NDB No. 17148

Bison, ground, grass-fed, cooked

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	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....µg	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....µg	16		0	BFPN	4		14		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	16		0	BFPN	4		14		
Folate, DFE....µg	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....µg	2.44		0	BFPN	4		2.07		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	BFSN	4		0		
Retinol....µg	0		0	BFSN	4		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		2	AI	13		0		
Vitamin K (phylloquinone)....µg	1.3		0	BFSN	4		1.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.489		0	NC	4		2.966		
4:0....g	0.000		0	BFFN	4		0.000		
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		
21:5....g									
22:4....g									
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		

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
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17149

Bison, ground, grass-fed, 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	71.59	0.835	9	A	1		60.86	20.30	
Energy....kcal	146		0	NC	4		124	41	
Energy....kJ	611		0	NC	4		519	173	
Protein....g	20.23	0.299	9	A	1		17.20	5.74	
Total lipid (fat)....g	7.21	0.922	9	A	1		6.13	2.04	
Ash....g	0.91	0.016	9	A	1		0.78	0.26	
Carbohydrate, by difference....g	0.05		0	NC	4		0.04	0.01	
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	BFNN	4		10	3	
Iron, Fe....mg	2.78		0	BFNN	4		2.36	0.79	
Magnesium, Mg....mg	21		0	BFNN	4		18	6	
Phosphorus, P....mg	194		0	BFNN	4		165	55	
Potassium, K....mg	328		0	BFNN	4		279	93	
Sodium, Na....mg	70		0	BFNN	4		60	20	
Zinc, Zn....mg	4.59		0	BFNN	4		3.90	1.30	
Copper, Cu....mg	0.140		0	BFNN	4		0.119	0.040	
Manganese, Mn....mg									
Selenium, Se....µg	20.0		0	BFNN	4		17.0	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.141		0	BFPN	4		0.120	0.040	
Riboflavin....mg	0.246		0	BFPN	4		0.209	0.070	
Niacin....mg	5.322		0	BFPN	4		4.524	1.509	
Pantothenic acid....mg									
Vitamin B-6....mg	0.383		0	BFPN	4		0.326	0.109	
Folate, total....µg	12		0	BFPN	4		10	3	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	12		0	BFPN	4		10	3	
Folate, DFE....µg	12		0	NC	4		10	3	
Choline, total....mg	85.8		0	BFNN	4		72.9	24.3	
Betaine....mg	12.6		0	BFNN	4		10.7	3.6	
Vitamin B-12....µg	1.94		0	BFPN	4		1.65	0.55	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	BFSN	4		0.16	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		1.0	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.917		0	NC	4		2.480	0.827	
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	0.003		0	BFFN	4		0.002	0.001	
10:0....g	0.003		0	BFFN	4		0.003	0.001	
12:0....g	0.003		0	BFFN	4		0.003	0.001	
13:0....g									
14:0....g	0.129		0	BFFN	4		0.110	0.037	
15:0....g									
16:0....g	1.298		0	BFFN	4		1.104	0.368	
17:0....g									
18:0....g	1.481		0	BFFN	4		1.259	0.420	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.753		0	NC	4		2.340	0.780	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0	BFFN	4		0.122	0.041	
17:1....g									
18:1 undifferentiated....g	2.586		0	BFFN	4		2.198	0.733	
20:1....g	0.023		0	BFFN	4		0.019	0.006	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.336		0	NC	4		0.285	0.095	
18:2 undifferentiated....g	0.261		0	BFFN	4		0.222	0.074	
18:3 undifferentiated....g	0.038		0	BFFN	4		0.032	0.011	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		0	BFFN	4		0.031	0.010	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55		0	BFSN	4		47	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0	A	1		0.130	0.043	
Threonine....g	0.918		0	A	1		0.780	0.260	
Isoleucine....g	0.977		0	A	1		0.830	0.277	
Leucine....g	1.736		0	A	1		1.476	0.492	
Lysine....g	1.877		0	A	1		1.596	0.532	
Methionine....g	0.547		0	A	1		0.465	0.155	
Cystine....g	0.241		0	A	1		0.205	0.068	
Phenylalanine....g	0.859		0	A	1		0.730	0.244	
Tyrosine....g	0.688		0	A	1		0.585	0.195	
Valine....g	1.089		0	A	1		0.925	0.309	
Arginine....g	1.377		0	A	1		1.171	0.390	
Histidine....g	0.742		0	A	1		0.630	0.210	
Alanine....g	1.348		0	A	1		1.146	0.382	
Aspartic acid....g	1.977		0	A	1		1.681	0.561	
Glutamic acid....g	3.296		0	A	1		2.801	0.934	
Glycine....g	1.313		0	A	1		1.116	0.372	
Proline....g	1.036		0	A	1		0.881	0.294	
Serine....g	0.842		0	A	1		0.715	0.239	
Hydroxyproline....g	0.253		0	BFPN	4		0.215	0.072	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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 patty (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17330

Game meat , bison, ground, 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	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....µg	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....µg	11		1	A	1		9	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		1	A	1		9	13	
Folate, DFE....µg	11		0	NC	4		9	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.79	0.106	3	A	1		1.52	2.02	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.802		0	NC	4		5.782	7.687	
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	
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	6.222		0	NC	4		5.288	7.031	
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	0.749		0	NC	4		0.637	0.846	
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-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	

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
Serine....g	0.776		0	A	1		0.660	0.877	
Hydroxyproline....g	0.233		0	BFPN	4		0.198	0.264	
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 = 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 27 (2014)

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		55.34	126.29	
Energy....kcal	171		0	NC	4		145	331	
Energy....kJ	714		0	NC	4		607	1386	
Protein (N x 6.25)....g	28.05	0.410	6	A	1		23.84	54.42	
Total lipid (fat)....g	5.65	0.698	6	A	1		4.80	10.96	
Ash....g	1.17	0.033	6	A	1		0.99	2.26	
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	0.963	3	A	1		4	10	
Iron, Fe....mg	3.47	0.121	6	A	1		2.95	6.72	
Magnesium, Mg....mg	27	0.939	3	A	1		23	53	
Phosphorus, P....mg	253	12.732	3	A	1		215	490	
Potassium, K....mg	387	12.342	3	A	1		329	751	
Sodium, Na....mg	53	3.884	3	A	1		45	102	
Zinc, Zn....mg	5.11	0.197	3	A	1		4.34	9.91	
Copper, Cu....mg	0.211	0.050	3	A	1		0.180	0.410	
Manganese, Mn....mg	0.013	0.002	3	A	1		0.011	0.026	
Selenium, Se....µg	41.2		0	BFNN	4		35.0	80.0	
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		0.193	0.440	
Riboflavin....mg	0.447	0.032	3	A	1		0.380	0.867	
Niacin....mg	5.570	0.520	3	A	1		4.735	10.806	
Pantothenic acid....mg	1.345		0	BFPN	4		1.144	2.610	
Vitamin B-6....mg	0.557	0.036	3	A	1		0.473	1.080	
Folate, total....µg	18		0	BFPN	4		15	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	BFPN	4		15	35	
Folate, DFE....µg	18		0	NC	4		15	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.83	0.544	3	A	1		2.40	5.48	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	BFSN	4		0.17	0.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.412		0	NC	4		2.050	4.680	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.002	0.004	
10:0....g	0.002		0	BFFN	4		0.002	0.004	
12:0....g	0.002		0	BFFN	4		0.002	0.005	
13:0....g									
14:0....g	0.101		0	BFFN	4		0.086	0.197	
15:0....g	0.030		0	BFFN	4		0.025	0.057	
16:0....g	1.017		0	BFFN	4		0.865	1.974	
17:0....g	0.086		0	BFFN	4		0.073	0.166	
18:0....g	1.160		0	BFFN	4		0.986	2.251	
20:0....g	0.011		0	BFFN	4		0.009	0.021	
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		1.875	4.280	
14:1....g	0.008		0	BFFN	4		0.007	0.016	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.113		0	BFFN	4		0.096	0.218	
17:1....g	0.040		0	BFFN	4		0.034	0.078	
18:1 undifferentiated....g	2.027		0	BFFN	4		1.723	3.932	
20:1....g	0.018		0	BFFN	4		0.015	0.035	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	NC	4		0.226	0.515	
18:2 undifferentiated....g	0.205		0	BFFN	4		0.174	0.397	
18:3 undifferentiated....g	0.030		0	BFFN	4		0.025	0.058	
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		0.002	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.056	
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		73	167	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0	A	1		0.180	0.411	
Threonine....g	1.273		0	A	1		1.082	2.469	
Isoleucine....g	1.354		0	A	1		1.151	2.627	
Leucine....g	2.406		0	A	1		2.045	4.668	
Lysine....g	2.603		0	A	1		2.212	5.049	
Methionine....g	0.759		0	A	1		0.645	1.472	
Cystine....g	0.334		0	A	1		0.284	0.649	
Phenylalanine....g	1.191		0	A	1		1.012	2.311	
Tyrosine....g	0.954		0	A	1		0.811	1.852	
Valine....g	1.509		0	A	1		1.283	2.928	
Arginine....g	1.909		0	A	1		1.623	3.704	
Histidine....g	1.028		0	A	1		0.874	1.994	
Alanine....g	1.868		0	A	1		1.588	3.625	
Aspartic acid....g	2.741		0	A	1		2.330	5.318	
Glutamic acid....g	4.569		0	A	1		3.883	8.863	

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
Glycine....g	1.820		0	A	1		1.547	3.531	
Proline....g	1.436		0	A	1		1.221	2.786	
Serine....g	1.167		0	A	1		0.992	2.263	
Hydroxyproline....g	0.351		0	A	1		0.298	0.680	
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 = 85g: 1 serving (3 oz)

Measure 2 = 194g: 1 steak (yield from 309.7 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 27 (2014)

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		56.02	224.06	
Energy....kcal	150		0	NC	4		128	510	
Energy....kJ	628				4		533	2134	
Protein (N x 6.25)....g	29.45		0		1		25.03	100.13	
Total lipid (fat)....g	2.67		0		1		2.27	9.08	
Ash....g	1.45		0		1		1.23	4.93	
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	4		0		1		3	14	
Iron, Fe....mg	4.20		0		1		3.57	14.28	
Magnesium, Mg....mg	28		0		1		24	95	
Phosphorus, P....mg	210		0		1		179	714	
Potassium, K....mg	372		0		1		316	1265	
Sodium, Na....mg	54		0		1		46	184	
Zinc, Zn....mg	1.68		0		1		1.43	5.71	
Copper, Cu....mg	0.213		0		1		0.181	0.724	
Manganese, Mn....mg	0.022		0		1		0.019	0.075	
Selenium, Se....µg	12.9		0	BFYN	4		11.0	43.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.260		0		1		0.221	0.884	
Riboflavin....mg	0.730		0		1		0.621	2.482	
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg	9		0	BFPN	4		7	29	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		7	29	
Folate, DFE....µg	9		0	NC	4		7	29	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.970		0		1		0.825	3.298	

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
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		0.026	0.102	
15:0 g									
16:0 g	0.450		0		1		0.383	1.530	
17:0 g									
18:0 g	0.490		0		1		0.417	1.666	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.630		0		1		0.536	2.142	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.009	0.034	
17:1 g									
18:1 undifferentiated g	0.630		0		1		0.536	2.142	
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		0.493	1.972	
18:2 undifferentiated g	0.330		0		1		0.281	1.122	
18:3 undifferentiated g	0.100		0		1		0.085	0.340	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.160		0		1		0.136	0.544	
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	126		0		1		107	428	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g	1.362		0		1		1.158	4.631	
Isoleucine g	1.126		0		1		0.957	3.828	
Leucine g	2.489		0		1		2.116	8.463	
Lysine g	2.462		0		1		2.093	8.371	
Methionine g	0.838		0		1		0.712	2.849	
Cystine g	0.262		0		1		0.223	0.891	
Phenylalanine g	1.166		0		1		0.991	3.964	
Tyrosine g	1.022		0		1		0.869	3.475	
Valine g	1.310		0		1		1.114	4.454	
Arginine g	1.938		0		1		1.647	6.589	
Histidine g	1.401		0		1		1.191	4.763	
Alanine g	1.716		0		1		1.459	5.834	
Aspartic acid g	2.790		0		1		2.372	9.486	
Glutamic acid g	4.427		0		1		3.763	15.052	
Glycine g	1.323		0		1		1.125	4.498	
Proline g	1.349		0		1		1.147	4.587	
Serine g	1.244		0		1		1.057	4.230	
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.

NDB No. 17145

Game meat, antelope, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17144
Game meat, antelope, 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 27 (2014)

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

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	53.55		0		1		45.52	148.33	
Energy....kcal	259		0	NC	4		220	717	
Energy....kJ	1084		0		4		921	3002	
Protein (N x 6.25)....g	32.42		0		1		27.56	89.80	
Total lipid (fat)....g	13.39		0		1		11.38	37.09	
Ash....g	1.13		0		1		0.96	3.13	
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	5		0		1		4	14	
Iron, Fe....mg	10.73		0		1		9.12	29.72	
Magnesium, Mg....mg	23		0		4		20	64	
Phosphorus, P....mg	170		0		1		145	471	
Potassium, K....mg	263		0		4		224	729	
Sodium, Na....mg	71		0		4		60	197	
Zinc, Zn....mg	10.27		0		4		8.73	28.45	
Copper, Cu....mg	0.148		0		4		0.126	0.410	
Manganese, Mn....mg									
Selenium, Se....µg	11.2		0	BFYN	4		9.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.277	
Riboflavin....mg	0.820		0		1		0.697	2.271	
Niacin....mg	3.350		0		1		2.848	9.280	
Pantothenic acid....mg									
Vitamin B-6....mg	0.290		0		4		0.247	0.803	
Folate, total....µg	6		0		4		5	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		5	17	
Folate, DFE....µg	6		0	NC	4		5	17	
Choline, total....mg	122.3		0	BFNN	4		103.9	338.7	
Betaine....mg	16.1		0	BFNN	4		13.7	44.5	
Vitamin B-12....µg	2.47		0		4		2.10	6.84	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		0.42	1.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.8		0	BFSN	4		1.5	4.9	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.540		0		4		3.009	9.806	
4:0....g	0.000		0		4		0.000	0.000	
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		0.160	0.521	
15:0....g									
16:0....g	2.073		0		4		1.762	5.742	
17:0....g									
18:0....g	0.769		0		4		0.654	2.130	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.660		0		4		4.811	15.678	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.725		0		4		0.616	2.008	
17:1....g									
18:1 undifferentiated....g	4.130		0		4		3.511	11.440	
20:1....g	0.057		0		4		0.048	0.158	
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		2.040	6.648	
18:2 undifferentiated....g	1.572		0		4		1.336	4.354	
18:3 undifferentiated....g	0.049		0		4		0.042	0.136	
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		0.273	0.889	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.034		0		4		0.029	0.094	
22:6 n-3 (DHA)....g	0.037		0		4		0.031	0.102	
Fatty acids, total trans....g									
Cholesterol....mg	98		0		4		83	271	
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 = 85g: 3 oz

Measure 2 = 277g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 17146
Game meat, bear, 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 27 (2014)

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		49.23	181.29	
Energy....kcal	212		0	NC	4		180	664	
Energy....kJ	887		0		4		754	2776	
Protein (N x 6.25)....g	34.85		0		1		29.62	109.08	
Total lipid (fat)....g	6.96		0		1		5.92	21.78	
Ash....g	1.45		0		1		1.23	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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	69	
Iron, Fe....mg	10.00		0		1		8.50	31.30	
Magnesium, Mg....mg	29		0		1		25	91	
Phosphorus, P....mg	292		0		1		248	914	
Potassium, K....mg	403		0		1		343	1261	
Sodium, Na....mg	59		0		1		50	185	
Zinc, Zn....mg	2.27		0		4		1.93	7.11	
Copper, Cu....mg	0.189		0		4		0.161	0.592	
Manganese, Mn....mg									
Selenium, Se....µg	43.1		0	BFYN	4		36.6	134.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		0		1		2.6	9.4	
Thiamin....mg	0.050		0		1		0.043	0.157	
Riboflavin....mg	0.310		0		1		0.264	0.970	
Niacin....mg	2.200		0		1		1.870	6.886	
Pantothenic acid....mg	0.930		0		1		0.791	2.911	
Vitamin B-6....mg	0.470		0		4		0.400	1.471	
Folate, total....µg	11		0		1		9	34	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		9	34	
Folate, DFE....µg	11		0	NC	4		9	34	
Choline, total....mg	129.9		0	BFNN	4		110.4	406.6	
Betaine....mg	17.1		0	BFNN	4		14.5	53.4	
Vitamin B-12....µg	8.30		0		1		7.06	25.98	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0	BFSN	4		0.38	1.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.6		0	BFSN	4		1.4	5.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.070		0		4		1.760	6.479	
4:0....g	0.000		0		4		0.000	0.000	
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		0.153	0.563	
15:0....g									
16:0....g	1.570		0		4		1.335	4.914	
17:0....g									
18:0....g	0.320		0		4		0.272	1.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.890		0		4		1.607	5.916	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		4		0.204	0.751	
17:1....g									
18:1 undifferentiated....g	1.610		0		4		1.369	5.039	
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		1.148	4.226	
18:2 undifferentiated....g	1.070		0		4		0.910	3.349	
18:3 undifferentiated....g	0.280		0		4		0.238	0.876	
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	
21:5....g									
22:4....g									
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		99	366	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.327		0		1		1.128	4.154	
Isoleucine....g	1.489		0		1		1.266	4.661	
Leucine....g	2.749		0		1		2.337	8.604	
Lysine....g	3.240		0		1		2.754	10.141	
Methionine....g	0.792		0		1		0.673	2.479	
Cystine....g									
Phenylalanine....g	1.417		0		1		1.204	4.435	
Tyrosine....g	1.087		0		1		0.924	3.402	
Valine....g	1.422		0		1		1.209	4.451	
Arginine....g	2.141		0		1		1.820	6.701	
Histidine....g	1.372		0		1		1.166	4.294	
Alanine....g	1.617		0		1		1.374	5.061	
Aspartic acid....g	2.772		0		1		2.356	8.676	
Glutamic acid....g	4.980		0		1		4.233	15.587	
Glycine....g	1.322		0		1		1.124	4.138	
Proline....g	1.249		0		1		1.062	3.909	
Serine....g	1.154		0		1		0.981	3.612	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
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	
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 27 (2014)

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		52.45	209.78	
Energy....kcal	188		0	NC	4		160	639	
Energy....kJ	787				4		669	2674	
Protein (N x 6.25)....g	30.66		0		1		26.06	104.24	
Total lipid (fat)....g	6.32		0		1		5.37	21.49	
Ash....g	1.21		0		1		1.03	4.11	
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	24		0		1		20	82	
Iron, Fe....mg	3.05		0		1		2.59	10.37	
Magnesium, Mg....mg									
Phosphorus, P....mg	250		0		1		213	850	
Potassium, K....mg	459		0		1		390	1561	
Sodium, Na....mg	82		0		1		70	279	
Zinc, Zn....mg	6.40		0		1		5.44	21.76	
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg	13.1		0	BFYN	4		11.1	44.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		0		1		7.7	30.6	
Thiamin....mg	0.030		0		1		0.026	0.102	
Riboflavin....mg	0.110		0		1		0.094	0.374	
Niacin....mg	4.890		0		1		4.157	16.626	
Pantothenic acid....mg	0.580		0		1		0.493	1.972	
Vitamin B-6....mg									
Folate, total....µg	18		0		1		15	61	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	61	
Folate, DFE....µg	18		0	NC	4		15	61	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.55		0		1		2.17	8.67	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.680		0		1		2.278	9.112	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.009	0.034	
13:0....g									
14:0....g	0.130		0		1		0.111	0.442	
15:0....g									
16:0....g	1.260		0		1		1.071	4.284	
17:0....g									
18:0....g	1.200		0		1		1.020	4.080	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.680		0		1		2.278	9.112	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		1		0.204	0.816	
17:1....g									
18:1 undifferentiated....g	2.400		0		1		2.040	8.160	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.200		0		1		0.170	0.680	
18:2 undifferentiated....g	0.150		0		1		0.128	0.510	
18:3 undifferentiated....g	0.060		0		1		0.051	0.204	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....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	58		0		1		49	197	
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 = 85g: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	15	3.325	3		1		4	68	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15	3.325	3		1		4	68	
Folate, DFE....µg	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.42	0.299	3		1		0.69	10.98	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.040		0		1		0.578	9.253	
4:0....g									
6:0....g									
8:0....g									
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									
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	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 27 (2014)

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		51.41	468.14	
Energy....kcal	193		0	NC	4		164	1496	
Energy....kJ	809		0	NC	4		687	6259	
Protein (N x 6.25)....g	33.78	0.592	6	A	1		28.72	261.48	
Total lipid (fat)....g	5.43	0.617	6	A	1		4.62	42.05	
Ash....g	1.08	0.040	6	A	1		0.92	8.38	
Carbohydrate, by difference....g	0.00		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		6	56	
Iron, Fe....mg	4.86	0.230	6	A	1		4.13	37.63	
Magnesium, Mg....mg	26	0.835	3	A	1		22	203	
Phosphorus, P....mg	239	4.842	3	A	1		203	1852	
Potassium, K....mg	316	6.766	3	A	1		268	2443	
Sodium, Na....mg	57	4.286	3	A	1		48	440	
Zinc, Zn....mg	8.64	0.346	3	A	1		7.34	66.87	
Copper, Cu....mg	0.208	0.022	3	A	1		0.177	1.610	
Manganese, Mn....mg	0.017	0.001	3	A	1		0.014	0.129	
Selenium, Se....µg	41.7	0.667	3	A	1		35.4	322.5	
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		0.102	0.929	
Riboflavin....mg	0.470	0.012	3	A	1		0.400	3.638	
Niacin....mg	4.773	0.461	3	A	1		4.057	36.946	
Pantothenic acid....mg	1.620		0	BFPN	4		1.377	12.542	
Vitamin B-6....mg	0.458	0.103	3	A	1		0.390	3.547	
Folate, total....µg	21		0	BFPN	4		18	166	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0	BFPN	4		18	166	
Folate, DFE....µg	21		0	NC	4		18	166	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.38	0.374	3	A	1		2.03	18.45	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	BFSN	4		0.20	1.80	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.320		0	NC	4		1.972	17.954	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.002	0.017	
10:0....g	0.002		0	BFFN	4		0.002	0.017	
12:0....g	0.002		0	BFFN	4		0.002	0.017	
13:0....g									
14:0....g	0.098		0	BFFN	4		0.083	0.755	
15:0....g	0.028		0	BFFN	4		0.024	0.220	
16:0....g	0.978		0	BFFN	4		0.832	7.573	
17:0....g	0.082		0	BFFN	4		0.070	0.637	
18:0....g	1.116		0	BFFN	4		0.948	8.637	
20:0....g	0.010		0	BFFN	4		0.009	0.080	
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		1.803	16.422	
14:1....g	0.008		0	BFFN	4		0.007	0.061	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.108		0	BFFN	4		0.092	0.838	
17:1....g	0.039		0	BFFN	4		0.033	0.301	
18:1 undifferentiated....g	1.949		0	BFFN	4		1.657	15.088	
20:1....g	0.017		0	BFFN	4		0.015	0.133	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.217	1.977	
18:2 undifferentiated....g	0.197		0	BFFN	4		0.167	1.524	
18:3 undifferentiated....g	0.029		0	BFFN	4		0.024	0.221	
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		0.002	0.018	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.028		0	BFFN	4		0.023	0.213	
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		94	857	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	A	1		0.217	1.977	
Threonine....g	1.533		0	A	1		1.303	11.864	
Isoleucine....g	1.631		0	A	1		1.386	12.623	
Leucine....g	2.898		0	A	1		2.464	22.433	
Lysine....g	3.134		0	A	1		2.664	24.261	
Methionine....g	0.914		0	A	1		0.777	7.072	
Cystine....g	0.403		0	A	1		0.342	3.118	
Phenylalanine....g	1.434		0	A	1		1.219	11.103	
Tyrosine....g	1.149		0	A	1		0.977	8.897	
Valine....g	1.818		0	A	1		1.545	14.069	
Arginine....g	2.300		0	A	1		1.955	17.798	
Histidine....g	1.238		0	A	1		1.052	9.582	
Alanine....g	2.250		0	A	1		1.913	17.418	
Aspartic acid....g	3.301		0	A	1		2.806	25.553	
Glutamic acid....g	5.502		0	A	1		4.677	42.588	
Glycine....g	2.192		0	A	1		1.863	16.969	
Proline....g	1.730		0	A	1		1.470	13.388	

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
Serine.....g	1.405		0	A	1		1.194	10.875	
Hydroxyproline.....g	0.422		0	A	1		0.359	3.269	
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 = 85g: 1 serving (3 oz)

Measure 2 = 774g: 1 roast (yield from 1247 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 27 (2014)

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		64.18	933.94	
Energy....kcal	119		0	NC	4		101	1467	
Energy....kJ	496		0	NC	4		422	6137	
Protein (N x 6.25)....g	21.12	0.483	6	A	1		17.95	261.21	
Total lipid (fat)....g	3.15	0.284	6	A	1		2.68	38.97	
Ash....g	0.98	0.040	6	A	1		0.84	12.16	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.959	3	A	1		5	68	
Iron, Fe....mg	2.88	0.059	6	A	1		2.44	35.56	
Magnesium, Mg....mg	24	0.593	3	A	1		20	297	
Phosphorus, P....mg	213	4.410	3	A	1		181	2639	
Potassium, K....mg	353	5.033	3	A	1		300	4367	
Sodium, Na....mg	62	1.477	3	A	1		53	766	
Zinc, Zn....mg	5.27	0.273	3	A	1		4.48	65.23	
Copper, Cu....mg	0.202	0.070	3	A	1		0.172	2.503	
Manganese, Mn....mg	0.013	0.001	3	A	1		0.011	0.161	
Selenium, Se....µg	28.7	2.186	3	A	1		24.4	354.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.227	0.055	3	A	1		0.193	2.804	
Riboflavin....mg	0.347	0.030	3	A	1		0.295	4.288	
Niacin....mg	4.443	0.478	3	A	1		3.777	54.964	
Pantothenic acid....mg	0.724		0	BFPN	4		0.615	8.956	
Vitamin B-6....mg	0.472	0.008	3	A	1		0.401	5.843	
Folate, total....µg	13		0	BFPN	4		11	155	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0	BFPN	4		11	155	
Folate, DFE....µg	13		0	NC	4		11	155	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.46	0.271	3	A	1		2.09	30.43	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		0	BFSN	4		0.14	2.01	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.345		0	NC	4		1.143	16.635	
4:0....g									
6:0....g									
8:0....g	0.001		0	BFFN	4		0.001	0.016	
10:0....g	0.001		0	BFFN	4		0.001	0.016	
12:0....g	0.001		0	BFFN	4		0.001	0.016	
13:0....g									
14:0....g	0.057		0	BFFN	4		0.048	0.699	
15:0....g	0.016		0	BFFN	4		0.014	0.204	
16:0....g	0.567		0	BFFN	4		0.482	7.017	
17:0....g	0.048		0	BFFN	4		0.041	0.590	
18:0....g	0.647		0	BFFN	4		0.550	8.003	
20:0....g	0.006		0	BFFN	4		0.005	0.074	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	1.230		0	NC	4		1.046	15.215	
14:1....g	0.005		0	BFFN	4		0.004	0.057	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.063		0	BFFN	4		0.053	0.777	
17:1....g	0.023		0	BFFN	4		0.019	0.279	
18:1 undifferentiated....g	1.130		0	BFFN	4		0.961	13.980	
20:1....g	0.010		0	BFFN	4		0.008	0.124	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0	NC	4		0.126	1.832	
18:2 undifferentiated....g	0.114		0	BFFN	4		0.097	1.412	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.014	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	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	0.001		0	BFFN	4		0.001	0.016	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.016		0	BFFN	4		0.014	0.198	
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		55	798	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.160		0	A	1		0.136	1.975	
Threonine....g	0.958		0	A	1		0.814	11.851	
Isoleucine....g	1.019		0	A	1		0.866	12.610	
Leucine....g	1.812		0	A	1		1.540	22.410	
Lysine....g	1.959		0	A	1		1.665	24.236	
Methionine....g	0.571		0	A	1		0.485	7.064	
Cystine....g	0.252		0	A	1		0.214	3.115	
Phenylalanine....g	0.897		0	A	1		0.762	11.091	
Tyrosine....g	0.718		0	A	1		0.611	8.888	
Valine....g	1.136		0	A	1		0.966	14.054	
Arginine....g	1.437		0	A	1		1.222	17.780	
Histidine....g	0.774		0	A	1		0.658	9.572	
Alanine....g	1.407		0	A	1		1.196	17.400	
Aspartic acid....g	2.064		0	A	1		1.754	25.526	
Glutamic acid....g	3.439		0	A	1		2.923	42.544	
Glycine....g	1.370		0	A	1		1.165	16.951	
Proline....g	1.081		0	A	1		0.919	13.375	

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
Serine.....g	0.878		0	A	1		0.747	10.864	
Hydroxyproline.....g	0.264		0	A	1		0.224	3.265	
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 = 85g: 1 serving (3 oz)

Measure 2 = 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 27 (2014)

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						Amount in edible portion 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	59.53	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....µg	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....µg	15		1	A	1		13	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		1	A	1		13	13	
Folate, DFE....µg	15		0	NC	4		13	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.28	0.015	3	A	1		1.98	1.94	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.461		0	NC	4		5.621	5.492	
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	
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	5.909		0	NC	4		5.141	5.023	
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	0.711		0	NC	4		0.619	0.605	
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-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	

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
Serine.....g	0.988		0	A	1		0.860	0.840	
Hydroxyproline.....g	0.297		0	BFPN	4		0.258	0.253	
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 = 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 27 (2014)

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		54.81	115.43	
Energy....kcal	177		0	NC	4		150	317	
Energy....kJ	740		0	NC	4		629	1325	
Protein (N x 6.25)....g	29.45	0.662	6	A	1		25.03	52.72	
Total lipid (fat)....g	5.67	0.740	6	A	1		4.82	10.14	
Ash....g	1.02	0.060	6	A	1		0.86	1.82	
Carbohydrate, by difference....g	0.00		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		6	12	
Iron, Fe....mg	2.88	0.101	6	A	1		2.45	5.16	
Magnesium, Mg....mg	26	1.053	3	A	1		22	46	
Phosphorus, P....mg	238	5.568	3	A	1		202	426	
Potassium, K....mg	371	8.083	3	A	1		315	664	
Sodium, Na....mg	52	4.168	3	A	1		44	93	
Zinc, Zn....mg	5.01	0.314	3	A	1		4.26	8.96	
Copper, Cu....mg	0.201	0.043	3	A	1		0.171	0.359	
Manganese, Mn....mg	0.012	0.003	3	A	1		0.010	0.022	
Selenium, Se....µg	42.1		0	BFNN	4		35.8	75.3	
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		0.116	0.245	
Riboflavin....mg	0.307	0.003	3	A	1		0.261	0.549	
Niacin....mg	6.687	0.539	3	A	1		5.684	11.969	
Pantothenic acid....mg	1.010		0	BFPN	4		0.858	1.807	
Vitamin B-6....mg	0.475	0.038	3	A	1		0.404	0.850	
Folate, total....µg	18		0	BFPN	4		15	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	BFPN	4		15	31	
Folate, DFE....µg	18		0	NC	4		15	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.29	0.234	3	A	1		1.09	2.30	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.18	0.37	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.419		0	NC	4		2.056	4.330	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.002	0.004	
10:0....g	0.002		0	BFFN	4		0.002	0.004	
12:0....g	0.002		0	BFFN	4		0.002	0.004	
13:0....g									
14:0....g	0.102		0	BFFN	4		0.086	0.182	
15:0....g	0.030		0	BFFN	4		0.025	0.053	
16:0....g	1.020		0	BFFN	4		0.867	1.827	
17:0....g	0.086		0	BFFN	4		0.073	0.154	
18:0....g	1.164		0	BFFN	4		0.989	2.083	
20:0....g	0.011		0	BFFN	4		0.009	0.019	
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		1.881	3.961	
14:1....g	0.008		0	BFFN	4		0.007	0.015	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.113		0	BFFN	4		0.096	0.202	
17:1....g	0.041		0	BFFN	4		0.034	0.073	
18:1 undifferentiated....g	2.033		0	BFFN	4		1.728	3.639	
20:1....g	0.018		0	BFFN	4		0.015	0.032	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.266		0	NC	4		0.226	0.477	
18:2 undifferentiated....g	0.205		0	BFFN	4		0.175	0.368	
18:3 undifferentiated....g	0.030		0	BFFN	4		0.025	0.053	
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		0.002	0.004	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029		0	BFFN	4		0.024	0.051	
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		67	141	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.189	0.399	
Threonine....g	1.336		0	A	1		1.136	2.392	
Isoleucine....g	1.422		0	A	1		1.208	2.545	
Leucine....g	2.527		0	A	1		2.148	4.523	
Lysine....g	2.732		0	A	1		2.323	4.891	
Methionine....g	0.796		0	A	1		0.677	1.426	
Cystine....g	0.351		0	A	1		0.298	0.629	
Phenylalanine....g	1.250		0	A	1		1.063	2.238	
Tyrosine....g	1.002		0	A	1		0.852	1.794	
Valine....g	1.584		0	A	1		1.347	2.836	
Arginine....g	2.005		0	A	1		1.704	3.588	
Histidine....g	1.079		0	A	1		0.917	1.932	
Alanine....g	1.962		0	A	1		1.667	3.511	
Aspartic acid....g	2.878		0	A	1		2.446	5.151	
Glutamic acid....g	4.797		0	A	1		4.077	8.586	
Glycine....g	1.911		0	A	1		1.624	3.421	
Proline....g	1.508		0	A	1		1.282	2.699	

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
Serine.....g	1.225		0	A	1		1.041	2.192	
Hydroxyproline.....g	0.368		0	A	1		0.313	0.659	
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 = 85g: 1 serving (3 oz)

Measure 2 = 179g: 1 steak (yield from 232.8 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 27 (2014)

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						Amount in edible portion 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	74.00	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 ... µg	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 ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.20	0.160	12	A	1		0.62	9.98	2.49
Vitamin A, RAE ... µg	1		100	AS	1		0	4	1
Vitamin A, IU ... IU	3	0.033	100	A	1		1	14	3
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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									

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
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
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									
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	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

NDB No. 17268

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

Measure 3 = 113g: 4 oz

Footnotes:

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

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	66.54		0		1		56.56	226.24	
Energy....kcal	143		0	NC	4		122	486	
Energy....kJ	598		0		4		509	2034	
Protein (N x 6.25)....g	28.44		0		1		24.17	96.70	
Total lipid (fat)....g	2.42		0		1		2.06	8.23	
Ash....g	1.58		0		1		1.34	5.37	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		7	27	
Iron, Fe....mg	3.42		0		1		2.91	11.63	
Magnesium, Mg....mg	26		0		1		22	88	
Phosphorus, P....mg	209		0		1		178	711	
Potassium, K....mg	361		0		1		307	1227	
Sodium, Na....mg	57		0		1		48	194	
Zinc, Zn....mg	3.68		0		1		3.13	12.51	
Copper, Cu....mg	0.107		0		1		0.091	0.364	
Manganese, Mn....mg	0.008		0		1		0.007	0.027	
Selenium, Se....µg	35.5		0	BFNN	4		30.2	120.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		4		0.085	0.340	
Riboflavin....mg	0.270		0		4		0.230	0.918	
Niacin....mg	3.710		0		4		3.154	12.614	
Pantothenic acid....mg									
Vitamin B-6....mg	0.400		0		4		0.340	1.360	
Folate, total....µg	8		0		4		7	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		7	27	
Folate, DFE....µg	8		0	NC	4		7	27	
Choline, total....mg	114.8		0	BFNN	4		97.6	390.4	
Betaine....mg	15.1		0	BFNN	4		12.8	51.3	
Vitamin B-12....µg	2.86		0		4		2.43	9.72	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36		0	BFSN	4		0.30	1.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.3		0	BFSN	4		1.1	4.3	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.910		0		1		0.774	3.094	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.030		0		1		0.026	0.102	
15:0....g									
16:0....g	0.430		0		1		0.366	1.462	
17:0....g									
18:0....g	0.450		0		1		0.383	1.530	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0		1		0.808	3.230	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.051	0.204	
17:1....g									
18:1 undifferentiated....g	0.880		0		1		0.748	2.992	
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		0.204	0.816	
18:2 undifferentiated....g	0.140		0		1		0.119	0.476	
18:3 undifferentiated....g	0.040		0		1		0.034	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		0.060	0.238	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		70	279	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.171		0		1		0.995	3.981	
Isoleucine....g	1.198		0		1		1.018	4.073	
Leucine....g	2.210		0		1		1.879	7.514	
Lysine....g	2.219		0		1		1.886	7.545	
Methionine....g	0.674		0		1		0.573	2.292	
Cystine....g									
Phenylalanine....g	1.065		0		1		0.905	3.621	
Tyrosine....g	0.914		0		1		0.777	3.108	
Valine....g	1.287		0		1		1.094	4.376	
Arginine....g	1.686		0		1		1.433	5.732	
Histidine....g	0.754		0		1		0.641	2.564	
Alanine....g	1.615		0		1		1.373	5.491	
Aspartic acid....g	2.467		0		1		2.097	8.388	
Glutamic acid....g	4.145		0		1		3.523	14.093	
Glycine....g	1.367		0		1		1.162	4.648	
Proline....g	1.136		0		1		0.966	3.862	
Serine....g	1.083		0		1		0.921	3.682	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	74.57	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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

NDB No. 17156
Game meat, bison, 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
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									
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									
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	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

NDB No. 17156

Game meat, bison, separable lean only, raw

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 ... µg	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 ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.20	0.180	12	A	1		0.62	9.98	2.49
Vitamin A, RAE ... µg	1		100	AS	1		0	3	1
Vitamin A, IU ... IU	2	0.067	100	A	1		1	9	2
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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									

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
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
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									
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	0.800	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

NDB No. 17269

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

Measure 3 = 113g: 4 oz

Footnotes:

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

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.32	117.14	
Energy....kcal	174		0	NC	4		148	312	
Energy....kJ	726		0	NC	4		617	1307	
Protein (N x 6.25)....g	30.18	0.582	6	A	1		25.65	54.32	
Total lipid (fat)....g	4.96	0.879	6	A	1		4.22	8.93	
Ash....g	1.20	0.028	6	A	1		1.02	2.16	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.149	3	A	1		4	9	
Iron, Fe....mg	3.52	0.201	6	A	1		2.99	6.33	
Magnesium, Mg....mg	28	1.128	3	A	1		23	50	
Phosphorus, P....mg	257	10.607	3	A	1		218	462	
Potassium, K....mg	382	14.166	3	A	1		325	688	
Sodium, Na....mg	41	3.207	3	A	1		35	74	
Zinc, Zn....mg	3.79	0.157	3	A	1		3.22	6.81	
Copper, Cu....mg	0.210	0.013	3	A	1		0.178	0.377	
Manganese, Mn....mg	0.011	0.002	3	A	1		0.009	0.019	
Selenium, Se....µg	41.0	3.488	3	A	1		34.9	73.8	
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		0.140	0.297	
Riboflavin....mg	0.365	0.019	3	A	1		0.310	0.657	
Niacin....mg	6.475	0.461	3	A	1		5.504	11.655	
Pantothenic acid....mg	1.448		0	BFPN	4		1.230	2.606	
Vitamin B-6....mg	0.657	0.093	3	A	1		0.558	1.182	
Folate, total....µg	19		0	BFPN	4		16	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	BFPN	4		16	35	
Folate, DFE....µg	19		0	NC	4		16	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.81	0.270	3	A	1		1.54	3.26	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.17	0.37	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.957		0	NC	4		1.663	3.522	
4:0....g									
6:0....g									
8:0....g	0.002		0	BFFN	4		0.002	0.003	
10:0....g	0.002		0	BFFN	4		0.002	0.003	
12:0....g	0.002		0	BFFN	4		0.002	0.003	
13:0....g									
14:0....g	0.082		0	BFFN	4		0.070	0.148	
15:0....g	0.024		0	BFFN	4		0.020	0.043	
16:0....g	0.825		0	BFFN	4		0.702	1.486	
17:0....g	0.069		0	BFFN	4		0.059	0.125	
18:0....g	0.941		0	BFFN	4		0.800	1.694	
20:0....g	0.009		0	BFFN	4		0.007	0.016	
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		1.521	3.222	
14:1....g	0.007		0	BFFN	4		0.006	0.012	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.091		0	BFFN	4		0.078	0.164	
17:1....g	0.033		0	BFFN	4		0.028	0.059	
18:1 undifferentiated....g	1.644		0	BFFN	4		1.398	2.960	
20:1....g	0.015		0	BFFN	4		0.012	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.215		0	NC	4		0.183	0.388	
18:2 undifferentiated....g	0.166		0	BFFN	4		0.141	0.299	
18:3 undifferentiated....g	0.024		0	BFFN	4		0.021	0.043	
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		0.002	0.003	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.020	0.042	
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		72	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.194	0.411	
Threonine....g	1.369		0	A	1		1.164	2.465	
Isoleucine....g	1.457		0	A	1		1.238	2.622	
Leucine....g	2.589		0	A	1		2.201	4.661	
Lysine....g	2.800		0	A	1		2.380	5.040	
Methionine....g	0.816		0	A	1		0.694	1.469	
Cystine....g	0.360		0	A	1		0.306	0.648	
Phenylalanine....g	1.281		0	A	1		1.089	2.307	
Tyrosine....g	1.027		0	A	1		0.873	1.848	
Valine....g	1.624		0	A	1		1.380	2.923	
Arginine....g	2.054		0	A	1		1.746	3.698	
Histidine....g	1.106		0	A	1		0.940	1.991	
Alanine....g	2.010		0	A	1		1.709	3.619	
Aspartic acid....g	2.949		0	A	1		2.507	5.309	
Glutamic acid....g	4.915		0	A	1		4.178	8.848	
Glycine....g	1.958		0	A	1		1.665	3.525	
Proline....g	1.545		0	A	1		1.313	2.781	

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
Serine.....g	1.255		0	A	1		1.067	2.259	
Hydroxyproline.....g	0.377		0	A	1		0.321	0.679	
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 = 85g: 1 serving (3 oz)

Measure 2 = 180g: 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 27 (2014)

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						Amount in edible portion 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	0.432	6	A	1		62.86	361.62	
Energy....kcal	122		0	NC	4		103	594	
Energy....kJ	508		0	NC	4		432	2486	
Protein (N x 6.25)....g	23.32	0.196	6	A	1		19.82	114.02	
Total lipid (fat)....g	2.43	0.345	6	A	1		2.07	11.90	
Ash....g	1.18	0.017	6	A	1		1.01	5.79	
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	5	0.253	3	A	1		4	22	
Iron, Fe....mg	2.66	0.163	6	A	1		2.26	13.01	
Magnesium, Mg....mg	27	0.300	3	A	1		23	130	
Phosphorus, P....mg	237	1.732	3	A	1		201	1159	
Potassium, K....mg	390	2.887	3	A	1		332	1907	
Sodium, Na....mg	47	1.026	3	A	1		40	230	
Zinc, Zn....mg	2.92	0.128	3	A	1		2.48	14.30	
Copper, Cu....mg	0.131	0.022	3	A	1		0.111	0.641	
Manganese, Mn....mg	0.047	0.032	3	A	1		0.040	0.230	
Selenium, Se....µg	35.3	2.906	3	A	1		30.0	172.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.217	0.038	3	A	1		0.184	1.060	
Riboflavin....mg	0.337	0.030	3	A	1		0.286	1.646	
Niacin....mg	6.183	0.175	3	A	1		5.256	30.236	
Pantothenic acid....mg	0.799		0	BFPN	4		0.680	3.909	
Vitamin B-6....mg	0.562	0.022	3	A	1		0.478	2.748	
Folate, total....µg	14		0	BFPN	4		12	68	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0	BFPN	4		12	68	
Folate, DFE....µg	14		0	NC	4		12	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.55	0.377	3	A	1		1.32	7.58	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.17		0	BFSN	4		0.15	0.85	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.039		0	NC	4		0.883	5.080	
4:0....g									
6:0....g									
8:0....g	0.001		0	BFFN	4		0.001	0.005	
10:0....g	0.001		0	BFFN	4		0.001	0.005	
12:0....g	0.001		0	BFFN	4		0.001	0.005	
13:0....g									
14:0....g	0.044		0	BFFN	4		0.037	0.214	
15:0....g	0.013		0	BFFN	4		0.011	0.062	
16:0....g	0.438		0	BFFN	4		0.372	2.143	
17:0....g	0.037		0	BFFN	4		0.031	0.180	
18:0....g	0.500		0	BFFN	4		0.425	2.444	
20:0....g	0.005		0	BFFN	4		0.004	0.023	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0	NC	4		0.808	4.646	
14:1....g	0.004		0	BFFN	4		0.003	0.017	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.048		0	BFFN	4		0.041	0.237	
17:1....g	0.017		0	BFFN	4		0.015	0.085	
18:1 undifferentiated....g	0.873		0	BFFN	4		0.742	4.269	
20:1....g	0.008		0	BFFN	4		0.007	0.038	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.114		0	NC	4		0.097	0.559	
18:2 undifferentiated....g	0.088		0	BFFN	4		0.075	0.431	
18:3 undifferentiated....g	0.013		0	BFFN	4		0.011	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	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	0.001		0	BFFN	4		0.001	0.005	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.012		0	BFFN	4		0.010	0.060	
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		55	317	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	A	1		0.150	0.862	
Threonine....g	1.058		0	A	1		0.899	5.173	
Isoleucine....g	1.126		0	A	1		0.957	5.504	
Leucine....g	2.000		0	A	1		1.700	9.782	
Lysine....g	2.163		0	A	1		1.839	10.579	
Methionine....g	0.631		0	A	1		0.536	3.084	
Cystine....g	0.278		0	A	1		0.236	1.360	
Phenylalanine....g	0.990		0	A	1		0.842	4.841	
Tyrosine....g	0.793		0	A	1		0.674	3.879	
Valine....g	1.255		0	A	1		1.066	6.135	
Arginine....g	1.587		0	A	1		1.349	7.761	
Histidine....g	0.854		0	A	1		0.726	4.178	
Alanine....g	1.553		0	A	1		1.320	7.595	
Aspartic acid....g	2.279		0	A	1		1.937	11.142	
Glutamic acid....g	3.798		0	A	1		3.228	18.570	
Glycine....g	1.513		0	A	1		1.286	7.399	
Proline....g	1.194		0	A	1		1.015	5.838	

