1.66	
Copper, Cu....mg	0.340		1		1		0.096	0.384	
Manganese, Mn....mg	0.036		0		1		0.010	0.041	
Selenium, Se....mcg	33.3		0	BFNN	4		9.4	37.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0	0.358	5		1		2.3	9.0	
Thiamin....mg	0.520		1		1		0.147	0.588	
Riboflavin....mg	1.000		1		1		0.284	1.130	
Niacin....mg	6.400		1		1		1.814	7.232	
Pantothenic acid....mg	2.780		1		1		0.788	3.141	
Vitamin B-6....mg	0.430		0		1		0.122	0.486	
Folate, total....mcg	2		0		1		1	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		1		1	2	
Folate, DFE....mcg_DFE	2		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.76		0		1		3.90	15.55	
Vitamin A, RAE....mcg_RAE	0	0.000	9		1		0	0	
Retinol....mcg	0	0.000	9		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		9		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.070		0		1		0.303	1.209	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17193
Veal, variety meats and by-products, heart, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.020		13		1		0.006	0.023	
13:0 g									
14:0 g	0.070		13		1		0.020	0.079	
15:0 g									
16:0 g	0.480		13		1		0.136	0.542	
17:0 g									
18:0 g	0.470		13		1		0.133	0.531	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.840		0		1		0.238	0.949	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		13		1		0.017	0.068	
17:1 g									
18:1 undifferentiated g	0.730		13		1		0.207	0.825	
20:1 g	0.000		13		1		0.000	0.000	
22:1 undifferentiated g	0.030		13		1		0.009	0.034	
24:1 c g									
Fatty acids, total polyunsaturated g	1.050		0		1		0.298	1.187	
18:2 undifferentiated g	0.710		13		1		0.201	0.802	
18:3 undifferentiated g	0.030		13		1		0.009	0.034	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.240		13		1		0.068	0.271	
20:5 n-3 (EPA) g	0.030		13		1		0.009	0.034	
22:5 n-3 (DPA) g	0.030	0.000	13		1		0.009	0.034	
22:6 n-3 (DHA) g	0.000		13		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	104		1		1		29	118	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.183		2		1		0.052	0.207	
Threonine g	0.760		2		1		0.215	0.859	
Isoleucine g	0.823		2		1		0.233	0.930	
Leucine g	1.349		2		1		0.382	1.524	
Lysine g	1.479		2		1		0.419	1.671	
Methionine g	0.392		2		1		0.111	0.443	
Cystine g	0.185		2		1		0.052	0.209	
Phenylalanine g	0.745		2		1		0.211	0.842	
Tyrosine g	0.564		2		1		0.160	0.637	
Valine g	0.898		1		1		0.255	1.015	
Arginine g	1.067		1		1		0.302	1.206	
Histidine g	0.462		1		1		0.131	0.522	
Alanine g	1.067		1		1		0.302	1.206	
Aspartic acid g	1.595		1		1		0.452	1.802	
Glutamic acid g	2.480		1		1		0.703	2.802	
Glycine g	0.938		1		1		0.266	1.060	
Proline g	0.797		1		1		0.226	0.901	
Serine g	0.797		1		1		0.226	0.901	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

NDB No. 17193
Veal, variety meats and by-products, heart, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17198

Veal, variety meats and by-products, kidneys, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.67	1.194	4		1		124.51	57.52	
Energy....kcal	163		0	NC	4		300	139	
Energy....kJ	682				4		1255	580	
Protein (N x 6.25)....g	26.32	0.328	4		1		48.43	22.37	
Total lipid (fat)....g	5.66	0.404	4		1		10.41	4.81	
Ash....g	1.45	0.063	4		1		2.67	1.23	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		1		1		53	25	
Iron, Fe....mg	3.04		1		1		5.59	2.58	
Magnesium, Mg....mg	24		1		1		44	20	
Phosphorus, P....mg	372		1		1		684	316	
Potassium, K....mg	159		1		1		293	135	
Sodium, Na....mg	110		1		1		202	94	
Zinc, Zn....mg	4.25		1		1		7.82	3.61	
Copper, Cu....mg	0.360		1		1		0.662	0.306	
Manganese, Mn....mg	0.127		1		1		0.234	0.108	
Selenium, Se....mcg	100.0	10.295	4	A	1		184.0	85.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		1		1		14.7	6.8	
Thiamin....mg	0.190		1		1		0.350	0.162	
Riboflavin....mg	1.990		1		1		3.662	1.692	
Niacin....mg	4.630		1		1		8.519	3.936	
Pantothenic acid....mg	0.860		1		1		1.582	0.731	
Vitamin B-6....mg	0.180		1		1		0.331	0.153	
Folate, total....mcg	21		1		1		39	18	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		1		1		39	18	
Folate, DFE....mcg_DFE	21		0	NC	4		39	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	36.90		1		1		67.90	31.37	
Vitamin A, RAE....mcg_RAE	201		1		1		370	171	
Retinol....mcg	201		1		1		370	171	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	669		1		1		1231	569	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.740		0		1		3.202	1.479	
4:0....g									
6:0....g									
8:0....g									

NDB No. 17198

Veal, variety meats and by-products, kidneys, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.010		2		1		0.018	0.009	
13:0 g									
14:0 g	0.110		2		1		0.202	0.094	
15:0 g									
16:0 g	0.940		2		1		1.730	0.799	
17:0 g									
18:0 g	0.630		2		1		1.159	0.536	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.240		0		1		2.282	1.054	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		2		1		0.184	0.085	
17:1 g									
18:1 undifferentiated g	1.070		2		1		1.969	0.910	
20:1 g	0.000		2		1		0.000	0.000	
22:1 undifferentiated g	0.030		2		1		0.055	0.026	
24:1 c g									
Fatty acids, total polyunsaturated g	1.130		0		1		2.079	0.961	
18:2 undifferentiated g	0.550		2		1		1.012	0.468	
18:3 undifferentiated g	0.070		2		1		0.129	0.060	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.320		2		1		0.589	0.272	
20:5 n-3 (EPA) g	0.090		2		1		0.166	0.077	
22:5 n-3 (DPA) g	0.070		2		1		0.129	0.060	
22:6 n-3 (DHA) g	0.030		2		1		0.055	0.026	
Fatty acids, total trans g									
Cholesterol mg	791		1		1		1455	672	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.338		0		1		0.622	0.287	
Threonine g	1.200		0		1		2.208	1.020	
Isoleucine g	1.119		0		1		2.059	0.951	
Leucine g	2.131		0		1		3.921	1.811	
Lysine g	1.751		0		1		3.222	1.488	
Methionine g	0.552		0		1		1.016	0.469	
Cystine g	0.292		0		1		0.537	0.248	
Phenylalanine g	1.248		0		1		2.296	1.061	
Tyrosine g	1.009		0		1		1.857	0.858	
Valine g	1.392		0		1		2.561	1.183	
Arginine g	1.622		0		1		2.984	1.379	
Histidine g	0.636		0		1		1.170	0.541	
Alanine g	1.392		0		1		2.561	1.183	
Aspartic acid g	2.277		0		1		4.190	1.935	
Glutamic acid g	2.447		0		1		4.502	2.080	
Glycine g	1.554		0		1		2.859	1.321	
Proline g	1.292		0		1		2.377	1.098	
Serine g	1.147		0		1		2.110	0.975	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17198

Veal, variety meats and by-products, kidneys, cooked, braised

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17197
Veal, variety meats and by-products, kidneys, raw

Refuse: 12% Connective tissue, fat, and veins

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.07	0.857	4		1		22.42	89.35	
Energy....kcal	99		0	NC	4		28	112	
Energy....kJ	414				4		117	468	
Protein (N x 6.25)....g	15.76	0.445	5		1		4.47	17.81	
Total lipid (fat)....g	3.12	0.489	3		1		0.88	3.53	
Ash....g	1.20	0.032	5		1		0.34	1.36	
Carbohydrate, by difference....g	0.85		0	NC	4		0.24	0.96	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.914	4		1		3	12	
Iron, Fe....mg	3.36	0.524	4		1		0.95	3.80	
Magnesium, Mg....mg	16		2		1		5	18	
Phosphorus, P....mg	241		1		1		68	272	
Potassium, K....mg	272		2		1		77	307	
Sodium, Na....mg	178		2		1		50	201	
Zinc, Zn....mg	1.97	0.310	3		1		0.56	2.23	
Copper, Cu....mg	0.494	0.124	38		1		0.140	0.558	
Manganese, Mn....mg	0.080		1		1		0.023	0.090	
Selenium, Se....mcg	80.0	3.055	3	A	1		22.7	90.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		2		1		1.4	5.7	
Thiamin....mg	0.320	0.042	4		1		0.091	0.362	
Riboflavin....mg	1.900	0.164	4		1		0.539	2.147	
Niacin....mg	6.990	0.267	4		1		1.982	7.899	
Pantothenic acid....mg	3.300		2		1		0.936	3.729	
Vitamin B-6....mg	0.370	0.059	4		1		0.105	0.418	
Folate, total....mcg	21		4		1		6	24	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	21		4		1		6	24	
Folate, DFE....mcg_DFE	21		0	NC	4		6	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	28.20		4		1		7.99	31.87	
Vitamin A, RAE....mcg_RAE	92	15.252	5		1		26	105	
Retinol....mcg	92	15.252	5		1		26	105	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	308	50.790	5		1		87	348	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.960		0		1		0.272	1.085	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 17197
Veal, variety meats and by-products, kidneys, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		2		1		0.003	0.011	
13:0 g									
14:0 g	0.060		2		1		0.017	0.068	
15:0 g									
16:0 g	0.520		2		1		0.147	0.588	
17:0 g									
18:0 g	0.350		2		1		0.099	0.396	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.680		0		1		0.193	0.768	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		2		1		0.017	0.068	
17:1 g									
18:1 undifferentiated g	0.590		2		1		0.167	0.667	
20:1 g	0.000		2		1		0.000	0.000	
22:1 undifferentiated g	0.010		2		1		0.003	0.011	
24:1 c g									
Fatty acids, total polyunsaturated g	0.620		0		1		0.176	0.701	
18:2 undifferentiated g	0.300		2		1		0.085	0.339	
18:3 undifferentiated g	0.040		2		1		0.011	0.045	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.180		2		1		0.051	0.203	
20:5 n-3 (EPA) g	0.050		2		1		0.014	0.057	
22:5 n-3 (DPA) g	0.040		2		1		0.011	0.045	
22:6 n-3 (DHA) g	0.020		2		1		0.006	0.023	
Fatty acids, total trans g									
Cholesterol mg	364	46.361	3		1		103	411	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		4		1		0.057	0.228	
Threonine g	0.719		4		1		0.204	0.812	
Isoleucine g	0.670		4		1		0.190	0.757	
Leucine g	1.276		4		1		0.362	1.442	
Lysine g	1.048		3		1		0.297	1.184	
Methionine g	0.330		4		1		0.094	0.373	
Cystine g	0.175		4		1		0.050	0.198	
Phenylalanine g	0.748		4		1		0.212	0.845	
Tyrosine g	0.604		4		1		0.171	0.683	
Valine g	0.833		4		1		0.236	0.941	
Arginine g	0.971		4		1		0.275	1.097	
Histidine g	0.381		4		1		0.108	0.431	
Alanine g	0.833		4		1		0.236	0.941	
Aspartic acid g	1.363		4		1		0.386	1.540	
Glutamic acid g	1.465		4		1		0.415	1.655	
Glycine g	0.930		4		1		0.264	1.051	
Proline g	0.773		4		1		0.219	0.873	
Serine g	0.687		4		1		0.195	0.776	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 17197

Veal, variety meats and by-products, kidneys, raw

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17203
Veal, variety meats and by-products, liver, cooked, braised

calf liver
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.86		2	A	1		47.89		
Energy	kcal	192		0	NC	4		154		
Energy	kJ	805		0	NC	4		644		
Protein (N x 6.25)	g	28.42		2	A	1		22.73		
Total lipid (fat)	g	6.26		2	A	1		5.01		
Ash	g	1.70		2	A	1		1.36		
Carbohydrate, by difference	g	3.77		0	NC	4		3.01		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		2	A	1		5		
Iron, Fe	mg	5.11		2	A	1		4.08		
Magnesium, Mg	mg	20		2	A	1		16		
Phosphorus, P	mg	460		2	A	1		368		
Potassium, K	mg	329		2	A	1		263		
Sodium, Na	mg	78		2	A	1		62		
Zinc, Zn	mg	11.23		2	A	1		8.98		
Copper, Cu	mg	14.940		2	A	1		11.952		
Manganese, Mn	mg	0.270		2	A	1		0.216		
Selenium, Se	mcg	19.3		2	A	1		15.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	BFYN	4		0.9		
Thiamin	mg	0.182		2	A	1		0.145		
Riboflavin	mg	2.860		2	A	1		2.288		
Niacin	mg	13.150		2	A	1		10.520		
Pantothenic acid	mg	6.555		2	A	1		5.244		
Vitamin B-6	mg	0.918		2	A	1		0.734		
Folate, total	mcg	331		2	A	1		264		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	331		2	A	1		264		
Folate, DFE	mcg_DFE	331		0	NC	4		264		
Choline, total	mg	398.9		0	AS	1		319.1		
Betaine	mg	9.8		2	A	1		7.8		
Vitamin B-12	mcg	84.60		2	A	1		67.68		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	21145		0	AS	1		16916		
Retinol	mcg	21140		2	A	1		16912		
Carotene, beta	mcg	47		2	A	1		38		
Carotene, alpha	mcg	11		2	A	1		9		
Cryptoxanthin, beta	mcg	11		2	A	1		9		
Vitamin A, IU	IU	70564		0	AS	1		56451		
Lycopene	mcg	0		2	A	1		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.68		4	A	1		0.54		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.01		4	A	1		0.01		
Tocopherol, gamma	mg	0.04		4	A	1		0.03		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.4		2	A	1		1.1		
Lipids:										
Fatty acids, total saturated	g	1.986		0	NC	4		1.589		
4:0	g	0.000		2	Z	7		0.000		