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
Serine.....g	0.970		0	A	1		0.824	4.742	
Hydroxyproline.....g	0.291		0	A	1		0.248	1.425	
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 = 85g: 1 serving (3 oz)

Measure 2 = 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 27 (2014)

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 ... µg	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 ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.30	0.190	12	A	1		0.65	10.43	2.60
Vitamin A, RAE ... µg	1		100	AS	1		0	4	1
Vitamin A, IU ... IU	3	0.033	100	A	1		1	14	3
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
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									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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									

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
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
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									
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	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

NDB No. 17267

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

Measure 3 = 113g: 4 oz

Footnotes:

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

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17159
Game meat, boar, wild, 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	63.87		0		1		54.29	217.16	
Energy....kcal	160		0	NC	4		136	544	
Energy....kJ	669		0		4		569	2276	
Protein (N x 6.25)....g	28.30		0		1		24.06	96.22	
Total lipid (fat)....g	4.38		0		1		3.72	14.89	
Ash....g	1.27		0		1		1.08	4.32	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		14	54	
Iron, Fe....mg	1.12		0		4		0.95	3.81	
Magnesium, Mg....mg	27		0		4		23	92	
Phosphorus, P....mg	134		0		1		114	456	
Potassium, K....mg	396		0		4		337	1346	
Sodium, Na....mg	60		0		4		51	204	
Zinc, Zn....mg	3.01		0		4		2.56	10.23	
Copper, Cu....mg	0.056		0		4		0.048	0.190	
Manganese, Mn....mg									
Selenium, Se....µg	13.0		0	BFYN	4		11.1	44.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.310		0		1		0.264	1.054	
Riboflavin....mg	0.140		0		1		0.119	0.476	
Niacin....mg	4.210		0		1		3.579	14.314	
Pantothenic acid....mg									
Vitamin B-6....mg	0.418		0		4		0.355	1.421	
Folate, total....µg	6		0		4		5	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		5	20	
Folate, DFE....µg	6		0	NC	4		5	20	
Choline, total....mg	117.4		0	BFNN	4		99.8	399.3	
Betaine....mg	15.4		0	BFNN	4		13.1	52.5	
Vitamin B-12....µg	0.70		0		4		0.60	2.38	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFSN	4		0.33	1.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.2	4.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.300		0		1		1.105	4.420	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.050		0		1		0.043	0.170	
15:0....g									
16:0....g	0.770		0		1		0.655	2.618	
17:0....g									
18:0....g	0.440		0		1		0.374	1.496	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.710		0		1		1.454	5.814	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		0		1		0.187	0.748	
17:1....g									
18:1 undifferentiated....g	1.490		0		1		1.267	5.066	
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	2.176	
18:2 undifferentiated....g	0.500		0		1		0.425	1.700	
18:3 undifferentiated....g	0.030		0		1		0.026	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	0.110		0		1		0.094	0.374	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		65	262	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.380		0		1		0.323	1.292	
Threonine....g	1.331		0		1		1.131	4.525	
Isoleucine....g	1.367		0		1		1.162	4.648	
Leucine....g	2.300		0		1		1.955	7.820	
Lysine....g	2.789		0		1		2.371	9.483	
Methionine....g	0.697		0		1		0.592	2.370	
Cystine....g	0.367		0		1		0.312	1.248	
Phenylalanine....g	1.132		0		1		0.962	3.849	
Tyrosine....g	1.010		0		1		0.859	3.434	
Valine....g	1.517		0		1		1.289	5.158	
Arginine....g	1.965		0		1		1.670	6.681	
Histidine....g	1.435		0		1		1.220	4.879	
Alanine....g	1.675		0		1		1.424	5.695	
Aspartic acid....g	2.626		0		1		2.232	8.928	
Glutamic acid....g	4.396		0		1		3.737	14.946	
Glycine....g	1.290		0		1		1.097	4.386	
Proline....g	1.073		0		1		0.912	3.648	
Serine....g	1.164		0		1		0.989	3.958	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

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	72.54		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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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									
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

NDB No. 17158
Game meat, boar, wild, 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 27 (2014)

NDB No. 17161
Game meat, buffalo, water, 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	68.81		0		1		58.49	233.95	
Energy....kcal	131		0	NC	4		111	445	
Energy....kJ	548				4		466	1864	
Protein (N x 6.25)....g	26.83		0		1		22.81	91.22	
Total lipid (fat)....g	1.80		0		1		1.53	6.12	
Ash....g	1.39		0		1		1.18	4.73	
Carbohydrate, by difference....g	0.00		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		13	51	
Iron, Fe....mg	2.12		0		1		1.80	7.21	
Magnesium, Mg....mg	33		0		1		28	112	
Phosphorus, P....mg	220		0		1		187	748	
Potassium, K....mg	313		0		1		266	1064	
Sodium, Na....mg	56		0		1		48	190	
Zinc, Zn....mg	2.54		0		1		2.16	8.64	
Copper, Cu....mg	0.178		0		1		0.151	0.605	
Manganese, Mn....mg									
Selenium, Se....µg	12.0		0	BFYN	4		10.2	40.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.030		0		1		0.026	0.102	
Riboflavin....mg	0.250		0		1		0.213	0.850	
Niacin....mg	6.290		0		1		5.347	21.386	
Pantothenic acid....mg	0.170		0		1		0.145	0.578	
Vitamin B-6....mg	0.460		0		1		0.391	1.564	
Folate, total....µg	9		0		1		8	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		8	31	
Folate, DFE....µg	9		0	NC	4		8	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.75		0		1		1.49	5.95	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.600		0		1		0.510	2.040	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.020		0		1		0.017	0.068	
15:0....g									
16:0....g	0.330		0		1		0.281	1.122	
17:0....g									
18:0....g	0.250		0		1		0.213	0.850	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.550		0		1		0.468	1.870	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.034	0.136	
17:1....g									
18:1 undifferentiated....g	0.490		0		1		0.417	1.666	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.360		0		1		0.306	1.224	
18:2 undifferentiated....g	0.210		0		1		0.179	0.714	
18:3 undifferentiated....g	0.050		0		1		0.043	0.170	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	0.340	
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	61		0		1		52	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0		1		0.278	1.112	
Threonine....g	1.284		0		1		1.091	4.366	
Isoleucine....g	1.346		0		1		1.144	4.576	
Leucine....g	2.309		0		1		1.963	7.851	
Lysine....g	2.118		0		1		1.800	7.201	
Methionine....g	0.672		0		1		0.571	2.285	
Cystine....g	0.429		0		1		0.365	1.459	
Phenylalanine....g	1.075		0		1		0.914	3.655	
Tyrosine....g	1.077		0		1		0.915	3.662	
Valine....g	1.427		0		1		1.213	4.852	
Arginine....g	1.681		0		1		1.429	5.715	
Histidine....g	0.888		0		1		0.755	3.019	
Alanine....g									
Aspartic acid....g	2.676		0		1		2.275	9.098	
Glutamic acid....g	3.890		0		1		3.307	13.226	
Glycine....g	1.046		0		1		0.889	3.556	
Proline....g	1.027		0		1		0.873	3.492	
Serine....g	1.151		0		1		0.978	3.913	
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.

NDB No. 17161

Game meat, buffalo, water, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	8		1		1		2	36	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		1		1		2	36	
Folate, DFE....µg	8		0	NC	4		2	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.66	0.112	45		1		0.47	7.53	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.460		0		1		0.130	2.087	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17160
Game meat, buffalo, water, 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 27 (2014)

NDB No. 17163
Game meat, caribou, 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	62.43		0		1		53.07	212.26	
Energy....kcal	167		0	NC	4		142	568	
Energy....kJ	699		0		4		594	2376	
Protein (N x 6.25)....g	29.77		0		1		25.30	101.22	
Total lipid (fat)....g	4.42		0		1		3.76	15.03	
Ash....g	1.50		0		1		1.28	5.10	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		1		19	75	
Iron, Fe....mg	6.17		0		1		5.24	20.98	
Magnesium, Mg....mg	27		0		1		23	92	
Phosphorus, P....mg	233		0		1		198	792	
Potassium, K....mg	310		0		1		264	1054	
Sodium, Na....mg	60		0		1		51	204	
Zinc, Zn....mg	5.26		0		1		4.47	17.88	
Copper, Cu....mg	0.263		0		1		0.224	0.894	
Manganese, Mn....mg	0.087		0		1		0.074	0.296	
Selenium, Se....µg	13.6		0	BFYN	4		11.6	46.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		0		1		2.6	10.2	
Thiamin....mg	0.250		0		1		0.213	0.850	
Riboflavin....mg	0.900		0		1		0.765	3.060	
Niacin....mg	5.790		0		1		4.922	19.686	
Pantothenic acid....mg	2.680		0		1		2.278	9.112	
Vitamin B-6....mg	0.320		0		1		0.272	1.088	
Folate, total....µg	5		0		1		4	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	17	
Folate, DFE....µg	5		0	NC	4		4	17	
Choline, total....mg	122.6		0	BFNN	4		104.2	416.9	
Betaine....mg	16.1		0	BFNN	4		13.7	54.8	
Vitamin B-12....µg	6.64		0		1		5.64	22.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.34	1.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.2	4.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.700		0		1		1.445	5.780	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.120		0		1		0.102	0.408	
15:0....g									
16:0....g	0.890		0		1		0.757	3.026	
17:0....g									
18:0....g	0.590		0		1		0.502	2.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.330		0		1		1.131	4.522	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		1		0.094	0.374	
17:1....g									
18:1 undifferentiated....g	1.220		0		1		1.037	4.148	
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		0.527	2.108	
18:2 undifferentiated....g	0.310		0		1		0.264	1.054	
18:3 undifferentiated....g	0.030		0		1		0.026	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	0.180		0		1		0.153	0.612	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.102	
22:6 n-3 (DHA)....g	0.060		0		1		0.051	0.204	
Fatty acids, total trans....g									
Cholesterol....mg	109		0		1		93	371	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.458		0		1		0.389	1.557	
Threonine....g	1.273		0		1		1.082	4.328	
Isoleucine....g	1.347		0		1		1.145	4.580	
Leucine....g	2.457		0		1		2.088	8.354	
Lysine....g	2.697		0		1		2.292	9.170	
Methionine....g	0.665		0		1		0.565	2.261	
Cystine....g	0.214		0		1		0.182	0.728	
Phenylalanine....g	1.324		0		1		1.125	4.502	
Tyrosine....g	0.976		0		1		0.830	3.318	
Valine....g	1.399		0		1		1.189	4.757	
Arginine....g	1.771		0		1		1.505	6.021	
Histidine....g	1.179		0		1		1.002	4.009	
Alanine....g	1.593		0		1		1.354	5.416	
Aspartic acid....g	2.633		0		1		2.238	8.952	
Glutamic acid....g	4.673		0		1		3.972	15.888	
Glycine....g	1.249		0		1		1.062	4.247	
Proline....g	0.925		0		1		0.786	3.145	
Serine....g	1.047		0		1		0.890	3.560	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17162
Game meat, caribou, raw
Rangifer 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	71.45	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....µg	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....µg	4		1		1		1	18	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		1		1		1	18	
Folate, DFE....µg	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.31		1		1		1.79	28.62	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.290		0		1		0.366	5.851	
4:0....g									
6:0....g									
8:0....g									
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									
21:5....g									
22:4....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.

NDB No. 17162
Game meat, caribou, 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 27 (2014)

NDB No. 17165
Game meat, deer, 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	65.23		0		1		55.45	221.78	
Energy....kcal	158		0	NC	4		134	537	
Energy....kJ	661				4		562	2248	
Protein (N x 6.25)....g	30.21		0		1		25.68	102.71	
Total lipid (fat)....g	3.19		0		1		2.71	10.85	
Ash....g	1.52		0		1		1.29	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	7		0		1		6	24	
Iron, Fe....mg	4.47		0		1		3.80	15.20	
Magnesium, Mg....mg	24		0		1		20	82	
Phosphorus, P....mg	226		0		1		192	768	
Potassium, K....mg	335		0		1		285	1139	
Sodium, Na....mg	54		0		1		46	184	
Zinc, Zn....mg	2.75		0		1		2.34	9.35	
Copper, Cu....mg	0.300		0		1		0.255	1.020	
Manganese, Mn....mg	0.046		0		1		0.039	0.156	
Selenium, Se....µg	12.9		0	BFYN	4		11.0	43.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180		0		1		0.153	0.612	
Riboflavin....mg	0.600		0		1		0.510	2.040	
Niacin....mg	6.710		0		1		5.704	22.814	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.250		0		1		1.063	4.250	
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									

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
14:0 ... g	0.030		0		1		0.026	0.102	
15:0 ... g									
16:0 ... g	0.540		0		1		0.459	1.836	
17:0 ... g									
18:0 ... g	0.670		0		1		0.570	2.278	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.880		0		1		0.748	2.992	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		1		0.034	0.136	
17:1 ... g									
18:1 undifferentiated ... g	0.830		0		1		0.706	2.822	
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		0.527	2.108	
18:2 undifferentiated ... g	0.400		0		1		0.340	1.360	
18:3 undifferentiated ... g	0.090		0		1		0.077	0.306	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.130		0		1		0.111	0.442	
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	112		0		1		95	381	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g	1.421		0		1		1.208	4.831	
Isoleucine ... g	1.194		0		1		1.015	4.060	
Leucine ... g	2.566		0		1		2.181	8.724	
Lysine ... g	2.639		0		1		2.243	8.973	
Methionine ... g	0.745		0		1		0.633	2.533	
Cystine ... g	0.338		0		1		0.287	1.149	
Phenylalanine ... g	1.233		0		1		1.048	4.192	
Tyrosine ... g	1.069		0		1		0.909	3.635	
Valine ... g	1.412		0		1		1.200	4.801	
Arginine ... g	2.175		0		1		1.849	7.395	
Histidine ... g	1.494		0		1		1.270	5.080	
Alanine ... g	1.885		0		1		1.602	6.409	
Aspartic acid ... g	2.803		0		1		2.383	9.530	
Glutamic acid ... g	4.389		0		1		3.731	14.923	
Glycine ... g	1.546		0		1		1.314	5.256	
Proline ... g	1.557		0		1		1.323	5.294	
Serine ... g	1.281		0		1		1.089	4.355	
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 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

NDB No. 17165
Game meat, deer, 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 27 (2014)

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						Amount in edible portion 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	64.23	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....µg	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....µg	8		1	A	1		8	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		1	A	1		8	7	
Folate, DFE....µg	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....µg	2.32	0.519	3	A	1		2.16	1.97	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.3	1.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
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	
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-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	

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
Proline.....g	1.158		0	A	1		1.077	0.984	
Serine.....g	0.911		0	A	1		0.848	0.775	
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 27 (2014)

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						Amount in edible portion 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	71.15	0.498	6	A	1		60.48	20.17	
Energy....kcal	157		0	NC	4		134	45	
Energy....kJ	658		0	NC	4		560	187	
Protein (N x 6.25)....g	21.78	0.371	6	A	1		18.52	6.18	
Total lipid (fat)....g	7.13	0.351	6	A	1		6.06	2.02	
Ash....g	0.88	0.065	6	A	1		0.75	0.25	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.390	3	A	1		10	3	
Iron, Fe....mg	2.92	0.081	6	A	1		2.48	0.83	
Magnesium, Mg....mg	21	0.393	3	A	1		18	6	
Phosphorus, P....mg	201	3.930	3	A	1		171	57	
Potassium, K....mg	330	5.696	3	A	1		280	93	
Sodium, Na....mg	75	2.991	3	A	1		64	21	
Zinc, Zn....mg	4.20	0.044	3	A	1		3.57	1.19	
Copper, Cu....mg	0.140	0.017	3	A	1		0.119	0.040	
Manganese, Mn....mg	0.014	0.002	3	A	1		0.012	0.004	
Selenium, Se....µg	10.0	2.309	3	A	1		8.5	2.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.547	0.193	3	A	1		0.465	0.155	
Riboflavin....mg	0.287	0.003	3	A	1		0.244	0.081	
Niacin....mg	5.700	0.135	3	A	1		4.845	1.616	
Pantothenic acid....mg	0.690		1	A	1		0.587	0.196	
Vitamin B-6....mg	0.464	0.023	3	A	1		0.395	0.132	
Folate, total....µg	4		1	A	1		4	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		1	A	1		4	1	
Folate, DFE....µg	4		0	NC	4		4	1	
Choline, total....mg	87.9		0	BFNN	4		74.7	24.9	
Betaine....mg	12.9		0	BFNN	4		11.0	3.7	
Vitamin B-12....µg	1.87	0.235	3	A	1		1.59	0.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		1	A	1		0.39	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		1.0	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.361		0	NC	4		2.857	0.953	
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	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.005		0	BFFN	4		0.004	0.001	
13:0....g									
14:0....g	0.215		0	BFFN	4		0.183	0.061	
15:0....g	0.088		0	BFFN	4		0.075	0.025	
16:0....g	1.326		0	BFFN	4		1.127	0.376	
17:0....g	0.096		0	BFFN	4		0.082	0.027	
18:0....g	1.610		0	BFFN	4		1.369	0.457	
20:0....g	0.019		0	BFFN	4		0.016	0.005	
22:0....g	0.003		0	BFFN	4		0.002	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	1.344		0	NC	4		1.142	0.381	
14:1....g	0.016		0	BFFN	4		0.014	0.005	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.107		0	BFFN	4		0.091	0.030	
17:1....g	0.024		0	BFFN	4		0.020	0.007	
18:1 undifferentiated....g	1.197		0	BFFN	4		1.018	0.339	
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	0.394		0	NC	4		0.335	0.112	
18:2 undifferentiated....g	0.225		0	BFFN	4		0.191	0.064	
18:3 undifferentiated....g	0.104		0	BFFN	4		0.089	0.030	
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	0.064		0	BFFN	4		0.055	0.018	
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	80		0	BFYN	4		68	23	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.163	0.054	
Threonine....g	0.818		0	A	1		0.695	0.232	
Isoleucine....g	0.929		0	A	1		0.789	0.263	
Leucine....g	1.645		0	A	1		1.399	0.466	
Lysine....g	1.756		0	A	1		1.493	0.498	
Methionine....g	0.505		0	A	1		0.429	0.143	
Cystine....g	0.202		0	A	1		0.172	0.057	
Phenylalanine....g	0.818		0	A	1		0.695	0.232	
Tyrosine....g	0.676		0	A	1		0.575	0.192	
Valine....g	1.050		0	A	1		0.892	0.298	
Arginine....g	1.292		0	A	1		1.098	0.366	
Histidine....g	0.646		0	A	1		0.549	0.183	
Alanine....g	1.262		0	A	1		1.072	0.358	
Aspartic acid....g	1.877		0	A	1		1.596	0.532	
Glutamic acid....g	3.069		0	A	1		2.608	0.870	
Glycine....g	1.181		0	A	1		1.004	0.335	

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
Proline....g	0.949		0	A	1		0.807	0.269	
Serine....g	0.747		0	A	1		0.635	0.212	
Hydroxyproline....g	0.313		0	A	1		0.266	0.089	
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 = 85g: 1 patty (cooked from 4 oz raw)

Measure 2 = 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 27 (2014)

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....µg	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....µg	9		0	BFPN	4		5	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		5	8	
Folate, DFE....µg	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....µg	1.83	0.278	3	A	1		0.99	1.56	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		0.7	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.351		0	NC	4		0.730	1.148	
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	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.002		0	BFFN	4		0.001	0.002	
13:0....g									
14:0....g	0.086		0	BFFN	4		0.047	0.073	
15:0....g	0.035		0	BFFN	4		0.019	0.030	
16:0....g	0.533		0	BFFN	4		0.288	0.453	
17:0....g	0.039		0	BFFN	4		0.021	0.033	
18:0....g	0.647		0	BFFN	4		0.350	0.550	
20:0....g	0.008		0	BFFN	4		0.004	0.006	
22:0....g	0.001		0	BFFN	4		0.001	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.540		0	NC	4		0.292	0.459	
14:1....g	0.006		0	BFFN	4		0.003	0.005	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.043		0	BFFN	4		0.023	0.036	
17:1....g	0.010		0	BFFN	4		0.005	0.008	
18:1 undifferentiated....g	0.481		0	BFFN	4		0.260	0.409	
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	0.158		0	NC	4		0.085	0.135	
18:2 undifferentiated....g	0.090		0	BFFN	4		0.049	0.077	
18:3 undifferentiated....g	0.042		0	BFFN	4		0.023	0.036	
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	0.026		0	BFFN	4		0.014	0.022	
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	

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
Proline.....g	1.333		0	A	1		0.720	1.133	
Serine.....g	1.049		0	A	1		0.567	0.892	
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 27 (2014)

NDB No. 17164
Game meat, deer, raw
Odocoileus 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	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....µg	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....µg	4		0		4		1	18	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		1	18	
Folate, DFE....µg	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.31		0		4		1.79	28.62	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.1		0	BFSN	4		0.3	5.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

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
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	
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	
21:5....g									
22:4....g									
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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		50.82	175.17	
Energy....kcal	191		0	NC	4		162	558	
Energy....kJ	797		0	NC	4		678	2336	
Protein (N x 6.25)....g	36.28	0.425	6	A	1		30.84	106.31	
Total lipid (fat)....g	3.95	0.313	6	A	1		3.36	11.57	
Ash....g	1.12	0.017	6	A	1		0.95	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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.693	3	A	1		5	19	
Iron, Fe....mg	5.01	0.347	6	A	1		4.25	14.66	
Magnesium, Mg....mg	28	0.498	3	A	1		24	82	
Phosphorus, P....mg	261	6.658	3	A	1		222	765	
Potassium, K....mg	313	5.292	3	A	1		266	917	
Sodium, Na....mg	52	1.114	3	A	1		44	153	
Zinc, Zn....mg	8.64	0.712	3	A	1		7.35	25.32	
Copper, Cu....mg	0.285	0.021	3	A	1		0.243	0.836	
Manganese, Mn....mg	0.026	0.009	3	A	1		0.022	0.076	
Selenium, Se....µg	17.7	2.963	3	A	1		15.0	51.8	
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		0.130	0.449	
Riboflavin....mg	0.657	0.084	3	A	1		0.558	1.924	
Niacin....mg	7.430	1.175	3	A	1		6.316	21.770	
Pantothenic acid....mg	1.025		0	BFPN	4		0.871	3.003	
Vitamin B-6....mg	0.481	0.078	3	A	1		0.409	1.409	
Folate, total....µg	11		0	BFPN	4		9	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0	BFPN	4		9	32	
Folate, DFE....µg	11		0	NC	4		9	32	
Choline, total....mg	134.1		0	BFNN	4		114.0	393.0	
Betaine....mg	17.6		0	BFNN	4		15.0	51.6	
Vitamin B-12....µg	3.06	0.814	3	A	1		2.60	8.97	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.75		0	BFSN	4		0.64	2.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	BFSN	4		1.3	4.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.239		0	NC	4		1.903	6.561	
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	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.004		0	BFFN	4		0.003	0.010	
13:0....g									
14:0....g	0.143		0	BFFN	4		0.122	0.419	
15:0....g	0.058		0	BFFN	4		0.050	0.171	
16:0....g	0.883		0	BFFN	4		0.751	2.587	
17:0....g	0.064		0	BFFN	4		0.055	0.188	
18:0....g	1.073		0	BFFN	4		0.912	3.143	
20:0....g	0.013		0	BFFN	4		0.011	0.037	
22:0....g	0.002		0	BFFN	4		0.002	0.005	
24:0....g									
Fatty acids, total monounsaturated....g	0.895		0	NC	4		0.761	2.623	
14:1....g	0.011		0	BFFN	4		0.009	0.031	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.071		0	BFFN	4		0.060	0.208	
17:1....g	0.016		0	BFFN	4		0.014	0.047	
18:1 undifferentiated....g	0.798		0	BFFN	4		0.678	2.337	
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	0.262		0	NC	4		0.223	0.769	
18:2 undifferentiated....g	0.150		0	BFFN	4		0.127	0.439	
18:3 undifferentiated....g	0.070		0	BFFN	4		0.059	0.204	
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	0.043		0	BFFN	4		0.037	0.126	
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		96	331	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0	A	1		0.270	0.932	
Threonine....g	1.356		0	A	1		1.153	3.974	
Isoleucine....g	1.541		0	A	1		1.309	4.514	
Leucine....g	2.729		0	A	1		2.320	7.997	
Lysine....g	2.914		0	A	1		2.477	8.537	
Methionine....g	0.837		0	A	1		0.712	2.453	
Cystine....g	0.335		0	A	1		0.285	0.981	
Phenylalanine....g	1.356		0	A	1		1.153	3.974	
Tyrosine....g	1.122		0	A	1		0.954	3.287	
Valine....g	1.741		0	A	1		1.480	5.103	
Arginine....g	2.143		0	A	1		1.822	6.280	
Histidine....g	1.072		0	A	1		0.911	3.140	
Alanine....g	2.093		0	A	1		1.779	6.133	
Aspartic acid....g	3.115		0	A	1		2.647	9.126	
Glutamic acid....g	5.090		0	A	1		4.327	14.915	
Glycine....g	1.959		0	A	1		1.665	5.740	

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
Proline.....g	1.574		0	A	1		1.338	4.612	
Serine.....g	1.239		0	A	1		1.053	3.631	
Hydroxyproline.....g	0.519		0	BFPN	4		0.441	1.521	
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 = 85g: 1 serving (3 oz)

Measure 2 = 293g: 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 27 (2014)

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		57.12	135.74	
Energy....kcal	149		0	NC	4		127	301	
Energy....kJ	623		0	NC	4		529	1258	
Protein (N x 6.25)....g	29.90	0.547	6	A	1		25.42	60.40	
Total lipid (fat)....g	2.35	0.306	6	A	1		2.00	4.75	
Ash....g	1.27	0.049	6	A	1		1.08	2.56	
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	5	0.295	3	A	1		4	11	
Iron, Fe....mg	4.25	0.075	6	A	1		3.61	8.57	
Magnesium, Mg....mg	33	0.666	3	A	1		28	66	
Phosphorus, P....mg	299	6.119	3	A	1		254	605	
Potassium, K....mg	434	14.859	3	A	1		369	877	
Sodium, Na....mg	57	2.321	3	A	1		48	115	
Zinc, Zn....mg	3.99	0.485	3	A	1		3.39	8.06	
Copper, Cu....mg	0.254	0.009	3	A	1		0.216	0.513	
Manganese, Mn....mg	0.022	0.002	3	A	1		0.019	0.045	
Selenium, Se....µg	11.0	0.577	3	A	1		9.4	22.2	
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		0.221	0.525	
Riboflavin....mg	0.563	0.032	3	A	1		0.479	1.138	
Niacin....mg	8.780	0.455	3	A	1		7.463	17.736	
Pantothenic acid....mg	0.856		0	BFPN	4		0.728	1.730	
Vitamin B-6....mg	0.614	0.075	3	A	1		0.522	1.240	
Folate, total....µg	9		0	BFPN	4		8	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		8	19	
Folate, DFE....µg	9		0	NC	4		8	19	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.62	0.384	3	A	1		3.07	7.31	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.62		0	BFSN	4		0.53	1.26	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.142		0	NC	4		0.971	2.307	
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	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.003		0	BFFN	4		0.003	0.007	
13:0....g									
14:0....g	0.092		0	BFFN	4		0.078	0.185	
15:0....g	0.024		0	BFFN	4		0.021	0.049	
16:0....g	0.506		0	BFFN	4		0.430	1.022	
17:0....g	0.027		0	BFFN	4		0.023	0.055	
18:0....g	0.484		0	BFFN	4		0.411	0.977	
20:0....g	0.005		0	BFFN	4		0.005	0.011	
22:0....g	0.001		0	BFFN	4		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.554		0	NC	4		0.471	1.120	
14:1....g	0.018		0	BFFN	4		0.016	0.037	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.083		0	BFFN	4		0.071	0.168	
17:1....g	0.009		0	BFFN	4		0.007	0.018	
18:1 undifferentiated....g	0.442		0	BFFN	4		0.375	0.892	
20:1....g	0.002		0	BFFN	4		0.002	0.004	
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		0.108	0.257	
18:2 undifferentiated....g	0.075		0	BFFN	4		0.064	0.151	
18:3 undifferentiated....g	0.028		0	BFFN	4		0.024	0.056	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.001		0	BFFN	4		0.001	0.002	
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		0.020	0.047	
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		75	178	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0	A	1		0.226	0.537	
Threonine....g	1.133		0	A	1		0.963	2.289	
Isoleucine....g	1.287		0	A	1		1.094	2.600	
Leucine....g	2.280		0	A	1		1.938	4.607	
Lysine....g	2.434		0	A	1		2.069	4.917	
Methionine....g	0.700		0	A	1		0.595	1.413	
Cystine....g	0.280		0	A	1		0.238	0.565	
Phenylalanine....g	1.133		0	A	1		0.963	2.289	
Tyrosine....g	0.937		0	A	1		0.797	1.893	
Valine....g	1.455		0	A	1		1.237	2.939	
Arginine....g	1.791		0	A	1		1.522	3.617	
Histidine....g	0.895		0	A	1		0.761	1.809	
Alanine....g	1.749		0	A	1		1.487	3.533	
Aspartic acid....g	2.602		0	A	1		2.212	5.257	
Glutamic acid....g	4.253		0	A	1		3.615	8.591	
Glycine....g	1.637		0	A	1		1.391	3.307	
Proline....g	1.315		0	A	1		1.118	2.657	

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
Serine....g	1.035		0	A	1		0.880	2.091	
Hydroxyproline....g	0.434		0	A	1		0.369	0.876	
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 = 85g: 1 serving (3 oz)

Measure 2 = 202g: 1 roast (yield from 271.8 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 27 (2014)

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....µg	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....µg	10		0	BFPN	4		10	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0	BFPN	4		10	8	
Folate, DFE....µg	10		0	NC	4		10	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.27	0.492	3	A	1		2.32	1.93	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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-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	

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
Serine....g	1.100		0	A	1		1.122	0.935	
Hydroxyproline....g	0.461		0	A	1		0.470	0.392	
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 = 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 27 (2014)

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		56.34	225.35	
Energy....kcal	146		0	NC	4		124	496	
Energy....kJ	611				4		519	2077	
Protein (N x 6.25)....g	30.19		0		1		25.66	102.65	
Total lipid (fat)....g	1.90		0		1		1.62	6.46	
Ash....g	1.32		0		1		1.12	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	5		0		1		4	17	
Iron, Fe....mg	3.63		0		1		3.09	12.34	
Magnesium, Mg....mg	24		0		1		20	82	
Phosphorus, P....mg	180		0		1		153	612	
Potassium, K....mg	328		0		1		279	1115	
Sodium, Na....mg	61		0		1		52	207	
Zinc, Zn....mg	3.16		0		1		2.69	10.74	
Copper, Cu....mg	0.142		0		1		0.121	0.483	
Manganese, Mn....mg	0.013		0		1		0.011	0.044	
Selenium, Se....µg	13.0		0	BFYN	4		11.1	44.2	
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....µg	9		0	BFPN	4		7	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		7	30	
Folate, DFE....µg	9		0	NC	4		7	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		0		1		0.595	2.380	

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
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	0.050		0		1		0.043	0.170	
15:0 g									
16:0 g	0.460		0		1		0.391	1.564	
17:0 g									
18:0 g	0.190		0		1		0.162	0.646	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.480		0		1		0.408	1.632	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.170		0		1		0.145	0.578	
17:1 g									
18:1 undifferentiated g	0.300		0		1		0.255	1.020	
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		0.340	1.360	
18:2 undifferentiated g	0.230		0		1		0.196	0.782	
18:3 undifferentiated g	0.060		0		1		0.051	0.204	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.110		0		1		0.094	0.374	
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	73		0		1		62	248	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.545		0		1		0.463	1.853	
Threonine g	1.315		0		1		1.118	4.471	
Isoleucine g	0.973		0		1		0.827	3.308	
Leucine g	2.546		0		1		2.164	8.656	
Lysine g	2.803		0		1		2.383	9.530	
Methionine g	0.725		0		1		0.616	2.465	
Cystine g									
Phenylalanine g	1.198		0		1		1.018	4.073	
Tyrosine g	1.081		0		1		0.919	3.675	
Valine g	1.066		0		1		0.906	3.624	
Arginine g	2.073		0		1		1.762	7.048	
Histidine g	0.964		0		1		0.819	3.278	
Alanine g	1.896		0		1		1.612	6.446	
Aspartic acid g	2.962		0		1		2.518	10.071	
Glutamic acid g	4.804		0		1		4.083	16.334	
Glycine g	1.282		0		1		1.090	4.359	
Proline g	1.306		0		1		1.110	4.440	
Serine g	1.318		0		1		1.120	4.481	
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.

NDB No. 17167

Game meat, elk, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Cervus elaphus

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	64.14	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....µg	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....µg	8		1	A	1		7	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		1	A	1		7	7	
Folate, DFE....µg	8		0	NC	4		7	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.57		2	A	1		2.44	2.18	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
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	
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-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	

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
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	
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 27 (2014)

NDB No. 17338

Game meat, elk, ground, raw

Cervus elaphus

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	68.84	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....µg	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....µg	7		1	A	1		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	7		1	A	1		7		
Folate, DFE....µg	7		0	NC	4		7		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.13		2	A	1		2.17		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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		
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-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		

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
Serine....g	0.777		0	A	1		0.793		
Hydroxyproline....g	0.204		0	A	1		0.208		
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 = 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 27 (2014)

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....µg	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....µg	9		0	BFPN	4		10	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		10	8	
Folate, DFE....µg	9		0	NC	4		10	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.83		1	A	1		0.95	0.71	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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-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	

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
Serine.....g	1.107		0	A	1		1.262	0.941	
Hydroxyproline.....g	0.291		0	A	1		0.331	0.247	
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 = 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

NDB No. 17166
Game meat, elk, 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
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									
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									
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	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

NDB No. 17166
Game meat, elk, 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 27 (2014)

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		55.61	115.15	
Energy....kcal	156		0	NC	4		133	274	
Energy....kJ	652		0	NC	4		554	1148	
Protein (N x 6.25)....g	30.94	0.499	8	A	1		26.30	54.45	
Total lipid (fat)....g	2.64	0.214	8	A	1		2.24	4.64	
Ash....g	1.28	0.031	8	A	1		1.08	2.24	
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	5		2	A	1		4	9	
Iron, Fe....mg	4.08	0.377	3	A	1		3.47	7.18	
Magnesium, Mg....mg	28		2	A	1		24	50	
Phosphorus, P....mg	266		2	A	1		226	468	
Potassium, K....mg	392		2	A	1		333	690	
Sodium, Na....mg	51		2	A	1		43	89	
Zinc, Zn....mg	5.64		2	A	1		4.79	9.93	
Copper, Cu....mg	0.221		2	A	1		0.187	0.388	
Manganese, Mn....mg	0.015		2	A	1		0.013	0.026	
Selenium, Se....µg	10.6		0	BFNN	4		9.0	18.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180		1	A	1		0.153	0.317	
Riboflavin....mg	0.460		1	A	1		0.391	0.810	
Niacin....mg	7.160		1	A	1		6.086	12.602	
Pantothenic acid....mg	1.219		0	BFPN	4		1.036	2.146	
Vitamin B-6....mg	0.466		1	A	1		0.396	0.820	
Folate, total....µg	9		0	BFPN	4		8	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		8	16	
Folate, DFE....µg	9		0	NC	4		8	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.50		1	A	1		1.28	2.64	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.54		0	BFSN	4		0.46	0.96	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.037		0	NC	4		0.882	1.826	
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		0.001	0.002	
10:0....g	0.001		0	BFFN	4		0.001	0.002	
12:0....g	0.003		0	BFFN	4		0.002	0.005	
13:0....g									
14:0....g	0.101		0	BFFN	4		0.086	0.179	
15:0....g	0.013		0	BFFN	4		0.011	0.023	
16:0....g	0.607		0	BFFN	4		0.516	1.068	
17:0....g	0.016		0	BFFN	4		0.013	0.028	
18:0....g	0.293		0	BFFN	4		0.249	0.516	
20:0....g	0.001		0	BFFN	4		0.001	0.003	
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		0.637	1.319	
14:1....g	0.033		0	BFFN	4		0.028	0.058	
15:1....g	0.003		0	BFFN	4		0.002	0.005	
16:1 undifferentiated....g	0.203		0	BFFN	4		0.172	0.357	
17:1....g	0.009		0	BFFN	4		0.007	0.015	
18:1 undifferentiated....g	0.495		0	BFFN	4		0.421	0.872	
20:1....g	0.007		0	BFFN	4		0.006	0.013	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0	NC	4		0.106	0.219	
18:2 undifferentiated....g	0.075		0	BFFN	4		0.064	0.132	
18:3 undifferentiated....g	0.022		0	BFFN	4		0.018	0.038	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.001		0	BFFN	4		0.001	0.003	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.001		0	BFFN	4		0.001	0.003	
20:3 undifferentiated....g	0.001		0	BFFN	4		0.001	0.003	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.023		0	BFFN	4		0.020	0.041	
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		66	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.276		0	A	1		0.235	0.486	
Threonine....g	1.243		0	A	1		1.057	2.188	
Isoleucine....g	1.298		0	A	1		1.104	2.285	
Leucine....g	2.307		0	A	1		1.961	4.059	
Lysine....g	2.527		0	A	1		2.148	4.448	
Methionine....g	0.760		0	A	1		0.646	1.337	
Cystine....g	0.304		0	A	1		0.258	0.535	
Phenylalanine....g	1.133		0	A	1		0.963	1.993	
Tyrosine....g	0.967		0	A	1		0.822	1.702	
Valine....g	1.436		0	A	1		1.221	2.528	
Arginine....g	1.851		0	A	1		1.573	3.257	
Histidine....g	0.953		0	A	1		0.810	1.677	
Alanine....g	1.726		0	A	1		1.467	3.039	
Aspartic acid....g	2.597		0	A	1		2.207	4.570	
Glutamic acid....g	4.392		0	A	1		3.733	7.730	
Glycine....g	1.574		0	A	1		1.338	2.771	
Proline....g	1.312		0	A	1		1.115	2.309	

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
Serine.....g	1.105		0	A	1		0.939	1.945	
Hydroxyproline.....g	0.290		0	A	1		0.247	0.510	
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 = 85g: 1 serving (3 oz)

Measure 2 = 176g: 1 steak (yield from 233.1 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 27 (2014)

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....µg	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....µg	9		0	BFPN	4		8	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0	BFPN	4		8	8	
Folate, DFE....µg	9		0	NC	4		8	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.96		0	BFPN	4		2.72	2.52	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFSN	4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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-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	

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
Serine.....g	1.099		0	A	1		1.011	0.934	
Hydroxyproline.....g	0.288		0	A	1		0.265	0.245	
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 = 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 27 (2014)

NDB No. 17169
Game meat, goat, 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	68.21		0		1		57.98	231.91	
Energy....kcal	143		0	NC	4		122	486	
Energy....kJ	599		0	NC	4		509	2035	
Protein (N x 6.25)....g	27.10		0		1		23.04	92.14	
Total lipid (fat)....g	3.03		0		1		2.58	10.30	
Ash....g	1.46		0		1		1.24	4.96	
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		1		14	58	
Iron, Fe....mg	3.73		0		1		3.17	12.68	
Magnesium, Mg....mg	0		0		1		0	0	
Phosphorus, P....mg	201		0		1		171	683	
Potassium, K....mg	405		0		1		344	1377	
Sodium, Na....mg	86		0		1		73	292	
Zinc, Zn....mg	5.27		0		1		4.48	17.92	
Copper, Cu....mg	0.303		0		1		0.258	1.030	
Manganese, Mn....mg	0.042		0		1		0.036	0.143	
Selenium, Se....µg	11.8		0	BFYN	4		10.0	40.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.306	
Riboflavin....mg	0.610		0		1		0.519	2.074	
Niacin....mg	3.950		0		1		3.358	13.430	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		0		1		0.000	0.000	
Folate, total....µg	5		0		1		4	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	17	
Folate, DFE....µg	5		0	NC	4		4	17	
Choline, total....mg	106.4		0	BFNN	4		90.4	361.7	
Betaine....mg	14.0		0	BFNN	4		11.9	47.5	
Vitamin B-12....µg	1.19		0		1		1.01	4.05	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFSN	4		0.29	1.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		1.0	4.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.930		0		1		0.791	3.162	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.040		0		1		0.034	0.136	
15:0....g									
16:0....g	0.430		0		1		0.366	1.462	
17:0....g									
18:0....g	0.430		0		1		0.366	1.462	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.360		0		1		1.156	4.624	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.051	0.204	
17:1....g									
18:1 undifferentiated....g	1.240		0		1		1.054	4.216	
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		0.196	0.782	
18:2 undifferentiated....g	0.130		0		1		0.111	0.442	
18:3 undifferentiated....g	0.020		0		1		0.017	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	0.080		0		1		0.068	0.272	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		64	255	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.403		0		1		0.343	1.370	
Threonine....g	1.290		0		1		1.097	4.386	
Isoleucine....g	1.371		0		1		1.165	4.661	
Leucine....g	2.258		0		1		1.919	7.677	
Lysine....g	2.016		0		1		1.714	6.854	
Methionine....g	0.726		0		1		0.617	2.468	
Cystine....g	0.323		0		1		0.275	1.098	
Phenylalanine....g	0.941		0		1		0.800	3.199	
Tyrosine....g	0.833		0		1		0.708	2.832	
Valine....g	1.452		0		1		1.234	4.937	
Arginine....g	1.989		0		1		1.691	6.763	
Histidine....g	0.565		0		1		0.480	1.921	
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	

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
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: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		54.38	217.53	
Energy....kcal	175		0	NC	4		149	595	
Energy....kJ	732				4		622	2489	
Protein (N x 6.25)....g	28.14		0		1		23.92	95.68	
Total lipid (fat)....g	6.05		0		1		5.14	20.57	
Ash....g	1.31		0		1		1.11	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		7	27	
Iron, Fe....mg	5.03		0		1		4.28	17.10	
Magnesium, Mg....mg	25		0		1		21	85	
Phosphorus, P....mg	247		0		1		210	840	
Potassium, K....mg	379		0		1		322	1289	
Sodium, Na....mg	55		0		1		47	187	
Zinc, Zn....mg	3.82		0		1		3.25	12.99	
Copper, Cu....mg	0.171		0		1		0.145	0.581	
Manganese, Mn....mg	0.022		0		1		0.019	0.075	
Selenium, Se....µg	13.5		0	BFYN	4		11.5	45.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		1		1.7	6.8	
Thiamin....mg	0.100		0		1		0.085	0.340	
Riboflavin....mg	0.120		0		1		0.102	0.408	
Niacin....mg	4.840		0		1		4.114	16.456	
Pantothenic acid....mg									
Vitamin B-6....mg	0.330		0		1		0.281	1.122	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.16		0		1		2.69	10.74	
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.900		0		1		1.615	6.460	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.009	0.034	

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
13:0 g									
14:0 g	0.220		0		1		0.187	0.748	
15:0 g									
16:0 g	1.410		0		1		1.199	4.794	
17:0 g									
18:0 g	0.200		0		1		0.170	0.680	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.120		0		1		1.802	7.208	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.410		0		1		0.349	1.394	
17:1 g									
18:1 undifferentiated g	1.710		0		1		1.454	5.814	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.850		0		1		0.723	2.890	
18:2 undifferentiated g	0.380		0		1		0.323	1.292	
18:3 undifferentiated g	0.470		0		1		0.400	1.598	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated 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	68		0		1		58	231	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.349		0		1		0.297	1.187	
Threonine g	1.262		0		1		1.073	4.291	
Isoleucine g	1.334		0		1		1.134	4.536	
Leucine g	2.232		0		1		1.897	7.589	
Lysine g	2.398		0		1		2.038	8.153	
Methionine g	0.623		0		1		0.530	2.118	
Cystine g	0.393		0		1		0.334	1.336	
Phenylalanine g	1.157		0		1		0.983	3.934	
Tyrosine g	0.882		0		1		0.750	2.999	
Valine g	1.458		0		1		1.239	4.957	
Arginine g	1.843		0		1		1.567	6.266	
Histidine g	1.081		0		1		0.919	3.675	
Alanine g	1.616		0		1		1.374	5.494	
Aspartic acid g	2.768		0		1		2.353	9.411	
Glutamic acid g	4.101		0		1		3.486	13.943	
Glycine g	1.359		0		1		1.155	4.621	
Proline g	1.307		0		1		1.111	4.444	
Serine g	1.074		0		1		0.913	3.652	
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 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

NDB No. 17171
Game meat, horse, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		1		1		0.85	13.61	
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
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	
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									
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	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

NDB No. 17170
Game meat, horse, 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 27 (2014)

NDB No. 17173
Game meat, moose, 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	67.83		0		1		57.66	230.62	
Energy....kcal	134		0	NC	4		114	456	
Energy....kJ	561		0		4		477	1906	
Protein (N x 6.25)....g	29.27		0		1		24.88	99.52	
Total lipid (fat)....g	0.97		0		1		0.82	3.30	
Ash....g	1.49		0		1		1.27	5.07	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		5	20	
Iron, Fe....mg	4.22		0		1		3.59	14.35	
Magnesium, Mg....mg	24		0		1		20	82	
Phosphorus, P....mg	176		0		1		150	598	
Potassium, K....mg	334		0		1		284	1136	
Sodium, Na....mg	69		0		1		59	235	
Zinc, Zn....mg	3.68		0		1		3.13	12.51	
Copper, Cu....mg	0.079		0		1		0.067	0.269	
Manganese, Mn....mg	0.009		0		1		0.008	0.031	
Selenium, Se....µg	12.8		0	BFYN	4		10.9	43.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		0		1		4.3	17.0	
Thiamin....mg	0.050		0		1		0.043	0.170	
Riboflavin....mg	0.340		0		1		0.289	1.156	
Niacin....mg	5.260		0		1		4.471	17.884	
Pantothenic acid....mg									
Vitamin B-6....mg	0.370		0		4		0.315	1.258	
Folate, total....µg	4		0		4		3	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		3	14	
Folate, DFE....µg	4		0	NC	4		3	14	
Choline, total....mg	115.4		0	BFNN	4		98.1	392.4	
Betaine....mg	15.2		0	BFNN	4		12.9	51.6	
Vitamin B-12....µg	6.31		0		4		5.36	21.45	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	NR	4		0.17	0.68	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		2	AS	1		0.0	0.0	
Vitamin D....IU	0		2	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	BFSN	4		1.0	4.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.290		0		1		0.247	0.986	
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	0.000		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		0.102	0.408	
17:0....g									
18:0....g	0.170		0		1		0.145	0.578	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.200		0		1		0.170	0.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.009	0.034	
17:1....g									
18:1 undifferentiated....g	0.180		0		1		0.153	0.612	
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		0.264	1.054	
18:2 undifferentiated....g	0.190		0		1		0.162	0.646	
18:3 undifferentiated....g	0.030		0		1		0.026	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	0.090		0		1		0.077	0.306	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		66	265	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.344		0		1		1.142	4.570	
Isoleucine....g	1.405		0		1		1.194	4.777	
Leucine....g	2.576		0		1		2.190	8.758	
Lysine....g	2.655		0		1		2.257	9.027	
Methionine....g	0.749		0		1		0.637	2.547	
Cystine....g									
Phenylalanine....g	1.264		0		1		1.074	4.298	
Tyrosine....g	1.077		0		1		0.915	3.662	
Valine....g	1.592		0		1		1.353	5.413	
Arginine....g	1.892		0		1		1.608	6.433	
Histidine....g	0.983		0		1		0.836	3.342	
Alanine....g	1.686		0		1		1.433	5.732	
Aspartic acid....g	2.749		0		1		2.337	9.347	
Glutamic acid....g	4.739		0		1		4.028	16.113	
Glycine....g	1.278		0		1		1.086	4.345	
Proline....g	1.189		0		1		1.011	4.043	
Serine....g	1.049		0		1		0.892	3.567	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

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	75.55	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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17172
Game meat, moose, 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 27 (2014)

NDB No. 17175
Game meat, muskrat, 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	55.58		0		1		47.24	173.97	
Energy....kcal	234		0	NC	4		199	732	
Energy....kJ	979				4		832	3064	
Protein (N x 6.25)....g	30.09		0		1		25.58	94.18	
Total lipid (fat)....g	11.74		0		1		9.98	36.75	
Ash....g	1.71		0		1		1.45	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	36		0		1		31	113	
Iron, Fe....mg	7.10		0		1		6.04	22.22	
Magnesium, Mg....mg	26		0		1		22	81	
Phosphorus, P....mg	271		0		1		230	848	
Potassium, K....mg	320		0		1		272	1002	
Sodium, Na....mg	95		0		1		81	297	
Zinc, Zn....mg	2.27		0		1		1.93	7.11	
Copper, Cu....mg	0.189		0		1		0.161	0.592	
Manganese, Mn....mg	0.032		0		1		0.027	0.100	
Selenium, Se....µg	14.8		0	BFYN	4		12.6	46.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		0		1		6.0	21.9	
Thiamin....mg	0.080		0		1		0.068	0.250	
Riboflavin....mg	0.710		0		1		0.604	2.222	
Niacin....mg	7.190		0		1		6.112	22.505	
Pantothenic acid....mg	0.930		0		1		0.791	2.911	
Vitamin B-6....mg	0.470		0		1		0.400	1.471	
Folate, total....µg	11		0		1		9	34	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		9	34	
Folate, DFE....µg	11		0	NC	4		9	34	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	8.30		0		1		7.06	25.98	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	121		0		1		103	379	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.237		0		1		1.051	3.872	
Isoleucine....g	1.146		0		1		0.974	3.587	
Leucine....g	2.373		0		1		2.017	7.427	
Lysine....g	2.359		0		1		2.005	7.384	
Methionine....g	0.501		0		1		0.426	1.568	
Cystine....g									
Phenylalanine....g	1.242		0		1		1.056	3.887	
Tyrosine....g	0.823		0		1		0.700	2.576	
Valine....g	1.338		0		1		1.137	4.188	
Arginine....g	1.444		0		1		1.227	4.520	
Histidine....g	0.895		0		1		0.761	2.801	
Alanine....g	1.589		0		1		1.351	4.974	
Aspartic acid....g	2.600		0		1		2.210	8.138	
Glutamic acid....g	3.832		0		1		3.257	11.994	
Glycine....g	1.468		0		1		1.248	4.595	
Proline....g	1.203		0		1		1.023	3.765	
Serine....g	1.078		0		1		0.916	3.374	
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 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

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	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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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	

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
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	
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 27 (2014)

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		49.56	232.62	
Energy....kcal	221		0	NC	4		188	882	
Energy....kJ	925		0		4		786	3689	
Protein (N x 6.25)....g	30.20		1		1		25.67	120.50	
Total lipid (fat)....g	10.20		1		1		8.67	40.70	
Ash....g	2.30		1		1		1.96	9.18	
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	17		0		4		14	68	
Iron, Fe....mg	4.64		0		4		3.94	18.51	
Magnesium, Mg....mg	34		0		4		29	136	
Phosphorus, P....mg	278		0		4		236	1109	
Potassium, K....mg	438		0		4		372	1748	
Sodium, Na....mg	58		0		4		49	231	
Zinc, Zn....mg	2.28		0		4		1.94	9.10	
Copper, Cu....mg	0.189		0		4		0.161	0.754	
Manganese, Mn....mg									
Selenium, Se....µg	18.2		0	BFNN	4		15.5	72.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		1		1		0.085	0.399	
Riboflavin....mg	0.370		1		1		0.315	1.476	
Niacin....mg	8.430		0		4		7.166	33.636	
Pantothenic acid....mg									
Vitamin B-6....mg	0.470		0		4		0.400	1.875	
Folate, total....µg	10		0		4		9	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		4		9	40	
Folate, DFE....µg	10		0	NC	4		9	40	
Choline, total....mg	116.5		0	BFNN	4		99.0	464.9	
Betaine....mg	15.3		0	BFNN	4		13.0	61.1	
Vitamin B-12....µg	8.30		0		4		7.06	33.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		0.38	1.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.6		0	BFSN	4		1.3	6.3	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.206		0		4		1.025	4.812	
4:0....g	0.000		0	Z	7		0.000	0.000	
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		0.037	0.176	
15:0....g									
16:0....g	0.965		0		4		0.820	3.850	
17:0....g									
18:0....g	0.176		0		4		0.150	0.702	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.773		0		4		3.207	15.054	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.307		0		4		0.261	1.225	
17:1....g									
18:1 undifferentiated....g	3.444		0		4		2.927	13.742	
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		2.536	11.902	
18:2 undifferentiated....g	2.939		0		4		2.498	11.727	
18:3 undifferentiated....g	0.066		0		4		0.056	0.263	
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	
21:5....g									
22:4....g									
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		110	515	
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 = 85g: 3 oz

Measure 2 = 399g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		51.52	189.71	
Energy....kcal	197		0	NC	4		167	617	
Energy....kJ	824				4		701	2580	
Protein (N x 6.25)....g	29.06		0		1		24.70	90.96	
Total lipid (fat)....g	8.05		0		1		6.84	25.20	
Ash....g	1.04		0		1		0.88	3.26	
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	19		0		1		16	59	
Iron, Fe....mg	2.27		0		1		1.93	7.11	
Magnesium, Mg....mg	21		0		1		18	66	
Phosphorus, P....mg	263		0		1		224	823	
Potassium, K....mg	383		0		1		326	1199	
Sodium, Na....mg	47		0		1		40	147	
Zinc, Zn....mg	2.27		0		1		1.93	7.11	
Copper, Cu....mg	0.189		0		1		0.161	0.592	
Manganese, Mn....mg	0.032		0		1		0.027	0.100	
Selenium, Se....µg	38.5		0	BFYN	4		32.7	120.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.282	
Riboflavin....mg	0.210		0		1		0.179	0.657	
Niacin....mg	8.430		0		1		7.166	26.386	
Pantothenic acid....mg	0.930		0		1		0.791	2.911	
Vitamin B-6....mg	0.470		0		1		0.400	1.471	
Folate, total....µg	11		0		1		9	34	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		9	34	
Folate, DFE....µg	11		0	NC	4		9	34	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	8.30		0		1		7.06	25.98	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.400		0		1		2.040	7.512	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.210		0		1		0.179	0.657	
15:0....g									
16:0....g	1.810		0		1		1.539	5.665	
17:0....g									
18:0....g	0.380		0		1		0.323	1.189	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.170		0		1		1.845	6.792	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.260		0		1		0.221	0.814	
17:1....g									
18:1 undifferentiated....g	1.860		0		1		1.581	5.822	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.560		0		1		1.326	4.883	
18:2 undifferentiated....g	1.240		0		1		1.054	3.881	
18:3 undifferentiated....g	0.320		0		1		0.272	1.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....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	82		0		1		70	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.384		0		1		0.326	1.202	
Threonine....g	1.300		0		1		1.105	4.069	
Isoleucine....g	1.379		0		1		1.172	4.316	
Leucine....g	2.264		0		1		1.924	7.086	
Lysine....g	2.544		0		1		2.162	7.963	
Methionine....g	0.727		0		1		0.618	2.276	
Cystine....g	0.365		0		1		0.310	1.142	
Phenylalanine....g	1.193		0		1		1.014	3.734	
Tyrosine....g	1.035		0		1		0.880	3.240	
Valine....g	1.477		0		1		1.255	4.623	
Arginine....g	1.795		0		1		1.526	5.618	
Histidine....g	0.815		0		1		0.693	2.551	
Alanine....g	1.753		0		1		1.490	5.487	
Aspartic acid....g	2.839		0		1		2.413	8.886	
Glutamic acid....g	4.662		0		1		3.963	14.592	
Glycine....g	1.578		0		1		1.341	4.939	
Proline....g	1.420		0		1		1.207	4.445	
Serine....g	1.288		0		1		1.095	4.031	
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.

NDB No. 17178

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

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	58.82		0		1		50.00	175.87	
Energy....kcal	206		0	NC	4		175	616	
Energy....kJ	862		0		4		733	2577	
Protein (N x 6.25)....g	30.38		0		1		25.82	90.84	
Total lipid (fat)....g	8.41		0		1		7.15	25.15	
Ash....g	1.09		0		1		0.93	3.26	
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	20		0		1		17	60	
Iron, Fe....mg	2.37		0		1		2.01	7.09	
Magnesium, Mg....mg	20		0		1		17	60	
Phosphorus, P....mg	226		0		1		192	676	
Potassium, K....mg	300		0		1		255	897	
Sodium, Na....mg	37		0		1		31	111	
Zinc, Zn....mg	2.37		0		1		2.01	7.09	
Copper, Cu....mg	0.176		0		1		0.150	0.526	
Manganese, Mn....mg	0.032		0		1		0.027	0.096	
Selenium, Se....µg	38.5		0	BFYN	4		32.7	115.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.179	
Riboflavin....mg	0.170		0		1		0.145	0.508	
Niacin....mg	7.160		0		1		6.086	21.408	
Pantothenic acid....mg	0.670		0		1		0.570	2.003	
Vitamin B-6....mg	0.340		0		1		0.289	1.017	
Folate, total....µg	9		0		1		8	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		8	27	
Folate, DFE....µg	9		0	NC	4		8	27	
Choline, total....mg	121.2		0	BFNN	4		103.0	362.4	
Betaine....mg	15.9		0	BFNN	4		13.5	47.6	
Vitamin B-12....µg	6.51		0		1		5.53	19.46	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0	BFSN	4		0.37	1.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.6		0	BFSN	4		1.3	4.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.510		0		1		2.134	7.505	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.220		0		1		0.187	0.658	
15:0....g									
16:0....g	1.890		0		1		1.607	5.651	
17:0....g									
18:0....g	0.390		0		1		0.332	1.166	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.270		0		1		1.930	6.787	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0		1		0.238	0.837	
17:1....g									
18:1 undifferentiated....g	1.940		0		1		1.649	5.801	
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		1.386	4.874	
18:2 undifferentiated....g	1.300		0		1		1.105	3.887	
18:3 undifferentiated....g	0.340		0		1		0.289	1.017	
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	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		73	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.401		0		1		0.341	1.199	
Threonine....g	1.359		0		1		1.155	4.063	
Isoleucine....g	1.441		0		1		1.225	4.309	
Leucine....g	2.367		0		1		2.012	7.077	
Lysine....g	2.660		0		1		2.261	7.953	
Methionine....g	0.760		0		1		0.646	2.272	
Cystine....g	0.382		0		1		0.325	1.142	
Phenylalanine....g	1.247		0		1		1.060	3.729	
Tyrosine....g	1.082		0		1		0.920	3.235	
Valine....g	1.544		0		1		1.312	4.617	
Arginine....g	1.877		0		1		1.595	5.612	
Histidine....g	0.852		0		1		0.724	2.547	
Alanine....g	1.833		0		1		1.558	5.481	
Aspartic acid....g	2.968		0		1		2.523	8.874	
Glutamic acid....g	4.874		0		1		4.143	14.573	
Glycine....g	1.649		0		1		1.402	4.931	
Proline....g	1.485		0		1		1.262	4.440	
Serine....g	1.346		0		1		1.144	4.025	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 299g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	72.82	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....µg	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....µg	8		2		1		2	36	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		2		1		2	36	
Folate, DFE....µg	8		0	NC	4		2	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	7.16		2		1		2.03	32.48	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.660		0		1		0.471	7.530	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17177

Game meat, rabbit, domesticated, composite of cuts, 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 27 (2014)

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

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	61.37		0		1		52.16	183.50	
Energy....kcal	173		0	NC	4		147	517	
Energy....kJ	724		0		4		615	2164	
Protein (N x 6.25)....g	33.02		0		1		28.07	98.73	
Total lipid (fat)....g	3.51		0		1		2.98	10.49	
Ash....g	1.70		0		1		1.45	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	18		0		1		15	54	
Iron, Fe....mg	4.85		0		1		4.12	14.50	
Magnesium, Mg....mg	31		0		1		26	93	
Phosphorus, P....mg	240		0		1		204	718	
Potassium, K....mg	343		0		1		292	1026	
Sodium, Na....mg	45		0		1		38	135	
Zinc, Zn....mg	2.38		0		4		2.02	7.12	
Copper, Cu....mg	0.176		0		4		0.150	0.526	
Manganese, Mn....mg									
Selenium, Se....µg	15.2		0	BFYN	4		12.9	45.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020		0		1		0.017	0.060	
Riboflavin....mg	0.070		0		1		0.060	0.209	
Niacin....mg	6.400		0		1		5.440	19.136	
Pantothenic acid....mg									
Vitamin B-6....mg	0.340		0		4		0.289	1.017	
Folate, total....µg	8		0		4		7	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		7	24	
Folate, DFE....µg	8		0	NC	4		7	24	
Choline, total....mg	129.9		0	BFNN	4		110.4	388.4	
Betaine....mg	17.1		0	BFNN	4		14.5	51.0	
Vitamin B-12....µg	6.51		0		4		5.53	19.46	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	BFSN	4		0.35	1.23	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	BFSN	4		1.2	4.4	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.050		0		1		0.893	3.140	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.090		0		1		0.077	0.269	
15:0....g									
16:0....g	0.790		0		1		0.672	2.362	
17:0....g									
18:0....g	0.160		0		1		0.136	0.478	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0		1		0.808	2.841	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.102	0.359	
17:1....g									
18:1 undifferentiated....g	0.810		0		1		0.689	2.422	
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		0.578	2.033	
18:2 undifferentiated....g	0.540		0		1		0.459	1.615	
18:3 undifferentiated....g	0.140		0		1		0.119	0.419	
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	
21:5....g									
22:4....g									
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		105	368	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.436		0		1		0.371	1.304	
Threonine....g	1.477		0		1		1.255	4.416	
Isoleucine....g	1.567		0		1		1.332	4.685	
Leucine....g	2.573		0		1		2.187	7.693	
Lysine....g	2.891		0		1		2.457	8.644	
Methionine....g	0.826		0		1		0.702	2.470	
Cystine....g	0.415		0		1		0.353	1.241	
Phenylalanine....g	1.355		0		1		1.152	4.051	
Tyrosine....g	1.176		0		1		1.000	3.516	
Valine....g	1.678		0		1		1.426	5.017	
Arginine....g	2.040		0		1		1.734	6.100	
Histidine....g	0.926		0		1		0.787	2.769	
Alanine....g	1.992		0		1		1.693	5.956	
Aspartic acid....g	3.226		0		1		2.742	9.646	
Glutamic acid....g	5.297		0		1		4.502	15.838	
Glycine....g	1.793		0		1		1.524	5.361	
Proline....g	1.614		0		1		1.372	4.826	
Serine....g	1.463		0		1		1.244	4.374	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 299g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17180

Game meat, rabbit, wild, raw

Sylvilagus spp., Oryctolagus 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	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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17180
Game meat, rabbit, wild, 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 27 (2014)

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		46.16	216.66	
Energy....kcal	255		0	NC	4		217	1017	
Energy....kJ	1067		0		4		907	4257	
Protein (N x 6.25)....g	29.20		1		1		24.82	116.51	
Total lipid (fat)....g	14.50		1		1		12.33	57.86	
Ash....g	1.50		1		1		1.28	5.99	
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	14		0		4		12	56	
Iron, Fe....mg	7.10		0		4		6.04	28.33	
Magnesium, Mg....mg	30		0		4		26	120	
Phosphorus, P....mg	261		0		4		222	1041	
Potassium, K....mg	398		0		4		338	1588	
Sodium, Na....mg	79		0		4		67	315	
Zinc, Zn....mg	2.27		0		4		1.93	9.06	
Copper, Cu....mg	0.189		0		4		0.161	0.754	
Manganese, Mn....mg									
Selenium, Se....µg	18.0		0	BFNN	4		15.3	71.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.590		2		1		0.502	2.354	
Riboflavin....mg	0.520		1		1		0.442	2.075	
Niacin....mg	4.680		0		4		3.978	18.673	
Pantothenic acid....mg									
Vitamin B-6....mg	0.470		0		4		0.400	1.875	
Folate, total....µg	11		0		4		9	44	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		4		9	44	
Folate, DFE....µg	11		0	NC	4		9	44	
Choline, total....mg	115.4		0	BFNN	4		98.1	460.5	
Betaine....mg	15.2		0	BFNN	4		12.9	60.5	
Vitamin B-12....µg	8.30		0		4		7.06	33.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0	BFSN	4		0.41	1.94	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		1	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	BFSN	4		1.5	6.9	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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

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
Lipids:									
Fatty acids, total saturated....g	4.070		0		4		3.460	16.239	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.552		0		1		0.469	2.202	
15:0....g									
16:0....g	2.285		0		1		1.942	9.117	
17:0....g									
18:0....g	1.131		0		1		0.961	4.513	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.210		0		4		4.429	20.788	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.961		0		1		0.817	3.834	
17:1....g									
18:1 undifferentiated....g	4.079		0		1		3.467	16.275	
20:1....g	0.056		0		1		0.048	0.223	
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		1.777	8.339	
18:2 undifferentiated....g	1.281		0		1		1.089	5.111	
18:3 undifferentiated....g	0.063		0		1		0.054	0.251	
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		0.315	1.480	
20:5 n-3 (EPA)....g	0.051		0		1		0.043	0.203	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.100		0		1		0.085	0.399	
22:6 n-3 (DHA)....g	0.032		0		1		0.027	0.128	
Fatty acids, total trans....g									
Cholesterol....mg	97		0		4		82	387	
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 = 85g: 3 oz

Measure 2 = 399g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17184
Game meat, squirrel, 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	62.07		0		1		52.76	194.28	
Energy....kcal	173		0	NC	4		147	541	
Energy....kJ	724		0		4		615	2266	
Protein (N x 6.25)....g	30.77		0		1		26.15	96.31	
Total lipid (fat)....g	4.69		0		4		3.99	14.68	
Ash....g	1.68		0		1		1.43	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	3		0		1		3	9	
Iron, Fe....mg	6.81		0		1		5.79	21.32	
Magnesium, Mg....mg	28		0		1		24	88	
Phosphorus, P....mg	211		0		1		179	660	
Potassium, K....mg	352		0		1		299	1102	
Sodium, Na....mg	119		0		1		101	372	
Zinc, Zn....mg	1.78		0		4		1.51	5.57	
Copper, Cu....mg	0.148		0		4		0.126	0.463	
Manganese, Mn....mg	0.032		0		1		0.027	0.100	
Selenium, Se....µg	15.1		0	BFYN	4		12.8	47.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.188	
Riboflavin....mg	0.290		0		1		0.247	0.908	
Niacin....mg	4.640		0		1		3.944	14.523	
Pantothenic acid....mg	0.930		0		1		0.791	2.911	
Vitamin B-6....mg	0.370		0		4		0.315	1.158	
Folate, total....µg	9		0		4		8	28	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		4		8	28	
Folate, DFE....µg	9		0	NC	4		8	28	
Choline, total....mg	122.9		0	BFNN	4		104.5	384.8	
Betaine....mg	16.2		0	BFNN	4		13.7	50.6	
Vitamin B-12....µg	6.51		0		4		5.53	20.38	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	BFSN	4		0.34	1.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		1	AI	13		0	0	
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.2	4.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	0.540		0	NC	4		0.459	1.690	
4:0....g	0.000		0		4		0.000	0.000	
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		0.017	0.063	
15:0....g									
16:0....g	0.440		0		1		0.374	1.377	
17:0....g									
18:0....g	0.080		0		1		0.068	0.250	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.786		0	NC	4		1.518	5.590	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.140		0		1		0.119	0.438	
17:1....g									
18:1 undifferentiated....g	1.570		0		1		1.335	4.914	
20:1....g	0.076		0		4		0.065	0.238	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.683		0	NC	4		1.431	5.268	
18:2 undifferentiated....g	1.340		0		1		1.139	4.194	
18:3 undifferentiated....g	0.030		0		1		0.026	0.094	
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		0.161	0.592	
20:5 n-3 (EPA)....g	0.006		0		4		0.005	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.015		0		4		0.013	0.047	
22:6 n-3 (DHA)....g	0.103		0		4		0.088	0.322	
Fatty acids, total trans....g									
Cholesterol....mg	121		0		1		103	379	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	1.172		0		1		0.996	3.668	
Isoleucine....g	1.172		0		1		0.996	3.668	
Leucine....g	2.211		0		1		1.879	6.920	
Lysine....g	2.225		0		1		1.891	6.964	
Methionine....g	0.675		0		1		0.574	2.113	
Cystine....g									
Phenylalanine....g	1.191		0		1		1.012	3.728	
Tyrosine....g	0.921		0		1		0.783	2.883	
Valine....g	1.216		0		1		1.034	3.806	
Arginine....g	1.605		0		1		1.364	5.024	
Histidine....g	0.803		0		1		0.683	2.513	
Alanine....g	1.457		0		1		1.238	4.560	
Aspartic acid....g	2.447		0		1		2.080	7.659	
Glutamic acid....g	4.160		0		1		3.536	13.021	
Glycine....g	1.334		0		1		1.134	4.175	
Proline....g	1.147		0		1		0.975	3.590	
Serine....g	1.009		0		1		0.858	3.158	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 313g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0		4		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17183
Game meat, squirrel, 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 27 (2014)

NDB No. 17168
Goat, 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	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....µg	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....µg	5		1		1		1	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		1		1		1	23	
Folate, DFE....µg	5		0	NC	4		1	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.13		1		1		0.32	5.13	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.710		0		1		0.201	3.221	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17168
Goat, 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 27 (2014)

NDB No. 17353
Lamb, Australian, ground, 85% lean / 15% 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	61.46		1	A	1		69.45		
Energy....kcal	255		0	NC	4		288		
Energy....kJ	1067		0	NC	4		1206		
Protein (N x 6.25)....g	17.14		1	A	1		19.37		
Total lipid (fat)....g	20.71		1	A	1		23.40		
Ash....g	0.82		1	A	1		0.92		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		10		
Iron, Fe....mg	1.41		1	A	1		1.59		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	77		1	A	1		87		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	9.926		0	NC	4		11.216		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.037		1	A	1		0.042		
12:0....g	0.057		1	A	1		0.065		
13:0....g									
14:0....g	0.721		1	A	1		0.815		
15:0....g	0.135		1	A	1		0.152		
16:0....g	4.383		1	A	1		4.952		
17:0....g	0.336		1	A	1		0.379		
18:0....g	4.169		1	A	1		4.711		
20:0....g	0.036		1	A	1		0.041		
22:0....g	0.052		1	A	1		0.059		
24:0....g									
Fatty acids, total monounsaturated....g	7.948		0	NC	4		8.981		
14:1....g	0.020		1	A	1		0.023		
15:1....g									
16:1 undifferentiated....g	0.235		1	A	1		0.265		
17:1....g									
18:1 undifferentiated....g	7.679		0	AS	1		8.677		
18:1 c....g	6.390		1	A	1		7.220		
18:1 t....g	1.289		1	A	1		1.457		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		1	A	1		0.016		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.119		0	NC	4		1.264		
18:2 undifferentiated....g	0.744		0	AS	1		0.840		
18:2 n-6 c,c....g	0.422		1	A	1		0.477		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.322		1	A	1		0.364		
18:3 undifferentiated....g	0.263		0	AS	1		0.297		
18:3 n-3 c,c,c (ALA)....g	0.249		1	A	1		0.282		

NDB No. 17353
Lamb, Australian, ground, 85% lean / 15% 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
18:3 n-6 c,c,c....g									
18:3i....g	0.014		1	A	1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.040		1	A	1		0.045		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.019		1	A	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.043		1	A	1		0.048		
22:6 n-3 (DHA)....g	0.011		1	A	1		0.012		
Fatty acids, total trans....g	1.625		0	NC	4		1.836		
Fatty acids, total trans-monoenoic....g	1.289		0	NC	4		1.457		
Fatty acids, total trans-polyenoic....g	0.336		0	NC	4		0.379		
Cholesterol....mg	73		1	A	1		83		
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 = 113g: 1 serving (4 oz)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		49.90	158.52	
Energy....kcal	256		0	MC	9		218	691	
Energy....kJ	1071				9		910	2892	
Protein (N x 6.25)....g	24.52		0	PAK	1		20.84	66.20	
Total lipid (fat)....g	16.82		0	PAK	1		14.30	45.41	
Ash....g	0.98		0	PAK	1		0.83	2.65	
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		14	46	
Iron, Fe....mg	1.93		0	PAK	1		1.64	5.21	
Magnesium, Mg....mg	22		0	PAK	1		19	59	
Phosphorus, P....mg	195		0	PAK	1		166	527	
Potassium, K....mg	301		0	PAK	1		256	813	
Sodium, Na....mg	76		0	PAK	1		65	205	
Zinc, Zn....mg	4.68		0	PAK	1		3.98	12.64	
Copper, Cu....mg	0.142		0	PAK	1		0.121	0.383	
Manganese, Mn....mg	0.013		0	PAK	1		0.011	0.035	
Selenium, Se....µg	10.1		0	BFYN	4		8.6	27.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.123		0	PAK	1		0.105	0.332	
Riboflavin....mg	0.332		0	PAK	1		0.282	0.896	
Niacin....mg	5.441		0	PAK	1		4.625	14.691	
Pantothenic acid....mg	0.816		0	PAK	1		0.694	2.203	
Vitamin B-6....mg	0.366		0	PAK	1		0.311	0.988	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.87		0	PAK	1		2.44	7.75	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.940		0	MC	9		6.749	21.438	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.027		0	PAK	1		0.023	0.073	
12:0....g	0.049		0	PAK	1		0.042	0.132	
13:0....g									

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
14:0 g	0.633		0	PAK	1		0.538	1.709	
15:0 g	0.097		0	PAK	1		0.082	0.262	
16:0 g	3.721		0	PAK	1		3.163	10.047	
17:0 g	0.251		0	PAK	1		0.213	0.678	
18:0 g	3.129		0	PAK	1		2.660	8.448	
20:0 g	0.032		0	PAK	1		0.027	0.086	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.711		0	MC	9		5.704	18.120	
14:1 g	0.028		0	PAK	1		0.024	0.076	
15:1 g									
16:1 undifferentiated g	0.307		0	PAK	1		0.261	0.829	
17:1 g									
18:1 undifferentiated g	6.195		0	PAK	1		5.266	16.727	
20:1 g	0.059		0	PAK	1		0.050	0.159	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.660		0	MC	9		0.561	1.782	
18:2 undifferentiated g	0.410		0	PAK	1		0.349	1.107	
18:3 undifferentiated g	0.196		0	PAK	1		0.167	0.529	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.041		0	PAK	1		0.035	0.111	
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	87		0	PAK	1		74	235	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.286		0		1		0.243	0.772	
Threonine g	1.048		0		1		0.891	2.830	
Isoleucine g	1.185		0		1		1.007	3.200	
Leucine g	1.907		0		1		1.621	5.149	
Lysine g	2.166		0		1		1.841	5.848	
Methionine g	0.628		0		1		0.534	1.696	
Cystine g	0.294		0		1		0.250	0.794	
Phenylalanine g	0.997		0		1		0.847	2.692	
Tyrosine g	0.824		0		1		0.700	2.225	
Valine g	1.322		0		1		1.124	3.569	
Arginine g	1.456		0		1		1.238	3.931	
Histidine g	0.777		0		1		0.660	2.098	
Alanine g	1.475		0		1		1.254	3.983	
Aspartic acid g	2.158		0		1		1.834	5.827	
Glutamic acid g	3.558		0		1		3.024	9.607	
Glycine g	1.197		0		1		1.017	3.232	
Proline g	1.028		0		1		0.874	2.776	
Serine g	0.910		0		1		0.774	2.457	
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 = 270g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17281

Lamb, Australian, imported, fresh, 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 27 (2014)

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	µg	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	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.47		0	PAK	1		0.70	11.20	2.10
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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									

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
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
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									
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	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

NDB No. 17280

Lamb, Australian, imported, fresh, 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 27 (2014)

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		54.19	150.45	
Energy....kcal	201		0	MC	9		171	474	
Energy....kJ	841				9		715	1985	
Protein (N x 6.25)....g	26.71		0	PAK	1		22.70	63.04	
Total lipid (fat)....g	9.63		0	PAK	1		8.19	22.73	
Ash....g	1.05		0	PAK	1		0.89	2.48	
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		14	38	
Iron, Fe....mg	2.05		0	PAK	1		1.74	4.84	
Magnesium, Mg....mg	24		0	PAK	1		20	57	
Phosphorus, P....mg	207		0	PAK	1		176	489	
Potassium, K....mg	318		0	PAK	1		270	750	
Sodium, Na....mg	80		0	PAK	1		68	189	
Zinc, Zn....mg	5.14		0	PAK	1		4.37	12.13	
Copper, Cu....mg	0.153		0	PAK	1		0.130	0.361	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.033	
Selenium, Se....µg	11.0		0	BFYN	4		9.4	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.131		0	PAK	1		0.111	0.309	
Riboflavin....mg	0.360		0	PAK	1		0.306	0.850	
Niacin....mg	5.812		0	PAK	1		4.940	13.716	
Pantothenic acid....mg	0.876		0	PAK	1		0.745	2.067	
Vitamin B-6....mg	0.394		0	PAK	1		0.335	0.930	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		0	PAK	1		2.56	7.10	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.048		0	PAK	1		3.441	9.553	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.009		0	PAK	1		0.008	0.021	
12:0....g	0.023		0	PAK	1		0.020	0.054	
13:0....g									

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
14:0 g	0.303		0	PAK	1		0.258	0.715	
15:0 g	0.044		0	PAK	1		0.037	0.104	
16:0 g	2.031		0	PAK	1		1.726	4.793	
17:0 g	0.119		0	PAK	1		0.101	0.281	
18:0 g	1.501		0	PAK	1		1.276	3.542	
20:0 g	0.018		0	PAK	1		0.015	0.042	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.857		0	PAK	1		3.278	9.103	
14:1 g	0.014		0	PAK	1		0.012	0.033	
15:1 g									
16:1 undifferentiated g	0.174		0	PAK	1		0.148	0.411	
17:1 g									
18:1 undifferentiated g	3.567		0	PAK	1		3.032	8.418	
20:1 g	0.030		0	PAK	1		0.026	0.071	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.418		0	PAK	1		0.355	0.986	
18:2 undifferentiated g	0.249		0	PAK	1		0.212	0.588	
18:3 undifferentiated g	0.116		0	PAK	1		0.099	0.274	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.038		0	PAK	1		0.032	0.090	
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	87		0	PAK	1		74	205	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.312		0		1		0.265	0.736	
Threonine g	1.141		0		1		0.970	2.693	
Isoleucine g	1.291		0		1		1.097	3.047	
Leucine g	2.077		0		1		1.765	4.902	
Lysine g	2.359		0		1		2.005	5.567	
Methionine g	0.684		0		1		0.581	1.614	
Cystine g	0.321		0		1		0.273	0.758	
Phenylalanine g	1.086		0		1		0.923	2.563	
Tyrosine g	0.898		0		1		0.763	2.119	
Valine g	1.440		0		1		1.224	3.398	
Arginine g	1.586		0		1		1.348	3.743	
Histidine g	0.846		0		1		0.719	1.997	
Alanine g	1.607		0		1		1.366	3.793	
Aspartic acid g	2.351		0		1		1.998	5.548	
Glutamic acid g	3.877		0		1		3.295	9.150	
Glycine g	1.304		0		1		1.108	3.077	
Proline g	1.120		0		1		0.952	2.643	
Serine g	0.992		0		1		0.843	2.341	
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 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17283

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.77		0	PAK	1		0.79	12.56	2.35
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17282

Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, 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 27 (2014)

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		51.40	127.59	
Energy....kcal	236		0	MC	9		201	498	
Energy....kJ	987				9		839	2083	
Protein (N x 6.25)....g	24.78		0	PAK	1		21.06	52.29	
Total lipid (fat)....g	14.44		0	PAK	1		12.27	30.47	
Ash....g	0.78		0	PAK	1		0.66	1.65	
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		14	34	
Iron, Fe....mg	1.79		0	PAK	1		1.52	3.78	
Magnesium, Mg....mg	21		0	PAK	1		18	44	
Phosphorus, P....mg	167		0	PAK	1		142	352	
Potassium, K....mg	244		0	PAK	1		207	515	
Sodium, Na....mg	93		0	PAK	1		79	196	
Zinc, Zn....mg	6.96		0	PAK	1		5.92	14.69	
Copper, Cu....mg	0.116		0	PAK	1		0.099	0.245	
Manganese, Mn....mg	0.011		0	PAK	1		0.009	0.023	
Selenium, Se....µg	8.3		0	PAK	1		7.1	17.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.086		0	PAK	1		0.073	0.181	
Riboflavin....mg	0.262		0	PAK	1		0.223	0.553	
Niacin....mg	5.013		0	PAK	1		4.261	10.577	
Pantothenic acid....mg	0.618		0	PAK	1		0.525	1.304	
Vitamin B-6....mg	0.244		0	PAK	1		0.207	0.515	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		0	PAK	1		2.55	6.33	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.794		0	MC	9		5.775	14.335	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.045		0	PAK	1		0.038	0.095	
13:0....g									

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
14:0 ... g	0.562		0	PAK	1		0.478	1.186	
15:0 ... g	0.088		0	PAK	1		0.075	0.186	
16:0 ... g	3.186		0	PAK	1		2.708	6.722	
17:0 ... g	0.219		0	PAK	1		0.186	0.462	
18:0 ... g	2.694		0	PAK	1		2.290	5.684	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.959		0	MC	9		5.065	12.573	
14:1 ... g	0.027		0	PAK	1		0.023	0.057	
15:1 ... g									
16:1 undifferentiated ... g	0.289		0	PAK	1		0.246	0.610	
17:1 ... g									
18:1 undifferentiated ... g	5.474		0	PAK	1		4.653	11.550	
20:1 ... g	0.055		0	PAK	1		0.047	0.116	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.601		0	MC	9		0.511	1.268	
18:2 undifferentiated ... g	0.375		0	PAK	1		0.319	0.791	
18:3 undifferentiated ... g	0.178		0	PAK	1		0.151	0.376	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0	PAK	1		0.034	0.084	
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	91		0	PAK	1		77	192	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.289		0		1		0.246	0.610	
Threonine ... g	1.058		0		1		0.899	2.232	
Isoleucine ... g	1.197		0		1		1.017	2.526	
Leucine ... g	1.927		0		1		1.638	4.066	
Lysine ... g	2.188		0		1		1.860	4.617	
Methionine ... g	0.634		0		1		0.539	1.338	
Cystine ... g	0.297		0		1		0.252	0.627	
Phenylalanine ... g	1.007		0		1		0.856	2.125	
Tyrosine ... g	0.832		0		1		0.707	1.756	
Valine ... g	1.336		0		1		1.136	2.819	
Arginine ... g	1.471		0		1		1.250	3.104	
Histidine ... g	0.785		0		1		0.667	1.656	
Alanine ... g	1.491		0		1		1.267	3.146	
Aspartic acid ... g	2.180		0		1		1.853	4.600	
Glutamic acid ... g	3.595		0		1		3.056	7.585	
Glycine ... g	1.209		0		1		1.028	2.551	
Proline ... g	1.039		0		1		0.883	2.192	
Serine ... g	0.920		0		1		0.782	1.941	
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 = 211g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17287

Lamb, Australian, imported, fresh, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.48		0	PAK	1		0.70	11.25	2.11
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17286

Lamb, Australian, imported, fresh, 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 27 (2014)

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		56.89	120.47	
Energy....kcal	165		0	MC	9		140	297	
Energy....kJ	690				9		587	1243	
Protein (N x 6.25)....g	27.50	0.503	3	A	1		23.38	49.50	
Total lipid (fat)....g	5.22	0.464	3	A	1		4.44	9.40	
Ash....g	0.83	0.067	3	A	1		0.71	1.49	
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		12	25	
Iron, Fe....mg	1.91	0.034	3	A	1		1.62	3.44	
Magnesium, Mg....mg	22	0.240	3	A	1		19	40	
Phosphorus, P....mg	177	4.667	3	A	1		150	319	
Potassium, K....mg	255	9.528	3	A	1		217	459	
Sodium, Na....mg	100	4.583	3	A	1		85	180	
Zinc, Zn....mg	7.93	0.049	3	A	1		6.74	14.27	
Copper, Cu....mg	0.125	0.006	3	A	1		0.106	0.225	
Manganese, Mn....mg	0.011	0.001	3	A	1		0.009	0.020	
Selenium, Se....µg	9.0		2	A	1		7.7	16.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090	0.006	3	A	1		0.077	0.162	
Riboflavin....mg	0.283	0.085	3	A	1		0.241	0.509	
Niacin....mg	5.390	0.429	3	A	1		4.582	9.702	
Pantothenic acid....mg	0.657	0.027	3	A	1		0.558	1.183	
Vitamin B-6....mg	0.257	0.031	3	A	1		0.218	0.463	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.20	0.270	3	A	1		2.72	5.76	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.884	1.400	3	A	1		1.601	3.391	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.011		2	A	1		0.009	0.020	
13:0....g									

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
14:0 g	0.145	0.167	3	A	1		0.123	0.261	
15:0 g	0.021	0.033	3	A	1		0.018	0.038	
16:0 g	1.025	0.100	3	A	1		0.871	1.845	
17:0 g	0.052	0.067	3	A	1		0.044	0.094	
18:0 g	0.628	1.081	3	A	1		0.534	1.130	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.338	1.301	3	A	1		1.987	4.208	
14:1 g	0.009		2	A	1		0.008	0.016	
15:1 g									
16:1 undifferentiated g	0.123	0.176	3	A	1		0.105	0.221	
17:1 g									
18:1 undifferentiated g	2.135	0.561	3	A	1		1.815	3.843	
20:1 g	0.020		2	A	1		0.017	0.036	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.294	0.577	3	A	1		0.250	0.529	
18:2 undifferentiated g	0.172	0.145	3	A	1		0.146	0.310	
18:3 undifferentiated g	0.076	0.058	3	A	1		0.065	0.137	
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		0.031	0.065	
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	92	4.271	3	A	1		78	166	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.321		0		1		0.273	0.578	
Threonine g	1.175		0		1		0.999	2.115	
Isoleucine g	1.329		0		1		1.130	2.392	
Leucine g	2.138		0		1		1.817	3.848	
Lysine g	2.429		0		1		2.065	4.372	
Methionine g	0.704		0		1		0.598	1.267	
Cystine g	0.330		0		1		0.281	0.594	
Phenylalanine g	1.118		0		1		0.950	2.012	
Tyrosine g	0.924		0		1		0.785	1.663	
Valine g	1.483		0		1		1.261	2.669	
Arginine g	1.632		0		1		1.387	2.938	
Histidine g	0.871		0		1		0.740	1.568	
Alanine g	1.654		0		1		1.406	2.977	
Aspartic acid g	2.420		0		1		2.057	4.356	
Glutamic acid g	3.991		0		1		3.392	7.184	
Glycine g	1.342		0		1		1.141	2.416	
Proline g	1.153		0		1		0.980	2.075	
Serine g	1.021		0		1		0.868	1.838	
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 = 180g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17289

Lamb, Australian, imported, fresh, foreshank, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.71	0.233	3	A	1		0.77	12.29	2.30
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	0.809	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

NDB No. 17288

Lamb, Australian, imported, fresh, foreshank, separable lean only, 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 27 (2014)

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						Amount in edible portion 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	61.99		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 ... µg	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 ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.10		0	PAK	1		2.64		
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
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									

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
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		
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									
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		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

NDB No. 17307

Lamb, Australian, imported, fresh, leg, center slice, bone-in, 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 27 (2014)

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						Amount in edible portion 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	68.46		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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.81		0	PAK	1		0.80		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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		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

NDB No. 17306

Lamb, Australian, imported, fresh, leg, center slice, bone-in, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.19		2	A	1		2.71		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17309

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17308

Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, 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 27 (2014)