NDB No. 17203
Veal, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.048		2	A	1		0.038		
15:0 g	0.014		2	A	1		0.011		
16:0 g	0.736		2	A	1		0.589		
17:0 g	0.047		2	A	1		0.037		
18:0 g	1.130		2	A	1		0.904		
20:0 g	0.000		2	A	1		0.000		
22:0 g	0.012		2	A	1		0.010		
24:0 g									
Fatty acids, total monounsaturated g	1.146		0	NC	4		0.916		
14:1 g	0.005		2	A	1		0.004		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.097		2	A	1		0.078		
17:1 g	0.013		2	A	1		0.010		
18:1 undifferentiated g	1.016		2	A	1		0.813		
20:1 g	0.016		2	A	1		0.012		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.069		0	NC	4		0.855		
18:2 undifferentiated g	0.648		0	AS	1		0.518		
18:2 n-6 c,c g	0.648		2	A	1		0.518		
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g									
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.039		0	AS	1		0.031		
18:3 n-3 c,c,c (ALA) g	0.030		2	A	1		0.024		
18:3 n-6 c,c,c g	0.009		2	A	1		0.007		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.019		2	A	1		0.015		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.326		2	A	1		0.261		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.305		2	A	1		0.244		
Cholesterol mg	511		2	A	1		408		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.361		0	A	1		0.288		
Threonine g	1.149		0	A	1		0.919		
Isoleucine g	1.274		0	A	1		1.019		
Leucine g	2.507		0	A	1		2.005		
Lysine g	2.141		0	A	1		1.713		
Methionine g	0.740		0	A	1		0.592		
Cystine g	0.490		0	A	1		0.392		
Phenylalanine g	1.440		0	A	1		1.152		
Tyrosine g	1.044		0	A	1		0.835		
Valine g	1.669		0	A	1		1.335		
Arginine g	1.838		0	A	1		1.471		

NDB No. 17203
Veal, variety meats and by-products, liver, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.829		0	A	1		0.663		
Alanine....g	1.784		0	A	1		1.428		
Aspartic acid....g	2.688		0	A	1		2.151		
Glutamic acid....g	3.607		0	A	1		2.886		
Glycine....g	2.288		0	A	1		1.831		
Proline....g	1.642		0	A	1		1.314		
Serine....g	1.291		0	A	1		1.033		
Hydroxyproline....g	0.100		1	A	1		0.080		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17204

Veal, variety meats and by-products, liver, cooked, pan-fried

calf liver

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.87		2	A	1		40.11		
Energy....kcal	193		0	NC	4		129		
Energy....kJ	807		0	NC	4		541		
Protein (N x 6.25)....g	27.37		2	A	1		18.34		
Total lipid (fat)....g	6.51		2	A	1		4.36		
Ash....g	1.79		2	A	1		1.20		
Carbohydrate, by difference....g	4.47		0	NC	4		2.99		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		2	A	1		5		
Iron, Fe....mg	5.98		2	A	1		4.01		
Magnesium, Mg....mg	23		2	A	1		16		
Phosphorus, P....mg	483		2	A	1		324		
Potassium, K....mg	353		2	A	1		236		
Sodium, Na....mg	85		2	A	1		57		
Zinc, Zn....mg	11.90		2	A	1		7.97		
Copper, Cu....mg	15.050		2	A	1		10.084		
Manganese, Mn....mg	0.302		2	A	1		0.202		
Selenium, Se....mcg	24.9		2	A	1		16.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	A	1		0.5		
Thiamin....mg	0.178		2	A	1		0.119		
Riboflavin....mg	3.060		2	A	1		2.050		
Niacin....mg	14.350		2	A	1		9.615		
Pantothenic acid....mg	7.075		2	A	1		4.740		
Vitamin B-6....mg	0.891		2	A	1		0.597		
Folate, total....mcg	350		2	A	1		235		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	350		2	A	1		235		
Folate, DFE....mcg_DFE	350		0	NC	4		235		
Choline, total....mg	411.0		0	AS	1		275.4		
Betaine....mg	8.1		2	A	1		5.4		
Vitamin B-12....mcg	72.50		2	A	1		48.58		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	20074		0	AS	1		13450		
Retinol....mcg	20070		2	A	1		13447		
Carotene, beta....mcg	40		2	A	1		27		
Carotene, alpha....mcg	11		2	A	1		7		
Cryptoxanthin, beta....mcg	16		2	A	1		11		
Vitamin A, IU....IU	66989		0	AS	1		44883		
Lycopene....mcg	0		2	A	1		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.60		4	A	1		0.40		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		4	A	1		0.00		
Tocopherol, gamma....mg	0.03		4	A	1		0.02		
Tocopherol, delta....mg	0.00		4	A	1		0.00		
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		2	A	1		1.1		
Lipids:									
Fatty acids, total saturated....g	2.109		0	NC	4		1.413		
4:0....g	0.000		2	Z	7		0.000		