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		51.70	168.47	
Energy ... kcal	231		0	MC	9		196	640	
Energy ... kJ	967				9		822	2677	
Protein (N x 6.25) ... g	25.25		0	PAK	1		21.46	69.94	
Total lipid (fat) ... g	13.69		0	PAK	1		11.64	37.92	
Ash ... g	1.03		0	PAK	1		0.88	2.85	
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		9	28	
Iron, Fe ... mg	2.01		0	PAK	1		1.71	5.57	
Magnesium, Mg ... mg	23		0	PAK	1		20	64	
Phosphorus, P ... mg	203		0	PAK	1		173	562	
Potassium, K ... mg	313		0	PAK	1		266	867	
Sodium, Na ... mg	67		0	PAK	1		57	186	
Zinc, Zn ... mg	4.49		0	PAK	1		3.82	12.44	
Copper, Cu ... mg	0.138		0	PAK	1		0.117	0.382	
Manganese, Mn ... mg	0.013		0	PAK	1		0.011	0.036	
Selenium, Se ... µg	10.6		0	BFYN	4		9.0	29.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.127		0	PAK	1		0.108	0.352	
Riboflavin ... mg	0.390		0	PAK	1		0.332	1.080	
Niacin ... mg	5.418		0	PAK	1		4.605	15.008	
Pantothenic acid ... mg	0.926		0	PAK	1		0.787	2.565	
Vitamin B-6 ... mg	0.429		0	PAK	1		0.365	1.188	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.04		0	PAK	1		2.58	8.42	
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	6.341		0	MC	9		5.390	17.565	
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.036		0	PAK	1		0.031	0.100	
13:0 ... g									

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
14:0 ... g	0.503		0	PAK	1		0.428	1.393	
15:0 ... g	0.078		0	PAK	1		0.066	0.216	
16:0 ... g	3.023		0	PAK	1		2.570	8.374	
17:0 ... g	0.207		0	PAK	1		0.176	0.573	
18:0 ... g	2.494		0	PAK	1		2.120	6.908	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	5.554		0	MC	9		4.721	15.385	
14:1 ... g	0.025		0	PAK	1		0.021	0.069	
15:1 ... g									
16:1 undifferentiated ... g	0.256		0	PAK	1		0.218	0.709	
17:1 ... g									
18:1 undifferentiated ... g	5.117		0	PAK	1		4.349	14.174	
20:1 ... g	0.050		0	PAK	1		0.043	0.139	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.563		0	MC	9		0.479	1.560	
18:2 undifferentiated ... g	0.349		0	PAK	1		0.297	0.967	
18:3 undifferentiated ... g	0.165		0	PAK	1		0.140	0.457	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		0	PAK	1		0.032	0.105	
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	83		0	PAK	1		71	230	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.295		0		1		0.251	0.817	
Threonine ... g	1.079		0		1		0.917	2.989	
Isoleucine ... g	1.220		0		1		1.037	3.379	
Leucine ... g	1.963		0		1		1.669	5.438	
Lysine ... g	2.230		0		1		1.896	6.177	
Methionine ... g	0.646		0		1		0.549	1.789	
Cystine ... g	0.303		0		1		0.258	0.839	
Phenylalanine ... g	1.026		0		1		0.872	2.842	
Tyrosine ... g	0.848		0		1		0.721	2.349	
Valine ... g	1.361		0		1		1.157	3.770	
Arginine ... g	1.499		0		1		1.274	4.152	
Histidine ... g	0.800		0		1		0.680	2.216	
Alanine ... g	1.519		0		1		1.291	4.208	
Aspartic acid ... g	2.222		0		1		1.889	6.155	
Glutamic acid ... g	3.664		0		1		3.114	10.149	
Glycine ... g	1.232		0		1		1.047	3.413	
Proline ... g	1.058		0		1		0.899	2.931	
Serine ... g	0.937		0		1		0.796	2.595	
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 = 85g: 3 oz

Measure 2 = 277g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17295

Lamb, Australian, imported, fresh, leg, shank half, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.75		0	PAK	1		0.78	12.47	2.34
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17294

Lamb, Australian, imported, fresh, leg, shank half, 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 27 (2014)

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		55.51	160.64	
Energy....kcal	182		0	MC	9		155	448	
Energy....kJ	761				9		647	1873	
Protein (N x 6.25)....g	27.18	0.444	4	A	1		23.10	66.86	
Total lipid (fat)....g	7.27	0.480	4	A	1		6.18	17.88	
Ash....g	1.10	0.041	4	A	1		0.94	2.71	
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	8		2	A	1		7	20	
Iron, Fe....mg	2.13		2	A	1		1.81	5.24	
Magnesium, Mg....mg	25		2	A	1		21	62	
Phosphorus, P....mg	213		2	A	1		181	524	
Potassium, K....mg	329		2	A	1		280	809	
Sodium, Na....mg	69		2	A	1		59	170	
Zinc, Zn....mg	4.86		2	A	1		4.13	11.96	
Copper, Cu....mg	0.147		2	A	1		0.125	0.362	
Manganese, Mn....mg	0.014		2	A	1		0.012	0.034	
Selenium, Se....µg	11.5		0	BFYN	4		9.8	28.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.115	0.332	
Riboflavin....mg	0.420		2	A	1		0.357	1.033	
Niacin....mg	5.725		2	A	1		4.866	14.084	
Pantothenic acid....mg	0.990		2	A	1		0.842	2.435	
Vitamin B-6....mg	0.460		2	A	1		0.391	1.132	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.19		2	A	1		2.71	7.85	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.918		2	A	1		2.480	7.178	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.013		2	A	1		0.011	0.032	
13:0....g									

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
14:0 g	0.210		2	A	1		0.179	0.517	
15:0 g	0.031		2	A	1		0.026	0.076	
16:0 g	1.522		2	A	1		1.294	3.744	
17:0 g	0.091		2	A	1		0.077	0.224	
18:0 g	1.052		2	A	1		0.894	2.588	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.021		2	A	1		2.568	7.432	
14:1 g	0.013		1	A	1		0.011	0.032	
15:1 g									
16:1 undifferentiated g	0.138		2	A	1		0.117	0.339	
17:1 g									
18:1 undifferentiated g	2.783		2	A	1		2.366	6.846	
20:1 g	0.025		2	A	1		0.021	0.062	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.348		2	A	1		0.296	0.856	
18:2 undifferentiated g	0.207		2	A	1		0.176	0.509	
18:3 undifferentiated g	0.094		2	A	1		0.080	0.231	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.034		2	A	1		0.029	0.084	
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	83		2	A	1		71	204	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.317		0		1		0.269	0.780	
Threonine g	1.161		0		1		0.987	2.856	
Isoleucine g	1.313		0		1		1.116	3.230	
Leucine g	2.113		0		1		1.796	5.198	
Lysine g	2.400		0		1		2.040	5.904	
Methionine g	0.696		0		1		0.592	1.712	
Cystine g	0.326		0		1		0.277	0.802	
Phenylalanine g	1.104		0		1		0.938	2.716	
Tyrosine g	0.913		0		1		0.776	2.246	
Valine g	1.465		0		1		1.245	3.604	
Arginine g	1.613		0		1		1.371	3.968	
Histidine g	0.861		0		1		0.732	2.118	
Alanine g	1.635		0		1		1.390	4.022	
Aspartic acid g	2.391		0		1		2.032	5.882	
Glutamic acid g	3.944		0		1		3.352	9.702	
Glycine g	1.326		0		1		1.127	3.262	
Proline g	1.139		0		1		0.968	2.802	
Serine g	1.009		0		1		0.858	2.482	
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 = 246g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17297

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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		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

NDB No. 17296

Lamb, Australian, imported, fresh, leg, shank half, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.05		0	PAK	1		2.59		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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		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

NDB No. 17303

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.72		0	PAK	1		0.77		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17302

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.19		2	A	1		2.71		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17305

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17304

Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, 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 27 (2014)

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		47.77	171.97	
Energy....kcal	281		0	MC	9		239	860	
Energy....kJ	1176				9		999	3598	
Protein (N x 6.25)....g	24.88		0	PAK	1		21.15	76.13	
Total lipid (fat)....g	19.38		0	PAK	1		16.47	59.30	
Ash....g	0.96		0	PAK	1		0.82	2.94	
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	15		0	PAK	1		13	46	
Iron, Fe....mg	2.06		0	PAK	1		1.75	6.30	
Magnesium, Mg....mg	23		0	PAK	1		20	70	
Phosphorus, P....mg	199		0	PAK	1		169	609	
Potassium, K....mg	297		0	PAK	1		252	909	
Sodium, Na....mg	78		0	PAK	1		66	239	
Zinc, Zn....mg	4.24		0	PAK	1		3.60	12.97	
Copper, Cu....mg	0.173		0	PAK	1		0.147	0.529	
Manganese, Mn....mg	0.016		0	PAK	1		0.014	0.049	
Selenium, Se....µg	11.7		0	BFYN	4		9.9	35.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.124		0	PAK	1		0.105	0.379	
Riboflavin....mg	0.376		0	PAK	1		0.320	1.151	
Niacin....mg	5.281		0	PAK	1		4.489	16.160	
Pantothenic acid....mg	0.898		0	PAK	1		0.763	2.748	
Vitamin B-6....mg	0.415		0	PAK	1		0.353	1.270	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.98		0	PAK	1		2.53	9.12	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.245		0	MC	9		7.858	28.290	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.035		0	PAK	1		0.030	0.107	
12:0....g	0.056		0	PAK	1		0.048	0.171	
13:0....g									

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
14:0 g	0.742		0	PAK	1		0.631	2.271	
15:0 g	0.111		0	PAK	1		0.094	0.340	
16:0 g	4.279		0	PAK	1		3.637	13.094	
17:0 g	0.298		0	PAK	1		0.253	0.912	
18:0 g	3.689		0	PAK	1		3.136	11.288	
20:0 g	0.035		0	PAK	1		0.030	0.107	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.658		0	MC	9		6.509	23.433	
14:1 g	0.031		0	PAK	1		0.026	0.095	
15:1 g									
16:1 undifferentiated g	0.350		0	PAK	1		0.298	1.071	
17:1 g									
18:1 undifferentiated g	7.066		0	PAK	1		6.006	21.622	
20:1 g	0.071		0	PAK	1		0.060	0.217	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.771		0	MC	9		0.655	2.359	
18:2 undifferentiated g	0.482		0	PAK	1		0.410	1.475	
18:3 undifferentiated g	0.229		0	PAK	1		0.195	0.701	
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	0.138	
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	102		0	PAK	1		87	312	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.291		0		1		0.247	0.890	
Threonine g	1.063		0		1		0.904	3.253	
Isoleucine g	1.202		0		1		1.022	3.678	
Leucine g	1.935		0		1		1.645	5.921	
Lysine g	2.197		0		1		1.867	6.723	
Methionine g	0.637		0		1		0.541	1.949	
Cystine g	0.299		0		1		0.254	0.915	
Phenylalanine g	1.011		0		1		0.859	3.094	
Tyrosine g	0.836		0		1		0.711	2.558	
Valine g	1.341		0		1		1.140	4.103	
Arginine g	1.477		0		1		1.255	4.520	
Histidine g	0.788		0		1		0.670	2.411	
Alanine g	1.497		0		1		1.272	4.581	
Aspartic acid g	2.189		0		1		1.861	6.698	
Glutamic acid g	3.610		0		1		3.069	11.047	
Glycine g	1.214		0		1		1.032	3.715	
Proline g	1.043		0		1		0.887	3.192	
Serine g	0.923		0		1		0.785	2.824	
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 = 306g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17299

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.57		0	PAK	1		0.73	11.66	2.18
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17298

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, 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 27 (2014)

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		52.85	161.05	
Energy....kcal	215		0	MC	9		183	557	
Energy....kJ	900				9		765	2330	
Protein (N x 6.25)....g	27.75	0.210	4	A	1		23.59	71.87	
Total lipid (fat)....g	10.65	0.693	4	A	1		9.05	27.58	
Ash....g	1.05	0.029	4	A	1		0.89	2.72	
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	13		2	A	1		11	34	
Iron, Fe....mg	2.24		2	A	1		1.90	5.80	
Magnesium, Mg....mg	25		2	A	1		21	65	
Phosphorus, P....mg	214		2	A	1		182	554	
Potassium, K....mg	318		2	A	1		270	824	
Sodium, Na....mg	83		2	A	1		71	215	
Zinc, Zn....mg	4.76		2	A	1		4.05	12.33	
Copper, Cu....mg	0.194		2	A	1		0.165	0.502	
Manganese, Mn....mg	0.017		2	A	1		0.014	0.044	
Selenium, Se....µg	13.0		0	BFYN	4		11.1	33.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		2	A	1		0.115	0.350	
Riboflavin....mg	0.420		2	A	1		0.357	1.088	
Niacin....mg	5.725		2	A	1		4.866	14.828	
Pantothenic acid....mg	0.990		2	A	1		0.842	2.564	
Vitamin B-6....mg	0.460		2	A	1		0.391	1.191	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.19		2	A	1		2.71	8.26	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.508		2	A	1		3.832	11.676	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.014		2	A	1		0.012	0.036	
12:0....g	0.023		2	A	1		0.020	0.060	
13:0....g									

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
14:0 g	0.339		2	A	1		0.288	0.878	
15:0 g	0.046		2	A	1		0.039	0.119	
16:0 g	2.220		2	A	1		1.887	5.750	
17:0 g	0.138		2	A	1		0.117	0.357	
18:0 g	1.711		2	A	1		1.454	4.431	
20:0 g	0.018		2	A	1		0.015	0.047	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.182		2	A	1		3.555	10.831	
14:1 g	0.014		2	A	1		0.012	0.036	
15:1 g									
16:1 undifferentiated g	0.188		2	A	1		0.160	0.487	
17:1 g									
18:1 undifferentiated g	3.866		2	A	1		3.286	10.013	
20:1 g	0.037		2	A	1		0.031	0.096	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.482		2	A	1		0.410	1.248	
18:2 undifferentiated g	0.289		2	A	1		0.246	0.749	
18:3 undifferentiated g	0.133		2	A	1		0.113	0.344	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.041		2	A	1		0.035	0.106	
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	105		2	A	1		89	272	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.324		0		1		0.275	0.839	
Threonine g	1.185		0		1		1.007	3.069	
Isoleucine g	1.341		0		1		1.140	3.473	
Leucine g	2.158		0		1		1.834	5.589	
Lysine g	2.451		0		1		2.083	6.348	
Methionine g	0.710		0		1		0.604	1.839	
Cystine g	0.333		0		1		0.283	0.862	
Phenylalanine g	1.128		0		1		0.959	2.922	
Tyrosine g	0.932		0		1		0.792	2.414	
Valine g	1.496		0		1		1.272	3.875	
Arginine g	1.647		0		1		1.400	4.266	
Histidine g	0.879		0		1		0.747	2.277	
Alanine g	1.669		0		1		1.419	4.323	
Aspartic acid g	2.442		0		1		2.076	6.325	
Glutamic acid g	4.027		0		1		3.423	10.430	
Glycine g	1.354		0		1		1.151	3.507	
Proline g	1.163		0		1		0.989	3.012	
Serine g	1.030		0		1		0.876	2.668	
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 = 259g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17301

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17300

Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, 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 27 (2014)

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		50.70	169.41	
Energy ... kcal	244		0	MC	9		207	693	
Energy ... kJ	1021				9		868	2899	
Protein (N x 6.25) ... g	25.16		0	PAK	1		21.39	71.45	
Total lipid (fat) ... g	15.13		0	PAK	1		12.86	42.97	
Ash ... g	1.01		0	PAK	1		0.86	2.87	
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		9	31	
Iron, Fe ... mg	2.03		0	PAK	1		1.73	5.77	
Magnesium, Mg ... mg	23		0	PAK	1		20	65	
Phosphorus, P ... mg	202		0	PAK	1		172	574	
Potassium, K ... mg	309		0	PAK	1		263	878	
Sodium, Na ... mg	70		0	PAK	1		60	199	
Zinc, Zn ... mg	4.43		0	PAK	1		3.77	12.58	
Copper, Cu ... mg	0.147		0	PAK	1		0.125	0.417	
Manganese, Mn ... mg	0.014		0	PAK	1		0.012	0.040	
Selenium, Se ... µg	5.7		0	BFYN	4		4.8	16.2	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.126		0	PAK	1		0.107	0.358	
Riboflavin ... mg	0.386		0	PAK	1		0.328	1.096	
Niacin ... mg	5.383		0	PAK	1		4.576	15.288	
Pantothenic acid ... mg	0.919		0	PAK	1		0.781	2.610	
Vitamin B-6 ... mg	0.425		0	PAK	1		0.361	1.207	
Folate, total ... µg									
Folate, DFE ... µg									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.03		0	PAK	1		2.58	8.61	
Vitamin A, RAE ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	7.091		0	MC	9		6.027	20.138	
4:0 ... g									
6:0 ... g									
8:0 ... g									
10:0 ... g	0.018		0	PAK	1		0.015	0.051	
12:0 ... g	0.041		0	PAK	1		0.035	0.116	
13:0 ... g									

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
14:0 g	0.563		0	PAK	1		0.479	1.599	
15:0 g	0.087		0	PAK	1		0.074	0.247	
16:0 g	3.341		0	PAK	1		2.840	9.488	
17:0 g	0.230		0	PAK	1		0.196	0.653	
18:0 g	2.796		0	PAK	1		2.377	7.941	
20:0 g	0.015		0	PAK	1		0.013	0.043	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.087		0	MC	9		5.174	17.287	
14:1 g	0.027		0	PAK	1		0.023	0.077	
15:1 g									
16:1 undifferentiated g	0.279		0	PAK	1		0.237	0.792	
17:1 g									
18:1 undifferentiated g	5.610		0	PAK	1		4.769	15.932	
20:1 g	0.055		0	PAK	1		0.047	0.156	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.615		0	MC	9		0.523	1.747	
18:2 undifferentiated g	0.382		0	PAK	1		0.325	1.085	
18:3 undifferentiated g	0.181		0	PAK	1		0.154	0.514	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.039		0	PAK	1		0.033	0.111	
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	88		0	PAK	1		75	250	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.294		0		1		0.250	0.835	
Threonine g	1.075		0		1		0.914	3.053	
Isoleucine g	1.216		0		1		1.034	3.453	
Leucine g	1.956		0		1		1.663	5.555	
Lysine g	2.222		0		1		1.889	6.310	
Methionine g	0.644		0		1		0.547	1.829	
Cystine g	0.302		0		1		0.257	0.858	
Phenylalanine g	1.022		0		1		0.869	2.902	
Tyrosine g	0.845		0		1		0.718	2.400	
Valine g	1.356		0		1		1.153	3.851	
Arginine g	1.493		0		1		1.269	4.240	
Histidine g	0.797		0		1		0.677	2.263	
Alanine g	1.513		0		1		1.286	4.297	
Aspartic acid g	2.214		0		1		1.882	6.288	
Glutamic acid g	3.651		0		1		3.103	10.369	
Glycine g	1.228		0		1		1.044	3.488	
Proline g	1.055		0		1		0.897	2.996	
Serine g	0.934		0		1		0.794	2.653	
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 = 284g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17291

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.70		0	PAK	1		0.77	12.25	2.30
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17290

Lamb, Australian, imported, fresh, 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 27 (2014)

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		54.86	162.00	
Energy....kcal	190		0	MC	9		162	477	
Energy....kJ	795				9		676	1995	
Protein (N x 6.25)....g	27.31		0	PAK	1		23.21	68.55	
Total lipid (fat)....g	8.10		0	PAK	1		6.89	20.33	
Ash....g	1.09		0	PAK	1		0.93	2.74	
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		8	23	
Iron, Fe....mg	2.15		0	PAK	1		1.83	5.40	
Magnesium, Mg....mg	25		0	PAK	1		21	63	
Phosphorus, P....mg	214		0	PAK	1		182	537	
Potassium, K....mg	326		0	PAK	1		277	818	
Sodium, Na....mg	72		0	PAK	1		61	181	
Zinc, Zn....mg	4.83		0	PAK	1		4.11	12.12	
Copper, Cu....mg	0.158		0	PAK	1		0.134	0.397	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.035	
Selenium, Se....µg	5.9		0	BFYN	4		5.0	14.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.135		0	PAK	1		0.115	0.339	
Riboflavin....mg	0.420		0	PAK	1		0.357	1.054	
Niacin....mg	5.725		0	PAK	1		4.866	14.370	
Pantothenic acid....mg	0.990		0	PAK	1		0.842	2.485	
Vitamin B-6....mg	0.460		0	PAK	1		0.391	1.155	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.19		0	PAK	1		2.71	8.01	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.297		0	PAK	1		2.802	8.275	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.015		0	PAK	1		0.013	0.038	
13:0....g									

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
14:0 ... g	0.241		0	PAK	1		0.205	0.605	
15:0 ... g	0.035		0	PAK	1		0.030	0.088	
16:0 ... g	1.691		0	PAK	1		1.437	4.244	
17:0 ... g	0.102		0	PAK	1		0.087	0.256	
18:0 ... g	1.212		0	PAK	1		1.030	3.042	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.304		0	PAK	1		2.808	8.293	
14:1 ... g	0.013		0	PAK	1		0.011	0.033	
15:1 ... g									
16:1 undifferentiated ... g	0.150		0	PAK	1		0.128	0.377	
17:1 ... g									
18:1 undifferentiated ... g	3.047		0	PAK	1		2.590	7.648	
20:1 ... g	0.028		0	PAK	1		0.024	0.070	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.380		0	PAK	1		0.323	0.954	
18:2 undifferentiated ... g	0.227		0	PAK	1		0.193	0.570	
18:3 undifferentiated ... g	0.103		0	PAK	1		0.088	0.259	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		0	PAK	1		0.031	0.090	
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	89		0	PAK	1		76	223	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.319		0		1		0.271	0.801	
Threonine ... g	1.167		0		1		0.992	2.929	
Isoleucine ... g	1.320		0		1		1.122	3.313	
Leucine ... g	2.124		0		1		1.805	5.331	
Lysine ... g	2.412		0		1		2.050	6.054	
Methionine ... g	0.699		0		1		0.594	1.754	
Cystine ... g	0.328		0		1		0.279	0.823	
Phenylalanine ... g	1.110		0		1		0.944	2.786	
Tyrosine ... g	0.918		0		1		0.780	2.304	
Valine ... g	1.473		0		1		1.252	3.697	
Arginine ... g	1.621		0		1		1.378	4.069	
Histidine ... g	0.865		0		1		0.735	2.171	
Alanine ... g	1.643		0		1		1.397	4.124	
Aspartic acid ... g	2.404		0		1		2.043	6.034	
Glutamic acid ... g	3.964		0		1		3.369	9.950	
Glycine ... g	1.333		0		1		1.133	3.346	
Proline ... g	1.145		0		1		0.973	2.874	
Serine ... g	1.014		0		1		0.862	2.545	
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 = 85g: 3 oz

Measure 2 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17293

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		0	PAK	1		0.85	13.65	2.56
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17292

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		0	PAK	1		1.70		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17311

Lamb, Australian, imported, fresh, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.76		0	PAK	1		0.50	1.50	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17310

Lamb, Australian, imported, fresh, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.01	0.278	3	A	1		1.71		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17313

Lamb, Australian, imported, fresh, loin, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.85	0.157	3	A	1		0.52	1.57	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	0.767	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

NDB No. 17312

Lamb, Australian, imported, fresh, loin, separable lean only, 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 27 (2014)

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		48.90	164.54	
Energy....kcal	277		0	MC	9		235	792	
Energy....kJ	1159				9		985	3315	
Protein (N x 6.25)....g	22.24		0	PAK	1		18.90	63.61	
Total lipid (fat)....g	20.21		0	PAK	1		17.18	57.80	
Ash....g	0.89		0	PAK	1		0.76	2.55	
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		14	49	
Iron, Fe....mg	1.67		0	PAK	1		1.42	4.78	
Magnesium, Mg....mg	21		0	PAK	1		18	60	
Phosphorus, P....mg	182		0	PAK	1		155	521	
Potassium, K....mg	282		0	PAK	1		240	807	
Sodium, Na....mg	77		0	PAK	1		65	220	
Zinc, Zn....mg	3.35		0	PAK	1		2.85	9.58	
Copper, Cu....mg	0.131		0	PAK	1		0.111	0.375	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.034	
Selenium, Se....µg	9.1		0	PAK	1		7.7	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.131		0	PAK	1		0.111	0.375	
Riboflavin....mg	0.272		0	PAK	1		0.231	0.778	
Niacin....mg	5.559		0	PAK	1		4.725	15.899	
Pantothenic acid....mg	0.647		0	PAK	1		0.550	1.850	
Vitamin B-6....mg	0.382		0	PAK	1		0.325	1.093	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.94		0	PAK	1		1.65	5.55	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.734		0	MC	9		8.274	27.839	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.036		0	PAK	1		0.031	0.103	
12:0....g	0.063		0	PAK	1		0.054	0.180	
13:0....g									

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
14:0 g	0.778		0	PAK	1		0.661	2.225	
15:0 g	0.119		0	PAK	1		0.101	0.340	
16:0 g	4.498		0	PAK	1		3.823	12.864	
17:0 g	0.303		0	PAK	1		0.258	0.867	
18:0 g	3.901		0	PAK	1		3.316	11.157	
20:0 g	0.035		0	PAK	1		0.030	0.100	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.940		0	MC	9		6.749	22.708	
14:1 g	0.033		0	PAK	1		0.028	0.094	
15:1 g									
16:1 undifferentiated g	0.361		0	PAK	1		0.307	1.032	
17:1 g									
18:1 undifferentiated g	7.339		0	PAK	1		6.238	20.990	
20:1 g	0.068		0	PAK	1		0.058	0.194	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.728		0	MC	9		0.619	2.082	
18:2 undifferentiated g	0.462		0	PAK	1		0.393	1.321	
18:3 undifferentiated g	0.223		0	PAK	1		0.190	0.638	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.035		0	PAK	1		0.030	0.100	
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	80		0	PAK	1		68	229	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.260		0		1		0.221	0.744	
Threonine g	0.950		0		1		0.808	2.717	
Isoleucine g	1.075		0		1		0.914	3.075	
Leucine g	1.730		0		1		1.471	4.948	
Lysine g	1.964		0		1		1.669	5.617	
Methionine g	0.569		0		1		0.484	1.627	
Cystine g	0.267		0		1		0.227	0.764	
Phenylalanine g	0.904		0		1		0.768	2.585	
Tyrosine g	0.747		0		1		0.635	2.136	
Valine g	1.199		0		1		1.019	3.429	
Arginine g	1.320		0		1		1.122	3.775	
Histidine g	0.705		0		1		0.599	2.016	
Alanine g	1.338		0		1		1.137	3.827	
Aspartic acid g	1.957		0		1		1.663	5.597	
Glutamic acid g	3.228		0		1		2.744	9.232	
Glycine g	1.085		0		1		0.922	3.103	
Proline g	0.932		0		1		0.792	2.666	
Serine g	0.826		0		1		0.702	2.362	
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 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17315

Lamb, Australian, imported, fresh, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.62		0	PAK	1		0.46	7.35	1.38
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17314

Lamb, Australian, imported, fresh, 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 27 (2014)

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		54.21	153.71	
Energy....kcal	210		0	MC	9		179	506	
Energy....kJ	879				9		747	2118	
Protein (N x 6.25)....g	24.63	0.272	6	A	1		20.94	59.36	
Total lipid (fat)....g	11.60	0.967	6	A	1		9.86	27.96	
Ash....g	0.97	0.056	6	A	1		0.82	2.34	
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		13	36	
Iron, Fe....mg	1.78	0.100	6	A	1		1.51	4.29	
Magnesium, Mg....mg	23	0.271	6	A	1		20	55	
Phosphorus, P....mg	195	3.183	6	A	1		166	470	
Potassium, K....mg	302	1.352	6	A	1		257	728	
Sodium, Na....mg	82	2.306	6	A	1		70	198	
Zinc, Zn....mg	3.70	0.072	6	A	1		3.15	8.92	
Copper, Cu....mg	0.143	0.012	6	A	1		0.122	0.345	
Manganese, Mn....mg	0.013	0.001	6	A	1		0.011	0.031	
Selenium, Se....µg	9.7	0.333	3	A	1		8.2	23.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.143	0.024	3	A	1		0.122	0.345	
Riboflavin....mg	0.297	0.026	3	A	1		0.252	0.716	
Niacin....mg	6.057	0.640	3	A	1		5.148	14.597	
Pantothenic acid....mg	0.693	0.050	3	A	1		0.589	1.670	
Vitamin B-6....mg	0.421	0.054	3	A	1		0.358	1.015	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.96	0.034	3	A	1		1.67	4.72	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.072	0.959	6	A	1		4.311	12.224	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.015	0.022	6	A	1		0.013	0.036	
12:0....g	0.032	0.017	6	A	1		0.027	0.077	
13:0....g									

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
14:0 g	0.381	0.095	6	A	1		0.324	0.918	
15:0 g	0.055	0.022	6	A	1		0.047	0.133	
16:0 g	2.473	0.154	6	A	1		2.102	5.960	
17:0 g	0.143	0.033	6	A	1		0.122	0.345	
18:0 g	1.955	0.782	6	A	1		1.662	4.712	
20:0 g	0.018	0.017	6	A	1		0.015	0.043	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.503	0.725	6	A	1		3.828	10.852	
14:1 g	0.015	0.022	6	A	1		0.013	0.036	
15:1 g									
16:1 undifferentiated g	0.200	0.113	6	A	1		0.170	0.482	
17:1 g									
18:1 undifferentiated g	4.178	0.570	6	A	1		3.551	10.069	
20:1 g	0.034	0.040	5	A	1		0.029	0.082	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.429	0.295	6	A	1		0.365	1.034	
18:2 undifferentiated g	0.265	0.154	6	A	1		0.225	0.639	
18:3 undifferentiated g	0.125	0.096	6	A	1		0.106	0.301	
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		0.026	0.072	
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	80	1.049	6	A	1		68	193	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.288		0		1		0.245	0.694	
Threonine g	1.052		0		1		0.894	2.535	
Isoleucine g	1.190		0		1		1.012	2.868	
Leucine g	1.915		0		1		1.628	4.615	
Lysine g	2.176		0		1		1.850	5.244	
Methionine g	0.631		0		1		0.536	1.521	
Cystine g	0.296		0		1		0.252	0.713	
Phenylalanine g	1.001		0		1		0.851	2.412	
Tyrosine g	0.828		0		1		0.704	1.995	
Valine g	1.328		0		1		1.129	3.200	
Arginine g	1.462		0		1		1.243	3.523	
Histidine g	0.780		0		1		0.663	1.880	
Alanine g	1.482		0		1		1.260	3.572	
Aspartic acid g	2.168		0		1		1.843	5.225	
Glutamic acid g	3.575		0		1		3.039	8.616	
Glycine g	1.202		0		1		1.022	2.897	
Proline g	1.033		0		1		0.878	2.490	
Serine g	0.914		0		1		0.777	2.203	
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 = 241g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17317

Lamb, Australian, imported, fresh, rib, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.82	0.110	3	A	1		0.52	8.26	1.55
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	0.231	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

NDB No. 17316

Lamb, Australian, imported, fresh, rib, separable lean only, 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 27 (2014)

NDB No. 17285
Lamb, Australian, imported, fresh, 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	24.00	1.099	6	A	1		20.40	59.52	
Energy	kcal	639		0	MC	9		543	1585	
Energy	kJ	2674				9		2273	6630	
Protein (N x 6.25)	g	9.42	0.259	6	A	1		8.01	23.36	
Total lipid (fat)	g	66.40	1.283	6	A	1		56.44	164.67	
Ash	g	0.45	0.062	6	A	1		0.38	1.12	
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		23	67	
Iron, Fe	mg	1.11	0.048	6	A	1		0.94	2.75	
Magnesium, Mg	mg	12	0.419	6	A	1		10	30	
Phosphorus, P	mg	114	2.738	6	A	1		97	283	
Potassium, K	mg	179	6.416	6	A	1		152	444	
Sodium, Na	mg	51	2.512	6	A	1		43	126	
Zinc, Zn	mg	1.48	0.095	6	A	1		1.26	3.67	
Copper, Cu	mg	0.065	0.012	6	A	1		0.055	0.161	
Manganese, Mn	mg	0.010		2	A	1		0.009	0.025	
Selenium, Se	µg	5.8		2	A	1		4.9	14.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.063	0.015	3	A	1		0.054	0.156	
Riboflavin	mg	0.140	0.012	3	A	1		0.119	0.347	
Niacin	mg	2.890	0.217	3	A	1		2.457	7.167	
Pantothenic acid	mg	0.400	0.040	3	A	1		0.340	0.992	
Vitamin B-6	mg	0.171	0.023	3	A	1		0.145	0.424	
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.84	0.019	3	A	1		1.56	4.56	
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	34.751	0.687	6	MC	9		29.538	86.182	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.148	0.021	6	A	1		0.126	0.367	
12:0	g	0.232	0.021	6	A	1		0.197	0.575	
13:0	g									

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
14:0 g	2.911	0.121	6	A	1		2.474	7.219	
15:0 g	0.464	0.021	6	A	1		0.394	1.151	
16:0 g	15.366	0.197	6	A	1		13.061	38.108	
17:0 g	1.160	0.056	6	A	1		0.986	2.877	
18:0 g	14.343	0.754	6	A	1		12.192	35.571	
20:0 g	0.127	0.000	6	A	1		0.108	0.315	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	26.377	0.621	6	MC	9		22.420	65.415	
14:1 g	0.127	0.000	6	A	1		0.108	0.315	
15:1 g									
16:1 undifferentiated g	1.223	0.115	6	A	1		1.040	3.033	
17:1 g									
18:1 undifferentiated g	24.299	0.528	6	A	1		20.654	60.262	
20:1 g	0.253	0.041	4	A	1		0.215	0.627	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.331	0.153	6	MC	9		1.981	5.781	
18:2 undifferentiated g	1.519	0.093	6	A	1		1.291	3.767	
18:3 undifferentiated g	0.749	0.054	6	A	1		0.637	1.858	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.063		1	A	1		0.054	0.156	
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	83	3.557	6	A	1		71	206	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.110		0		1		0.094	0.273	
Threonine g	0.402		0		1		0.342	0.997	
Isoleucine g	0.455		0		1		0.387	1.128	
Leucine g	0.732		0		1		0.622	1.815	
Lysine g	0.832		0		1		0.707	2.063	
Methionine g	0.241		0		1		0.205	0.598	
Cystine g	0.113		0		1		0.096	0.280	
Phenylalanine g	0.383		0		1		0.326	0.950	
Tyrosine g	0.316		0		1		0.269	0.784	
Valine g	0.508		0		1		0.432	1.260	
Arginine g	0.559		0		1		0.475	1.386	
Histidine g	0.298		0		1		0.253	0.739	
Alanine g	0.567		0		1		0.482	1.406	
Aspartic acid g	0.829		0		1		0.705	2.056	
Glutamic acid g	1.367		0		1		1.162	3.390	
Glycine g	0.460		0		1		0.391	1.141	
Proline g	0.395		0		1		0.336	0.980	
Serine g	0.350		0		1		0.298	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 = 85g: 3 oz

Measure 2 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17285
Lamb, Australian, imported, fresh, 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 27 (2014)

NDB No. 17284
Lamb, Australian, imported, fresh, 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	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	µg	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	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.06	0.107	3	A	1		0.30	4.81	0.90
Vitamin A, RAE	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
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									

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
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
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									
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	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

NDB No. 17284
Lamb, Australian, imported, fresh, 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 27 (2014)

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		52.91	145.04	
Energy....kcal	231		0	MC	9		196	538	
Energy....kJ	967				9		822	2252	
Protein (N x 6.25)....g	23.83	0.297	6	A	1		20.26	55.52	
Total lipid (fat)....g	14.38	0.917	6	A	1		12.22	33.51	
Ash....g	1.07	0.062	6	A	1		0.91	2.49	
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		24	65	
Iron, Fe....mg	1.67	0.101	3	A	1		1.42	3.89	
Magnesium, Mg....mg	21	0.333	3	A	1		18	49	
Phosphorus, P....mg	188	1.528	3	A	1		160	438	
Potassium, K....mg	315	4.807	3	A	1		268	734	
Sodium, Na....mg	94	2.193	3	A	1		80	219	
Zinc, Zn....mg	6.32	0.234	3	A	1		5.37	14.73	
Copper, Cu....mg	0.131	0.015	3	A	1		0.111	0.305	
Manganese, Mn....mg	0.013	0.001	3	A	1		0.011	0.030	
Selenium, Se....µg	9.0		0	BFYN	4		7.7	21.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		2	A	1		0.085	0.233	
Riboflavin....mg	0.290		2	A	1		0.247	0.676	
Niacin....mg	4.695		2	A	1		3.991	10.939	
Pantothenic acid....mg	0.775		2	A	1		0.659	1.806	
Vitamin B-6....mg	0.211		2	A	1		0.179	0.492	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.56		2	A	1		3.03	8.29	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.334	0.907	3	A	1		5.384	14.758	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.019		2	A	1		0.016	0.044	
12:0....g	0.041	0.033	3	A	1		0.035	0.096	
13:0....g									

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
14:0....g	0.487	0.260	3	A	1		0.414	1.135	
15:0....g	0.070	0.033	3	A	1		0.060	0.163	
16:0....g	3.075	0.536	3	A	1		2.614	7.165	
17:0....g	0.186	0.058	3	A	1		0.158	0.433	
18:0....g	2.386	1.203	3	A	1		2.028	5.559	
20:0....g	0.070	0.367	3	A	1		0.060	0.163	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.589	0.876	3	A	1		4.751	13.022	
14:1....g	0.021	0.033	3	A	1		0.018	0.049	
15:1....g									
16:1 undifferentiated....g	0.248	0.173	3	A	1		0.211	0.578	
17:1....g									
18:1 undifferentiated....g	5.181	0.817	3	A	1		4.404	12.072	
20:1....g	0.041	0.088	3	A	1		0.035	0.096	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.559	0.145	3	A	1		0.475	1.302	
18:2 undifferentiated....g	0.324	0.067	3	A	1		0.275	0.755	
18:3 undifferentiated....g	0.157	0.033	3	A	1		0.133	0.366	
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		0.035	0.096	
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	0.764	3	A	1		72	198	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.236	0.648	
Threonine....g	1.018		0		1		0.865	2.372	
Isoleucine....g	1.152		0		1		0.979	2.684	
Leucine....g	1.853		0		1		1.575	4.317	
Lysine....g	2.105		0		1		1.789	4.905	
Methionine....g	0.610		0		1		0.519	1.421	
Cystine....g	0.286		0		1		0.243	0.666	
Phenylalanine....g	0.969		0		1		0.824	2.258	
Tyrosine....g	0.801		0		1		0.681	1.866	
Valine....g	1.285		0		1		1.092	2.994	
Arginine....g	1.415		0		1		1.203	3.297	
Histidine....g	0.755		0		1		0.642	1.759	
Alanine....g	1.434		0		1		1.219	3.341	
Aspartic acid....g	2.097		0		1		1.782	4.886	
Glutamic acid....g	3.459		0		1		2.940	8.059	
Glycine....g	1.163		0		1		0.989	2.710	
Proline....g	0.999		0		1		0.849	2.328	
Serine....g	0.885		0		1		0.752	2.062	
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 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17329

Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, 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 27 (2014)

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						Amount in edible portion 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	51.03		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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.25		0	PAK	1		2.76		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17323

Lamb, Australian, imported, fresh, shoulder, arm, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.60		0	PAK	1		0.74	2.21	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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		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

NDB No. 17322

Lamb, Australian, imported, fresh, shoulder, arm, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.56		2	A	1		3.03		
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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		
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									
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	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

NDB No. 17325

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85	2.56	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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	
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									
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	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

NDB No. 17324

Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, 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 27 (2014)

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		48.14	154.60	
Energy....kcal	291		0	MC	9		247	794	
Energy....kJ	1218				9		1035	3324	
Protein (N x 6.25)....g	21.71		0	PAK	1		18.45	59.27	
Total lipid (fat)....g	22.03		0	PAK	1		18.73	60.14	
Ash....g	0.98		0	PAK	1		0.83	2.68	
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		24	76	
Iron, Fe....mg	1.58		0	PAK	1		1.34	4.31	
Magnesium, Mg....mg	20		0	PAK	1		17	55	
Phosphorus, P....mg	177		0	PAK	1		150	483	
Potassium, K....mg	295		0	PAK	1		251	805	
Sodium, Na....mg	88		0	PAK	1		75	240	
Zinc, Zn....mg	5.61		0	PAK	1		4.77	15.32	
Copper, Cu....mg	0.121		0	PAK	1		0.103	0.330	
Manganese, Mn....mg	0.012		0	PAK	1		0.010	0.033	
Selenium, Se....µg	8.2		0	BFYN	4		7.0	22.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.095		0	PAK	1		0.081	0.259	
Riboflavin....mg	0.268		0	PAK	1		0.228	0.732	
Niacin....mg	4.430		0	PAK	1		3.766	12.094	
Pantothenic acid....mg	0.720		0	PAK	1		0.612	1.966	
Vitamin B-6....mg	0.205		0	PAK	1		0.174	0.560	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.30		0	PAK	1		2.81	9.01	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.510		0	MC	9		8.934	28.692	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.038		0	PAK	1		0.032	0.104	
12:0....g	0.069		0	PAK	1		0.059	0.188	
13:0....g									

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
14:0....g	0.843		0	PAK	1		0.717	2.301	
15:0....g	0.128		0	PAK	1		0.109	0.349	
16:0....g	4.881		0	PAK	1		4.149	13.325	
17:0....g	0.329		0	PAK	1		0.280	0.898	
18:0....g	4.143		0	PAK	1		3.522	11.310	
20:0....g	0.078		0	PAK	1		0.066	0.213	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.644		0	MC	9		7.347	23.598	
14:1....g	0.040		0	PAK	1		0.034	0.109	
15:1....g									
16:1 undifferentiated....g	0.391		0	PAK	1		0.332	1.067	
17:1....g									
18:1 undifferentiated....g	7.990		0	PAK	1		6.792	21.813	
20:1....g	0.072		0	PAK	1		0.061	0.197	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.820		0	MC	9		0.697	2.239	
18:2 undifferentiated....g	0.500		0	PAK	1		0.425	1.365	
18:3 undifferentiated....g	0.244		0	PAK	1		0.207	0.666	
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	0.123	
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	84		0	PAK	1		71	229	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.216	0.693	
Threonine....g	0.928		0		1		0.789	2.533	
Isoleucine....g	1.049		0		1		0.892	2.864	
Leucine....g	1.689		0		1		1.436	4.611	
Lysine....g	1.918		0		1		1.630	5.236	
Methionine....g	0.556		0		1		0.473	1.518	
Cystine....g	0.261		0		1		0.222	0.713	
Phenylalanine....g	0.882		0		1		0.750	2.408	
Tyrosine....g	0.730		0		1		0.621	1.993	
Valine....g	1.171		0		1		0.995	3.197	
Arginine....g	1.289		0		1		1.096	3.519	
Histidine....g	0.688		0		1		0.585	1.878	
Alanine....g	1.306		0		1		1.110	3.565	
Aspartic acid....g	1.911		0		1		1.624	5.217	
Glutamic acid....g	3.151		0		1		2.678	8.602	
Glycine....g	1.060		0		1		0.901	2.894	
Proline....g	0.910		0		1		0.774	2.484	
Serine....g	0.806		0		1		0.685	2.200	
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 = 273g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17327

Lamb, Australian, imported, fresh, shoulder, blade, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.61		0	PAK	1		0.74	11.84	2.22
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17326

Lamb, Australian, imported, fresh, shoulder, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		2	A	1		0.85	13.65	2.56
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	0.649	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

NDB No. 17328

Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, 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 27 (2014)

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						Amount in edible portion 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	55.31		0	PAK	1		47.01	144.91	
Energy....kcal	296		0	MC	9		252	776	
Energy....kJ	1238				9		1053	3245	
Protein (N x 6.25)....g	23.58		0	PAK	1		20.04	61.78	
Total lipid (fat)....g	21.65		0	PAK	1		18.40	56.72	
Ash....g	0.96		0	PAK	1		0.82	2.52	
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		24	73	
Iron, Fe....mg	1.78		0	PAK	1		1.51	4.66	
Magnesium, Mg....mg	21		0	PAK	1		18	55	
Phosphorus, P....mg	183		0	PAK	1		156	479	
Potassium, K....mg	288		0	PAK	1		245	755	
Sodium, Na....mg	85		0	PAK	1		72	223	
Zinc, Zn....mg	5.85		0	PAK	1		4.97	15.33	
Copper, Cu....mg	0.137		0	PAK	1		0.116	0.359	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.037	
Selenium, Se....µg	4.5		0	BFYN	4		3.8	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.094		0	PAK	1		0.080	0.246	
Riboflavin....mg	0.267		0	PAK	1		0.227	0.700	
Niacin....mg	4.415		0	PAK	1		3.753	11.567	
Pantothenic acid....mg	0.717		0	PAK	1		0.609	1.879	
Vitamin B-6....mg	0.204		0	PAK	1		0.173	0.534	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.29		0	PAK	1		2.80	8.62	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.324		0	MC	9		8.775	27.049	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.038		0	PAK	1		0.032	0.100	
12:0....g	0.068		0	PAK	1		0.058	0.178	
13:0....g									

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
14:0 g	0.831		0	PAK	1		0.706	2.177	
15:0 g	0.128		0	PAK	1		0.109	0.335	
16:0 g	4.790		0	PAK	1		4.072	12.550	
17:0 g	0.325		0	PAK	1		0.276	0.852	
18:0 g	4.077		0	PAK	1		3.465	10.682	
20:0 g	0.068		0	PAK	1		0.058	0.178	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.537		0	MC	9		7.256	22.367	
14:1 g	0.036		0	PAK	1		0.031	0.094	
15:1 g									
16:1 undifferentiated g	0.387		0	PAK	1		0.329	1.014	
17:1 g									
18:1 undifferentiated g	7.888		0	PAK	1		6.705	20.667	
20:1 g	0.072		0	PAK	1		0.061	0.189	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.822		0	MC	9		0.699	2.154	
18:2 undifferentiated g	0.504		0	PAK	1		0.428	1.320	
18:3 undifferentiated g	0.244		0	PAK	1		0.207	0.639	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.048		0	PAK	1		0.041	0.126	
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	89		0	PAK	1		76	233	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.275		0		1		0.234	0.721	
Threonine g	1.007		0		1		0.856	2.638	
Isoleucine g	1.140		0		1		0.969	2.987	
Leucine g	1.834		0		1		1.559	4.805	
Lysine g	2.083		0		1		1.771	5.457	
Methionine g	0.604		0		1		0.513	1.582	
Cystine g	0.283		0		1		0.241	0.741	
Phenylalanine g	0.958		0		1		0.814	2.510	
Tyrosine g	0.792		0		1		0.673	2.075	
Valine g	1.272		0		1		1.081	3.333	
Arginine g	1.400		0		1		1.190	3.668	
Histidine g	0.747		0		1		0.635	1.957	
Alanine g	1.419		0		1		1.206	3.718	
Aspartic acid g	2.075		0		1		1.764	5.437	
Glutamic acid g	3.422		0		1		2.909	8.966	
Glycine g	1.151		0		1		0.978	3.016	
Proline g	0.989		0		1		0.841	2.591	
Serine g	0.875		0		1		0.744	2.293	
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 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17319

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.61		0	PAK	1		0.74	11.84	2.22
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17318

Lamb, Australian, imported, fresh, 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 27 (2014)

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....µg	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....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.01		0	PAK	1		0.85	13.65	2.56
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									

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
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
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									
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	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

NDB No. 17320

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, 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 27 (2014)

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		51.89	135.53	
Energy....kcal	233		0	MC	9		198	517	
Energy....kJ	975				9		829	2164	
Protein (N x 6.25)....g	26.18		0	PAK	1		22.25	58.12	
Total lipid (fat)....g	13.44		0	PAK	1		11.42	29.84	
Ash....g	1.06		0	PAK	1		0.90	2.35	
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		24	62	
Iron, Fe....mg	1.90		0	PAK	1		1.62	4.22	
Magnesium, Mg....mg	22		0	PAK	1		19	49	
Phosphorus, P....mg	195		0	PAK	1		166	433	
Potassium, K....mg	308		0	PAK	1		262	684	
Sodium, Na....mg	91		0	PAK	1		77	202	
Zinc, Zn....mg	6.65		0	PAK	1		5.65	14.76	
Copper, Cu....mg	0.150		0	PAK	1		0.128	0.333	
Manganese, Mn....mg	0.014		0	PAK	1		0.012	0.031	
Selenium, Se....µg	5.1		0	BFNN	4		4.3	11.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.100		0	PAK	1		0.085	0.222	
Riboflavin....mg	0.290		0	PAK	1		0.247	0.644	
Niacin....mg	4.695		0	PAK	1		3.991	10.423	
Pantothenic acid....mg	0.775		0	PAK	1		0.659	1.721	
Vitamin B-6....mg	0.211		0	PAK	1		0.179	0.468	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.56		0	PAK	1		3.03	7.90	
Vitamin A, RAE....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.843		0	PAK	1		4.967	12.971	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.018		0	PAK	1		0.015	0.040	
12:0....g	0.038		0	PAK	1		0.032	0.084	
13:0....g									

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
14:0 g	0.449		0	PAK	1		0.382	0.997	
15:0 g	0.066		0	PAK	1		0.056	0.147	
16:0 g	2.850		0	PAK	1		2.423	6.327	
17:0 g	0.172		0	PAK	1		0.146	0.382	
18:0 g	2.193		0	PAK	1		1.864	4.868	
20:0 g	0.057		0	PAK	1		0.048	0.127	
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.264		0	PAK	1		4.474	11.686	
14:1 g	0.019		0	PAK	1		0.016	0.042	
15:1 g									
16:1 undifferentiated g	0.233		0	PAK	1		0.198	0.517	
17:1 g									
18:1 undifferentiated g	4.878		0	PAK	1		4.146	10.829	
20:1 g	0.039		0	PAK	1		0.033	0.087	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.546		0	PAK	1		0.464	1.212	
18:2 undifferentiated g	0.318		0	PAK	1		0.270	0.706	
18:3 undifferentiated g	0.152		0	PAK	1		0.129	0.337	
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	0.100	
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	91		0	PAK	1		77	202	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.306		0		1		0.260	0.679	
Threonine g	1.118		0		1		0.950	2.482	
Isoleucine g	1.265		0		1		1.075	2.808	
Leucine g	2.036		0		1		1.731	4.520	
Lysine g	2.312		0		1		1.965	5.133	
Methionine g	0.670		0		1		0.570	1.487	
Cystine g	0.314		0		1		0.267	0.697	
Phenylalanine g	1.064		0		1		0.904	2.362	
Tyrosine g	0.880		0		1		0.748	1.954	
Valine g	1.412		0		1		1.200	3.135	
Arginine g	1.554		0		1		1.321	3.450	
Histidine g	0.829		0		1		0.705	1.840	
Alanine g	1.575		0		1		1.339	3.497	
Aspartic acid g	2.304		0		1		1.958	5.115	
Glutamic acid g	3.799		0		1		3.229	8.434	
Glycine g	1.278		0		1		1.086	2.837	
Proline g	1.098		0		1		0.933	2.438	
Serine g	0.972		0		1		0.826	2.158	
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 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

NDB No. 17321

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, 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 27 (2014)

NDB No. 17354
Lamb, New Zealand, imported, Intermuscular fat, cooked

Refuse:

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	29.57		1	A	1				
Energy	kcal	596		0	NC	4				
Energy	kJ	2494		0	NC	4				
Protein (N x 6.25)	g	8.53		1	A	1				
Total lipid (fat)	g	62.44		1	A	1				
Ash	g	0.40		1	A	1				
Carbohydrate, by difference	g	0.00		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	6		1	A	1				
Iron, Fe	mg	1.39		1	A	1				
Magnesium, Mg	mg	12		1	A	1				
Phosphorus, P	mg	118		1	A	1				
Potassium, K	mg	198		1	A	1				
Sodium, Na	mg	52		1	A	1				
Zinc, Zn	mg	1.77		1	A	1				
Copper, Cu	mg	0.039		1	A	1				
Manganese, Mn	mg	0.006		1	A	1				
Selenium, Se	µg	2.3		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.131		1	A	1				
Riboflavin	mg	0.104		1	A	1				
Niacin	mg	1.740		1	A	1				
Pantothenic acid	mg	0.212		1	A	1				
Vitamin B-6	mg	0.067		1	A	1				
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.70		1	A	1				
Vitamin A, RAE	µg	34		0	AS	1				
Vitamin A, IU	IU	113		0	AS	1				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.94		1	A	1				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.2		0	AS	1				
Vitamin D	IU	9		1	A	1				
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	26.327		0	NC	4				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				
10:0	g	0.057		1	A	1				
12:0	g	0.065		1	A	1				

NDB No. 17354
Lamb, New Zealand, imported, Intermuscular fat, cooked

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
13:0....g									
14:0....g	1.331		1	A	1				
15:0....g									
16:0....g	9.490		1	A	1				
17:0....g	1.123		1	A	1				
18:0....g	14.046		1	A	1				
20:0....g	0.067		1	A	1				
22:0....g	0.148		1	A	1				
24:0....g	0.000		1	A	1				
Fatty acids, total monounsaturated....g	17.839		0	NC	4				
14:1....g	0.035		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.573		0	AS	1				
16:1 c....g	0.489		1	A	1				
16:1 t....g	0.083		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	17.211		0	AS	1				
18:1 c....g	13.712		1	A	1				
18:1 t....g	3.499		1	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		1	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		1	A	1				
22:1 t....g									
24:1 c....g	0.000		1	A	1				
Fatty acids, total polyunsaturated....g	2.114		0	NC	4				
18:2 undifferentiated....g	1.461		0	AS	1				
18:2 n-6 c,c....g	0.517		1	A	1				
18:2 CLAs....g	0.915		1	A	1				
18:2 t,t....g	0.029		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.608		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.608		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		0	AS	1				
20:3 n-3....g	0.000		1	A	1				
20:3 n-6....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		0	AS	1				
20:4 n-6....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.046		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g	3.611		0	NC	4				
Fatty acids, total trans-monoenoic....g	3.582		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4				
Cholesterol....mg	82		1	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	A	1				
Threonine....g	0.407		0	A	1				
Isoleucine....g	0.382		0	A	1				
Leucine....g	0.659		0	A	1				
Lysine....g	0.745		0	A	1				
Methionine....g	0.278		0	A	1				
Cystine....g	0.112		0	A	1				
Phenylalanine....g	0.336		0	A	1				
Tyrosine....g	0.296		0	A	1				

NDB No. 17354
Lamb, New Zealand, imported, Intermuscular 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
Valine....g	0.435		0	A	1				
Arginine....g	0.574		0	A	1				
Histidine....g	0.181		0	A	1				
Alanine....g	0.424		0	A	1				
Aspartic acid....g									
Glutamic acid....g	1.192		0	A	1				
Glycine....g	0.365		0	A	1				
Proline....g	0.274		0	A	1				
Serine....g	0.291		0	A	1				
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17355
Lamb, New Zealand, imported, Intermuscular fat, raw

Refuse:

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	25.36		1	A	1				
Energy	kcal	640		0	NC	4				
Energy	kJ	2679		0	NC	4				
Protein (N x 6.25)	g	4.63		1	A	1				
Total lipid (fat)	g	68.53		1	A	1				
Ash	g	0.22		1	A	1				
Carbohydrate, by difference	g	1.26		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		1	A	1				
Iron, Fe	mg	0.72		1	A	1				
Magnesium, Mg	mg	6		1	A	1				
Phosphorus, P	mg	61		1	A	1				
Potassium, K	mg	119		1	A	1				
Sodium, Na	mg	34		1	A	1				
Zinc, Zn	mg	0.87		1	A	1				
Copper, Cu	mg	0.023		1	A	1				
Manganese, Mn	mg	0.002		1	A	1				
Selenium, Se	µg	2.3		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.094		1	A	1				
Riboflavin	mg	0.034		1	A	1				
Niacin	mg	1.130		1	A	1				
Pantothenic acid	mg	0.149		1	A	1				
Vitamin B-6	mg	0.052		1	A	1				
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.45		1	A	1				
Vitamin A, RAE	µg	46		0	AS	1				
Vitamin A, IU	IU	153		0	AS	1				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.84		1	A	1				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.3		0	AS	1				
Vitamin D	IU	10		1	A	1				
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	30.741		0	NC	4				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				
10:0	g	0.080		1	A	1				
12:0	g	0.075		1	A	1				

NDB No. 17355
Lamb, New Zealand, imported, Intermuscular fat, 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
13:0....g									
14:0....g	1.359		1	A	1				
15:0....g									
16:0....g	11.015		1	A	1				
17:0....g	1.299		1	A	1				
18:0....g	16.669		1	A	1				
20:0....g	0.074		1	A	1				
22:0....g	0.171		1	A	1				
24:0....g	0.000		1	A	1				
Fatty acids, total monounsaturated....g	19.183		0	NC	4				
14:1....g	0.023		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.523		0	AS	1				
16:1 c....g	0.446		1	A	1				
16:1 t....g	0.077		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	18.616		0	AS	1				
18:1 c....g	14.666		1	A	1				
18:1 t....g	3.950		1	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		1	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		1	A	1				
22:1 t....g									
24:1 c....g	0.000		1	A	1				
Fatty acids, total polyunsaturated....g	2.359		0	NC	4				
18:2 undifferentiated....g	1.663		0	AS	1				
18:2 n-6 c,c....g	0.540		1	A	1				
18:2 CLAs....g	1.055		1	A	1				
18:2 t,t....g	0.069		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.644		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.644		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		0	AS	1				
20:3 n-3....g	0.000		1	A	1				
20:3 n-6....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		0	AS	1				
20:4 n-6....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.052		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g	4.095		0	NC	4				
Fatty acids, total trans-monoenoic....g	4.027		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.069		0	NC	4				
Cholesterol....mg	75		1	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.051		0	A	1				
Threonine....g	0.221		0	A	1				
Isoleucine....g	0.207		0	A	1				
Leucine....g	0.358		0	A	1				
Lysine....g	0.404		0	A	1				
Methionine....g	0.151		0	A	1				
Cystine....g	0.061		0	A	1				
Phenylalanine....g	0.182		0	A	1				
Tyrosine....g	0.160		0	A	1				

NDB No. 17355
Lamb, New Zealand, imported, Intermuscular 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
Valine....g	0.236		0	A	1				
Arginine....g	0.312		0	A	1				
Histidine....g	0.098		0	A	1				
Alanine....g	0.230		0	A	1				
Aspartic acid....g									
Glutamic acid....g	0.647		0	A	1				
Glycine....g	0.198		0	A	1				
Proline....g	0.148		0	A	1				
Serine....g	0.158		0	A	1				
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17357

Lamb, New Zealand, imported, brains, cooked, soaked and 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	73.11		1	A	1		62.14		
Energy	kcal	154		0	NC	4		131		
Energy	kJ	646		0	NC	4		549		
Protein (N x 6.25)	g	14.03		1	A	1		11.92		
Total lipid (fat)	g	10.92		1	A	1		9.28		
Ash	g	3.39		1	A	1		2.88		
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	6		1	A	1		5		
Iron, Fe	mg	1.21		1	A	1		1.03		
Magnesium, Mg	mg	15		1	A	1		13		
Phosphorus, P	mg	384		1	A	1		326		
Potassium, K	mg	258		1	A	1		219		
Sodium, Na	mg	101		1	A	1		86		
Zinc, Zn	mg	1.33		1	A	1		1.13		
Copper, Cu	mg	0.283		1	A	1		0.240		
Manganese, Mn	mg	0.036		1	A	1		0.031		
Selenium, Se	µg	16.3		1	A	1		13.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.084		1	A	1		0.071		
Riboflavin	mg	0.219		1	A	1		0.186		
Niacin	mg	2.995		1	A	1		2.546		
Pantothenic acid	mg	1.906		1	A	1		1.620		
Vitamin B-6	mg	0.081		1	A	1		0.069		
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	9.54		1	A	1		8.11		
Vitamin A, RAE	µg	2		0	AS	1		2		
Vitamin A, IU	IU	8		0	AS	1		7		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.12		1	A	1		0.96		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0		
Vitamin D	IU	0		1	A	1		0		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.365		0	NC	4		1.160		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		1	A	1		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		

NDB No. 17357

Lamb, New Zealand, imported, brains, cooked, soaked and 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
13:0....g									
14:0....g	0.016		1	A	1		0.013		
15:0....g									
16:0....g	0.610		1	A	1		0.518		
17:0....g	0.019		1	A	1		0.016		
18:0....g	0.636		1	A	1		0.541		
20:0....g	0.017		1	A	1		0.014		
22:0....g	0.068		1	A	1		0.058		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.168		0	NC	4		3.542		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.058		1	A	1		0.049		
16:1 undifferentiated....g	0.044		0	AS	1		0.037		
16:1 c....g	0.044		1	A	1		0.037		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.846		0	AS	1		1.569		
18:1 c....g	1.845		1	A	1		1.568		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.022		0	AS	1		0.019		
22:1 c....g	0.022		1	A	1		0.019		
22:1 t....g									
24:1 c....g	0.287		1	A	1		0.244		
Fatty acids, total polyunsaturated....g	0.999		0	NC	4		0.849		
18:2 undifferentiated....g	0.022		0	AS	1		0.019		
18:2 n-6 c,c....g	0.022		1	A	1		0.019		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.019		0	AS	1		0.016		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.019		1	A	1		0.016		
20:4 undifferentiated....g	0.202		0	AS	1		0.172		
20:4 n-6....g	0.202		1	A	1		0.172		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.056		1	A	1		0.048		
22:6 n-3 (DHA)....g	0.456		1	A	1		0.388		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	2559		1	A	1		2175		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.132		
Threonine....g	0.669		0	A	1		0.569		
Isoleucine....g	0.628		0	A	1		0.534		
Leucine....g	1.083		0	A	1		0.921		
Lysine....g	1.225		0	A	1		1.041		
Methionine....g	0.458		0	A	1		0.389		
Cystine....g	0.184		0	A	1		0.156		
Phenylalanine....g	0.553		0	A	1		0.470		
Tyrosine....g	0.486		0	A	1		0.413		

NDB No. 17357

Lamb, New Zealand, imported, brains, cooked, soaked and 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
Valine....g	0.714		0	A	1		0.607		
Arginine....g	0.944		0	A	1		0.803		
Histidine....g	0.297		0	A	1		0.253		
Alanine....g	0.697		0	A	1		0.593		
Aspartic acid....g									
Glutamic acid....g	1.960		0	A	1		1.666		
Glycine....g	0.600		0	A	1		0.510		
Proline....g	0.450		0	A	1		0.382		
Serine....g	0.478		0	A	1		0.407		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17358
Lamb, New Zealand, imported, brains, raw

Refuse: 2% Connective tissue 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	78.52		1	A	1		88.72		
Energy....kcal	118		0	NC	4		133		
Energy....kJ	492		0	NC	4		556		
Protein (N x 6.25)....g	11.33		1	A	1		12.80		
Total lipid (fat)....g	8.03		1	A	1		9.07		
Ash....g	2.52		1	A	1		2.85		
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	4		1	A	1		4		
Iron, Fe....mg	1.07		1	A	1		1.21		
Magnesium, Mg....mg	14		1	A	1		15		
Phosphorus, P....mg	327		1	A	1		369		
Potassium, K....mg	307		1	A	1		347		
Sodium, Na....mg	117		1	A	1		132		
Zinc, Zn....mg	1.10		1	A	1		1.24		
Copper, Cu....mg	0.298		1	A	1		0.337		
Manganese, Mn....mg	0.031		1	A	1		0.035		
Selenium, Se....µg	13.5		1	A	1		15.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.102		1	A	1		0.115		
Riboflavin....mg	0.203		1	A	1		0.229		
Niacin....mg	3.812		1	A	1		4.307		
Pantothenic acid....mg	1.938		1	A	1		2.190		
Vitamin B-6....mg	0.087		1	A	1		0.098		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.99		1	A	1		11.29		
Vitamin A, RAE....µg	3		0	AS	1		3		
Vitamin A, IU....IU	10		0	AS	1		12		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.87		1	A	1		0.99		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.035		0	NC	4		1.170		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		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		

NDB No. 17358
Lamb, New Zealand, imported, brains, 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
13:0....g									
14:0....g	0.011		1	A	1		0.012		
15:0....g									
16:0....g	0.434		1	A	1		0.490		
17:0....g	0.037		1	A	1		0.042		
18:0....g	0.502		1	A	1		0.567		
20:0....g	0.007		1	A	1		0.008		
22:0....g	0.045		1	A	1		0.051		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.243		0	NC	4		2.535		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.019		0	AS	1		0.022		
16:1 c....g	0.009		1	A	1		0.010		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.311		0	AS	1		1.482		
18:1 c....g	0.591		1	A	1		0.668		
18:1 t....g	0.025		1	A	1		0.028		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.072		0	AS	1		0.082		
22:1 c....g	0.034		1	A	1		0.039		
22:1 t....g									
24:1 c....g	0.181		1	A	1		0.204		
Fatty acids, total polyunsaturated....g	0.781		0	NC	4		0.883		
18:2 undifferentiated....g	0.008		0	AS	1		0.009		
18:2 n-6 c,c....g	0.006		1	A	1		0.007		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	AS	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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.019		0	AS	1		0.022		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.019		1	A	1		0.022		
20:4 undifferentiated....g	0.155		0	AS	1		0.175		
20:4 n-6....g	0.155		1	A	1		0.175		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.055		1	A	1		0.063		
22:6 n-3 (DHA)....g	0.364		1	A	1		0.411		
Fatty acids, total trans....g	0.025		0	NC	4		0.028		
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.028		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	2100		1	A	1		2373		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.141		
Threonine....g	0.540		0	A	1		0.611		
Isoleucine....g	0.507		0	A	1		0.573		
Leucine....g	0.875		0	A	1		0.988		
Lysine....g	0.989		0	A	1		1.118		
Methionine....g	0.370		0	A	1		0.418		
Cystine....g	0.148		0	A	1		0.168		
Phenylalanine....g	0.446		0	A	1		0.504		
Tyrosine....g	0.392		0	A	1		0.443		

NDB No. 17358
Lamb, New Zealand, imported, brains, 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
Valine....g	0.577		0	A	1		0.652		
Arginine....g	0.762		0	A	1		0.862		
Histidine....g	0.240		0	A	1		0.271		
Alanine....g	0.563		0	A	1		0.636		
Aspartic acid....g									
Glutamic acid....g	1.582		0	A	1		1.788		
Glycine....g	0.484		0	A	1		0.547		
Proline....g	0.363		0	A	1		0.410		
Serine....g	0.386		0	A	1		0.436		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17359

Lamb, New Zealand, imported, breast, separable lean only, cooked, braised

Refuse: 65% Bone and connective tissue 28% Separable fat 37%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	54.77		1	A	1		46.55		
Energy....kcal	270		0	NC	4		230		
Energy....kJ	1131		0	NC	4		961		
Protein (N x 6.25)....g	28.16		1	A	1		23.93		
Total lipid (fat)....g	17.53		1	A	1		14.90		
Ash....g	0.75		1	A	1		0.64		
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	25		1	A	1		22		
Iron, Fe....mg	1.89		1	A	1		1.61		
Magnesium, Mg....mg	20		1	A	1		17		
Phosphorus, P....mg	152		1	A	1		129		
Potassium, K....mg	183		1	A	1		155		
Sodium, Na....mg	86		1	A	1		73		
Zinc, Zn....mg	4.80		1	A	1		4.08		
Copper, Cu....mg	0.138		1	A	1		0.117		
Manganese, Mn....mg	0.002		1	A	1		0.001		
Selenium, Se....µg	6.4		1	A	1		5.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.026		1	A	1		0.022		
Riboflavin....mg	0.130		1	A	1		0.111		
Niacin....mg	3.654		1	A	1		3.106		
Pantothenic acid....mg	0.411		1	A	1		0.349		
Vitamin B-6....mg	0.089		1	A	1		0.076		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.44		1	A	1		1.22		
Vitamin A, RAE....µg	5		0	AS	1		4		
Vitamin A, IU....IU	16		0	AS	1		14		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		1	A	1		0.33		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.004		0	NC	4		5.103		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.031		1	A	1		0.026		
12:0....g	0.033		1	A	1		0.028		

NDB No. 17359

Lamb, New Zealand, imported, breast, 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
13:0....g									
14:0....g	0.393		1	A	1		0.334		
15:0....g									
16:0....g	2.618		1	A	1		2.226		
17:0....g	0.249		1	A	1		0.211		
18:0....g	2.624		1	A	1		2.231		
20:0....g	0.022		1	A	1		0.019		
22:0....g	0.034		1	A	1		0.029		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.317		0	NC	4		3.670		
14:1....g	0.016		1	A	1		0.013		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.190		0	AS	1		0.162		
16:1 c....g	0.171		1	A	1		0.145		
16:1 t....g	0.019		1	A	1		0.016		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.112		0	AS	1		3.495		
18:1 c....g	3.656		1	A	1		3.108		
18:1 t....g	0.455		1	A	1		0.387		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.775		0	NC	4		0.659		
18:2 undifferentiated....g	0.479		0	AS	1		0.407		
18:2 n-6 c,c....g	0.200		1	A	1		0.170		
18:2 CLAs....g	0.279		1	A	1		0.237		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.190		0	AS	1		0.162		
18:3 n-3 c,c,c (ALA)....g	0.190		1	A	1		0.162		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.036		0	AS	1		0.031		
20:4 n-6....g	0.036		1	A	1		0.031		
20:5 n-3 (EPA)....g	0.029		1	A	1		0.025		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.041		1	A	1		0.035		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.475		0	NC	4		0.403		
Fatty acids, total trans-monoenoic....g	0.475		0	NC	4		0.403		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	102		1	A	1		87		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0	A	1		0.265		
Threonine....g	1.343		0	A	1		1.142		
Isoleucine....g	1.260		0	A	1		1.071		
Leucine....g	2.174		0	A	1		1.848		
Lysine....g	2.459		0	A	1		2.090		
Methionine....g	0.919		0	A	1		0.781		
Cystine....g	0.369		0	A	1		0.313		
Phenylalanine....g	1.109		0	A	1		0.943		
Tyrosine....g	0.976		0	A	1		0.829		

NDB No. 17359

Lamb, New Zealand, imported, breast, 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
Valine....g	1.434		0	A	1		1.219		
Arginine....g	1.895		0	A	1		1.611		
Histidine....g	0.596		0	A	1		0.507		
Alanine....g	1.400		0	A	1		1.190		
Aspartic acid....g									
Glutamic acid....g	3.933		0	A	1		3.343		
Glycine....g	1.204		0	A	1		1.023		
Proline....g	0.903		0	A	1		0.767		
Serine....g	0.960		0	A	1		0.816		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17360

Lamb, New Zealand, imported, breast, separable lean only, raw

Refuse: 65% Bone and connective tissue 26% Separable fat 39%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	71.69		1	A	1		81.01		
Energy....kcal	149		0	NC	4		169		
Energy....kJ	624		0	NC	4		705		
Protein (N x 6.25)....g	18.31		1	A	1		20.69		
Total lipid (fat)....g	7.98		1	A	1		9.02		
Ash....g	1.00		1	A	1		1.13		
Carbohydrate, by difference....g	1.02		0	NC	4		1.16		
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	13		1	A	1		15		
Iron, Fe....mg	1.15		1	A	1		1.29		
Magnesium, Mg....mg	21		1	A	1		24		
Phosphorus, P....mg	180		1	A	1		203		
Potassium, K....mg	293		1	A	1		332		
Sodium, Na....mg	107		1	A	1		121		
Zinc, Zn....mg	2.93		1	A	1		3.32		
Copper, Cu....mg	0.089		1	A	1		0.101		
Manganese, Mn....mg	0.007		1	A	1		0.008		
Selenium, Se....µg	4.0		1	A	1		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.055		1	A	1		0.062		
Riboflavin....mg	0.159		1	A	1		0.180		
Niacin....mg	4.949		1	A	1		5.592		
Pantothenic acid....mg	0.532		1	A	1		0.601		
Vitamin B-6....mg	0.143		1	A	1		0.162		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.96		1	A	1		2.21		
Vitamin A, RAE....µg	9		0	AS	1		10		
Vitamin A, IU....IU	31		0	AS	1		35		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		1	A	1		0.35		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.738		0	NC	4		3.094		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.012		1	A	1		0.014		
12:0....g	0.013		1	A	1		0.014		

NDB No. 17360

Lamb, New Zealand, imported, breast, 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
13:0....g									
14:0....g	0.162		1	A	1		0.183		
15:0....g									
16:0....g	1.233		1	A	1		1.393		
17:0....g	0.123		1	A	1		0.139		
18:0....g	1.178		1	A	1		1.331		
20:0....g	0.005		1	A	1		0.006		
22:0....g	0.012		1	A	1		0.013		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.133		0	NC	4		2.410		
14:1....g	0.008		1	A	1		0.009		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.088		0	AS	1		0.099		
16:1 c....g	0.081		1	A	1		0.092		
16:1 t....g	0.007		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.037		0	AS	1		2.301		
18:1 c....g	1.823		1	A	1		2.060		
18:1 t....g	0.213		1	A	1		0.241		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.246		0	NC	4		0.278		
18:2 undifferentiated....g	0.108		0	AS	1		0.121		
18:2 n-6 c,c....g	0.108		1	A	1		0.121		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.090		0	AS	1		0.101		
18:3 n-3 c,c,c (ALA)....g	0.090		1	A	1		0.101		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.016		0	AS	1		0.019		
20:4 n-6....g	0.016		1	A	1		0.019		
20:5 n-3 (EPA)....g	0.016		1	A	1		0.018		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		1	A	1		0.019		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.220		0	NC	4		0.248		
Fatty acids, total trans-monoenoic....g	0.220		0	NC	4		0.248		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	65		1	A	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	A	1		0.229		
Threonine....g	0.873		0	A	1		0.987		
Isoleucine....g	0.820		0	A	1		0.926		
Leucine....g	1.414		0	A	1		1.597		
Lysine....g	1.599		0	A	1		1.807		
Methionine....g	0.597		0	A	1		0.675		
Cystine....g	0.240		0	A	1		0.271		
Phenylalanine....g	0.721		0	A	1		0.815		
Tyrosine....g	0.634		0	A	1		0.717		

NDB No. 17360

Lamb, New Zealand, imported, breast, 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
Valine....g	0.932		0	A	1		1.053		
Arginine....g	1.232		0	A	1		1.393		
Histidine....g	0.388		0	A	1		0.438		
Alanine....g	0.910		0	A	1		1.028		
Aspartic acid....g									
Glutamic acid....g	2.557		0	A	1		2.890		
Glycine....g	0.783		0	A	1		0.885		
Proline....g	0.587		0	A	1		0.663		
Serine....g	0.624		0	A	1		0.705		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17361

Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted

Refuse: 21% 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	70.59		1	A	1		60.00		
Energy....kcal	142		0	NC	4		121		
Energy....kJ	595		0	NC	4		506		
Protein (N x 6.25)....g	23.69		1	A	1		20.13		
Total lipid (fat)....g	5.27		1	A	1		4.48		
Ash....g	1.20		1	A	1		1.02		
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	4		1	A	1		4		
Iron, Fe....mg	1.73		1	A	1		1.47		
Magnesium, Mg....mg	25		1	A	1		21		
Phosphorus, P....mg	205		1	A	1		174		
Potassium, K....mg	339		1	A	1		288		
Sodium, Na....mg	61		1	A	1		52		
Zinc, Zn....mg	3.24		1	A	1		2.75		
Copper, Cu....mg	0.158		1	A	1		0.134		
Manganese, Mn....mg	0.013		1	A	1		0.011		
Selenium, Se....µg	6.0		1	A	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.138		1	A	1		0.117		
Riboflavin....mg	0.188		1	A	1		0.160		
Niacin....mg	3.571		1	A	1		3.035		
Pantothenic acid....mg	0.870		1	A	1		0.740		
Vitamin B-6....mg	0.175		1	A	1		0.149		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.06		1	A	1		1.75		
Vitamin A, RAE....µg	5		0	AS	1		4		
Vitamin A, IU....IU	17		0	AS	1		14		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.33		1	A	1		0.28		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.769		0	NC	4		1.503		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.011		1	A	1		0.009		
12:0....g	0.011		1	A	1		0.009		

NDB No. 17361

Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.119		1	A	1		0.101		
15:0....g									
16:0....g	0.818		1	A	1		0.696		
17:0....g	0.074		1	A	1		0.063		
18:0....g	0.731		1	A	1		0.621		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.005		1	A	1		0.004		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.295		0	NC	4		1.101		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.051		0	AS	1		0.043		
16:1 c....g	0.044		1	A	1		0.038		
16:1 t....g	0.007		1	A	1		0.006		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.244		0	AS	1		1.057		
18:1 c....g	1.112		1	A	1		0.945		
18:1 t....g	0.132		1	A	1		0.112		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.344		0	NC	4		0.292		
18:2 undifferentiated....g	0.171		0	AS	1		0.145		
18:2 n-6 c,c....g	0.108		1	A	1		0.091		
18:2 CLAs....g	0.063		1	A	1		0.054		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.095		0	AS	1		0.081		
18:3 n-3 c,c,c (ALA)....g	0.095		1	A	1		0.081		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.025		0	AS	1		0.021		
20:4 n-6....g	0.025		1	A	1		0.021		
20:5 n-3 (EPA)....g	0.026		1	A	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.017		
22:6 n-3 (DHA)....g	0.007		1	A	1		0.006		
Fatty acids, total trans....g	0.139		0	NC	4		0.118		
Fatty acids, total trans-monoenoic....g	0.139		0	NC	4		0.118		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	74		1	A	1		63		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	A	1		0.223		
Threonine....g	1.130		0	A	1		0.960		
Isoleucine....g	1.060		0	A	1		0.901		
Leucine....g	1.829		0	A	1		1.555		
Lysine....g	2.069		0	A	1		1.758		
Methionine....g	0.773		0	A	1		0.657		
Cystine....g	0.310		0	A	1		0.264		
Phenylalanine....g	0.933		0	A	1		0.793		
Tyrosine....g	0.821		0	A	1		0.698		

NDB No. 17361

Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast 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
Valine....g	1.206		0	A	1		1.025		
Arginine....g	1.594		0	A	1		1.355		
Histidine....g	0.502		0	A	1		0.426		
Alanine....g	1.177		0	A	1		1.001		
Aspartic acid....g									
Glutamic acid....g	3.309		0	A	1		2.812		
Glycine....g	1.013		0	A	1		0.861		
Proline....g	0.759		0	A	1		0.645		
Serine....g	0.808		0	A	1		0.686		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17363

Lamb, New Zealand, imported, chump, boneless, separable lean only, raw

Refuse: 23% Connective tissue 1% 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	74.58		1	A	1		84.28		
Energy....kcal	121		0	NC	4		137		
Energy....kJ	507		0	NC	4		573		
Protein (N x 6.25)....g	21.68		1	A	1		24.49		
Total lipid (fat)....g	3.83		1	A	1		4.33		
Ash....g	1.24		1	A	1		1.41		
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	4		1	A	1		5		
Iron, Fe....mg	1.52		1	A	1		1.71		
Magnesium, Mg....mg	24		1	A	1		28		
Phosphorus, P....mg	201		1	A	1		227		
Potassium, K....mg	346		1	A	1		391		
Sodium, Na....mg	62		1	A	1		70		
Zinc, Zn....mg	2.89		1	A	1		3.26		
Copper, Cu....mg	0.140		1	A	1		0.158		
Manganese, Mn....mg	0.013		1	A	1		0.015		
Selenium, Se....µg	4.4		1	A	1		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.154		1	A	1		0.174		
Riboflavin....mg	0.128		1	A	1		0.144		
Niacin....mg	5.256		1	A	1		5.939		
Pantothenic acid....mg	0.807		1	A	1		0.911		
Vitamin B-6....mg	0.150		1	A	1		0.170		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.06		1	A	1		2.33		
Vitamin A, RAE....µg	5		0	AS	1		5		
Vitamin A, IU....IU	15		0	AS	1		17		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.32		1	A	1		0.37		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.265		0	NC	4		1.430		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.007		1	A	1		0.008		
12:0....g	0.007		1	A	1		0.007		

NDB No. 17363

Lamb, New Zealand, imported, chump, boneless, 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
13:0....g									
14:0....g	0.074		1	A	1		0.083		
15:0....g									
16:0....g	0.585		1	A	1		0.661		
17:0....g	0.050		1	A	1		0.057		
18:0....g	0.535		1	A	1		0.604		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.008		1	A	1		0.009		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.005		0	NC	4		1.136		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.036		0	AS	1		0.041		
16:1 c....g	0.032		1	A	1		0.037		
16:1 t....g	0.004		1	A	1		0.004		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.969		0	AS	1		1.095		
18:1 c....g	0.896		1	A	1		1.012		
18:1 t....g	0.074		1	A	1		0.083		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.311		0	NC	4		0.351		
18:2 undifferentiated....g	0.150		0	AS	1		0.169		
18:2 n-6 c,c....g	0.104		1	A	1		0.117		
18:2 CLAs....g	0.046		1	A	1		0.052		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.078		0	AS	1		0.088		
18:3 n-3 c,c,c (ALA)....g	0.078		1	A	1		0.088		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.029		0	AS	1		0.032		
20:4 n-6....g	0.029		1	A	1		0.032		
20:5 n-3 (EPA)....g	0.028		1	A	1		0.031		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.022		
22:6 n-3 (DHA)....g	0.007		1	A	1		0.008		
Fatty acids, total trans....g	0.077		0	NC	4		0.087		
Fatty acids, total trans-monoenoic....g	0.077		0	NC	4		0.087		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	65		1	A	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0	A	1		0.271		
Threonine....g	1.034		0	A	1		1.168		
Isoleucine....g	0.970		0	A	1		1.096		
Leucine....g	1.674		0	A	1		1.891		
Lysine....g	1.893		0	A	1		2.139		
Methionine....g	0.707		0	A	1		0.799		
Cystine....g	0.284		0	A	1		0.321		
Phenylalanine....g	0.854		0	A	1		0.965		
Tyrosine....g	0.751		0	A	1		0.849		

NDB No. 17363

Lamb, New Zealand, imported, chump, boneless, 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
Valine....g	1.104		0	A	1		1.247		
Arginine....g	1.459		0	A	1		1.649		
Histidine....g	0.459		0	A	1		0.519		
Alanine....g	1.078		0	A	1		1.218		
Aspartic acid....g									
Glutamic acid....g	3.028		0	A	1		3.422		
Glycine....g	0.927		0	A	1		1.047		
Proline....g	0.695		0	A	1		0.785		
Serine....g	0.739		0	A	1		0.835		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17401

Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised

Refuse: 1% Connective tissue 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	47.82		0	PAK	1		40.65		
Energy....kcal	376		0	PIK	4		320		
Energy....kJ	1574		0	PIK	4		1338		
Protein....g	20.48		0	PAK	1		17.41		
Total lipid (fat)....g	32.63		0	PAK	1		27.73		
Ash....g	0.52		0	PAK	1		0.44		
Carbohydrate, by difference....g	0.14		0	PIK	4		0.12		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		6		
Iron, Fe....mg	1.11		0	PAK	1		0.94		
Magnesium, Mg....mg	15		0	PAK	1		13		
Phosphorus, P....mg	122		0	PAK	1		104		
Potassium, K....mg	182		0	PAK	1		155		
Sodium, Na....mg	51		0	PAK	1		44		
Zinc, Zn....mg	3.20		0	PAK	1		2.72		
Copper, Cu....mg	0.074		0	PAK	1		0.062		
Manganese, Mn....mg	0.003		0	PAK	1		0.002		
Selenium, Se....µg	5.9		0	PAK	1		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.046		0	PAK	1		0.039		
Riboflavin....mg	0.122		0	PAK	1		0.104		
Niacin....mg	2.744		0	PAK	1		2.333		
Pantothenic acid....mg	0.277		0	PAK	1		0.235		
Vitamin B-6....mg	0.081		0	PAK	1		0.069		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.25		0	PAK	1		1.06		
Vitamin A, RAE....µg	24		0	PAK	1		20		
Vitamin A, IU....IU	80		0	PAK	1		68		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.57		0	PAK	1		0.48		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	13.534		0	PIK	4		11.504		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.007		0	PAK	1		0.006		
10:0....g	0.036		0	PAK	1		0.031		
12:0....g	0.034		0	PAK	1		0.029		

NDB No. 17401

Lamb, New Zealand, imported, flap, 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
13:0....g									
14:0....g	0.612		0	PAK	1		0.520		
15:0....g									
16:0....g	4.963		0	PAK	1		4.219		
17:0....g	0.592		0	PAK	1		0.503		
18:0....g	7.209		0	PAK	1		6.127		
20:0....g	0.034		0	PAK	1		0.029		
22:0....g	0.048		0	PAK	1		0.041		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	8.805		0	PIK	4		7.484		
14:1....g	0.009		0	PAK	1		0.007		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.271		0	PAK	1		0.230		
16:1 c....g	0.233		0	PAK	1		0.198		
16:1 t....g	0.038		0	PAK	1		0.032		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	8.516		0	PAK	1		7.239		
18:1 c....g	6.880		0	PAK	1		5.848		
18:1 t....g	1.636		0	PAK	1		1.391		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		0	PAK	1		0.008		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.185		0	PIK	4		1.007		
18:2 undifferentiated....g	0.759		0	PAK	1		0.645		
18:2 n-6 c,c....g	0.298		0	PAK	1		0.254		
18:2 CLAs....g	0.448		0	PAK	1		0.381		
18:2 t,t....g	0.012		0	PAK	1		0.011		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.321		0	PAK	1		0.273		
18:3 n-3 c,c,c (ALA)....g	0.321		0	PAK	1		0.273		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.031		0	PAK	1		0.027		
20:4 n-6....g	0.031		0	PAK	1		0.027		
20:5 n-3 (EPA)....g	0.041		0	PAK	1		0.035		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.033		0	PAK	1		0.028		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	1.686		0	PIK	4		1.433		
Fatty acids, total trans-monoenoic....g	1.674		0	PIK	4		1.423		
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.011		
Cholesterol....mg	76		0	PAK	1		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	PAK	1		0.192		
Threonine....g	0.977		0	PAK	1		0.830		
Isoleucine....g	0.917		0	PAK	1		0.779		
Leucine....g	1.582		0	PAK	1		1.344		
Lysine....g	1.789		0	PAK	1		1.520		
Methionine....g	0.668		0	PAK	1		0.568		
Cystine....g	0.268		0	PAK	1		0.228		
Phenylalanine....g	0.807		0	PAK	1		0.686		
Tyrosine....g	0.710		0	PAK	1		0.603		

NDB No. 17401

Lamb, New Zealand, imported, flap, 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
Valine....g	1.043		0	PAK	1		0.887		
Arginine....g	1.379		0	PAK	1		1.172		
Histidine....g	0.434		0	PAK	1		0.369		
Alanine....g	1.018		0	PAK	1		0.865		
Aspartic acid....g									
Glutamic acid....g	2.861		0	PAK	1		2.432		
Glycine....g	0.876		0	PAK	1		0.744		
Proline....g	0.657		0	PAK	1		0.558		
Serine....g	0.698		0	PAK	1		0.594		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17402

Lamb, New Zealand, imported, flap, boneless, separable lean and 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	54.39		0	PAK	1		61.46		
Energy....kcal	337		0	NC	4		381		
Energy....kJ	1410		0	NC	4		1593		
Protein....g	16.17		0	PAK	1		18.28		
Total lipid (fat)....g	30.14		0	PAK	1		34.06		
Ash....g	0.74		0	PAK	1		0.84		
Carbohydrate, by difference....g	0.27		0	PIK	4		0.30		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		6		
Iron, Fe....mg	0.84		0	PAK	1		0.95		
Magnesium, Mg....mg	15		0	PAK	1		17		
Phosphorus, P....mg	129		0	PAK	1		146		
Potassium, K....mg	240		0	PAK	1		271		
Sodium, Na....mg	69		0	PAK	1		78		
Zinc, Zn....mg	2.35		0	PAK	1		2.66		
Copper, Cu....mg	0.054		0	PAK	1		0.061		
Manganese, Mn....mg	0.002		0	PAK	1		0.002		
Selenium, Se....µg	3.1		0	PAK	1		3.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.058		0	PAK	1		0.066		
Riboflavin....mg	0.106		0	PAK	1		0.120		
Niacin....mg	3.501		0	PAK	1		3.956		
Pantothenic acid....mg	0.368		0	PAK	1		0.416		
Vitamin B-6....mg	0.091		0	PAK	1		0.103		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.60		0	PAK	1		1.80		
Vitamin A, RAE....µg	20		0	PAK	1		23		
Vitamin A, IU....IU	68		0	PAK	1		76		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.58		0	PAK	1		0.65		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.704		0	PIK	4		14.356		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.038		0	PAK	1		0.043		
12:0....g	0.035		0	PAK	1		0.040		