NDB No. 17204

Veal, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.005		2	A	1		0.003		
12:0....g	0.005		2	A	1		0.003		
13:0....g									
14:0....g	0.075		2	A	1		0.050		
15:0....g	0.016		2	A	1		0.010		
16:0....g	0.884		2	A	1		0.592		
17:0....g	0.044		2	A	1		0.029		
18:0....g	1.075		2	A	1		0.720		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.006		2	A	1		0.004		
24:0....g									
Fatty acids, total monounsaturated....g	1.194		0	NC	4		0.800		
14:1....g	0.014		2	A	1		0.009		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.115		2	A	1		0.077		
17:1....g	0.019		2	A	1		0.013		
18:1 undifferentiated....g	1.037		2	A	1		0.694		
20:1....g	0.010		2	A	1		0.006		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.159		0	NC	4		0.777		
18:2 undifferentiated....g	0.704		0	AS	1		0.472		
18:2 n-6 c,c....g	0.704		2	A	1		0.472		
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.047		0	AS	1		0.031		
18:3 n-3 c,c,c (ALA)....g	0.039		2	A	1		0.026		
18:3 n-6 c,c,c....g	0.008		2	A	1		0.005		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.014		2	A	1		0.009		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.348		2	A	1		0.233		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.285		2	A	1		0.191		
Cholesterol....mg	485		2	A	1		325		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.347		0	A	1		0.233		
Threonine....g	1.106		0	A	1		0.741		
Isoleucine....g	1.227		0	A	1		0.822		
Leucine....g	2.414		0	A	1		1.618		
Lysine....g	2.062		0	A	1		1.382		
Methionine....g	0.712		0	A	1		0.477		
Cystine....g	0.471		0	A	1		0.316		
Phenylalanine....g	1.387		0	A	1		0.929		
Tyrosine....g	1.005		0	A	1		0.673		
Valine....g	1.607		0	A	1		1.077		
Arginine....g	1.771		0	A	1		1.186		

NDB No. 17204

Veal, variety meats and by-products, liver, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine....g	0.798		0	A	1		0.535		
Alanine....g	1.719		0	A	1		1.151		
Aspartic acid....g	2.589		0	A	1		1.735		
Glutamic acid....g	3.474		0	A	1		2.328		
Glycine....g	2.204		0	A	1		1.477		
Proline....g	1.582		0	A	1		1.060		
Serine....g	1.243		0	A	1		0.833		
Hydroxyproline....g	0.100		1	A	1		0.067		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17202
Veal, variety meats and by-products, liver, raw

calf liver
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.89		2	A	1				
Energy	kcal	140		0	NC	4				
Energy	kJ	586		0	NC	4				
Protein (N x 6.25)	g	19.93		2	A	1				
Total lipid (fat)	g	4.85		2	A	1				
Ash	g	1.42		2	A	1				
Carbohydrate, by difference	g	2.91		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		2	A	1				
Iron, Fe	mg	6.40		2	A	1				
Magnesium, Mg	mg	20		2	A	1				
Phosphorus, P	mg	379		2	A	1				
Potassium, K	mg	308		2	A	1				
Sodium, Na	mg	77		2	A	1				
Zinc, Zn	mg	12.02		2	A	1				
Copper, Cu	mg	11.865		2	A	1				
Manganese, Mn	mg	0.255		2	A	1				
Selenium, Se	mcg	22.7		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1				
Thiamin	mg	0.173		2	A	1				
Riboflavin	mg	2.440		2	A	1				
Niacin	mg	10.550		2	A	1				
Pantothenic acid	mg	6.065		2	A	1				
Vitamin B-6	mg	0.957		2	A	1				
Folate, total	mcg	125		2	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	125		2	A	1				
Folate, DFE	mcg_DFE	125		0	NC	4				
Choline, total	mg	310.0		0	AS	1				
Betaine	mg	7.6		2	A	1				
Vitamin B-12	mcg	59.85		2	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	11707		0	AS	1				
Retinol	mcg	11705		2	A	1				
Carotene, beta	mcg	11		2	A	1				
Carotene, alpha	mcg	13		2	A	1				
Cryptoxanthin, beta	mcg	11		2	A	1				
Vitamin A, IU	IU	39056		0	AS	1				
Lycopene	mcg	0		2	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.37		4	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.03		4	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		2	A	1				
Lipids:										
Fatty acids, total saturated	g	1.560		0	NC	4				
4:0	g	0.000		2	Z	7				

NDB No. 17202
Veal, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000		2	A	1				
10:0....g	0.000		2	A	1				
12:0....g	0.000		2	A	1				
13:0....g									
14:0....g	0.047		2	A	1				
15:0....g	0.012		2	A	1				
16:0....g	0.637		2	A	1				
17:0....g	0.037		2	A	1				
18:0....g	0.824		2	A	1				
20:0....g	0.000		2	A	1				
22:0....g	0.004		2	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	0.968		0	NC	4				
14:1....g	0.005		2	A	1				
15:1....g	0.000		2	A	1				
16:1 undifferentiated....g	0.082		2	A	1				
17:1....g	0.013		2	A	1				
18:1 undifferentiated....g	0.856		2	A	1				
20:1....g	0.013		2	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.829		0	NC	4				
18:2 undifferentiated....g	0.517		0	AS	1				
18:2 n-6 c,c....g	0.517		2	A	1				
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.035		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.028		2	A	1				
18:3 n-6 c,c,c....g	0.008		2	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.012		2	A	1				
20:3 undifferentiated....g	0.000		2	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.266		2	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.215		2	A	1				
Cholesterol....mg	334		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		1	A	1				
Threonine....g	0.873		1	A	1				
Isoleucine....g	0.968		1	A	1				
Leucine....g	1.905		1	A	1				
Lysine....g	1.627		1	A	1				
Methionine....g	0.562		1	A	1				
Cystine....g	0.372		1	A	1				
Phenylalanine....g	1.094		1	A	1				
Tyrosine....g	0.793		1	A	1				
Valine....g	1.268		1	A	1				
Arginine....g	1.397		1	A	1				

NDB No. 17202
Veal, variety meats and by-products, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.630		1	A	1				
Alanine.....g	1.356		1	A	1				
Aspartic acid.....g	2.043		1	A	1				
Glutamic acid.....g	2.741		1	A	1				
Glycine.....g	1.739		1	A	1				
Proline.....g	1.248		1	A	1				
Serine.....g	0.981		1	A	1				
Hydroxyproline.....g	0.100		1	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17208

Veal, variety meats and by-products, lungs, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.59		0		1		232.77	65.95	
Energy	kcal	104		0	NC	4		312	88	
Energy	kJ	435				4		1305	370	
Protein (N x 6.25)	g	18.74		0		1		56.22	15.93	
Total lipid (fat)	g	2.64		0		1		7.92	2.24	
Ash	g	1.26		0		1		3.78	1.07	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		21	6	
Iron, Fe	mg	3.61		0		1		10.83	3.07	
Magnesium, Mg	mg	8		0		1		24	7	
Phosphorus, P	mg	232		0		1		696	197	
Potassium, K	mg	142		0		1		426	121	
Sodium, Na	mg	56		0		1		168	48	
Zinc, Zn	mg	1.20		0		1		3.60	1.02	
Copper, Cu	mg	0.221		0		1		0.663	0.188	
Manganese, Mn	mg	0.015		0		1		0.045	0.013	
Selenium, Se	mcg	19.8		0	BFYN	4		59.4	16.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.0		0		1		102.0	28.9	
Thiamin	mg	0.032		0		1		0.096	0.027	
Riboflavin	mg	0.131		0		1		0.393	0.111	
Niacin	mg	2.289		0		1		6.867	1.946	
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		0		1		0.180	0.051	
Folate, total	mcg	8		0		1		24	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		24	7	
Folate, DFE	mcg_DFE	8		0	NC	4		24	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.38		0		1		7.14	2.02	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.910		0		1		2.730	0.774	
Fatty acids, total monounsaturated	g	0.680		0		1		2.040	0.578	
Fatty acids, total polyunsaturated	g	0.360		0		1		1.080	0.306	
Fatty acids, total trans	g									

NDB No. 17208

Veal, variety meats and by-products, lungs, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	263		0		1		789	224	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0		1		0.447	0.127	
Threonine....g	0.697		0		1		2.091	0.592	
Isoleucine....g	0.777		0		1		2.331	0.660	
Leucine....g	1.071		0		1		3.213	0.910	
Lysine....g	1.388		0		1		4.164	1.180	
Methionine....g	0.297		0		1		0.891	0.252	
Cystine....g	0.160		0		1		0.480	0.136	
Phenylalanine....g	0.665		0		1		1.995	0.565	
Tyrosine....g	0.396		0		1		1.188	0.337	
Valine....g	0.797		0		1		2.391	0.677	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17207
Veal, variety meats and by-products, lungs, raw

Refuse: 24% Blood clots and membranes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.50	0.447	4		1		22.82	90.97	
Energy....kcal	90		0	NC	4		26	102	
Energy....kJ	377				4		107	426	
Protein (N x 6.25)....g	16.30	0.404	3		1		4.62	18.42	
Total lipid (fat)....g	2.30	0.058	3		1		0.65	2.60	
Ash....g	1.10	0.058	3		1		0.31	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.981	5		1		2	8	
Iron, Fe....mg	5.23	1.032	8		1		1.48	5.91	
Magnesium, Mg....mg	12		1		1		3	14	
Phosphorus, P....mg	288		1		1		82	325	
Potassium, K....mg	274		1		1		78	310	
Sodium, Na....mg	108		1		1		31	122	
Zinc, Zn....mg	1.16		1		1		0.33	1.31	
Copper, Cu....mg	0.241		0		1		0.068	0.272	
Manganese, Mn....mg	0.018		0		1		0.005	0.020	
Selenium, Se....mcg	17.2		0	BFNN	4		4.9	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	39.0	1.834	5		1		11.1	44.1	
Thiamin....mg	0.047		0		1		0.013	0.053	
Riboflavin....mg	0.231		0		1		0.065	0.261	
Niacin....mg	4.025		0		1		1.141	4.548	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1		1		0.031	0.124	
Folate, total....mcg	11		0		1		3	12	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		0		1		3	12	
Folate, DFE....mcg_DFE	11		0	NC	4		3	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.83		0		1		1.09	4.33	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.790		0		1		0.224	0.893	
Fatty acids, total monounsaturated....g	0.590		0		1		0.167	0.667	
Fatty acids, total polyunsaturated....g	0.310		0		1		0.088	0.350	
Fatty acids, total trans....g									

NDB No. 17207
Veal, variety meats and by-products, lungs, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	229		0		1		65	259	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		1		1		0.037	0.146	
Threonine....g	0.606		1		1		0.172	0.685	
Isoleucine....g	0.676		1		1		0.192	0.764	
Leucine....g	0.931		1		1		0.264	1.052	
Lysine....g	1.208		1		1		0.342	1.365	
Methionine....g	0.259		1		1		0.073	0.293	
Cystine....g	0.139		1		1		0.039	0.157	
Phenylalanine....g	0.579		1		1		0.164	0.654	
Tyrosine....g	0.344		1		1		0.098	0.389	
Valine....g	0.694		1		1		0.197	0.784	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17213

Veal, variety meats and by-products, pancreas, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.70	2.078	3		1		133.68	47.35	
Energy	kcal	256		0	NC	4		614	218	
Energy	kJ	1071				4		2571	910	
Protein (N x 6.25)	g	29.10	0.230	3		1		69.84	24.74	
Total lipid (fat)	g	14.60	2.021	3		1		35.04	12.41	
Ash	g	1.50	0.116	3		1		3.60	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		43	15	
Iron, Fe	mg	2.38		0		1		5.71	2.02	
Magnesium, Mg	mg	24		0		1		58	20	
Phosphorus, P	mg	512		0		1		1229	435	
Potassium, K	mg	278		0		1		667	236	
Sodium, Na	mg	68		0		1		163	58	
Zinc, Zn	mg	5.20		0		1		12.48	4.42	
Copper, Cu	mg	0.101		0		1		0.242	0.086	
Manganese, Mn	mg	0.235		0		1		0.564	0.200	
Selenium, Se	mcg	39.1		0	BFYN	4		93.8	33.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		1		1		14.4	5.1	
Thiamin	mg	0.187		0		1		0.449	0.159	
Riboflavin	mg	0.506		0		1		1.214	0.430	
Niacin	mg	4.146		0		1		9.950	3.524	
Pantothenic acid	mg									
Vitamin B-6	mg	0.190		0		1		0.456	0.162	
Folate, total	mcg	3		0		1		7	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		7	3	
Folate, DFE	mcg_DFE	3		0	NC	4		7	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	17.33		0		1		41.59	14.73	
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0	0	
Retinol	mcg	0	0.000	8		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0	0.000	8		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.010		0	A	1		12.024	4.259	
Fatty acids, total monounsaturated	g	5.030		0	A	1		12.072	4.276	
Fatty acids, total polyunsaturated	g	2.720		0	A	1		6.528	2.312	
Fatty acids, total trans	g									