NDB No. 17402

Lamb, New Zealand, imported, flap, 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
13:0....g									
14:0....g	0.612		0	PAK	1		0.691		
15:0....g									
16:0....g	4.905		0	PAK	1		5.543		
17:0....g	0.566		0	PAK	1		0.640		
18:0....g	6.463		0	PAK	1		7.303		
20:0....g	0.028		0	PAK	1		0.031		
22:0....g	0.056		0	PAK	1		0.063		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	8.390		0	PIK	4		9.481		
14:1....g	0.011		0	PAK	1		0.013		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.252		0	PAK	1		0.284		
16:1 c....g	0.220		0	PAK	1		0.249		
16:1 t....g	0.032		0	PAK	1		0.036		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	8.119		0	PAK	1		9.174		
18:1 c....g	6.684		0	PAK	1		7.553		
18:1 t....g	1.434		0	PAK	1		1.621		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		0	PAK	1		0.009		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.014		0	PIK	4		1.146		
18:2 undifferentiated....g	0.676		0	PAK	1		0.764		
18:2 n-6 c,c....g	0.245		0	PAK	1		0.277		
18:2 CLAs....g	0.415		0	PAK	1		0.469		
18:2 t,t....g	0.016		0	PAK	1		0.018		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.288		0	PAK	1		0.325		
18:3 n-3 c,c,c (ALA)....g	0.288		0	PAK	1		0.325		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.013		0	PAK	1		0.015		
20:4 n-6....g	0.013		0	PAK	1		0.015		
20:5 n-3 (EPA)....g	0.009		0	PAK	1		0.010		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.031		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	1.482		0	PIK	4		1.675		
Fatty acids, total trans-monoenoic....g	1.466		0	PIK	4		1.656		
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.018		
Cholesterol....mg	64		0	PAK	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.202		
Threonine....g	0.772		0	PAK	1		0.872		
Isoleucine....g	0.724		0	PAK	1		0.818		
Leucine....g	1.249		0	PAK	1		1.411		
Lysine....g	1.413		0	PAK	1		1.596		
Methionine....g	0.528		0	PAK	1		0.596		
Cystine....g	0.212		0	PAK	1		0.239		
Phenylalanine....g	0.637		0	PAK	1		0.720		
Tyrosine....g	0.560		0	PAK	1		0.633		

NDB No. 17402

Lamb, New Zealand, imported, flap, 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
Valine....g	0.824		0	PAK	1		0.931		
Arginine....g	1.089		0	PAK	1		1.230		
Histidine....g	0.342		0	PAK	1		0.387		
Alanine....g	0.804		0	PAK	1		0.909		
Aspartic acid....g									
Glutamic acid....g	2.259		0	PAK	1		2.553		
Glycine....g	0.692		0	PAK	1		0.781		
Proline....g	0.518		0	PAK	1		0.586		
Serine....g	0.551		0	PAK	1		0.623		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17365

Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised

Refuse: 35% Connective tissue 1% Separable fat 34%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	60.09		1	A	1		51.08		
Energy....kcal	234		0	NC	4		199		
Energy....kJ	979		0	NC	4		832		
Protein (N x 6.25)....g	27.88		1	A	1		23.70		
Total lipid (fat)....g	13.60		1	A	1		11.56		
Ash....g	0.69		1	A	1		0.58		
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	9		1	A	1		7		
Iron, Fe....mg	1.21		1	A	1		1.02		
Magnesium, Mg....mg	18		1	A	1		15		
Phosphorus, P....mg	137		1	A	1		116		
Potassium, K....mg	186		1	A	1		158		
Sodium, Na....mg	54		1	A	1		46		
Zinc, Zn....mg	4.21		1	A	1		3.58		
Copper, Cu....mg	0.095		1	A	1		0.081		
Manganese, Mn....mg	0.002		1	A	1		0.001		
Selenium, Se....µg	7.8		1	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.014		1	A	1		0.012		
Riboflavin....mg	0.148		1	A	1		0.126		
Niacin....mg	3.343		1	A	1		2.841		
Pantothenic acid....mg	0.330		1	A	1		0.281		
Vitamin B-6....mg	0.091		1	A	1		0.077		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.53		1	A	1		1.30		
Vitamin A, RAE....µg	10		0	AS	1		8		
Vitamin A, IU....IU	32		0	AS	1		27		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.34		1	A	1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.056		0	NC	4		4.298		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.022		1	A	1		0.019		
12:0....g	0.020		1	A	1		0.017		

NDB No. 17365

Lamb, New Zealand, imported, flap, 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
13:0....g									
14:0....g	0.245		1	A	1		0.209		
15:0....g									
16:0....g	2.209		1	A	1		1.878		
17:0....g	0.230		1	A	1		0.196		
18:0....g	2.321		1	A	1		1.973		
20:0....g	0.008		1	A	1		0.007		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	3.419		0	NC	4		2.906		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.130		0	AS	1		0.110		
16:1 c....g	0.116		1	A	1		0.098		
16:1 t....g	0.014		1	A	1		0.012		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	3.289		0	AS	1		2.796		
18:1 c....g	2.906		1	A	1		2.470		
18:1 t....g	0.383		1	A	1		0.326		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.630		0	NC	4		0.535		
18:2 undifferentiated....g	0.344		0	AS	1		0.292		
18:2 n-6 c,c....g	0.168		1	A	1		0.142		
18:2 CLAs....g	0.176		1	A	1		0.150		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.153		0	AS	1		0.130		
18:3 n-3 c,c,c (ALA)....g	0.153		1	A	1		0.130		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.048		0	AS	1		0.040		
20:4 n-6....g	0.048		1	A	1		0.040		
20:5 n-3 (EPA)....g	0.062		1	A	1		0.053		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.024		1	A	1		0.020		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.397		0	NC	4		0.338		
Fatty acids, total trans-monoenoic....g	0.397		0	NC	4		0.338		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	78		1	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	A	1		0.262		
Threonine....g	1.330		0	A	1		1.131		
Isoleucine....g	1.248		0	A	1		1.061		
Leucine....g	2.153		0	A	1		1.830		
Lysine....g	2.435		0	A	1		2.070		
Methionine....g	0.910		0	A	1		0.773		
Cystine....g	0.365		0	A	1		0.310		
Phenylalanine....g	1.098		0	A	1		0.934		
Tyrosine....g	0.966		0	A	1		0.821		

NDB No. 17365

Lamb, New Zealand, imported, flap, 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
Valine....g	1.420		0	A	1		1.207		
Arginine....g	1.877		0	A	1		1.595		
Histidine....g	0.590		0	A	1		0.502		
Alanine....g	1.386		0	A	1		1.178		
Aspartic acid....g									
Glutamic acid....g	3.895		0	A	1		3.311		
Glycine....g	1.192		0	A	1		1.013		
Proline....g	0.894		0	A	1		0.760		
Serine....g	0.951		0	A	1		0.808		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17366

Lamb, New Zealand, imported, flap, boneless, separable lean only, raw

Refuse: 32% Separable fat 32%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	69.49		1	A	1		78.52		
Energy....kcal	180		0	NC	4		203		
Energy....kJ	752		0	NC	4		850		
Protein (N x 6.25)....g	21.72		1	A	1		24.55		
Total lipid (fat)....g	10.31		1	A	1		11.66		
Ash....g	0.98		1	A	1		1.11		
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	7		1	A	1		8		
Iron, Fe....mg	0.96		1	A	1		1.08		
Magnesium, Mg....mg	19		1	A	1		22		
Phosphorus, P....mg	164		1	A	1		186		
Potassium, K....mg	303		1	A	1		343		
Sodium, Na....mg	87		1	A	1		98		
Zinc, Zn....mg	3.15		1	A	1		3.56		
Copper, Cu....mg	0.070		1	A	1		0.079		
Manganese, Mn....mg	0.002		1	A	1		0.002		
Selenium, Se....µg	3.7		1	A	1		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.043		1	A	1		0.049		
Riboflavin....mg	0.139		1	A	1		0.157		
Niacin....mg	4.617		1	A	1		5.218		
Pantothenic acid....mg	0.468		1	A	1		0.529		
Vitamin B-6....mg	0.115		1	A	1		0.130		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.14		1	A	1		2.42		
Vitamin A, RAE....µg	9		0	AS	1		10		
Vitamin A, IU....IU	30		0	AS	1		34		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		1	A	1		0.41		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.918		0	NC	4		4.427		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.016		1	A	1		0.019		
12:0....g	0.015		1	A	1		0.017		

NDB No. 17366

Lamb, New Zealand, imported, flap, boneless, 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
13:0....g									
14:0....g	0.219		1	A	1		0.248		
15:0....g									
16:0....g	1.811		1	A	1		2.047		
17:0....g	0.177		1	A	1		0.200		
18:0....g	1.670		1	A	1		1.887		
20:0....g	0.008		1	A	1		0.009		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.716		0	NC	4		3.069		
14:1....g	0.005		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.100		0	AS	1		0.113		
16:1 c....g	0.092		1	A	1		0.104		
16:1 t....g	0.009		1	A	1		0.010		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.611		0	AS	1		2.950		
18:1 c....g	2.335		1	A	1		2.638		
18:1 t....g	0.276		1	A	1		0.312		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.404		0	NC	4		0.457		
18:2 undifferentiated....g	0.233		0	AS	1		0.263		
18:2 n-6 c,c....g	0.116		1	A	1		0.131		
18:2 CLAs....g	0.116		1	A	1		0.131		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.124		0	AS	1		0.140		
18:3 n-3 c,c,c (ALA)....g	0.124		1	A	1		0.140		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.019		0	AS	1		0.022		
20:4 n-6....g	0.019		1	A	1		0.022		
20:5 n-3 (EPA)....g	0.013		1	A	1		0.014		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	A	1		0.018		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.285		0	NC	4		0.322		
Fatty acids, total trans-monoenoic....g	0.285		0	NC	4		0.322		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	58		1	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0	A	1		0.271		
Threonine....g	1.036		0	A	1		1.171		
Isoleucine....g	0.972		0	A	1		1.099		
Leucine....g	1.677		0	A	1		1.895		
Lysine....g	1.897		0	A	1		2.144		
Methionine....g	0.709		0	A	1		0.801		
Cystine....g	0.284		0	A	1		0.321		
Phenylalanine....g	0.856		0	A	1		0.967		
Tyrosine....g	0.753		0	A	1		0.850		

NDB No. 17366

Lamb, New Zealand, imported, flap, boneless, 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
Valine....g	1.106		0	A	1		1.250		
Arginine....g	1.462		0	A	1		1.652		
Histidine....g	0.460		0	A	1		0.520		
Alanine....g	1.080		0	A	1		1.220		
Aspartic acid....g									
Glutamic acid....g	3.034		0	A	1		3.429		
Glycine....g	0.929		0	A	1		1.050		
Proline....g	0.696		0	A	1		0.787		
Serine....g	0.741		0	A	1		0.837		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17069

Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised

Refuse: 41% Bone and connective tissue 41%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	55.58		0	PAK	1		47.24		
Energy....kcal	256		0	PIK	4		218		
Energy....kJ	1073		0	PIK	4		912		
Protein....g	30.35		0	PAK	1		25.80		
Total lipid (fat)....g	14.99		0	PAK	1		12.74		
Ash....g	0.89		0	PAK	1		0.75		
Carbohydrate, by difference....g	0.03		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAK	1		9		
Iron, Fe....mg	2.11		0	PAK	1		1.79		
Magnesium, Mg....mg	21		0	PAK	1		18		
Phosphorus, P....mg	165		0	PAK	1		141		
Potassium, K....mg	250		0	PAK	1		212		
Sodium, Na....mg	74		0	PAK	1		63		
Zinc, Zn....mg	6.45		0	PAK	1		5.48		
Copper, Cu....mg	0.125		0	PAK	1		0.106		
Manganese, Mn....mg	0.009		0	PAK	1		0.008		
Selenium, Se....µg	9.1		0	PAK	1		7.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.051		0	PAK	1		0.044		
Riboflavin....mg	0.140		0	PAK	1		0.119		
Niacin....mg	3.826		0	PAK	1		3.252		
Pantothenic acid....mg	0.462		0	PAK	1		0.393		
Vitamin B-6....mg	0.075		0	PAK	1		0.064		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.28		0	PAK	1		1.09		
Vitamin A, RAE....µg	8		0	PAK	1		7		
Retinol....µg	8		0	PAK	1		7		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	27		0	PAK	1		23		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.49		0	PAK	1		0.42		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17069

Lamb, New Zealand, imported, fore-shank, 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
Fatty acids, total saturated....g	5.560		0	PIK	4		4.726		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.018		0	PAK	1		0.015		
12:0....g	0.025		0	PAK	1		0.022		
13:0....g									
14:0....g	0.328		0	PAK	1		0.279		
15:0....g									
16:0....g	2.202		0	PAK	1		1.872		
17:0....g	0.228		0	PAK	1		0.194		
18:0....g	2.719		0	PAK	1		2.311		
20:0....g	0.013		0	PAK	1		0.011		
22:0....g	0.024		0	PAK	1		0.021		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.119		0	PIK	4		3.501		
14:1....g	0.011		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.153		0	PAK	1		0.130		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.953		0	PAK	1		3.360		
20:1....g	0.003		0	PAK	1		0.002		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.697		0	PIK	4		0.593		
18:2 undifferentiated....g	0.437		0	PAK	1		0.371		
18:3 undifferentiated....g	0.159		0	PAK	1		0.135		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.036		0	PAK	1		0.031		
20:5 n-3 (EPA)....g	0.025		0	PAK	1		0.021		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0	PAK	1		0.026		
22:6 n-3 (DHA)....g	0.010		0	PAK	1		0.008		
Fatty acids, total trans....g	0.642		0	PIK	4		0.545		
Cholesterol....mg	110		0	PAK	1		94		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0	PAK	1		0.285		
Threonine....g	1.448		0	PAK	1		1.231		
Isoleucine....g	1.359		0	PAK	1		1.155		
Leucine....g	2.344		0	PAK	1		1.992		
Lysine....g	2.651		0	PAK	1		2.253		
Methionine....g	0.990		0	PAK	1		0.842		
Cystine....g	0.397		0	PAK	1		0.338		
Phenylalanine....g	1.196		0	PAK	1		1.016		
Tyrosine....g	1.052		0	PAK	1		0.894		
Valine....g	1.546		0	PAK	1		1.314		
Arginine....g	2.043		0	PAK	1		1.737		
Histidine....g	0.643		0	PAK	1		0.546		
Alanine....g	1.509		0	PAK	1		1.283		
Aspartic acid....g									
Glutamic acid....g	4.240		0	PAK	1		3.604		
Glycine....g	1.298		0	PAK	1		1.103		
Proline....g	0.973		0	PAK	1		0.827		
Serine....g	1.035		0	PAK	1		0.880		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

NDB No. 17069

Lamb, New Zealand, imported, fore-shank, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17068

Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw

Refuse: 36% Bone and connective tissue 36%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	68.69		0	PAK	1		79.00		
Energy....kcal	183		0	NC	4		211		
Energy....kJ	766		0	NC	4		881		
Protein....g	20.09		0	PAK	1		23.10		
Total lipid (fat)....g	11.38		0	PAK	1		13.08		
Ash....g	0.93		0	PAK	1		1.07		
Carbohydrate, by difference....g	0.09		0	PIK	4		0.11		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		8		
Iron, Fe....mg	1.28		0	PAK	1		1.48		
Magnesium, Mg....mg	19		0	PAK	1		22		
Phosphorus, P....mg	157		0	PAK	1		181		
Potassium, K....mg	286		0	PAK	1		329		
Sodium, Na....mg	76		0	PAK	1		88		
Zinc, Zn....mg	3.88		0	PAK	1		4.46		
Copper, Cu....mg	0.079		0	PAK	1		0.091		
Manganese, Mn....mg	0.008		0	PAK	1		0.009		
Selenium, Se....µg	6.4		0	PAK	1		7.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.100		0	PAK	1		0.115		
Riboflavin....mg	0.096		0	PAK	1		0.110		
Niacin....mg	4.094		0	PAK	1		4.708		
Pantothenic acid....mg	0.433		0	PAK	1		0.498		
Vitamin B-6....mg	0.094		0	PAK	1		0.108		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.01		0	PAK	1		2.32		
Vitamin A, RAE....µg	8		0	PAK	1		9		
Retinol....µg	8		0	PAK	1		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	26		0	PAK	1		30		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	PAK	1		0.31		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17068

Lamb, New Zealand, imported, fore-shank, 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
Fatty acids, total saturated....g	4.621		0	PIK	4		5.314		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.014		0	PAK	1		0.016		
12:0....g	0.016		0	PAK	1		0.018		
13:0....g									
14:0....g	0.242		0	PAK	1		0.278		
15:0....g									
16:0....g	1.822		0	PAK	1		2.095		
17:0....g	0.203		0	PAK	1		0.233		
18:0....g	2.291		0	PAK	1		2.634		
20:0....g	0.008		0	PAK	1		0.009		
22:0....g	0.025		0	PAK	1		0.029		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.283		0	PIK	4		3.775		
14:1....g	0.008		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.104		0	PAK	1		0.120		
16:1 c....g	0.096		0	PAK	1		0.110		
16:1 t....g	0.009		0	PAK	1		0.010		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.167		0	PAK	1		3.642		
18:1 c....g	2.658		0	PAK	1		3.057		
18:1 t....g	0.510		0	PAK	1		0.586		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.518		0	PIK	4		0.595		
18:2 undifferentiated....g	0.324		0	PAK	1		0.373		
18:2 n-6 c,c....g	0.149		0	PAK	1		0.172		
18:2 CLAs....g	0.169		0	PAK	1		0.194		
18:2 t,t....g	0.006		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.128		0	PAK	1		0.147		
18:3 n-3 c,c,c (ALA)....g	0.128		0	PAK	1		0.147		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.023		0	PAK	1		0.026		
20:4 n-6....g	0.023		0	PAK	1		0.026		
20:5 n-3 (EPA)....g	0.017		0	PAK	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0	PAK	1		0.023		
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.006		
Fatty acids, total trans....g	0.524		0	PIK	4		0.603		
Fatty acids, total trans-monoenoic....g	0.518		0	PIK	4		0.596		
Fatty acids, total trans-polyenoic....g	0.006		0	PIK	4		0.006		
Cholesterol....mg	66		0	PAK	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	PAK	1		0.255		
Threonine....g	0.958		0	PAK	1		1.102		
Isoleucine....g	0.899		0	PAK	1		1.034		

NDB No. 17068

Lamb, New Zealand, imported, fore-shank, 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
Leucine....g	1.551		0	PAK	1		1.784		
Lysine....g	1.754		0	PAK	1		2.017		
Methionine....g	0.655		0	PAK	1		0.754		
Cystine....g	0.263		0	PAK	1		0.302		
Phenylalanine....g	0.791		0	PAK	1		0.910		
Tyrosine....g	0.696		0	PAK	1		0.800		
Valine....g	1.023		0	PAK	1		1.176		
Arginine....g	1.352		0	PAK	1		1.555		
Histidine....g	0.425		0	PAK	1		0.489		
Alanine....g	0.999		0	PAK	1		1.148		
Aspartic acid....g									
Glutamic acid....g	2.806		0	PAK	1		3.227		
Glycine....g	0.859		0	PAK	1		0.988		
Proline....g	0.644		0	PAK	1		0.741		
Serine....g	0.685		0	PAK	1		0.788		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17071

Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised

Refuse: 48% Bone 41%, 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	59.33		1	A	1		50.43		
Energy....kcal	209		0	NC	4		178		
Energy....kJ	874		0	NC	4		743		
Protein (N x 6.25)....g	33.31		1	A	1		28.32		
Total lipid (fat)....g	8.40		1	A	1		7.14		
Ash....g	0.96		1	A	1		0.82		
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	11		1	A	1		10		
Iron, Fe....mg	2.24		1	A	1		1.91		
Magnesium, Mg....mg	23		1	A	1		19		
Phosphorus, P....mg	173		1	A	1		147		
Potassium, K....mg	258		1	A	1		219		
Sodium, Na....mg	77		1	A	1		66		
Zinc, Zn....mg	7.09		1	A	1		6.02		
Copper, Cu....mg	0.136		1	A	1		0.116		
Manganese, Mn....mg	0.010		1	A	1		0.008		
Selenium, Se....µg	9.9		1	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.043		1	A	1		0.037		
Riboflavin....mg	0.148		1	A	1		0.125		
Niacin....mg	4.103		1	A	1		3.488		
Pantothenic acid....mg	0.497		1	A	1		0.423		
Vitamin B-6....mg	0.077		1	A	1		0.065		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.36		1	A	1		1.16		
Vitamin A, RAE....µg	3		0	AS	1		3		
Retinol....µg	3		1	A	1		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	AS	1		9		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.43		1	A	1		0.37		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17071

Lamb, New Zealand, imported, fore-shank, 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
Fatty acids, total saturated....g	2.631		0	NC	4		2.236		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.013		1	A	1		0.011		
12:0....g	0.021		1	A	1		0.018		
13:0....g									
14:0....g	0.203		1	A	1		0.172		
15:0....g									
16:0....g	1.214		1	A	1		1.032		
17:0....g	0.101		1	A	1		0.086		
18:0....g	1.066		1	A	1		0.906		
20:0....g	0.005		1	A	1		0.004		
22:0....g	0.009		1	A	1		0.008		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.269		0	NC	4		1.928		
14:1....g	0.009		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.102		0	AS	1		0.087		
16:1 c....g	0.091		1	A	1		0.077		
16:1 t....g	0.011		1	A	1		0.010		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.158		0	AS	1		1.834		
18:1 c....g	1.951		1	A	1		1.658		
18:1 t....g	0.207		1	A	1		0.176		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.506		0	NC	4		0.430		
18:2 undifferentiated....g	0.299		0	AS	1		0.254		
18:2 n-6 c,c....g	0.163		1	A	1		0.139		
18:2 CLAs....g	0.136		1	A	1		0.116		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.099		0	AS	1		0.084		
18:3 n-3 c,c,c (ALA)....g	0.099		1	A	1		0.084		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.041		0	AS	1		0.035		
20:4 n-6....g	0.041		1	A	1		0.035		
20:5 n-3 (EPA)....g	0.028		1	A	1		0.024		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		1	A	1		0.024		
22:6 n-3 (DHA)....g	0.011		1	A	1		0.009		
Fatty acids, total trans....g	0.219		0	NC	4		0.186		
Fatty acids, total trans-monoenoic....g	0.219		0	NC	4		0.186		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	115		1	A	1		98		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0	A	1		0.313		
Threonine....g	1.589		0	A	1		1.351		
Isoleucine....g	1.491		0	A	1		1.268		

NDB No. 17071

Lamb, New Zealand, imported, fore-shank, 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
Leucine....g	2.573		0	A	1		2.187		
Lysine....g	2.909		0	A	1		2.473		
Methionine....g	1.087		0	A	1		0.924		
Cystine....g	0.436		0	A	1		0.371		
Phenylalanine....g	1.312		0	A	1		1.115		
Tyrosine....g	1.154		0	A	1		0.981		
Valine....g	1.696		0	A	1		1.442		
Arginine....g	2.243		0	A	1		1.906		
Histidine....g	0.705		0	A	1		0.600		
Alanine....g	1.656		0	A	1		1.408		
Aspartic acid....g									
Glutamic acid....g	4.654		0	A	1		3.956		
Glycine....g	1.424		0	A	1		1.211		
Proline....g	1.068		0	A	1		0.908		
Serine....g	1.136		0	A	1		0.965		
Hydroxyproline....g									
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: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17070

Lamb, New Zealand, imported, fore-shank, separable lean only, raw

Refuse: 43% Bone and connective tissue 36%, 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	74.49		1	A	1		85.66		
Energy....kcal	122		0	NC	4		140		
Energy....kJ	511		0	NC	4		588		
Protein (N x 6.25)....g	22.05		1	A	1		25.36		
Total lipid (fat)....g	3.77		1	A	1		4.33		
Ash....g	1.02		1	A	1		1.17		
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	7		1	A	1		8		
Iron, Fe....mg	1.37		1	A	1		1.58		
Magnesium, Mg....mg	20		1	A	1		24		
Phosphorus, P....mg	170		1	A	1		196		
Potassium, K....mg	309		1	A	1		355		
Sodium, Na....mg	82		1	A	1		94		
Zinc, Zn....mg	4.28		1	A	1		4.93		
Copper, Cu....mg	0.086		1	A	1		0.099		
Manganese, Mn....mg	0.009		1	A	1		0.010		
Selenium, Se....µg	7.0		1	A	1		8.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.101		1	A	1		0.116		
Riboflavin....mg	0.103		1	A	1		0.119		
Niacin....mg	4.465		1	A	1		5.135		
Pantothenic acid....mg	0.467		1	A	1		0.537		
Vitamin B-6....mg	0.101		1	A	1		0.116		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.21		1	A	1		2.54		
Vitamin A, RAE....µg	3		0	AS	1		4		
Retinol....µg	3		1	A	1		4		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	AS	1		12		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.18		1	A	1		0.20		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17070

Lamb, New Zealand, imported, fore-shank, 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
Fatty acids, total saturated....g	1.278		0	NC	4		1.470		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.006		1	A	1		0.006		
12:0....g	0.008		1	A	1		0.010		
13:0....g									
14:0....g	0.092		1	A	1		0.105		
15:0....g									
16:0....g	0.615		1	A	1		0.707		
17:0....g	0.054		1	A	1		0.062		
18:0....g	0.497		1	A	1		0.572		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.006		1	A	1		0.007		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.137		0	NC	4		1.307		
14:1....g	0.006		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.046		0	AS	1		0.053		
16:1 c....g	0.046		1	A	1		0.053		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.085		0	AS	1		1.248		
18:1 c....g	0.999		1	A	1		1.149		
18:1 t....g	0.086		1	A	1		0.099		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.294		0	NC	4		0.338		
18:2 undifferentiated....g	0.162		0	AS	1		0.187		
18:2 n-6 c,c....g	0.103		1	A	1		0.119		
18:2 CLAs....g	0.059		1	A	1		0.068		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.065		0	AS	1		0.074		
18:3 n-3 c,c,c (ALA)....g	0.065		1	A	1		0.074		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.025		0	AS	1		0.029		
20:4 n-6....g	0.025		1	A	1		0.029		
20:5 n-3 (EPA)....g	0.019		1	A	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		1	A	1		0.019		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.007		
Fatty acids, total trans....g	0.086		0	NC	4		0.099		
Fatty acids, total trans-monoenoic....g	0.086		0	NC	4		0.099		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	65		1	A	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	A	1		0.280		
Threonine....g	1.052		0	A	1		1.210		
Isoleucine....g	0.987		0	A	1		1.135		

NDB No. 17070

Lamb, New Zealand, imported, fore-shank, 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
Leucine....g	1.703		0	A	1		1.958		
Lysine....g	1.926		0	A	1		2.215		
Methionine....g	0.719		0	A	1		0.827		
Cystine....g	0.289		0	A	1		0.332		
Phenylalanine....g	0.869		0	A	1		0.999		
Tyrosine....g	0.764		0	A	1		0.879		
Valine....g	1.123		0	A	1		1.291		
Arginine....g	1.484		0	A	1		1.707		
Histidine....g	0.467		0	A	1		0.537		
Alanine....g	1.096		0	A	1		1.261		
Aspartic acid....g									
Glutamic acid....g	3.080		0	A	1		3.542		
Glycine....g	0.943		0	A	1		1.084		
Proline....g	0.707		0	A	1		0.813		
Serine....g	0.752		0	A	1		0.865		
Hydroxyproline....g									
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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		22.20	74.70	
Energy....kcal	586		0	NC	4		498	1676	
Energy....kJ	2452				4		2084	7012	
Protein (N x 6.25)....g	9.72		1		1		8.26	27.80	
Total lipid (fat)....g	60.39		1		1		51.33	172.72	
Ash....g	0.71		1		1		0.60	2.03	
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	27		1		1		23	77	
Iron, Fe....mg	1.39		1		1		1.18	3.98	
Magnesium, Mg....mg	11		1		1		9	31	
Phosphorus, P....mg	135		1		1		115	386	
Potassium, K....mg	87		1		1		74	249	
Sodium, Na....mg	35		1		1		30	100	
Zinc, Zn....mg	1.17		1		1		0.99	3.35	
Copper, Cu....mg	0.059		1		1		0.050	0.169	
Manganese, Mn....mg	0.004		1		1		0.003	0.011	
Selenium, Se....µg	1.8		0	T	4		1.5	5.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		1		1		0.068	0.229	
Riboflavin....mg	0.180		1		1		0.153	0.515	
Niacin....mg	8.030		1		1		6.826	22.966	
Pantothenic acid....mg	0.590		1		1		0.502	1.687	
Vitamin B-6....mg	0.030		1		1		0.026	0.086	
Folate, total....µg	3		1		1		3	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		1		3	9	
Folate, DFE....µg	3		0	NC	4		3	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.42		1		1		2.06	6.92	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.04		0		1		0.03	0.11	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	31.510		0		1		26.784	90.119	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.190		58		1		0.162	0.543	
12:0....g	0.260		58		1		0.221	0.744	
13:0....g									
14:0....g	2.750		58		1		2.338	7.865	
15:0....g									
16:0....g	13.480		58		1		11.458	38.553	
17:0....g									
18:0....g	12.440		58		1		10.574	35.578	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	23.150		0		1		19.678	66.209	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.030		58		1		0.876	2.946	
17:1....g									
18:1 undifferentiated....g	21.600		58		1		18.360	61.776	
20:1....g	0.110		58		1		0.094	0.315	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.520		0		1		2.142	7.207	
18:2 undifferentiated....g	1.390		58		1		1.182	3.975	
18:3 undifferentiated....g	1.130		58		1		0.961	3.232	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....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	109		1		1		93	312	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0		1		0.096	0.323	
Threonine....g	0.415		0		1		0.353	1.187	
Isoleucine....g	0.468		0		1		0.398	1.338	
Leucine....g	0.755		0		1		0.642	2.159	
Lysine....g	0.857		0		1		0.728	2.451	
Methionine....g	0.249		0		1		0.212	0.712	
Cystine....g	0.116		0		1		0.099	0.332	
Phenylalanine....g	0.395		0		1		0.336	1.130	
Tyrosine....g	0.326		0		1		0.277	0.932	
Valine....g	0.524		0		1		0.445	1.499	
Arginine....g	0.577		0		1		0.490	1.650	
Histidine....g	0.307		0		1		0.261	0.878	
Alanine....g	0.584		0		1		0.496	1.670	
Aspartic acid....g	0.854		0		1		0.726	2.442	
Glutamic acid....g	1.408		0		1		1.197	4.027	
Glycine....g	0.474		0		1		0.403	1.356	
Proline....g	0.407		0		1		0.346	1.164	
Serine....g	0.361		0		1		0.307	1.032	
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.

NDB No. 17067

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 286g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	3		0		1		1	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	14	
Folate, DFE....µg	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.73		0		1		0.49	7.85	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	35.290		0		1		10.005	160.075	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17066

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable 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 27 (2014)

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		43.48	113.55	
Energy....kcal	305		0	NC	4		259	677	
Energy....kJ	1276				4		1085	2833	
Protein (N x 6.25)....g	24.42		0		1		20.76	54.21	
Total lipid (fat)....g	22.26		0		1		18.92	49.42	
Ash....g	1.37		0		1		1.16	3.04	
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		14	38	
Iron, Fe....mg	2.10		0		1		1.79	4.66	
Magnesium, Mg....mg	19		0		1		16	42	
Phosphorus, P....mg	217		0		1		184	482	
Potassium, K....mg	162		0		1		138	360	
Sodium, Na....mg	46		0		1		39	102	
Zinc, Zn....mg	3.49		0		1		2.97	7.75	
Copper, Cu....mg	0.100		0		1		0.085	0.222	
Manganese, Mn....mg	0.023		0		1		0.020	0.051	
Selenium, Se....µg	2.0		0	T	4		1.7	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.102	0.266	
Riboflavin....mg	0.410		0		1		0.349	0.910	
Niacin....mg	7.770		0		1		6.605	17.249	
Pantothenic acid....mg	0.580		0		1		0.493	1.288	
Vitamin B-6....mg	0.120		0		1		0.102	0.266	
Folate, total....µg	1		0		1		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		1	2	
Folate, DFE....µg	1		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.81		0		1		2.39	6.24	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.12	0.31	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.050		0		1		9.393	24.531	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		0		1		0.051	0.133	
12:0....g	0.090		0		1		0.077	0.200	
13:0....g									
14:0....g	0.900		0		1		0.765	1.998	
15:0....g									
16:0....g	4.880		0		1		4.148	10.834	
17:0....g									
18:0....g	4.270		0		1		3.630	9.479	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.590		0		1		7.302	19.070	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.888	
17:1....g									
18:1 undifferentiated....g	8.010		0		1		6.809	17.782	
20:1....g	0.030		0		1		0.026	0.067	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.040		0		1		0.884	2.309	
18:2 undifferentiated....g	0.610		0		1		0.519	1.354	
18:3 undifferentiated....g	0.400		0		1		0.340	0.888	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.044	
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	109		0		1		93	242	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0		1		0.242	0.633	
Threonine....g	1.045		0		1		0.888	2.320	
Isoleucine....g	1.178		0		1		1.001	2.615	
Leucine....g	1.900		0		1		1.615	4.218	
Lysine....g	2.157		0		1		1.833	4.789	
Methionine....g	0.627		0		1		0.533	1.392	
Cystine....g	0.292		0		1		0.248	0.648	
Phenylalanine....g	0.994		0		1		0.845	2.207	
Tyrosine....g	0.821		0		1		0.698	1.823	
Valine....g	1.318		0		1		1.120	2.926	
Arginine....g	1.451		0		1		1.233	3.221	
Histidine....g	0.774		0		1		0.658	1.718	
Alanine....g	1.469		0		1		1.249	3.261	
Aspartic acid....g	2.150		0		1		1.828	4.773	
Glutamic acid....g	3.544		0		1		3.012	7.868	
Glycine....g	1.193		0		1		1.014	2.648	
Proline....g	1.024		0		1		0.870	2.273	
Serine....g	0.908		0		1		0.772	2.016	
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.

NDB No. 17063

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0		1		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.42		0		1		0.69	10.98	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.570		0		1		3.280	52.482	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17062

Lamb, New Zealand, imported, frozen, 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 27 (2014)

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		50.96	98.32	
Energy....kcal	206		0	NC	4		175	338	
Energy....kJ	862				4		733	1414	
Protein (N x 6.25)....g	29.59		0		1		25.15	48.53	
Total lipid (fat)....g	8.86		0		1		7.53	14.53	
Ash....g	1.60		0		1		1.36	2.62	
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	13		0		1		11	21	
Iron, Fe....mg	2.35		0		1		2.00	3.85	
Magnesium, Mg....mg	22		0		1		19	36	
Phosphorus, P....mg	246		0		1		209	403	
Potassium, K....mg	188		0		1		160	308	
Sodium, Na....mg	50		0		1		43	82	
Zinc, Zn....mg	4.30		0		1		3.66	7.05	
Copper, Cu....mg	0.114		0		1		0.097	0.187	
Manganese, Mn....mg	0.029		0		1		0.025	0.048	
Selenium, Se....µg	2.0		0	T	4		1.7	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		1		0.111	0.213	
Riboflavin....mg	0.500		0		1		0.425	0.820	
Niacin....mg	7.680		0		1		6.528	12.595	
Pantothenic acid....mg	0.580		0		1		0.493	0.951	
Vitamin B-6....mg	0.140		0		1		0.119	0.230	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.95		0		1		2.51	4.84	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.16	0.31	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.860		0		1		3.281	6.330	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.033	
12:0....g	0.030		0		1		0.026	0.049	
13:0....g									
14:0....g	0.250		0		1		0.213	0.410	
15:0....g									
16:0....g	1.860		0		1		1.581	3.050	
17:0....g									
18:0....g	1.400		0		1		1.190	2.296	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.480		0		1		2.958	5.707	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		0		1		0.153	0.295	
17:1....g									
18:1 undifferentiated....g	3.240		0		1		2.754	5.314	
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		0.442	0.853	
18:2 undifferentiated....g	0.340		0		1		0.289	0.558	
18:3 undifferentiated....g	0.150		0		1		0.128	0.246	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.049	
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	109		0		1		93	179	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.346		0		1		0.294	0.567	
Threonine....g	1.267		0		1		1.077	2.078	
Isoleucine....g	1.428		0		1		1.214	2.342	
Leucine....g	2.302		0		1		1.957	3.775	
Lysine....g	2.613		0		1		2.221	4.285	
Methionine....g	0.759		0		1		0.645	1.245	
Cystine....g	0.353		0		1		0.300	0.579	
Phenylalanine....g	1.205		0		1		1.024	1.976	
Tyrosine....g	0.995		0		1		0.846	1.632	
Valine....g	1.597		0		1		1.357	2.619	
Arginine....g	1.758		0		1		1.494	2.883	
Histidine....g	0.937		0		1		0.796	1.537	
Alanine....g	1.780		0		1		1.513	2.919	
Aspartic acid....g	2.605		0		1		2.214	4.272	
Glutamic acid....g	4.294		0		1		3.650	7.042	
Glycine....g	1.445		0		1		1.228	2.370	
Proline....g	1.241		0		1		1.055	2.035	
Serine....g	1.100		0		1		0.935	1.804	
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.

NDB No. 17065

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 164g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	0	0.094	9		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0	0.094	9		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.71	0.051	9		1		0.77	12.29	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.880		0		1		0.533	8.528	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17064

Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, 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 27 (2014)

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		49.19	149.30	
Energy	kcal	246		0	NC	4		209	635	
Energy	kJ	1029				4		875	2656	
Protein (N x 6.25)	g	24.81		0		1		21.09	64.01	
Total lipid (fat)	g	15.56		0		1		13.23	40.14	
Ash	g	1.39		0		1		1.18	3.59	
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	10		0		1		9	26	
Iron, Fe	mg	2.10		0		1		1.79	5.42	
Magnesium, Mg	mg	20		0		1		17	52	
Phosphorus, P	mg	218		0		1		185	562	
Potassium, K	mg	167		0		1		142	431	
Sodium, Na	mg	43		0		1		37	111	
Zinc, Zn	mg	3.58		0		1		3.04	9.24	
Copper, Cu	mg	0.103		0		1		0.088	0.266	
Manganese, Mn	mg	0.023		0		1		0.020	0.059	
Selenium, Se	µg	4.0		0	T	4		3.4	10.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.120		0		1		0.102	0.310	
Riboflavin	mg	0.450		0		1		0.383	1.161	
Niacin	mg	7.590		0		1		6.452	19.582	
Pantothenic acid	mg	0.550		0		1		0.468	1.419	
Vitamin B-6	mg	0.130		0		1		0.111	0.335	
Folate, total	µg	1		0		1		1	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		1		1	3	
Folate, DFE	µg	1		0	NC	4		1	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.60		0		1		2.21	6.71	
Vitamin A, RAE	µg	0		0		4		0	0	
Retinol	µg	0		0		4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.15		0		1		0.13	0.39	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	7.610		0		1		6.469	19.634	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		0		1		0.034	0.103	
12:0....g	0.060		0		1		0.051	0.155	
13:0....g									
14:0....g	0.600		0		1		0.510	1.548	
15:0....g									
16:0....g	3.390		0		1		2.882	8.746	
17:0....g									
18:0....g	2.930		0		1		2.491	7.559	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.010		0		1		5.109	15.506	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.290		0		1		0.247	0.748	
17:1....g									
18:1 undifferentiated....g	5.610		0		1		4.769	14.474	
20:1....g	0.020		0		1		0.017	0.052	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0		1		0.638	1.935	
18:2 undifferentiated....g	0.450		0		1		0.383	1.161	
18:3 undifferentiated....g	0.280		0		1		0.238	0.722	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0		1		0.017	0.052	
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	101		0		1		86	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0		1		0.247	0.748	
Threonine....g	1.062		0		1		0.903	2.740	
Isoleucine....g	1.197		0		1		1.017	3.088	
Leucine....g	1.929		0		1		1.640	4.977	
Lysine....g	2.190		0		1		1.862	5.650	
Methionine....g	0.637		0		1		0.541	1.643	
Cystine....g	0.296		0		1		0.252	0.764	
Phenylalanine....g	1.010		0		1		0.859	2.606	
Tyrosine....g	0.834		0		1		0.709	2.152	
Valine....g	1.338		0		1		1.137	3.452	
Arginine....g	1.474		0		1		1.253	3.803	
Histidine....g	0.786		0		1		0.668	2.028	
Alanine....g	1.492		0		1		1.268	3.849	
Aspartic acid....g	2.183		0		1		1.856	5.632	
Glutamic acid....g	3.599		0		1		3.059	9.285	
Glycine....g	1.211		0		1		1.029	3.124	
Proline....g	1.040		0		1		0.884	2.683	
Serine....g	0.922		0		1		0.784	2.379	
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.

NDB No. 17073

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		54.33	139.35	
Energy....kcal	181		0	NC	4		154	395	
Energy....kJ	757				4		644	1651	
Protein (N x 6.25)....g	27.68		0		1		23.53	60.34	
Total lipid (fat)....g	7.01		0		1		5.96	15.28	
Ash....g	1.52		0		1		1.29	3.31	
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	7		0		1		6	15	
Iron, Fe....mg	2.24		0		1		1.90	4.88	
Magnesium, Mg....mg	21		0		1		18	46	
Phosphorus, P....mg	234		0		1		199	510	
Potassium, K....mg	183		0		1		156	399	
Sodium, Na....mg	45		0		1		38	98	
Zinc, Zn....mg	4.04		0		1		3.43	8.81	
Copper, Cu....mg	0.111		0		1		0.094	0.242	
Manganese, Mn....mg	0.027		0		1		0.023	0.059	
Selenium, Se....µg	4.2		0	T	4		3.6	9.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		1		0.102	0.262	
Riboflavin....mg	0.500		0		1		0.425	1.090	
Niacin....mg	7.510		0		1		6.384	16.372	
Pantothenic acid....mg	0.540		0		1		0.459	1.177	
Vitamin B-6....mg	0.140		0		1		0.119	0.305	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.63		0		1		2.24	5.73	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.39	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.050		0		1		2.593	6.649	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.044	
12:0....g	0.020		0		1		0.017	0.044	
13:0....g									
14:0....g	0.190		0		1		0.162	0.414	
15:0....g									
16:0....g	1.470		0		1		1.250	3.205	
17:0....g									
18:0....g	1.110		0		1		0.944	2.420	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.750		0		1		2.338	5.995	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.128	0.327	
17:1....g									
18:1 undifferentiated....g	2.560		0		1		2.176	5.581	
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		0.349	0.894	
18:2 undifferentiated....g	0.260		0		1		0.221	0.567	
18:3 undifferentiated....g	0.120		0		1		0.102	0.262	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0		1		0.026	0.065	
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	100		0		1		85	218	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.275	0.704	
Threonine....g	1.185		0		1		1.007	2.583	
Isoleucine....g	1.335		0		1		1.135	2.910	
Leucine....g	2.153		0		1		1.830	4.694	
Lysine....g	2.444		0		1		2.077	5.328	
Methionine....g	0.710		0		1		0.604	1.548	
Cystine....g	0.330		0		1		0.281	0.719	
Phenylalanine....g	1.127		0		1		0.958	2.457	
Tyrosine....g	0.930		0		1		0.791	2.027	
Valine....g	1.494		0		1		1.270	3.257	
Arginine....g	1.644		0		1		1.397	3.584	
Histidine....g	0.877		0		1		0.745	1.912	
Alanine....g	1.665		0		1		1.415	3.630	
Aspartic acid....g	2.436		0		1		2.071	5.310	
Glutamic acid....g	4.017		0		1		3.414	8.757	
Glycine....g	1.352		0		1		1.149	2.947	
Proline....g	1.161		0		1		0.987	2.531	
Serine....g	1.029		0		1		0.875	2.243	
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.