NDB No. 17213

Veal, variety meats and by-products, pancreas, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17212
Veal, variety meats and by-products, pancreas, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.60	0.807	3		1		20.02	79.78	
Energy....kcal	182		0	NC	4		52	206	
Energy....kJ	761				4		216	860	
Protein (N x 6.25)....g	15.00	0.231	3		1		4.25	16.95	
Total lipid (fat)....g	13.10	0.289	3		1		3.71	14.80	
Ash....g	1.30	0.058	3		1		0.37	1.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		5	21	
Iron, Fe....mg	2.10	0.289	3		1		0.60	2.37	
Magnesium, Mg....mg	18		0		1		5	20	
Phosphorus, P....mg	329		0		1		93	372	
Potassium, K....mg	278		0		1		79	314	
Sodium, Na....mg	67		0		1		19	76	
Zinc, Zn....mg	2.60		0		1		0.74	2.94	
Copper, Cu....mg	0.060		0		1		0.017	0.068	
Manganese, Mn....mg	0.151		0		1		0.043	0.171	
Selenium, Se....mcg	20.7		0	BFNN	4		5.9	23.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.0	0.358	5		1		4.5	18.1	
Thiamin....mg	0.134		0		1		0.038	0.151	
Riboflavin....mg	0.425		0		1		0.120	0.480	
Niacin....mg	4.252		0		1		1.205	4.805	
Pantothenic acid....mg									
Vitamin B-6....mg	0.190		0		1		0.054	0.215	
Folate, total....mcg	3		0		1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		1		1	3	
Folate, DFE....mcg_DFE	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.38		0		1		3.79	15.12	
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0	0	
Retinol....mcg	0	0.000	8		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.510		0		1		1.279	5.096	
Fatty acids, total monounsaturated....g	4.540		0		1		1.287	5.130	
Fatty acids, total polyunsaturated....g	2.440		0		1		0.692	2.757	
Fatty acids, total trans....g									

NDB No. 17212

Veal, variety meats and by-products, pancreas, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	173		0		1		49	195	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17217

Veal, variety meats and by-products, spleen, cooked, braised

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.25		0		1		245.81	60.56	
Energy	kcal	129		0	NC	4		445	110	
Energy	kJ	540				4		1862	459	
Protein (N x 6.25)	g	24.08		0		1		83.08	20.47	
Total lipid (fat)	g	2.89		0		1		9.97	2.46	
Ash	g	1.71		0		1		5.90	1.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		24	6	
Iron, Fe	mg	7.36		0		1		25.39	6.26	
Magnesium, Mg	mg	14		0		1		48	12	
Phosphorus, P	mg	312		0		1		1076	265	
Potassium, K	mg	215		0		1		742	183	
Sodium, Na	mg	58		0		1		200	49	
Zinc, Zn	mg	1.91		0		1		6.59	1.62	
Copper, Cu	mg	0.925		0		1		3.191	0.786	
Manganese, Mn	mg	0.075		0		1		0.259	0.064	
Selenium, Se	mcg	81.2		0	BFYN	4		280.1	69.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	40.0		0		1		138.0	34.0	
Thiamin	mg	0.046		0		1		0.159	0.039	
Riboflavin	mg	0.288		0		1		0.994	0.245	
Niacin	mg	5.341		0		1		18.426	4.540	
Pantothenic acid	mg									
Vitamin B-6	mg	0.070		0		1		0.242	0.060	
Folate, total	mcg	4		0		1		14	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		14	3	
Folate, DFE	mcg_DFE	4		0	NC	4		14	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	4.82		0		1		16.63	4.10	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		1		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.960		0		1		3.312	0.816	
Fatty acids, total monounsaturated	g	0.780		0		1		2.691	0.663	
14:1	g									
15:1	g									

NDB No. 17217

Veal, variety meats and by-products, spleen, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.660		0		1		2.277	0.561	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.725	0.179	
18:2 undifferentiated....g	0.210		0		1		0.725	0.179	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	447		0		1		1542	380	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0		1		0.814	0.201	
Threonine....g	0.975		0		1		3.364	0.829	
Isoleucine....g	1.106		0		1		3.816	0.940	
Leucine....g	1.529		0		1		5.275	1.300	
Lysine....g	1.782		0		1		6.148	1.515	
Methionine....g	0.525		0		1		1.811	0.446	
Cystine....g	0.284		0		1		0.980	0.241	
Phenylalanine....g	0.855		0		1		2.950	0.727	
Tyrosine....g	0.657		0		1		2.267	0.558	
Valine....g	1.118		0		1		3.857	0.950	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 345g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17216
Veal, variety meats and by-products, spleen, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.15	0.325	4		1		22.16	88.31	
Energy....kcal	98		0	NC	4		28	111	
Energy....kJ	410				4		116	463	
Protein (N x 6.25)....g	18.30	0.173	3		1		5.19	20.68	
Total lipid (fat)....g	2.20	0.116	3		1		0.62	2.49	
Ash....g	1.30	0.058	3		1		0.37	1.47	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.897	5		1		2	7	
Iron, Fe....mg	9.32	0.621	8		1		2.64	10.53	
Magnesium, Mg....mg	17		1		1		5	19	
Phosphorus, P....mg	339		1		1		96	383	
Potassium, K....mg	362		1		1		103	409	
Sodium, Na....mg	97		1		1		27	110	
Zinc, Zn....mg	1.61		1		1		0.46	1.82	
Copper, Cu....mg	0.167		0		1		0.047	0.189	
Manganese, Mn....mg	0.072		0		1		0.020	0.081	
Selenium, Se....mcg	61.7		0	BFNN	4		17.5	69.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	41.0	0.537	5		1		11.6	46.3	
Thiamin....mg	0.047		0		1		0.013	0.053	
Riboflavin....mg	0.348		0		1		0.099	0.393	
Niacin....mg	7.895		0		1		2.238	8.921	
Pantothenic acid....mg									
Vitamin B-6....mg	0.110		1		1		0.031	0.124	
Folate, total....mcg	4		0		1		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.34		0		1		1.51	6.03	
Vitamin A, RAE....mcg_RAE	0	0.000	8		1		0	0	
Retinol....mcg	0	0.000	8		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.730		0		1		0.207	0.825	
Fatty acids, total monounsaturated....g	0.590		0		1		0.167	0.667	
14:1....g									
15:1....g									

NDB No. 17216
Veal, variety meats and by-products, spleen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.500		0		1		0.142	0.565	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0		1		0.045	0.181	
18:2 undifferentiated....g	0.160		0		1		0.045	0.181	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	340		1		1		96	384	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		1		1		0.051	0.203	
Threonine....g	0.741		1		1		0.210	0.837	
Isoleucine....g	0.841		1		1		0.238	0.950	
Leucine....g	1.162		1		1		0.329	1.313	
Lysine....g	1.354		1		1		0.384	1.530	
Methionine....g	0.399		1		1		0.113	0.451	
Cystine....g	0.216		1		1		0.061	0.244	
Phenylalanine....g	0.650		1		1		0.184	0.735	
Tyrosine....g	0.499		1		1		0.141	0.564	
Valine....g	0.850		1		1		0.241	0.961	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17219
Veal, variety meats and by-products, thymus, cooked, braised