NDB No. 17075

Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0		1		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		1	0	
Folate, DFE....µg	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....µg	2.53		0		1		2.15	1.09	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.0	
Vitamin D....IU	2		40	A	1		2	1	
Vitamin K (phylloquinone)....µg	4.9		0	BFSN	4		4.2	2.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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: 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 27 (2014)

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....µg	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....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.58		0		1		2.19	0.77	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.05	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.580		0		1		3.043	1.074	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17079

Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 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 27 (2014)

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		36.24	87.84	
Energy....kcal	357		0	NC	4		303	735	
Energy....kJ	1494				4		1270	3077	
Protein (N x 6.25)....g	28.21		0		1		23.98	58.11	
Total lipid (fat)....g	26.27		0		1		22.33	54.12	
Ash....g	1.58		0		1		1.34	3.25	
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		23	56	
Iron, Fe....mg	2.11		0		1		1.79	4.35	
Magnesium, Mg....mg	18		0		1		15	37	
Phosphorus, P....mg	196		0		1		167	404	
Potassium, K....mg	147		0		1		125	303	
Sodium, Na....mg	51		0		1		43	105	
Zinc, Zn....mg	4.53		0		1		3.85	9.33	
Copper, Cu....mg	0.103		0		1		0.088	0.212	
Manganese, Mn....mg	0.025		0		1		0.021	0.052	
Selenium, Se....µg	4.5		0	PIE	4		3.8	9.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.068	0.165	
Riboflavin....mg	0.320		0		1		0.272	0.659	
Niacin....mg	6.370		0		1		5.415	13.122	
Pantothenic acid....mg	0.520		0		1		0.442	1.071	
Vitamin B-6....mg	0.070		0		1		0.060	0.144	
Folate, total....µg	1		0		1		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		1	2	
Folate, DFE....µg	1		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.40		0		1		2.89	7.00	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	12.740		0		1		10.829	26.244	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0		1		0.060	0.144	
12:0....g	0.100		0		1		0.085	0.206	
13:0....g									
14:0....g	1.020		0		1		0.867	2.101	
15:0....g									
16:0....g	5.750		0		1		4.888	11.845	
17:0....g									
18:0....g	4.820		0		1		4.097	9.929	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.220		0		1		8.687	21.053	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		0		1		0.434	1.051	
17:1....g									
18:1 undifferentiated....g	9.500		0		1		8.075	19.570	
20:1....g	0.030		0		1		0.026	0.062	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.330		0		1		1.131	2.740	
18:2 undifferentiated....g	0.820		0		1		0.697	1.689	
18:3 undifferentiated....g	0.470		0		1		0.400	0.968	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0		1		0.034	0.082	
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	123		0		1		105	253	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0		1		0.281	0.680	
Threonine....g	1.207		0		1		1.026	2.486	
Isoleucine....g	1.361		0		1		1.157	2.804	
Leucine....g	2.194		0		1		1.865	4.520	
Lysine....g	2.491		0		1		2.117	5.131	
Methionine....g	0.724		0		1		0.615	1.491	
Cystine....g	0.337		0		1		0.286	0.694	
Phenylalanine....g	1.148		0		1		0.976	2.365	
Tyrosine....g	0.948		0		1		0.806	1.953	
Valine....g	1.522		0		1		1.294	3.135	
Arginine....g	1.676		0		1		1.425	3.453	
Histidine....g	0.894		0		1		0.760	1.842	
Alanine....g	1.697		0		1		1.442	3.496	
Aspartic acid....g	2.483		0		1		2.111	5.115	
Glutamic acid....g	4.094		0		1		3.480	8.434	
Glycine....g	1.378		0		1		1.171	2.839	
Proline....g	1.183		0		1		1.006	2.437	
Serine....g	1.049		0		1		0.892	2.161	
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.

NDB No. 17085

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 206g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		40.68	75.14	
Energy....kcal	285		0	NC	4		242	447	
Energy....kJ	1192				4		1014	1872	
Protein (N x 6.25)....g	34.06		0		1		28.95	53.47	
Total lipid (fat)....g	15.50		0		1		13.18	24.34	
Ash....g	1.85		0		1		1.57	2.90	
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	27		0		1		23	42	
Iron, Fe....mg	2.34		0		1		1.99	3.67	
Magnesium, Mg....mg	20		0		1		17	31	
Phosphorus, P....mg	215		0		1		183	338	
Potassium, K....mg	166		0		1		141	261	
Sodium, Na....mg	56		0		1		48	88	
Zinc, Zn....mg	5.60		0		1		4.76	8.79	
Copper, Cu....mg	0.116		0		1		0.099	0.182	
Manganese, Mn....mg	0.032		0		1		0.027	0.050	
Selenium, Se....µg	5.3		0	BFYN	4		4.5	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		1		0.068	0.126	
Riboflavin....mg	0.360		0		1		0.306	0.565	
Niacin....mg	5.850		0		1		4.973	9.185	
Pantothenic acid....mg	0.500		0		1		0.425	0.785	
Vitamin B-6....mg	0.080		0		1		0.068	0.126	
Folate, total....µg	0		0		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		1		0	0	
Folate, DFE....µg	0		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.71		0		1		3.15	5.82	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.810		0		1		5.789	10.692	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		0		1		0.034	0.063	
12:0....g	0.050		0		1		0.043	0.079	
13:0....g									
14:0....g	0.480		0		1		0.408	0.754	
15:0....g									
16:0....g	3.300		0		1		2.805	5.181	
17:0....g									
18:0....g	2.410		0		1		2.049	3.784	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.140		0		1		5.219	9.640	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.298	0.550	
17:1....g									
18:1 undifferentiated....g	5.670		0		1		4.820	8.902	
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		0.808	1.492	
18:2 undifferentiated....g	0.640		0		1		0.544	1.005	
18:3 undifferentiated....g	0.260		0		1		0.221	0.408	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.079	
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	127		0		1		108	199	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.398		0		1		0.338	0.625	
Threonine....g	1.458		0		1		1.239	2.289	
Isoleucine....g	1.643		0		1		1.397	2.580	
Leucine....g	2.649		0		1		2.252	4.159	
Lysine....g	3.007		0		1		2.556	4.721	
Methionine....g	0.874		0		1		0.743	1.372	
Cystine....g	0.406		0		1		0.345	0.637	
Phenylalanine....g	1.386		0		1		1.178	2.176	
Tyrosine....g	1.145		0		1		0.973	1.798	
Valine....g	1.838		0		1		1.562	2.886	
Arginine....g	2.023		0		1		1.720	3.176	
Histidine....g	1.079		0		1		0.917	1.694	
Alanine....g	2.048		0		1		1.741	3.215	
Aspartic acid....g	2.998		0		1		2.548	4.707	
Glutamic acid....g	4.942		0		1		4.201	7.759	
Glycine....g	1.663		0		1		1.414	2.611	
Proline....g	1.429		0		1		1.215	2.244	
Serine....g	1.266		0		1		1.076	1.988	
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.

NDB No. 17087

Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 157g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17370
Lamb, New Zealand, imported, ground lamb, cooked, braised

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	66.59		1	A	1		56.60		
Energy....kcal	192		0	NC	4		164		
Energy....kJ	805		0	NC	4		684		
Protein (N x 6.25)....g	22.60		1	A	1		19.21		
Total lipid (fat)....g	11.34		1	A	1		9.64		
Ash....g	1.38		1	A	1		1.17		
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	4		1	A	1		3		
Iron, Fe....mg	1.27		1	A	1		1.08		
Magnesium, Mg....mg	15		1	A	1		13		
Phosphorus, P....mg	122		1	A	1		104		
Potassium, K....mg	162		1	A	1		138		
Sodium, Na....mg	34		1	A	1		29		
Zinc, Zn....mg	3.38		1	A	1		2.87		
Copper, Cu....mg	0.100		1	A	1		0.085		
Manganese, Mn....mg	0.002		1	A	1		0.001		
Selenium, Se....µg	6.8		1	A	1		5.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.020		1	A	1		0.017		
Riboflavin....mg	0.153		1	A	1		0.130		
Niacin....mg	3.308		1	A	1		2.812		
Pantothenic acid....mg	0.101		1	A	1		0.086		
Vitamin B-6....mg	0.134		1	A	1		0.114		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.96		1	A	1		0.81		
Vitamin A, RAE....µg	8		0	AS	1		7		
Vitamin A, IU....IU	27		0	AS	1		23		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.378		0	NC	4		3.721		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.019		1	A	1		0.016		
12:0....g	0.020		1	A	1		0.017		

NDB No. 17370
Lamb, New Zealand, imported, ground lamb, 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
13:0....g									
14:0....g	0.217		1	A	1		0.184		
15:0....g									
16:0....g	1.776		1	A	1		1.510		
17:0....g	0.199		1	A	1		0.169		
18:0....g	2.132		1	A	1		1.812		
20:0....g	0.015		1	A	1		0.013		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.769		0	NC	4		2.354		
14:1....g	0.006		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.096		0	AS	1		0.081		
16:1 c....g	0.082		1	A	1		0.070		
16:1 t....g	0.014		1	A	1		0.012		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.668		0	AS	1		2.268		
18:1 c....g	2.302		1	A	1		1.957		
18:1 t....g	0.366		1	A	1		0.311		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.489		0	NC	4		0.416		
18:2 undifferentiated....g	0.283		0	AS	1		0.240		
18:2 n-6 c,c....g	0.149		1	A	1		0.127		
18:2 CLAs....g	0.134		1	A	1		0.114		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.136		0	AS	1		0.115		
18:3 n-3 c,c,c (ALA)....g	0.136		1	A	1		0.115		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.024		0	AS	1		0.020		
20:4 n-6....g	0.024		1	A	1		0.020		
20:5 n-3 (EPA)....g	0.024		1	A	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		1	A	1		0.019		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.380		0	NC	4		0.323		
Fatty acids, total trans-monoenoic....g	0.380		0	NC	4		0.323		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	71		1	A	1		61		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.250		0	A	1		0.212		
Threonine....g	1.078		0	A	1		0.916		
Isoleucine....g	1.012		0	A	1		0.860		
Leucine....g	1.745		0	A	1		1.483		
Lysine....g	1.973		0	A	1		1.677		
Methionine....g	0.737		0	A	1		0.627		
Cystine....g	0.296		0	A	1		0.251		
Phenylalanine....g	0.890		0	A	1		0.757		
Tyrosine....g	0.783		0	A	1		0.666		

NDB No. 17370

Lamb, New Zealand, imported, ground lamb, 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
Valine....g	1.151		0	A	1		0.978		
Arginine....g	1.521		0	A	1		1.293		
Histidine....g	0.479		0	A	1		0.407		
Alanine....g	1.123		0	A	1		0.955		
Aspartic acid....g									
Glutamic acid....g	3.157		0	A	1		2.683		
Glycine....g	0.966		0	A	1		0.821		
Proline....g	0.724		0	A	1		0.616		
Serine....g	0.770		0	A	1		0.655		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17371
Lamb, New Zealand, imported, ground lamb, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	69.29		1	A	1		78.29		
Energy....kcal	193		0	NC	4		218		
Energy....kJ	807		0	NC	4		912		
Protein (N x 6.25)....g	20.33		1	A	1		22.97		
Total lipid (fat)....g	12.41		1	A	1		14.02		
Ash....g	0.86		1	A	1		0.97		
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	4		1	A	1		5		
Iron, Fe....mg	1.04		1	A	1		1.18		
Magnesium, Mg....mg	18		1	A	1		20		
Phosphorus, P....mg	156		1	A	1		176		
Potassium, K....mg	281		1	A	1		318		
Sodium, Na....mg	57		1	A	1		64		
Zinc, Zn....mg	2.75		1	A	1		3.11		
Copper, Cu....mg	0.090		1	A	1		0.102		
Manganese, Mn....mg	0.007		1	A	1		0.008		
Selenium, Se....µg	4.7		1	A	1		5.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.059		1	A	1		0.067		
Riboflavin....mg	0.176		1	A	1		0.198		
Niacin....mg	5.011		1	A	1		5.663		
Pantothenic acid....mg	0.156		1	A	1		0.176		
Vitamin B-6....mg	0.132		1	A	1		0.149		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.62		1	A	1		1.84		
Vitamin A, RAE....µg	8		0	AS	1		9		
Vitamin A, IU....IU	26		0	AS	1		29		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		1	A	1		0.28		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.848		0	NC	4		5.479		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.021		1	A	1		0.024		
12:0....g	0.020		1	A	1		0.022		

NDB No. 17371
Lamb, New Zealand, imported, ground lamb, 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
13:0....g									
14:0....g	0.256		1	A	1		0.289		
15:0....g									
16:0....g	1.972		1	A	1		2.228		
17:0....g	0.218		1	A	1		0.246		
18:0....g	2.349		1	A	1		2.654		
20:0....g	0.013		1	A	1		0.015		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.977		0	NC	4		3.364		
14:1....g	0.005		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.098		0	AS	1		0.110		
16:1 c....g	0.085		1	A	1		0.096		
16:1 t....g	0.012		1	A	1		0.014		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.874		0	AS	1		3.248		
18:1 c....g	2.448		1	A	1		2.766		
18:1 t....g	0.426		1	A	1		0.482		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.483		0	NC	4		0.546		
18:2 undifferentiated....g	0.309		0	AS	1		0.349		
18:2 n-6 c,c....g	0.140		1	A	1		0.158		
18:2 CLAs....g	0.169		1	A	1		0.191		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.117		0	AS	1		0.132		
18:3 n-3 c,c,c (ALA)....g	0.117		1	A	1		0.132		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.021		0	AS	1		0.024		
20:4 n-6....g	0.021		1	A	1		0.024		
20:5 n-3 (EPA)....g	0.017		1	A	1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.022		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.439		0	NC	4		0.496		
Fatty acids, total trans-monoenoic....g	0.439		0	NC	4		0.496		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	63		1	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0	A	1		0.254		
Threonine....g	0.970		0	A	1		1.096		
Isoleucine....g	0.910		0	A	1		1.028		
Leucine....g	1.570		0	A	1		1.774		
Lysine....g	1.775		0	A	1		2.006		
Methionine....g	0.663		0	A	1		0.749		
Cystine....g	0.266		0	A	1		0.301		
Phenylalanine....g	0.801		0	A	1		0.905		
Tyrosine....g	0.704		0	A	1		0.796		

NDB No. 17371
Lamb, New Zealand, imported, ground lamb, 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
Valine....g	1.035		0	A	1		1.170		
Arginine....g	1.368		0	A	1		1.546		
Histidine....g	0.430		0	A	1		0.486		
Alanine....g	1.011		0	A	1		1.142		
Aspartic acid....g									
Glutamic acid....g	2.840		0	A	1		3.209		
Glycine....g	0.869		0	A	1		0.982		
Proline....g	0.652		0	A	1		0.736		
Serine....g	0.693		0	A	1		0.783		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17372

Lamb, New Zealand, imported, heart, cooked, soaked and simmered

Refuse: 28% Connective tissue 11% 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	66.65		1	A	1		56.65		
Energy....kcal	161		0	NC	4		137		
Energy....kJ	673		0	NC	4		572		
Protein (N x 6.25)....g	26.26		1	A	1		22.32		
Total lipid (fat)....g	6.21		1	A	1		5.28		
Ash....g	0.94		1	A	1		0.80		
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	5		1	A	1		5		
Iron, Fe....mg	4.94		1	A	1		4.20		
Magnesium, Mg....mg	22		1	A	1		19		
Phosphorus, P....mg	237		1	A	1		202		
Potassium, K....mg	187		1	A	1		159		
Sodium, Na....mg	67		1	A	1		57		
Zinc, Zn....mg	2.66		1	A	1		2.26		
Copper, Cu....mg	0.643		1	A	1		0.547		
Manganese, Mn....mg	0.028		1	A	1		0.023		
Selenium, Se....µg	20.3		1	A	1		17.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.229		1	A	1		0.195		
Riboflavin....mg	0.838		1	A	1		0.712		
Niacin....mg	4.229		1	A	1		3.595		
Pantothenic acid....mg	1.827		1	A	1		1.553		
Vitamin B-6....mg	0.125		1	A	1		0.106		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.18		1	A	1		7.80		
Vitamin A, RAE....µg	4		0	AS	1		3		
Vitamin A, IU....IU	12		0	AS	1		10		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.63		1	A	1		0.53		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.001		0	NC	4		1.701		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.011		1	A	1		0.009		
12:0....g	0.012		1	A	1		0.011		

NDB No. 17372

Lamb, New Zealand, imported, heart, cooked, soaked and 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
13:0....g									
14:0....g	0.113		1	A	1		0.096		
15:0....g									
16:0....g	0.669		1	A	1		0.569		
17:0....g	0.076		1	A	1		0.065		
18:0....g	1.090		1	A	1		0.927		
20:0....g	0.006		1	A	1		0.005		
22:0....g	0.022		1	A	1		0.019		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.006		0	NC	4		0.855		
14:1....g	0.004		1	A	1		0.003		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.033		0	AS	1		0.028		
16:1 c....g	0.026		1	A	1		0.022		
16:1 t....g	0.006		1	A	1		0.005		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.970		0	AS	1		0.824		
18:1 c....g	0.814		1	A	1		0.692		
18:1 t....g	0.156		1	A	1		0.133		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.933		0	NC	4		0.793		
18:2 undifferentiated....g	0.520		0	AS	1		0.442		
18:2 n-6 c,c....g	0.462		1	A	1		0.393		
18:2 CLAs....g	0.058		1	A	1		0.049		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.150		0	AS	1		0.128		
18:3 n-3 c,c,c (ALA)....g	0.150		1	A	1		0.128		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.006		0	AS	1		0.005		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.006		1	A	1		0.005		
20:4 undifferentiated....g	0.120		0	AS	1		0.102		
20:4 n-6....g	0.120		1	A	1		0.102		
20:5 n-3 (EPA)....g	0.066		1	A	1		0.056		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.043		1	A	1		0.037		
22:6 n-3 (DHA)....g	0.027		1	A	1		0.023		
Fatty acids, total trans....g	0.162		0	NC	4		0.138		
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.138		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	186		1	A	1		158		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.290		0	A	1		0.247		
Threonine....g	1.253		0	A	1		1.065		
Isoleucine....g	1.176		0	A	1		0.999		
Leucine....g	2.028		0	A	1		1.724		
Lysine....g	2.294		0	A	1		1.950		
Methionine....g	0.857		0	A	1		0.728		
Cystine....g	0.344		0	A	1		0.292		
Phenylalanine....g	1.034		0	A	1		0.879		
Tyrosine....g	0.910		0	A	1		0.773		

NDB No. 17372

Lamb, New Zealand, imported, heart, cooked, soaked and 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
Valine....g	1.337		0	A	1		1.137		
Arginine....g	1.768		0	A	1		1.503		
Histidine....g	0.556		0	A	1		0.473		
Alanine....g	1.306		0	A	1		1.110		
Aspartic acid....g									
Glutamic acid....g	3.669		0	A	1		3.118		
Glycine....g	1.123		0	A	1		0.954		
Proline....g	0.842		0	A	1		0.716		
Serine....g	0.895		0	A	1		0.761		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17373
Lamb, New Zealand, imported, heart, raw

Refuse: 24% Connective tissue 10% 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	77.84		1	A	1		87.96		
Energy....kcal	105		0	NC	4		119		
Energy....kJ	441		0	NC	4		498		
Protein (N x 6.25)....g	18.09		1	A	1		20.44		
Total lipid (fat)....g	3.68		1	A	1		4.16		
Ash....g	1.13		1	A	1		1.28		
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	5		1	A	1		5		
Iron, Fe....mg	3.29		1	A	1		3.71		
Magnesium, Mg....mg	20		1	A	1		23		
Phosphorus, P....mg	204		1	A	1		231		
Potassium, K....mg	277		1	A	1		312		
Sodium, Na....mg	94		1	A	1		106		
Zinc, Zn....mg	1.65		1	A	1		1.87		
Copper, Cu....mg	0.412		1	A	1		0.466		
Manganese, Mn....mg	0.022		1	A	1		0.025		
Selenium, Se....µg	10.9		1	A	1		12.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.520		1	A	1		0.587		
Riboflavin....mg	0.537		1	A	1		0.607		
Niacin....mg	5.757		1	A	1		6.505		
Pantothenic acid....mg	2.244		1	A	1		2.535		
Vitamin B-6....mg	0.144		1	A	1		0.163		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	8.40		1	A	1		9.49		
Vitamin A, RAE....µg	5		0	AS	1		6		
Vitamin A, IU....IU	18		0	AS	1		20		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.65		1	A	1		0.73		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.995		0	NC	4		1.124		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.004		1	A	1		0.004		
12:0....g	0.007		1	A	1		0.008		

NDB No. 17373
Lamb, New Zealand, imported, heart, 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
13:0....g									
14:0....g	0.052		1	A	1		0.058		
15:0....g									
16:0....g	0.337		1	A	1		0.381		
17:0....g	0.040		1	A	1		0.045		
18:0....g	0.536		1	A	1		0.605		
20:0....g	0.004		1	A	1		0.004		
22:0....g	0.017		1	A	1		0.019		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.517		0	NC	4		0.584		
14:1....g	0.004		1	A	1		0.004		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.022		0	AS	1		0.025		
16:1 c....g	0.015		1	A	1		0.017		
16:1 t....g	0.007		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.492		0	AS	1		0.556		
18:1 c....g	0.421		1	A	1		0.475		
18:1 t....g	0.071		1	A	1		0.080		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.646		0	NC	4		0.729		
18:2 undifferentiated....g	0.340		0	AS	1		0.385		
18:2 n-6 c,c....g	0.308		1	A	1		0.347		
18:2 CLAs....g	0.033		1	A	1		0.037		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.096		0	AS	1		0.108		
18:3 n-3 c,c,c (ALA)....g	0.096		1	A	1		0.108		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.007		0	AS	1		0.008		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.007		1	A	1		0.008		
20:4 undifferentiated....g	0.091		0	AS	1		0.103		
20:4 n-6....g	0.091		1	A	1		0.103		
20:5 n-3 (EPA)....g	0.059		1	A	1		0.067		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.032		1	A	1		0.036		
22:6 n-3 (DHA)....g	0.021		1	A	1		0.023		
Fatty acids, total trans....g	0.078		0	NC	4		0.088		
Fatty acids, total trans-monoenoic....g	0.078		0	NC	4		0.088		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	119		1	A	1		135		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	A	1		0.226		
Threonine....g	0.863		0	A	1		0.975		
Isoleucine....g	0.810		0	A	1		0.915		
Leucine....g	1.397		0	A	1		1.578		
Lysine....g	1.580		0	A	1		1.785		
Methionine....g	0.590		0	A	1		0.667		
Cystine....g	0.237		0	A	1		0.268		
Phenylalanine....g	0.712		0	A	1		0.805		
Tyrosine....g	0.627		0	A	1		0.708		

NDB No. 17373
Lamb, New Zealand, imported, 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
Valine....g	0.921		0	A	1		1.041		
Arginine....g	1.218		0	A	1		1.376		
Histidine....g	0.383		0	A	1		0.433		
Alanine....g	0.899		0	A	1		1.016		
Aspartic acid....g									
Glutamic acid....g	2.527		0	A	1		2.855		
Glycine....g	0.773		0	A	1		0.874		
Proline....g	0.580		0	A	1		0.655		
Serine....g	0.617		0	A	1		0.697		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17403

Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised

Refuse: 34% Bone and connective tissue 34%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	56.87		0	PAK	1		48.34		
Energy....kcal	247		0	NC	4		210		
Energy....kJ	1031		0	NC	4		876		
Protein....g	29.59		0	PAK	1		25.15		
Total lipid (fat)....g	14.22		0	PAK	1		12.09		
Ash....g	1.00		0	PAK	1		0.85		
Carbohydrate, by difference....g	0.04		0	PIK	4		0.04		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		6		
Iron, Fe....mg	1.99		0	PAK	1		1.69		
Magnesium, Mg....mg	21		0	PAK	1		18		
Phosphorus, P....mg	170		0	PAK	1		145		
Potassium, K....mg	249		0	PAK	1		211		
Sodium, Na....mg	69		0	PAK	1		59		
Zinc, Zn....mg	4.95		0	PAK	1		4.21		
Copper, Cu....mg	0.144		0	PAK	1		0.122		
Manganese, Mn....mg	0.010		0	PAK	1		0.009		
Selenium, Se....µg	8.4		0	PAK	1		7.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.039		0	PAK	1		0.033		
Riboflavin....mg	0.223		0	PAK	1		0.189		
Niacin....mg	4.133		0	PAK	1		3.513		
Pantothenic acid....mg	0.198		0	PAK	1		0.168		
Vitamin B-6....mg	0.099		0	PAK	1		0.084		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.50		0	PAK	1		1.27		
Vitamin A, RAE....µg	8		0	PAK	1		7		
Vitamin A, IU....IU	26		0	PAK	1		22		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.57		0	PAK	1		0.49		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.405		0	PIK	4		4.594		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.016		0	PAK	1		0.013		
12:0....g	0.020		0	PAK	1		0.017		

NDB No. 17403

Lamb, New Zealand, imported, hind-shank, 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
13:0....g									
14:0....g	0.295		0	PAK	1		0.251		
15:0....g									
16:0....g	2.154		0	PAK	1		1.831		
17:0....g	0.227		0	PAK	1		0.193		
18:0....g	2.649		0	PAK	1		2.251		
20:0....g	0.009		0	PAK	1		0.008		
22:0....g	0.033		0	PAK	1		0.028		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.055		0	PIK	4		3.447		
14:1....g	0.012		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.150		0	PAK	1		0.127		
16:1 c....g	0.128		0	PAK	1		0.109		
16:1 t....g	0.021		0	PAK	1		0.018		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.890		0	PAK	1		3.306		
18:1 c....g	3.261		0	PAK	1		2.772		
18:1 t....g	0.628		0	PAK	1		0.534		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.693		0	PIK	4		0.589		
18:2 undifferentiated....g	0.417		0	PAK	1		0.355		
18:2 n-6 c,c....g	0.202		0	PAK	1		0.171		
18:2 CLAs....g	0.212		0	PAK	1		0.180		
18:2 t,t....g	0.004		0	PAK	1		0.003		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.166		0	PAK	1		0.141		
18:3 n-3 c,c,c (ALA)....g	0.166		0	PAK	1		0.141		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.040		0	PAK	1		0.034		
20:4 n-6....g	0.040		0	PAK	1		0.034		
20:5 n-3 (EPA)....g	0.027		0	PAK	1		0.023		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.033		0	PAK	1		0.028		
22:6 n-3 (DHA)....g	0.009		0	PAK	1		0.008		
Fatty acids, total trans....g	0.654		0	PIK	4		0.556		
Fatty acids, total trans-monoenoic....g	0.650		0	PIK	4		0.552		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.003		
Cholesterol....mg	111		0	PAK	1		94		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	PAK	1		0.278		
Threonine....g	1.411		0	PAK	1		1.200		
Isoleucine....g	1.324		0	PAK	1		1.126		
Leucine....g	2.285		0	PAK	1		1.942		
Lysine....g	2.584		0	PAK	1		2.196		
Methionine....g	0.965		0	PAK	1		0.820		
Cystine....g	0.387		0	PAK	1		0.329		
Phenylalanine....g	1.165		0	PAK	1		0.991		
Tyrosine....g	1.025		0	PAK	1		0.871		

NDB No. 17403

Lamb, New Zealand, imported, hind-shank, 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
Valine....g	1.507		0	PAK	1		1.281		
Arginine....g	1.992		0	PAK	1		1.693		
Histidine....g	0.627		0	PAK	1		0.533		
Alanine....g	1.471		0	PAK	1		1.250		
Aspartic acid....g									
Glutamic acid....g	4.133		0	PAK	1		3.513		
Glycine....g	1.265		0	PAK	1		1.075		
Proline....g	0.948		0	PAK	1		0.806		
Serine....g	1.009		0	PAK	1		0.857		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17404

Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw

Refuse: 29% Bone and connective tissue 29%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	67.84		0	PAK	1		76.66		
Energy....kcal	186		0	NC	4		210		
Energy....kJ	776		0	NC	4		877		
Protein....g	18.39		0	PAK	1		20.78		
Total lipid (fat)....g	12.12		0	PAK	1		13.70		
Ash....g	0.93		0	PAK	1		1.05		
Carbohydrate, by difference....g	0.73		0	PIK	4		0.82		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		5		
Iron, Fe....mg	1.34		0	PAK	1		1.52		
Magnesium, Mg....mg	20		0	PAK	1		22		
Phosphorus, P....mg	168		0	PAK	1		190		
Potassium, K....mg	299		0	PAK	1		338		
Sodium, Na....mg	76		0	PAK	1		85		
Zinc, Zn....mg	3.09		0	PAK	1		3.50		
Copper, Cu....mg	0.097		0	PAK	1		0.110		
Manganese, Mn....mg	0.009		0	PAK	1		0.011		
Selenium, Se....µg	4.3		0	PAK	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.067		0	PAK	1		0.076		
Riboflavin....mg	0.148		0	PAK	1		0.167		
Niacin....mg	4.388		0	PAK	1		4.958		
Pantothenic acid....mg	0.451		0	PAK	1		0.510		
Vitamin B-6....mg	0.134		0	PAK	1		0.152		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.31		0	PAK	1		1.48		
Vitamin A, RAE....µg	7		0	PAK	1		8		
Vitamin A, IU....IU	25		0	PAK	1		28		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	PAK	1		0.45		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.861		0	PIK	4		5.493		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.014		0	PAK	1		0.016		
12:0....g	0.017		0	PAK	1		0.019		

NDB No. 17404

Lamb, New Zealand, imported, hind-shank, 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
13:0....g									
14:0....g	0.244		0	PAK	1		0.275		
15:0....g									
16:0....g	1.907		0	PAK	1		2.155		
17:0....g	0.217		0	PAK	1		0.246		
18:0....g	2.422		0	PAK	1		2.737		
20:0....g	0.008		0	PAK	1		0.009		
22:0....g	0.030		0	PAK	1		0.034		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.498		0	PIK	4		3.953		
14:1....g	0.008		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.113		0	PAK	1		0.128		
16:1 c....g	0.097		0	PAK	1		0.110		
16:1 t....g	0.016		0	PAK	1		0.018		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.374		0	PAK	1		3.813		
18:1 c....g	2.819		0	PAK	1		3.185		
18:1 t....g	0.555		0	PAK	1		0.627		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.004		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.540		0	PIK	4		0.611		
18:2 undifferentiated....g	0.330		0	PAK	1		0.373		
18:2 n-6 c,c....g	0.145		0	PAK	1		0.164		
18:2 CLAs....g	0.180		0	PAK	1		0.203		
18:2 t,t....g	0.005		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.133		0	PAK	1		0.150		
18:3 n-3 c,c,c (ALA)....g	0.133		0	PAK	1		0.150		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.029		0	PAK	1		0.033		
20:4 n-6....g	0.029		0	PAK	1		0.033		
20:5 n-3 (EPA)....g	0.019		0	PAK	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	PAK	1		0.028		
22:6 n-3 (DHA)....g	0.004		0	PAK	1		0.005		
Fatty acids, total trans....g	0.577		0	PIK	4		0.651		
Fatty acids, total trans-monoenoic....g	0.571		0	PIK	4		0.645		
Fatty acids, total trans-polyenoic....g	0.005		0	PIK	4		0.006		
Cholesterol....mg	64		0	PAK	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	PAK	1		0.230		
Threonine....g	0.877		0	PAK	1		0.991		
Isoleucine....g	0.823		0	PAK	1		0.930		
Leucine....g	1.420		0	PAK	1		1.605		
Lysine....g	1.606		0	PAK	1		1.815		
Methionine....g	0.600		0	PAK	1		0.678		
Cystine....g	0.241		0	PAK	1		0.272		
Phenylalanine....g	0.724		0	PAK	1		0.818		
Tyrosine....g	0.637		0	PAK	1		0.720		

NDB No. 17404

Lamb, New Zealand, imported, hind-shank, 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
Valine....g	0.936		0	PAK	1		1.058		
Arginine....g	1.238		0	PAK	1		1.399		
Histidine....g	0.389		0	PAK	1		0.440		
Alanine....g	0.914		0	PAK	1		1.033		
Aspartic acid....g									
Glutamic acid....g	2.569		0	PAK	1		2.903		
Glycine....g	0.786		0	PAK	1		0.888		
Proline....g	0.589		0	PAK	1		0.666		
Serine....g	0.627		0	PAK	1		0.708		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17390

Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised

Refuse: 41% Bone and connective tissue 34% 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	60.93		1	A	1		51.79		
Energy....kcal	196		0	NC	4		167		
Energy....kJ	821		0	NC	4		698		
Protein (N x 6.25)....g	32.50		1	A	1		27.62		
Total lipid (fat)....g	7.37		1	A	1		6.26		
Ash....g	1.10		1	A	1		0.94		
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	8		1	A	1		7		
Iron, Fe....mg	2.12		1	A	1		1.80		
Magnesium, Mg....mg	23		1	A	1		19		
Phosphorus, P....mg	180		1	A	1		153		
Potassium, K....mg	258		1	A	1		219		
Sodium, Na....mg	72		1	A	1		61		
Zinc, Zn....mg	5.41		1	A	1		4.60		
Copper, Cu....mg	0.158		1	A	1		0.134		
Manganese, Mn....mg	0.011		1	A	1		0.009		
Selenium, Se....µg	9.2		1	A	1		7.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.030		1	A	1		0.026		
Riboflavin....mg	0.241		1	A	1		0.205		
Niacin....mg	4.450		1	A	1		3.783		
Pantothenic acid....mg	0.200		1	A	1		0.170		
Vitamin B-6....mg	0.103		1	A	1		0.088		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.60		1	A	1		1.36		
Vitamin A, RAE....µg	2		0	AS	1		2		
Vitamin A, IU....IU	8		0	AS	1		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.52		1	A	1		0.44		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.361		0	NC	4		2.007		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.010		1	A	1		0.008		
12:0....g	0.015		1	A	1		0.013		

NDB No. 17390

Lamb, New Zealand, imported, hind-shank, 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
13:0....g									
14:0....g	0.167		1	A	1		0.142		
15:0....g									
16:0....g	1.143		1	A	1		0.971		
17:0....g	0.095		1	A	1		0.081		
18:0....g	0.911		1	A	1		0.774		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.019		1	A	1		0.016		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.170		0	NC	4		1.844		
14:1....g	0.010		1	A	1		0.009		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.101		0	AS	1		0.086		
16:1 c....g	0.087		1	A	1		0.074		
16:1 t....g	0.014		1	A	1		0.012		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.059		0	AS	1		1.750		
18:1 c....g	1.856		1	A	1		1.578		
18:1 t....g	0.203		1	A	1		0.172		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.498		0	NC	4		0.423		
18:2 undifferentiated....g	0.275		0	AS	1		0.234		
18:2 n-6 c,c....g	0.158		1	A	1		0.134		
18:2 CLAs....g	0.117		1	A	1		0.099		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.106		0	AS	1		0.090		
18:3 n-3 c,c,c (ALA)....g	0.106		1	A	1		0.090		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.045		0	AS	1		0.038		
20:4 n-6....g	0.045		1	A	1		0.038		
20:5 n-3 (EPA)....g	0.030		1	A	1		0.026		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.031		1	A	1		0.026		
22:6 n-3 (DHA)....g	0.010		1	A	1		0.009		
Fatty acids, total trans....g	0.217		0	NC	4		0.184		
Fatty acids, total trans-monoenoic....g	0.217		0	NC	4		0.184		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	115		1	A	1		98		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.359		0	A	1		0.305		
Threonine....g	1.550		0	A	1		1.318		
Isoleucine....g	1.455		0	A	1		1.237		
Leucine....g	2.510		0	A	1		2.133		
Lysine....g	2.838		0	A	1		2.412		
Methionine....g	1.060		0	A	1		0.901		
Cystine....g	0.425		0	A	1		0.362		
Phenylalanine....g	1.280		0	A	1		1.088		
Tyrosine....g	1.126		0	A	1		0.957		

NDB No. 17390

Lamb, New Zealand, imported, hind-shank, 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
Valine....g	1.655		0	A	1		1.407		
Arginine....g	2.188		0	A	1		1.860		
Histidine....g	0.688		0	A	1		0.585		
Alanine....g	1.616		0	A	1		1.373		
Aspartic acid....g									
Glutamic acid....g	4.540		0	A	1		3.859		
Glycine....g	1.390		0	A	1		1.181		
Proline....g	1.042		0	A	1		0.886		
Serine....g	1.108		0	A	1		0.942		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17391

Lamb, New Zealand, imported, hind-shank, separable lean only, raw

Refuse: 37% Bone and connective tissue 28% 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	74.49		1	A	1		84.17		
Energy....kcal	115		0	NC	4		130		
Energy....kJ	480		0	NC	4		542		
Protein (N x 6.25)....g	20.40		1	A	1		23.05		
Total lipid (fat)....g	3.35		1	A	1		3.79		
Ash....g	1.02		1	A	1		1.15		
Carbohydrate, by difference....g	0.73		0	NC	4		0.83		
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		1	A	1		6		
Iron, Fe....mg	1.46		1	A	1		1.65		
Magnesium, Mg....mg	22		1	A	1		25		
Phosphorus, P....mg	185		1	A	1		209		
Potassium, K....mg	327		1	A	1		369		
Sodium, Na....mg	82		1	A	1		93		
Zinc, Zn....mg	3.45		1	A	1		3.90		
Copper, Cu....mg	0.108		1	A	1		0.122		
Manganese, Mn....mg	0.011		1	A	1		0.012		
Selenium, Se....µg	4.7		1	A	1		5.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.064		1	A	1		0.072		
Riboflavin....mg	0.164		1	A	1		0.185		
Niacin....mg	4.852		1	A	1		5.483		
Pantothenic acid....mg	0.493		1	A	1		0.557		
Vitamin B-6....mg	0.148		1	A	1		0.167		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.43		1	A	1		1.62		
Vitamin A, RAE....µg	2		0	AS	1		2		
Vitamin A, IU....IU	7		0	AS	1		8		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		1	A	1		0.33		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.050		0	NC	4		1.186		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.004		1	A	1		0.005		
12:0....g	0.008		1	A	1		0.009		

NDB No. 17391

Lamb, New Zealand, imported, hind-shank, 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
13:0....g									
14:0....g	0.068		1	A	1		0.076		
15:0....g									
16:0....g	0.519		1	A	1		0.587		
17:0....g	0.045		1	A	1		0.051		
18:0....g	0.397		1	A	1		0.449		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.009		1	A	1		0.011		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.015		0	NC	4		1.146		
14:1....g	0.005		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.045		0	AS	1		0.050		
16:1 c....g	0.038		1	A	1		0.043		
16:1 t....g	0.007		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.965		0	AS	1		1.090		
18:1 c....g	0.882		1	A	1		0.997		
18:1 t....g	0.082		1	A	1		0.093		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.291		0	NC	4		0.329		
18:2 undifferentiated....g	0.149		0	AS	1		0.168		
18:2 n-6 c,c....g	0.093		1	A	1		0.105		
18:2 CLAs....g	0.056		1	A	1		0.063		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.062		0	AS	1		0.069		
18:3 n-3 c,c,c (ALA)....g	0.062		1	A	1		0.069		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.034		0	AS	1		0.038		
20:4 n-6....g	0.034		1	A	1		0.038		
20:5 n-3 (EPA)....g	0.022		1	A	1		0.025		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		1	A	1		0.023		
22:6 n-3 (DHA)....g	0.005		1	A	1		0.006		
Fatty acids, total trans....g	0.089		0	NC	4		0.100		
Fatty acids, total trans-monoenoic....g	0.089		0	NC	4		0.100		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	62		1	A	1		70		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.255		
Threonine....g	0.973		0	A	1		1.100		
Isoleucine....g	0.913		0	A	1		1.032		
Leucine....g	1.575		0	A	1		1.780		
Lysine....g	1.782		0	A	1		2.013		
Methionine....g	0.666		0	A	1		0.752		
Cystine....g	0.267		0	A	1		0.302		
Phenylalanine....g	0.804		0	A	1		0.908		
Tyrosine....g	0.707		0	A	1		0.799		

NDB No. 17391

Lamb, New Zealand, imported, hind-shank, 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
Valine....g	1.039		0	A	1		1.174		
Arginine....g	1.373		0	A	1		1.552		
Histidine....g	0.432		0	A	1		0.488		
Alanine....g	1.014		0	A	1		1.146		
Aspartic acid....g									
Glutamic acid....g	2.850		0	A	1		3.220		
Glycine....g	0.872		0	A	1		0.986		
Proline....g	0.654		0	A	1		0.739		
Serine....g	0.696		0	A	1		0.786		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17364

Lamb, New Zealand, imported, kidney, cooked, soaked and fried

Refuse: 5% Connective tissue 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	75.07		1	A	1		63.81		
Energy....kcal	112		0	NC	4		95		
Energy....kJ	468		0	NC	4		398		
Protein (N x 6.25)....g	19.78		1	A	1		16.81		
Total lipid (fat)....g	3.56		1	A	1		3.03		
Ash....g	1.41		1	A	1		1.20		
Carbohydrate, by difference....g	0.18		0	NC	4		0.15		
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	9		1	A	1		8		
Iron, Fe....mg	14.70		1	A	1		12.49		
Magnesium, Mg....mg	19		1	A	1		16		
Phosphorus, P....mg	312		1	A	1		266		
Potassium, K....mg	271		1	A	1		231		
Sodium, Na....mg	199		1	A	1		169		
Zinc, Zn....mg	2.36		1	A	1		2.01		
Copper, Cu....mg	0.415		1	A	1		0.353		
Manganese, Mn....mg	0.105		1	A	1		0.089		
Selenium, Se....µg	105.0		1	A	1		89.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.462		1	A	1		0.392		
Riboflavin....mg	1.529		1	A	1		1.299		
Niacin....mg	9.064		1	A	1		7.705		
Pantothenic acid....mg	4.558		1	A	1		3.874		
Vitamin B-6....mg	0.230		1	A	1		0.196		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	55.56		1	A	1		47.23		
Vitamin A, RAE....µg	85		0	AS	1		72		
Vitamin A, IU....IU	284		0	AS	1		241		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.57		1	A	1		0.48		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D....IU	8		1	A	1		7		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.920		0	NC	4		0.782		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.002		1	A	1		0.001		
12:0....g	0.002		1	A	1		0.001		

NDB No. 17364
Lamb, New Zealand, imported, kidney, cooked, soaked and 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
13:0....g									
14:0....g	0.009		1	A	1		0.007		
15:0....g									
16:0....g	0.341		1	A	1		0.290		
17:0....g	0.037		1	A	1		0.031		
18:0....g	0.455		1	A	1		0.387		
20:0....g	0.006		1	A	1		0.005		
22:0....g	0.041		1	A	1		0.034		
24:0....g	0.029		1	A	1		0.025		
Fatty acids, total monounsaturated....g	0.453		0	NC	4		0.385		
14:1....g	0.005		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.019		0	AS	1		0.016		
16:1 c....g	0.009		1	A	1		0.008		
16:1 t....g	0.010		1	A	1		0.008		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.415		0	AS	1		0.352		
18:1 c....g	0.380		1	A	1		0.323		
18:1 t....g	0.035		1	A	1		0.029		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.012		1	A	1		0.010		
Fatty acids, total polyunsaturated....g	0.826		0	NC	4		0.702		
18:2 undifferentiated....g	0.265		0	AS	1		0.225		
18:2 n-6 c,c....g	0.245		1	A	1		0.208		
18:2 CLAs....g	0.019		1	A	1		0.016		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.078		0	AS	1		0.066		
18:3 n-3 c,c,c (ALA)....g	0.078		1	A	1		0.066		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.012		0	AS	1		0.010		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.012		1	A	1		0.010		
20:4 undifferentiated....g	0.197		0	AS	1		0.167		
20:4 n-6....g	0.197		1	A	1		0.167		
20:5 n-3 (EPA)....g	0.152		1	A	1		0.129		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.066		1	A	1		0.056		
22:6 n-3 (DHA)....g	0.058		1	A	1		0.049		
Fatty acids, total trans....g	0.044		0	NC	4		0.038		
Fatty acids, total trans-monoenoic....g	0.044		0	NC	4		0.038		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	508		1	A	1		431		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.186		
Threonine....g	0.944		0	A	1		0.802		
Isoleucine....g	0.885		0	A	1		0.753		
Leucine....g	1.527		0	A	1		1.298		
Lysine....g	1.727		0	A	1		1.468		
Methionine....g	0.645		0	A	1		0.548		
Cystine....g	0.259		0	A	1		0.220		
Phenylalanine....g	0.779		0	A	1		0.662		
Tyrosine....g	0.685		0	A	1		0.583		

NDB No. 17364
Lamb, New Zealand, imported, kidney, cooked, soaked and 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
Valine....g	1.007		0	A	1		0.856		
Arginine....g	1.332		0	A	1		1.132		
Histidine....g	0.419		0	A	1		0.356		
Alanine....g	0.983		0	A	1		0.836		
Aspartic acid....g									
Glutamic acid....g	2.763		0	A	1		2.349		
Glycine....g	0.846		0	A	1		0.719		
Proline....g	0.634		0	A	1		0.539		
Serine....g	0.674		0	A	1		0.573		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17367
Lamb, New Zealand, imported, kidney, raw

Refuse: 4% Connectiv tissue 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	81.02		1	A	1		91.56		
Energy	kcal	84		0	NC	4		95		
Energy	kJ	351		0	NC	4		397		
Protein (N x 6.25)	g	15.21		1	A	1		17.19		
Total lipid (fat)	g	2.54		1	A	1		2.87		
Ash	g	1.19		1	A	1		1.34		
Carbohydrate, by difference	g	0.03		0	NC	4		0.04		
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	8		1	A	1		9		
Iron, Fe	mg	6.60		1	A	1		7.46		
Magnesium, Mg	mg	16		1	A	1		18		
Phosphorus, P	mg	245		1	A	1		277		
Potassium, K	mg	231		1	A	1		261		
Sodium, Na	mg	168		1	A	1		189		
Zinc, Zn	mg	1.81		1	A	1		2.04		
Copper, Cu	mg	0.361		1	A	1		0.408		
Manganese, Mn	mg	0.084		1	A	1		0.095		
Selenium, Se	µg	93.6		1	A	1		105.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.413		1	A	1		0.467		
Riboflavin	mg	1.279		1	A	1		1.445		
Niacin	mg	8.426		1	A	1		9.522		
Pantothenic acid	mg	3.207		1	A	1		3.624		
Vitamin B-6	mg	0.173		1	A	1		0.195		
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	50.37		1	A	1		56.92		
Vitamin A, RAE	µg	61		0	AS	1		69		
Vitamin A, IU	IU	204		0	AS	1		231		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.42		1	A	1		0.48		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	AS	1		0.1		
Vitamin D	IU	5		1	A	1		6		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.768		0	NC	4		0.868		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.009		1	A	1		0.010		
12:0	g	0.003		1	A	1		0.003		