Refuse: 4% Membranes 3.69%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.63		1	A	1		62.59		
Energy....kcal	125		0	NC	4		106		
Energy....kJ	522		0	NC	4		444		
Protein (N x 6.25)....g	22.67		1	A	1		19.27		
Total lipid (fat)....g	3.11		1	A	1		2.64		
Ash....g	2.88		1	A	1		2.45		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1	A	1		3		
Iron, Fe....mg	1.24		1	A	1		1.05		
Magnesium, Mg....mg	24		1	A	1		20		
Phosphorus, P....mg	627		1	A	1		533		
Potassium, K....mg	435		1	A	1		370		
Sodium, Na....mg	59		1	A	1		50		
Zinc, Zn....mg	2.13		1	A	1		1.81		
Copper, Cu....mg	0.072		1	A	1		0.061		
Manganese, Mn....mg	0.021		1	A	1		0.018		
Selenium, Se....mcg	21.5		1	A	1		18.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	39.4		1	A	1		33.5		
Thiamin....mg	0.054		1	A	1		0.046		
Riboflavin....mg	0.100		1	A	1		0.085		
Niacin....mg	3.380		1	A	1		2.873		
Pantothenic acid....mg	1.080		1	A	1		0.918		
Vitamin B-6....mg	0.027		1	A	1		0.023		
Folate, total....mcg	20		1	A	1		17		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	20		1	A	1		17		
Folate, DFE....mcg_DFE	20		0	NC	4		17		
Choline, total....mg	209.3		0	NR	4		177.9		
Betaine....mg									
Vitamin B-12....mcg	2.85		1	A	1		2.42		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		1	A	1		0		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		1	A	1		0		
Cryptoxanthin, beta....mcg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		1	A	1		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.09		2	A	1		0.08		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.02		2	A	1		0.02		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.0		0	AI	13		0.0		
Vitamin D....IU	0		0	AI	13		0		
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.942		1	A	1		0.801		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 17219

Veal, variety meats and by-products, thymus, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.041		1	A	1		0.035		
15:0 g	0.009		1	A	1		0.008		
16:0 g	0.522		1	A	1		0.444		
17:0 g	0.023		1	A	1		0.020		
18:0 g	0.342		1	A	1		0.291		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.005		1	A	1		0.004		
24:0 g									
Fatty acids, total monounsaturated g	0.903		1	A	1		0.768		
14:1 g	0.005		1	A	1		0.004		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.059		1	A	1		0.050		
17:1 g									
18:1 undifferentiated g	0.823		1	A	1		0.700		
20:1 g	0.016		1	A	1		0.014		
22:1 undifferentiated g	0.000		0	Z	7		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.315		1	A	1		0.268		
18:2 undifferentiated g	0.189		1	A	1		0.161		
18:3 undifferentiated g	0.000		0	A	1		0.000		
18:3 n-3 c,c,c (ALA) g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c g	0.000		1	A	1		0.000		
18:3i g									
18:4 g	0.000		0	Z	7		0.000		
20:2 n-6 c,c g	0.017		1	A	1		0.014		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.109		1	A	1		0.093		
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000		
Fatty acids, total trans g	0.200		1	A	1		0.170		
Cholesterol mg	350		1	A	1		298		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17218
Veal, variety meats and by-products, thymus, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.16		1	A	1		22.44	89.45	
Energy	kcal	101		0	NC	4		29	114	
Energy	kJ	423		0	NC	4		120	478	
Protein (N x 6.25)	g	17.21		1	A	1		4.88	19.45	
Total lipid (fat)	g	3.07		1	A	1		0.87	3.46	
Ash	g	2.16		1	A	1		0.61	2.44	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1	A	1		1	4	
Iron, Fe	mg	1.05		1	A	1		0.30	1.19	
Magnesium, Mg	mg	23		1	A	1		6	25	
Phosphorus, P	mg	533		1	A	1		151	602	
Potassium, K	mg	488		1	A	1		138	551	
Sodium, Na	mg	67		1	A	1		19	76	
Zinc, Zn	mg	1.55		1	A	1		0.44	1.75	
Copper, Cu	mg	0.079		1	A	1		0.022	0.089	
Manganese, Mn	mg	0.018		1	A	1		0.005	0.020	
Selenium, Se	mcg	16.1		1	A	1		4.6	18.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	49.2		1	A	1		13.9	55.6	
Thiamin	mg	0.069		1	A	1		0.020	0.078	
Riboflavin	mg	0.188		1	A	1		0.053	0.212	
Niacin	mg	4.770		1	A	1		1.352	5.390	
Pantothenic acid	mg	1.230		1	A	1		0.349	1.390	
Vitamin B-6	mg	0.035		1	A	1		0.010	0.039	
Folate, total	mcg	22		1	A	1		6	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	22		1	A	1		6	25	
Folate, DFE	mcg_DFE	22		0	NC	4		6	25	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.33		1	A	1		0.94	3.76	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Carotene, beta	mcg	0		1	A	1		0	0	
Carotene, alpha	mcg	0		1	A	1		0	0	
Cryptoxanthin, beta	mcg	0		1	A	1		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		1	A	1		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		2	A	1		0.03	0.10	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.02		2	A	1		0.01	0.02	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.806		1	A	1		0.229	0.911	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	

NDB No. 17218
Veal, variety meats and by-products, thymus, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.042		1	A	1		0.012	0.047	
15:0....g	0.009		1	A	1		0.003	0.010	
16:0....g	0.446		1	A	1		0.126	0.504	
17:0....g	0.019		1	A	1		0.005	0.021	
18:0....g	0.286		1	A	1		0.081	0.323	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.004		1	A	1		0.001	0.005	
24:0....g									
Fatty acids, total monounsaturated....g	0.775		1	A	1		0.220	0.876	
14:1....g	0.006		1	A	1		0.002	0.007	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.049		1	A	1		0.014	0.055	
17:1....g									
18:1 undifferentiated....g	0.703		1	A	1		0.199	0.794	
20:1....g	0.017		1	A	1		0.005	0.019	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.229		1	A	1		0.065	0.259	
18:2 undifferentiated....g	0.147		1	A	1		0.042	0.166	
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.011		1	A	1		0.003	0.012	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.071		1	A	1		0.020	0.080	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.220		1	A	1		0.062	0.249	
Cholesterol....mg	250		1	A	1		71	283	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17223

Veal, variety meats and by-products, tongue, cooked, braised

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.08	2.234	4		1		163.40	54.47	
Energy....kcal	202		0	NC	4		515	172	
Energy....kJ	845				4		2155	718	
Protein (N x 6.25)....g	25.85	0.402	4		1		65.92	21.97	
Total lipid (fat)....g	10.10	1.809	4		1		25.76	8.59	
Ash....g	0.91	0.099	4		1		2.32	0.77	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1		1		23	8	
Iron, Fe....mg	2.09		1		1		5.33	1.78	
Magnesium, Mg....mg	18		1		1		46	15	
Phosphorus, P....mg	166		1		1		423	141	
Potassium, K....mg	162		1		1		413	138	
Sodium, Na....mg	64		1		1		163	54	
Zinc, Zn....mg	4.51		1		1		11.50	3.83	
Copper, Cu....mg	0.210		1		1		0.536	0.179	
Manganese, Mn....mg	0.047		1		1		0.120	0.040	
Selenium, Se....mcg	11.0	0.333	3	A	1		28.1	9.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		1		1		15.3	5.1	
Thiamin....mg	0.070		1		1		0.179	0.060	
Riboflavin....mg	0.350		1		1		0.893	0.298	
Niacin....mg	1.470		1		1		3.749	1.250	
Pantothenic acid....mg	0.740		1		1		1.887	0.629	
Vitamin B-6....mg	0.150		1		1		0.383	0.128	
Folate, total....mcg	9		1		1		23	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		1		1		23	8	
Folate, DFE....mcg_DFE	9		0	NC	4		23	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.30		1		1		13.52	4.51	
Vitamin A, RAE....mcg_RAE	0		0		1		0	0	
Retinol....mcg	0		0		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.350		0		1		11.093	3.698	
Fatty acids, total monounsaturated....g	4.610		0		1		11.756	3.919	
14:1....g									
15:1....g									

NDB No. 17223

Veal, variety meats and by-products, tongue, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.300		0		1		10.965	3.655	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.969	0.323	
18:2 undifferentiated....g	0.280		0		1		0.714	0.238	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	238		0		1		607	202	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.711	0.237	
Threonine....g	1.040		0		1		2.652	0.884	
Isoleucine....g	1.108		0		1		2.825	0.942	
Leucine....g	1.863		0		1		4.751	1.584	
Lysine....g	1.901		0		1		4.848	1.616	
Methionine....g	0.533		0		1		1.359	0.453	
Cystine....g	0.257		0		1		0.655	0.218	
Phenylalanine....g	1.018		0		1		2.596	0.865	
Tyrosine....g	0.774		0		1		1.974	0.658	
Valine....g	1.186		0		1		3.024	1.008	
Arginine....g	1.512		0		1		3.856	1.285	
Histidine....g	0.589		0		1		1.502	0.501	
Alanine....g	1.444		0		1		3.682	1.227	
Aspartic acid....g	2.200		0		1		5.610	1.870	
Glutamic acid....g	3.510		0		1		8.951	2.984	
Glycine....g	1.516		0		1		3.866	1.289	
Proline....g	1.221		0		1		3.114	1.038	
Serine....g	0.961		0		1		2.451	0.817	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 17222
Veal, variety meats and by-products, tongue, raw

Refuse: 16% Connective tissue and cartilage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.53	0.469	4		1		21.13	84.22	
Energy....kcal	131		0	NC	4		37	148	
Energy....kJ	548				4		155	619	
Protein (N x 6.25)....g	17.18	0.787	4		1		4.87	19.41	
Total lipid (fat)....g	5.48	1.575	4		1		1.55	6.19	
Ash....g	0.89	0.041	4		1		0.25	1.01	
Carbohydrate, by difference....g	1.91		0	NC	4		0.54	2.16	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		2	8	
Iron, Fe....mg	2.72	0.527	4		1		0.77	3.07	
Magnesium, Mg....mg	17		1		1		5	19	
Phosphorus, P....mg	159		1		1		45	180	
Potassium, K....mg	271		1		1		77	306	
Sodium, Na....mg	82		1		1		23	93	
Zinc, Zn....mg	2.63		1		1		0.75	2.97	
Copper, Cu....mg	0.200		1		1		0.057	0.226	
Manganese, Mn....mg	0.023		1		1		0.007	0.026	
Selenium, Se....mcg	7.0	0.133	3	A	1		2.0	7.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0	0.432	6		1		1.4	5.7	
Thiamin....mg	0.170		2		1		0.048	0.192	
Riboflavin....mg	0.410		1		1		0.116	0.463	
Niacin....mg	2.220		1		1		0.629	2.509	
Pantothenic acid....mg	1.200		1		1		0.340	1.356	
Vitamin B-6....mg	0.190		1		1		0.054	0.215	
Folate, total....mcg	5		1		1		1	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1		1		1	6	
Folate, DFE....mcg_DFE	5		0	NC	4		1	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	6.10		1		1		1.73	6.89	
Vitamin A, RAE....mcg_RAE	0	0.300	10		1		0	0	
Retinol....mcg	0	0.300	10		1		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	1	1.000	10		1		0	1	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.350		0		1		0.666	2.656	
Fatty acids, total monounsaturated....g	2.510		0		1		0.712	2.836	
14:1....g									
15:1....g									

NDB No. 17222
Veal, variety meats and by-products, tongue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.230		0		1		0.632	2.520	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.088	0.350	
18:2 undifferentiated....g	0.200		0		1		0.057	0.226	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62		0		1		18	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		5		1		0.052	0.209	
Threonine....g	0.691		5		1		0.196	0.781	
Isoleucine....g	0.736		5		1		0.209	0.832	
Leucine....g	1.238		5		1		0.351	1.399	
Lysine....g	1.263		5		1		0.358	1.427	
Methionine....g	0.354		5		1		0.100	0.400	
Cystine....g	0.171		5		1		0.048	0.193	
Phenylalanine....g	0.677		5		1		0.192	0.765	
Tyrosine....g	0.515		5		1		0.146	0.582	
Valine....g	0.788		5		1		0.223	0.890	
Arginine....g	1.005		4		1		0.285	1.136	
Histidine....g	0.392		4		1		0.111	0.443	
Alanine....g	0.960		4		1		0.272	1.085	
Aspartic acid....g	1.462		4		1		0.414	1.652	
Glutamic acid....g	2.333		4		1		0.661	2.636	
Glycine....g	1.008		4		1		0.286	1.139	
Proline....g	0.812		4		1		0.230	0.918	
Serine....g	0.639		4		1		0.181	0.722	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 22 (2009)