NDB No. 17367
Lamb, New Zealand, imported, kidney, 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
13:0....g									
14:0....g	0.022		1	A	1		0.024		
15:0....g									
16:0....g	0.282		1	A	1		0.319		
17:0....g	0.029		1	A	1		0.033		
18:0....g	0.385		1	A	1		0.435		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.021		1	A	1		0.024		
24:0....g	0.019		1	A	1		0.021		
Fatty acids, total monounsaturated....g	0.391		0	NC	4		0.442		
14:1....g	0.005		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.016		0	AS	1		0.018		
16:1 c....g	0.008		1	A	1		0.009		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.362		0	AS	1		0.410		
18:1 c....g	0.325		1	A	1		0.367		
18:1 t....g	0.037		1	A	1		0.042		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.008		1	A	1		0.009		
Fatty acids, total polyunsaturated....g	0.540		0	NC	4		0.611		
18:2 undifferentiated....g	0.166		0	AS	1		0.187		
18:2 n-6 c,c....g	0.151		1	A	1		0.171		
18:2 CLAs....g	0.015		1	A	1		0.017		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.050		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA)....g	0.050		1	A	1		0.056		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.009		0	AS	1		0.010		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.009		1	A	1		0.010		
20:4 undifferentiated....g	0.143		0	AS	1		0.162		
20:4 n-6....g	0.143		1	A	1		0.162		
20:5 n-3 (EPA)....g	0.093		1	A	1		0.105		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.044		1	A	1		0.050		
22:6 n-3 (DHA)....g	0.036		1	A	1		0.041		
Fatty acids, total trans....g	0.046		0	NC	4		0.051		
Fatty acids, total trans-monoenoic....g	0.046		0	NC	4		0.051		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	369		1	A	1		417		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0	A	1		0.190		
Threonine....g	0.726		0	A	1		0.820		
Isoleucine....g	0.681		0	A	1		0.770		
Leucine....g	1.175		0	A	1		1.328		
Lysine....g	1.329		0	A	1		1.501		
Methionine....g	0.496		0	A	1		0.561		
Cystine....g	0.199		0	A	1		0.225		
Phenylalanine....g	0.599		0	A	1		0.677		
Tyrosine....g	0.527		0	A	1		0.596		

NDB No. 17367
Lamb, New Zealand, imported, kidney, 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
Valine....g	0.775		0	A	1		0.875		
Arginine....g	1.024		0	A	1		1.157		
Histidine....g	0.322		0	A	1		0.364		
Alanine....g	0.756		0	A	1		0.855		
Aspartic acid....g									
Glutamic acid....g	2.125		0	A	1		2.402		
Glycine....g	0.651		0	A	1		0.735		
Proline....g	0.488		0	A	1		0.551		
Serine....g	0.519		0	A	1		0.586		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17405

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried

Refuse: 12% Bone and connective tissue 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	63.15		0	PAK	1		53.68		
Energy....kcal	212		0	NC	4		180		
Energy....kJ	887		0	NC	4		754		
Protein....g	24.26		0	PAK	1		20.62		
Total lipid (fat)....g	12.76		0	PAK	1		10.84		
Ash....g	1.15		0	PAK	1		0.98		
Carbohydrate, by difference....g	0.04		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		9		
Iron, Fe....mg	1.93		0	PAK	1		1.64		
Magnesium, Mg....mg	25		0	PAK	1		21		
Phosphorus, P....mg	210		0	PAK	1		179		
Potassium, K....mg	353		0	PAK	1		300		
Sodium, Na....mg	65		0	PAK	1		55		
Zinc, Zn....mg	3.66		0	PAK	1		3.11		
Copper, Cu....mg	0.144		0	PAK	1		0.123		
Manganese, Mn....mg	0.009		0	PAK	1		0.008		
Selenium, Se....µg	3.5		0	PAK	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.135		0	PAK	1		0.114		
Riboflavin....mg	0.142		0	PAK	1		0.121		
Niacin....mg	5.899		0	PAK	1		5.014		
Pantothenic acid....mg	0.675		0	PAK	1		0.574		
Vitamin B-6....mg	0.155		0	PAK	1		0.132		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.09		0	PAK	1		1.78		
Vitamin A, RAE....µg	7		0	PAK	1		6		
Vitamin A, IU....IU	22		0	PAK	1		19		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.28		0	PAK	1		0.24		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.743		0	PIK	4		4.031		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.018		0	PAK	1		0.015		
12:0....g	0.022		0	PAK	1		0.019		

NDB No. 17405

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.287		0	PAK	1		0.244		
15:0....g									
16:0....g	1.887		0	PAK	1		1.604		
17:0....g	0.199		0	PAK	1		0.169		
18:0....g	2.299		0	PAK	1		1.954		
20:0....g	0.008		0	PAK	1		0.007		
22:0....g	0.019		0	PAK	1		0.016		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.433		0	PIK	4		2.918		
14:1....g	0.011		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.124		0	PAK	1		0.106		
16:1 c....g	0.106		0	PAK	1		0.090		
16:1 t....g	0.018		0	PAK	1		0.016		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.295		0	PAK	1		2.801		
18:1 c....g	2.728		0	PAK	1		2.319		
18:1 t....g	0.567		0	PAK	1		0.482		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.002		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.591		0	PIK	4		0.503		
18:2 undifferentiated....g	0.366		0	PAK	1		0.311		
18:2 n-6 c,c....g	0.167		0	PAK	1		0.142		
18:2 CLAs....g	0.195		0	PAK	1		0.166		
18:2 t,t....g	0.004		0	PAK	1		0.003		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.138		0	PAK	1		0.117		
18:3 n-3 c,c,c (ALA)....g	0.138		0	PAK	1		0.117		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.030		0	PAK	1		0.026		
20:4 n-6....g	0.030		0	PAK	1		0.026		
20:5 n-3 (EPA)....g	0.024		0	PAK	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.027		0	PAK	1		0.023		
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.006		
Fatty acids, total trans....g	0.590		0	PIK	4		0.501		
Fatty acids, total trans-monoenoic....g	0.586		0	PIK	4		0.498		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.003		
Cholesterol....mg	78		0	PAK	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAK	1		0.228		
Threonine....g	1.157		0	PAK	1		0.984		
Isoleucine....g	1.086		0	PAK	1		0.923		
Leucine....g	1.874		0	PAK	1		1.593		
Lysine....g	2.119		0	PAK	1		1.801		
Methionine....g	0.792		0	PAK	1		0.673		
Cystine....g	0.318		0	PAK	1		0.270		
Phenylalanine....g	0.956		0	PAK	1		0.812		
Tyrosine....g	0.841		0	PAK	1		0.715		

NDB No. 17405

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast 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
Valine....g	1.236		0	PAK	1		1.050		
Arginine....g	1.633		0	PAK	1		1.388		
Histidine....g	0.514		0	PAK	1		0.437		
Alanine....g	1.206		0	PAK	1		1.025		
Aspartic acid....g									
Glutamic acid....g	3.389		0	PAK	1		2.881		
Glycine....g	1.037		0	PAK	1		0.882		
Proline....g	0.778		0	PAK	1		0.661		
Serine....g	0.827		0	PAK	1		0.703		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17072

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw

Refuse: 15% Bone and connective tissue 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	66.75		0	PAK	1		76.76		
Energy....kcal	206		0	NC	4		237		
Energy....kJ	861		0	NC	4		990		
Protein....g	18.64		0	PAK	1		21.44		
Total lipid (fat)....g	14.52		0	PAK	1		16.70		
Ash....g	0.95		0	PAK	1		1.10		
Carbohydrate, by difference....g	0.13		0	PIK	4		0.15		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		11		
Iron, Fe....mg	1.49		0	PAK	1		1.71		
Magnesium, Mg....mg	21		0	PAK	1		25		
Phosphorus, P....mg	177		0	PAK	1		203		
Potassium, K....mg	315		0	PAK	1		362		
Sodium, Na....mg	59		0	PAK	1		68		
Zinc, Zn....mg	2.80		0	PAK	1		3.22		
Copper, Cu....mg	0.105		0	PAK	1		0.120		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	3.0		0	PAK	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.163		0	PAK	1		0.187		
Riboflavin....mg	0.153		0	PAK	1		0.176		
Niacin....mg	4.635		0	PAK	1		5.330		
Pantothenic acid....mg	0.494		0	PAK	1		0.569		
Vitamin B-6....mg	0.123		0	PAK	1		0.142		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.46		0	PAK	1		1.68		
Vitamin A, RAE....µg	9		0	PAK	1		10		
Retinol....µg	9		0	PAK	1		10		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	29		0	PAK	1		34		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	PAK	1		0.30		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.1		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17072

Lamb, New Zealand, imported, leg chop/steak, bone-in, 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
Fatty acids, total saturated....g	5.902		0	PIK	4		6.787		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.021		0	PAK	1		0.024		
12:0....g	0.023		0	PAK	1		0.027		
13:0....g									
14:0....g	0.324		0	PAK	1		0.373		
15:0....g									
16:0....g	2.325		0	PAK	1		2.674		
17:0....g	0.254		0	PAK	1		0.292		
18:0....g	2.918		0	PAK	1		3.356		
20:0....g	0.010		0	PAK	1		0.012		
22:0....g	0.026		0	PAK	1		0.029		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.152		0	PIK	4		4.774		
14:1....g	0.010		0	PAK	1		0.012		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.139		0	PAK	1		0.160		
16:1 c....g	0.118		0	PAK	1		0.136		
16:1 t....g	0.021		0	PAK	1		0.025		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.998		0	PAK	1		4.598		
18:1 c....g	3.288		0	PAK	1		3.782		
18:1 t....g	0.710		0	PAK	1		0.816		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PAK	1		0.004		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.619		0	PIK	4		0.712		
18:2 undifferentiated....g	0.392		0	PAK	1		0.451		
18:2 n-6 c,c....g	0.161		0	PAK	1		0.185		
18:2 CLAs....g	0.223		0	PAK	1		0.257		
18:2 t,t....g	0.008		0	PAK	1		0.009		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.149		0	PAK	1		0.172		
18:3 n-3 c,c,c (ALA)....g	0.149		0	PAK	1		0.172		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.025		0	PAK	1		0.029		
20:4 n-6....g	0.025		0	PAK	1		0.029		
20:5 n-3 (EPA)....g	0.020		0	PAK	1		0.023		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		0	PAK	1		0.030		
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.007		
Fatty acids, total trans....g	0.739		0	PIK	4		0.850		
Fatty acids, total trans-monoenoic....g	0.731		0	PIK	4		0.841		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.009		
Cholesterol....mg	67		0	PAK	1		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0	PAK	1		0.237		
Threonine....g	0.889		0	PAK	1		1.023		
Isoleucine....g	0.834		0	PAK	1		0.960		

NDB No. 17072

Lamb, New Zealand, imported, leg chop/steak, bone-in, 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
Leucine....g	1.439		0	PAK	1		1.655		
Lysine....g	1.628		0	PAK	1		1.872		
Methionine....g	0.608		0	PAK	1		0.699		
Cystine....g	0.244		0	PAK	1		0.281		
Phenylalanine....g	0.734		0	PAK	1		0.844		
Tyrosine....g	0.646		0	PAK	1		0.743		
Valine....g	0.949		0	PAK	1		1.092		
Arginine....g	1.255		0	PAK	1		1.443		
Histidine....g	0.395		0	PAK	1		0.454		
Alanine....g	0.927		0	PAK	1		1.066		
Aspartic acid....g									
Glutamic acid....g	2.604		0	PAK	1		2.994		
Glycine....g	0.797		0	PAK	1		0.917		
Proline....g	0.598		0	PAK	1		0.687		
Serine....g	0.636		0	PAK	1		0.731		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17400

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried

Refuse: 21% Bone and connective tissue 12% 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	67.56		1	A	1		57.43		
Energy....kcal	162		0	NC	4		138		
Energy....kJ	679		0	NC	4		577		
Protein (N x 6.25)....g	26.31		1	A	1		22.36		
Total lipid (fat)....g	6.35		1	A	1		5.39		
Ash....g	1.26		1	A	1		1.07		
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	10		1	A	1		9		
Iron, Fe....mg	2.03		1	A	1		1.73		
Magnesium, Mg....mg	27		1	A	1		23		
Phosphorus, P....mg	223		1	A	1		190		
Potassium, K....mg	373		1	A	1		317		
Sodium, Na....mg	67		1	A	1		57		
Zinc, Zn....mg	3.93		1	A	1		3.34		
Copper, Cu....mg	0.157		1	A	1		0.133		
Manganese, Mn....mg	0.010		1	A	1		0.008		
Selenium, Se....µg	3.7		1	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.138		1	A	1		0.117		
Riboflavin....mg	0.150		1	A	1		0.128		
Niacin....mg	6.393		1	A	1		5.434		
Pantothenic acid....mg	0.733		1	A	1		0.623		
Vitamin B-6....mg	0.166		1	A	1		0.141		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.25		1	A	1		1.91		
Vitamin A, RAE....µg	2		0	AS	1		1		
Vitamin A, IU....IU	6		0	AS	1		5		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.20		1	A	1		0.17		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.901		0	NC	4		1.615		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.013		1	A	1		0.011		
12:0....g	0.018		1	A	1		0.015		

NDB No. 17400

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.169		1	A	1		0.143		
15:0....g									
16:0....g	0.934		1	A	1		0.794		
17:0....g	0.076		1	A	1		0.065		
18:0....g	0.686		1	A	1		0.583		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.005		1	A	1		0.004		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.640		0	NC	4		1.394		
14:1....g	0.009		1	A	1		0.008		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.076		0	AS	1		0.064		
16:1 c....g	0.065		1	A	1		0.055		
16:1 t....g	0.011		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.556		0	AS	1		1.322		
18:1 c....g	1.381		1	A	1		1.174		
18:1 t....g	0.174		1	A	1		0.148		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.402		0	NC	4		0.341		
18:2 undifferentiated....g	0.230		0	AS	1		0.195		
18:2 n-6 c,c....g	0.123		1	A	1		0.105		
18:2 CLAs....g	0.107		1	A	1		0.091		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.080		0	AS	1		0.068		
18:3 n-3 c,c,c (ALA)....g	0.080		1	A	1		0.068		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.034		0	AS	1		0.028		
20:4 n-6....g	0.034		1	A	1		0.028		
20:5 n-3 (EPA)....g	0.027		1	A	1		0.023		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.024		1	A	1		0.020		
22:6 n-3 (DHA)....g	0.007		1	A	1		0.006		
Fatty acids, total trans....g	0.185		0	NC	4		0.158		
Fatty acids, total trans-monoenoic....g	0.185		0	NC	4		0.158		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	78		1	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0	A	1		0.247		
Threonine....g	1.255		0	A	1		1.067		
Isoleucine....g	1.178		0	A	1		1.001		
Leucine....g	2.031		0	A	1		1.727		
Lysine....g	2.297		0	A	1		1.953		
Methionine....g	0.858		0	A	1		0.729		
Cystine....g	0.344		0	A	1		0.293		
Phenylalanine....g	1.036		0	A	1		0.881		
Tyrosine....g	0.911		0	A	1		0.775		

NDB No. 17400

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast 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
Valine....g	1.340		0	A	1		1.139		
Arginine....g	1.771		0	A	1		1.505		
Histidine....g	0.557		0	A	1		0.473		
Alanine....g	1.308		0	A	1		1.112		
Aspartic acid....g									
Glutamic acid....g	3.675		0	A	1		3.123		
Glycine....g	1.125		0	A	1		0.956		
Proline....g	0.843		0	A	1		0.717		
Serine....g	0.897		0	A	1		0.762		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17074

Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw

Refuse: 27% Bone and connective tissue 15%, 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	74.35		1	A	1		85.50		
Energy....kcal	126		0	NC	4		145		
Energy....kJ	528		0	NC	4		607		
Protein (N x 6.25)....g	21.10		1	A	1		24.27		
Total lipid (fat)....g	4.64		1	A	1		5.34		
Ash....g	1.08		1	A	1		1.24		
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	11		1	A	1		12		
Iron, Fe....mg	1.64		1	A	1		1.89		
Magnesium, Mg....mg	24		1	A	1		28		
Phosphorus, P....mg	198		1	A	1		228		
Potassium, K....mg	350		1	A	1		403		
Sodium, Na....mg	64		1	A	1		74		
Zinc, Zn....mg	3.16		1	A	1		3.63		
Copper, Cu....mg	0.119		1	A	1		0.137		
Manganese, Mn....mg	0.008		1	A	1		0.009		
Selenium, Se....µg	3.2		1	A	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.175		1	A	1		0.201		
Riboflavin....mg	0.173		1	A	1		0.199		
Niacin....mg	5.241		1	A	1		6.027		
Pantothenic acid....mg	0.553		1	A	1		0.636		
Vitamin B-6....mg	0.137		1	A	1		0.157		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.64		1	A	1		1.89		
Vitamin A, RAE....µg	3		0	AS	1		3		
Retinol....µg	3		1	A	1		3		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	9		0	AS	1		10		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.14		1	A	1		0.16		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17074

Lamb, New Zealand, imported, leg chop/steak, bone-in, 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
Fatty acids, total saturated....g	1.512		0	NC	4		1.739		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.010		1	A	1		0.012		
12:0....g	0.014		1	A	1		0.016		
13:0....g									
14:0....g	0.133		1	A	1		0.152		
15:0....g									
16:0....g	0.755		1	A	1		0.868		
17:0....g	0.060		1	A	1		0.068		
18:0....g	0.541		1	A	1		0.622		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.370		0	NC	4		1.576		
14:1....g	0.008		1	A	1		0.009		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.066		0	AS	1		0.076		
16:1 c....g	0.054		1	A	1		0.063		
16:1 t....g	0.011		1	A	1		0.013		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.296		0	AS	1		1.491		
18:1 c....g	1.140		1	A	1		1.311		
18:1 t....g	0.156		1	A	1		0.180		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.325		0	NC	4		0.373		
18:2 undifferentiated....g	0.178		0	AS	1		0.205		
18:2 n-6 c,c....g	0.098		1	A	1		0.113		
18:2 CLAs....g	0.080		1	A	1		0.092		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.065		0	AS	1		0.075		
18:3 n-3 c,c,c (ALA)....g	0.065		1	A	1		0.075		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.029		0	AS	1		0.034		
20:4 n-6....g	0.029		1	A	1		0.034		
20:5 n-3 (EPA)....g	0.024		1	A	1		0.027		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022		1	A	1		0.025		
22:6 n-3 (DHA)....g	0.007		1	A	1		0.008		
Fatty acids, total trans....g	0.168		0	NC	4		0.193		
Fatty acids, total trans-monoenoic....g	0.168		0	NC	4		0.193		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66		1	A	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0	A	1		0.268		
Threonine....g	1.007		0	A	1		1.158		
Isoleucine....g	0.945		0	A	1		1.086		

NDB No. 17074

Lamb, New Zealand, imported, leg chop/steak, bone-in, 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
Leucine....g	1.630		0	A	1		1.874		
Lysine....g	1.843		0	A	1		2.119		
Methionine....g	0.688		0	A	1		0.792		
Cystine....g	0.276		0	A	1		0.318		
Phenylalanine....g	0.831		0	A	1		0.956		
Tyrosine....g	0.731		0	A	1		0.841		
Valine....g	1.075		0	A	1		1.236		
Arginine....g	1.421		0	A	1		1.634		
Histidine....g	0.447		0	A	1		0.514		
Alanine....g	1.049		0	A	1		1.206		
Aspartic acid....g									
Glutamic acid....g	2.948		0	A	1		3.390		
Glycine....g	0.902		0	A	1		1.038		
Proline....g	0.676		0	A	1		0.778		
Serine....g	0.720		0	A	1		0.827		
Hydroxyproline....g									
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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17368

Lamb, New Zealand, imported, liver, cooked, soaked and fried

Refuse: 1% Connective tissue 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	64.60		1	A	1		54.91		
Energy....kcal	168		0	NC	4		143		
Energy....kJ	704		0	NC	4		598		
Protein (N x 6.25)....g	25.80		1	A	1		21.93		
Total lipid (fat)....g	6.56		1	A	1		5.58		
Ash....g	1.56		1	A	1		1.33		
Carbohydrate, by difference....g	1.48		0	NC	4		1.26		
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		1	A	1		4		
Iron, Fe....mg	5.40		1	A	1		4.59		
Magnesium, Mg....mg	21		1	A	1		18		
Phosphorus, P....mg	459		1	A	1		390		
Potassium, K....mg	287		1	A	1		244		
Sodium, Na....mg	59		1	A	1		50		
Zinc, Zn....mg	5.10		1	A	1		4.33		
Copper, Cu....mg	13.400		1	A	1		11.390		
Manganese, Mn....mg	0.370		1	A	1		0.315		
Selenium, Se....µg	19.0		1	A	1		16.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	1.570		1	A	1		1.335		
Riboflavin....mg	5.270		1	A	1		4.479		
Niacin....mg	12.800		1	A	1		10.880		
Pantothenic acid....mg	5.220		1	A	1		4.437		
Vitamin B-6....mg	0.187		1	A	1		0.159		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	57.50		1	A	1		48.88		
Vitamin A, RAE....µg	19872		0	AS	1		16891		
Vitamin A, IU....IU	66240		0	AS	1		56304		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.12		1	A	1		0.95		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.959		0	NC	4		1.665		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		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	0.010		1	A	1		0.008		

NDB No. 17368

Lamb, New Zealand, imported, liver, cooked, soaked and 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
13:0....g									
14:0....g	0.021		1	A	1		0.018		
15:0....g									
16:0....g	0.621		1	A	1		0.528		
17:0....g	0.090		1	A	1		0.077		
18:0....g	1.171		1	A	1		0.995		
20:0....g	0.005		1	A	1		0.004		
22:0....g	0.025		1	A	1		0.021		
24:0....g	0.016		1	A	1		0.014		
Fatty acids, total monounsaturated....g	1.014		0	NC	4		0.862		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.067		0	AS	1		0.057		
16:1 c....g	0.044		1	A	1		0.037		
16:1 t....g	0.023		1	A	1		0.020		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.934		0	AS	1		0.794		
18:1 c....g	0.765		1	A	1		0.650		
18:1 t....g	0.169		1	A	1		0.144		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.002		0	AS	1		0.001		
22:1 c....g	0.002		1	A	1		0.001		
22:1 t....g									
24:1 c....g	0.010		1	A	1		0.008		
Fatty acids, total polyunsaturated....g	1.148		0	NC	4		0.976		
18:2 undifferentiated....g	0.247		0	AS	1		0.210		
18:2 n-6 c,c....g	0.187		1	A	1		0.159		
18:2 CLAs....g	0.060		1	A	1		0.051		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.173		0	AS	1		0.147		
18:3 n-3 c,c,c (ALA)....g	0.171		1	A	1		0.145		
18:3 n-6 c,c,c....g	0.002		1	A	1		0.001		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.001		
20:3 undifferentiated....g	0.019		0	AS	1		0.016		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.017		1	A	1		0.014		
20:4 undifferentiated....g	0.156		0	AS	1		0.133		
20:4 n-6....g	0.156		1	A	1		0.133		
20:5 n-3 (EPA)....g	0.164		1	A	1		0.139		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.179		1	A	1		0.152		
22:6 n-3 (DHA)....g	0.208		1	A	1		0.177		
Fatty acids, total trans....g	0.192		0	NC	4		0.163		
Fatty acids, total trans-monoenoic....g	0.192		0	NC	4		0.163		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	566		1	A	1		481		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0	A	1		0.242		
Threonine....g	1.231		0	A	1		1.046		
Isoleucine....g	1.155		0	A	1		0.982		
Leucine....g	1.992		0	A	1		1.693		
Lysine....g	2.253		0	A	1		1.915		
Methionine....g	0.842		0	A	1		0.715		
Cystine....g	0.338		0	A	1		0.287		
Phenylalanine....g	1.016		0	A	1		0.864		
Tyrosine....g	0.894		0	A	1		0.760		

NDB No. 17368
Lamb, New Zealand, imported, liver, cooked, soaked and 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
Valine....g	1.314		0	A	1		1.117		
Arginine....g	1.737		0	A	1		1.476		
Histidine....g	0.546		0	A	1		0.464		
Alanine....g	1.283		0	A	1		1.090		
Aspartic acid....g									
Glutamic acid....g	3.604		0	A	1		3.063		
Glycine....g	1.103		0	A	1		0.938		
Proline....g	0.827		0	A	1		0.703		
Serine....g	0.880		0	A	1		0.748		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17369
Lamb, New Zealand, imported, 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	70.80		1	A	1		80.00		
Energy....kcal	136		0	NC	4		154		
Energy....kJ	569		0	NC	4		643		
Protein (N x 6.25)....g	20.70		1	A	1		23.39		
Total lipid (fat)....g	4.92		1	A	1		5.56		
Ash....g	1.36		1	A	1		1.54		
Carbohydrate, by difference....g	2.22		0	NC	4		2.51		
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		5		
Iron, Fe....mg	4.60		1	A	1		5.20		
Magnesium, Mg....mg	18		1	A	1		20		
Phosphorus, P....mg	381		1	A	1		430		
Potassium, K....mg	285		1	A	1		322		
Sodium, Na....mg	59		1	A	1		66		
Zinc, Zn....mg	3.40		1	A	1		3.84		
Copper, Cu....mg	11.400		1	A	1		12.882		
Manganese, Mn....mg	0.330		1	A	1		0.373		
Selenium, Se....µg	11.1		1	A	1		12.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	1.210		1	A	1		1.367		
Riboflavin....mg	4.210		1	A	1		4.757		
Niacin....mg	13.700		1	A	1		15.481		
Pantothenic acid....mg	5.570		1	A	1		6.294		
Vitamin B-6....mg	0.218		1	A	1		0.246		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	59.00		1	A	1		66.67		
Vitamin A, RAE....µg	15434		0	AS	1		17440		
Vitamin A, IU....IU	51447		0	AS	1		58135		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.86		1	A	1		0.97		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.514		0	NC	4		1.711		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		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	0.010		1	A	1		0.011		

NDB No. 17369
Lamb, New Zealand, imported, 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
13:0....g									
14:0....g	0.019		1	A	1		0.021		
15:0....g									
16:0....g	0.488		1	A	1		0.551		
17:0....g	0.068		1	A	1		0.077		
18:0....g	0.889		1	A	1		1.004		
20:0....g	0.002		1	A	1		0.002		
22:0....g	0.028		1	A	1		0.032		
24:0....g	0.011		1	A	1		0.012		
Fatty acids, total monounsaturated....g	0.817		0	NC	4		0.923		
14:1....g	0.010		1	A	1		0.011		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.052		0	AS	1		0.059		
16:1 c....g	0.035		1	A	1		0.040		
16:1 t....g	0.017		1	A	1		0.019		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.742		0	AS	1		0.838		
18:1 c....g	0.613		1	A	1		0.693		
18:1 t....g	0.129		1	A	1		0.146		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.002		0	AS	1		0.002		
22:1 c....g	0.002		1	A	1		0.002		
22:1 t....g									
24:1 c....g	0.010		1	A	1		0.011		
Fatty acids, total polyunsaturated....g	0.920		0	NC	4		1.039		
18:2 undifferentiated....g	0.204		0	AS	1		0.230		
18:2 n-6 c,c....g	0.153		1	A	1		0.173		
18:2 CLAs....g	0.051		1	A	1		0.058		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.147		0	AS	1		0.166		
18:3 n-3 c,c,c (ALA)....g	0.137		1	A	1		0.155		
18:3 n-6 c,c,c....g	0.010		1	A	1		0.011		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.002		1	A	1		0.002		
20:3 undifferentiated....g	0.016		0	AS	1		0.018		
20:3 n-3....g	0.002		1	A	1		0.002		
20:3 n-6....g	0.014		1	A	1		0.016		
20:4 undifferentiated....g	0.124		0	AS	1		0.140		
20:4 n-6....g	0.124		1	A	1		0.140		
20:5 n-3 (EPA)....g	0.129		1	A	1		0.146		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.135		1	A	1		0.153		
22:6 n-3 (DHA)....g	0.163		1	A	1		0.184		
Fatty acids, total trans....g	0.146		0	NC	4		0.165		
Fatty acids, total trans-monoenoic....g	0.146		0	NC	4		0.165		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	386		1	A	1		436		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	A	1		0.259		
Threonine....g	0.987		0	A	1		1.116		
Isoleucine....g	0.927		0	A	1		1.047		
Leucine....g	1.598		0	A	1		1.806		
Lysine....g	1.808		0	A	1		2.043		
Methionine....g	0.675		0	A	1		0.763		
Cystine....g	0.271		0	A	1		0.306		
Phenylalanine....g	0.815		0	A	1		0.921		
Tyrosine....g	0.717		0	A	1		0.810		

NDB No. 17369
Lamb, New Zealand, imported, 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
Valine....g	1.054		0	A	1		1.191		
Arginine....g	1.393		0	A	1		1.575		
Histidine....g	0.438		0	A	1		0.495		
Alanine....g	1.029		0	A	1		1.163		
Aspartic acid....g									
Glutamic acid....g	2.892		0	A	1		3.267		
Glycine....g	0.885		0	A	1		1.000		
Proline....g	0.664		0	A	1		0.750		
Serine....g	0.706		0	A	1		0.798		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17406

Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried

Refuse: 22% Bone and connective tissue 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	50.12		0	PAK	1		42.61		
Energy....kcal	332		0	NC	4		282		
Energy....kJ	1387		0	NC	4		1179		
Protein....g	21.50		0	PAK	1		18.27		
Total lipid (fat)....g	27.11		0	PAK	1		23.04		
Ash....g	0.95		0	PAK	1		0.81		
Carbohydrate, by difference....g	0.41		0	PIK	4		0.35		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	PAK	1		27		
Iron, Fe....mg	1.62		0	PAK	1		1.37		
Magnesium, Mg....mg	22		0	PAK	1		19		
Phosphorus, P....mg	194		0	PAK	1		165		
Potassium, K....mg	313		0	PAK	1		266		
Sodium, Na....mg	73		0	PAK	1		62		
Zinc, Zn....mg	2.86		0	PAK	1		2.43		
Copper, Cu....mg	0.118		0	PAK	1		0.101		
Manganese, Mn....mg	0.008		0	PAK	1		0.007		
Selenium, Se....µg	5.8		0	PAK	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.100		0	PAK	1		0.085		
Riboflavin....mg	0.180		0	PAK	1		0.153		
Niacin....mg	5.229		0	PAK	1		4.444		
Pantothenic acid....mg	0.628		0	PAK	1		0.534		
Vitamin B-6....mg	0.153		0	PAK	1		0.130		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.52		0	PAK	1		1.29		
Vitamin A, RAE....µg	19		0	PAK	1		16		
Vitamin A, IU....IU	63		0	PAK	1		53		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.54		0	PAK	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.272		0	PIK	4		9.581		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.005		0	PAK	1		0.005		
10:0....g	0.032		0	PAK	1		0.027		
12:0....g	0.035		0	PAK	1		0.030		

NDB No. 17406

Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.551		0	PAK	1		0.468		
15:0....g									
16:0....g	4.096		0	PAK	1		3.482		
17:0....g	0.482		0	PAK	1		0.410		
18:0....g	5.992		0	PAK	1		5.093		
20:0....g	0.030		0	PAK	1		0.025		
22:0....g	0.048		0	PAK	1		0.041		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	7.350		0	PIK	4		6.248		
14:1....g	0.013		0	PAK	1		0.011		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.220		0	PAK	1		0.187		
16:1 c....g	0.187		0	PAK	1		0.159		
16:1 t....g	0.032		0	PAK	1		0.027		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	7.105		0	PAK	1		6.039		
18:1 c....g	5.710		0	PAK	1		4.854		
18:1 t....g	1.395		0	PAK	1		1.186		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		0	PAK	1		0.011		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.020		0	PIK	4		0.867		
18:2 undifferentiated....g	0.646		0	PAK	1		0.549		
18:2 n-6 c,c....g	0.272		0	PAK	1		0.231		
18:2 CLAs....g	0.363		0	PAK	1		0.309		
18:2 t,t....g	0.010		0	PAK	1		0.009		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.294		0	PAK	1		0.250		
18:3 n-3 c,c,c (ALA)....g	0.294		0	PAK	1		0.250		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.004		0	PAK	1		0.003		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.004		0	PAK	1		0.003		
20:4 undifferentiated....g	0.020		0	PAK	1		0.017		
20:4 n-6....g	0.020		0	PAK	1		0.017		
20:5 n-3 (EPA)....g	0.019		0	PAK	1		0.016		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.031		0	PAK	1		0.026		
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.006		
Fatty acids, total trans....g	1.437		0	PIK	4		1.222		
Fatty acids, total trans-monoenoic....g	1.427		0	PIK	4		1.213		
Fatty acids, total trans-polyenoic....g	0.010		0	PIK	4		0.009		
Cholesterol....mg	81		0	PAK	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0	PAK	1		0.202		
Threonine....g	1.025		0	PAK	1		0.872		
Isoleucine....g	0.962		0	PAK	1		0.818		
Leucine....g	1.660		0	PAK	1		1.411		
Lysine....g	1.877		0	PAK	1		1.596		
Methionine....g	0.701		0	PAK	1		0.596		
Cystine....g	0.281		0	PAK	1		0.239		
Phenylalanine....g	0.847		0	PAK	1		0.720		
Tyrosine....g	0.745		0	PAK	1		0.633		

NDB No. 17406

Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast 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
Valine....g	1.095		0	PAK	1		0.930		
Arginine....g	1.447		0	PAK	1		1.230		
Histidine....g	0.455		0	PAK	1		0.387		
Alanine....g	1.069		0	PAK	1		0.908		
Aspartic acid....g									
Glutamic acid....g	3.003		0	PAK	1		2.552		
Glycine....g	0.919		0	PAK	1		0.781		
Proline....g	0.689		0	PAK	1		0.586		
Serine....g	0.733		0	PAK	1		0.623		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17076

Lamb, New Zealand, imported, loin chop, separable lean and fat, raw

Refuse: 20% Bone and connective tissue 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	56.89		0	PAK	1		65.42		
Energy....kcal	298		0	NC	4		343		
Energy....kJ	1248		0	NC	4		1435		
Protein....g	15.40		0	PAK	1		17.71		
Total lipid (fat)....g	26.19		0	PAK	1		30.11		
Ash....g	0.82		0	PAK	1		0.94		
Carbohydrate, by difference....g	0.22		0	PIK	4		0.26		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	PAK	1		16		
Iron, Fe....mg	1.24		0	PAK	1		1.43		
Magnesium, Mg....mg	18		0	PAK	1		20		
Phosphorus, P....mg	149		0	PAK	1		171		
Potassium, K....mg	262		0	PAK	1		301		
Sodium, Na....mg	63		0	PAK	1		73		
Zinc, Zn....mg	2.08		0	PAK	1		2.40		
Copper, Cu....mg	0.088		0	PAK	1		0.101		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	4.4		0	PAK	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.111		0	PAK	1		0.127		
Riboflavin....mg	0.120		0	PAK	1		0.138		
Niacin....mg	4.152		0	PAK	1		4.774		
Pantothenic acid....mg	0.418		0	PAK	1		0.481		
Vitamin B-6....mg	0.125		0	PAK	1		0.144		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.47		0	PAK	1		1.69		
Vitamin A, RAE....µg	16		0	PAK	1		19		
Retinol....µg	16		0	PAK	1		19		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	54		0	PAK	1		62		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.47		0	PAK	1		0.54		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17076

Lamb, New Zealand, imported, loin chop, 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
Fatty acids, total saturated....g	11.161		0	PIK	4		12.835		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.003		
10:0....g	0.034		0	PAK	1		0.039		
12:0....g	0.035		0	PAK	1		0.040		
13:0....g									
14:0....g	0.562		0	PAK	1		0.646		
15:0....g									
16:0....g	4.208		0	PAK	1		4.840		
17:0....g	0.494		0	PAK	1		0.569		
18:0....g	5.742		0	PAK	1		6.604		
20:0....g	0.025		0	PAK	1		0.029		
22:0....g	0.058		0	PAK	1		0.067		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	7.465		0	PIK	4		8.584		
14:1....g	0.013		0	PAK	1		0.015		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.220		0	PAK	1		0.253		
16:1 c....g	0.190		0	PAK	1		0.218		
16:1 t....g	0.030		0	PAK	1		0.034		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	7.224		0	PAK	1		8.307		
18:1 c....g	5.918		0	PAK	1		6.805		
18:1 t....g	1.306		0	PAK	1		1.502		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		0	PAK	1		0.010		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.967		0	PIK	4		1.112		
18:2 undifferentiated....g	0.625		0	PAK	1		0.718		
18:2 n-6 c,c....g	0.241		0	PAK	1		0.277		
18:2 CLAs....g	0.370		0	PAK	1		0.426		
18:2 t,t....g	0.014		0	PAK	1		0.016		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.266		0	PAK	1		0.306		
18:3 n-3 c,c,c (ALA)....g	0.266		0	PAK	1		0.306		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.005		0	PAK	1		0.006		
20:3 undifferentiated....g	0.005		0	PAK	1		0.005		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.005		0	PAK	1		0.005		
20:4 undifferentiated....g	0.018		0	PAK	1		0.021		
20:4 n-6....g	0.018		0	PAK	1		0.021		
20:5 n-3 (EPA)....g	0.015		0	PAK	1		0.017		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.033		
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.005		
Fatty acids, total trans....g	1.350		0	PIK	4		1.552		
Fatty acids, total trans-monoenoic....g	1.336		0	PIK	4		1.536		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.016		
Cholesterol....mg	69		0	PAK	1		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.170		0	PAK	1		0.196		
Threonine....g	0.735		0	PAK	1		0.845		
Isoleucine....g	0.689		0	PAK	1		0.793		

NDB No. 17076

Lamb, New Zealand, imported, loin chop, 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
Leucine....g	1.189		0	PAK	1		1.368		
Lysine....g	1.345		0	PAK	1		1.547		
Methionine....g	0.502		0	PAK	1		0.578		
Cystine....g	0.202		0	PAK	1		0.232		
Phenylalanine....g	0.607		0	PAK	1		0.698		
Tyrosine....g	0.534		0	PAK	1		0.614		
Valine....g	0.784		0	PAK	1		0.902		
Arginine....g	1.037		0	PAK	1		1.192		
Histidine....g	0.326		0	PAK	1		0.375		
Alanine....g	0.766		0	PAK	1		0.881		
Aspartic acid....g									
Glutamic acid....g	2.152		0	PAK	1		2.474		
Glycine....g	0.659		0	PAK	1		0.757		
Proline....g	0.494		0	PAK	1		0.568		
Serine....g	0.525		0	PAK	1		0.604		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17398

Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried

Refuse: 44% Bone and connective tissue 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	60.21		1	A	1		51.18		
Energy....kcal	208		0	NC	4		176		
Energy....kJ	869		0	NC	4		739		
Protein (N x 6.25)....g	27.43		1	A	1		23.32		
Total lipid (fat)....g	10.70		1	A	1		9.09		
Ash....g	1.25		1	A	1		1.06		
Carbohydrate, by difference....g	0.41		0	NC	4		0.35		
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	42		1	A	1		35		
Iron, Fe....mg	1.88		1	A	1		1.60		
Magnesium, Mg....mg	27		1	A	1		23		
Phosphorus, P....mg	233		1	A	1		198		
Potassium, K....mg	367		1	A	1		312		
Sodium, Na....mg	84		1	A	1		71		
Zinc, Zn....mg	3.48		1	A	1		2.96		
Copper, Cu....mg	0.152		1	A	1		0.129		
Manganese, Mn....mg	0.009		1	A	1		0.008		
Selenium, Se....µg	7.3		1	A	1		6.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.097		1	A	1		0.082		
Riboflavin....mg	0.222		1	A	1		0.189		
Niacin....mg	6.651		1	A	1		5.653		
Pantothenic acid....mg	0.806		1	A	1		0.685		
Vitamin B-6....mg	0.189		1	A	1		0.161		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.84		1	A	1		1.56		
Vitamin A, RAE....µg	6		0	AS	1		5		
Vitamin A, IU....IU	20		0	AS	1		17		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		1	A	1		0.31		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.039		0	NC	4		3.433		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.019		1	A	1		0.016		
12:0....g	0.025		1	A	1		0.021		

NDB No. 17398

Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.252		1	A	1		0.214		
15:0....g									
16:0....g	1.693		1	A	1		1.439		
17:0....g	0.169		1	A	1		0.144		
18:0....g	1.858		1	A	1		1.579		
20:0....g	0.009		1	A	1		0.008		
22:0....g	0.012		1	A	1		0.010		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.745		0	NC	4		2.334		
14:1....g	0.008		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.093		0	AS	1		0.079		
16:1 c....g	0.081		1	A	1		0.069		
16:1 t....g	0.013		1	A	1		0.011		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.637		0	AS	1		2.242		
18:1 c....g	2.275		1	A	1		1.934		
18:1 t....g	0.362		1	A	1		0.308		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		1	A	1		0.006		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.539		0	NC	4		0.458		
18:2 undifferentiated....g	0.290		0	AS	1		0.247		
18:2 n-6 c,c....g	0.164		1	A	1		0.139		
18:2 CLAs....g	0.126		1	A	1		0.107		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.156		0	AS	1		0.133		
18:3 n-3 c,c,c (ALA)....g	0.156		1	A	1		0.133		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.005		0	AS	1		0.005		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.005		1	A	1		0.005		
20:4 undifferentiated....g	0.027		0	AS	1		0.023		
20:4 n-6....g	0.027		1	A	1		0.023		
20:5 n-3 (EPA)....g	0.027		1	A	1		0.023		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		1	A	1		0.020		
22:6 n-3 (DHA)....g	0.009		1	A	1		0.008		
Fatty acids, total trans....g	0.375		0	NC	4		0.319		
Fatty acids, total trans-monoenoic....g	0.375		0	NC	4		0.319		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	85		1	A	1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.303		0	A	1		0.258		
Threonine....g	1.309		0	A	1		1.112		
Isoleucine....g	1.228		0	A	1		1.044		
Leucine....g	2.118		0	A	1		1.801		
Lysine....g	2.396		0	A	1		2.036		
Methionine....g	0.895		0	A	1		0.761		
Cystine....g	0.359		0	A	1		0.305		
Phenylalanine....g	1.081		0	A	1		0.918		
Tyrosine....g	0.951		0	A	1		0.808		

NDB No. 17398

Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast 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
Valine....g	1.397		0	A	1		1.187		
Arginine....g	1.847		0	A	1		1.570		
Histidine....g	0.581		0	A	1		0.494		
Alanine....g	1.364		0	A	1		1.159		
Aspartic acid....g									
Glutamic acid....g	3.832		0	A	1		3.257		
Glycine....g	1.173		0	A	1		0.997		
Proline....g	0.879		0	A	1		0.748		
Serine....g	0.935		0	A	1		0.795		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17078

Lamb, New Zealand, imported, loin chop, separable lean only, raw

Refuse: 43% Bone and connective tissue 20%, separable fat 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	71.40		1	A	1		82.11		
Energy....kcal	142		0	NC	4		163		
Energy....kJ	594		0	NC	4		683		
Protein (N x 6.25)....g	19.98		1	A	1		22.98		
Total lipid (fat)....g	6.88		1	A	1		7.91		
Ash....g	1.05		1	A	1		1.21		
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	18		1	A	1		21		
Iron, Fe....mg	1.52		1	A	1		1.75		
Magnesium, Mg....mg	23		1	A	1		26		
Phosphorus, P....mg	189		1	A	1		217		
Potassium, K....mg	327		1	A	1		376		
Sodium, Na....mg	77		1	A	1		89		
Zinc, Zn....mg	2.69		1	A	1		3.09		
Copper, Cu....mg	0.116		1	A	1		0.133		
Manganese, Mn....mg	0.009		1	A	1		0.010		
Selenium, Se....µg	5.5		1	A	1		6.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.119		1	A	1		0.137		
Riboflavin....mg	0.154		1	A	1		0.177		
Niacin....mg	5.397		1	A	1		6.207		
Pantothenic acid....mg	0.525		1	A	1		0.604		
Vitamin B-6....mg	0.160		1	A	1		0.184		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.90		1	A	1		2.19		
Vitamin A, RAE....µg	5		0	AS	1		6		
Retinol....µg	5		1	A	1		6		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	16		0	AS	1		18		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		1	A	1		0.25		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.1		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17078

Lamb, New Zealand, imported, loin chop, 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
Fatty acids, total saturated....g	2.764		0	NC	4		3.178		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.014		1	A	1		0.016		
12:0....g	0.017		1	A	1		0.019		
13:0....g									
14:0....g	0.190		1	A	1		0.219		
15:0....g									
16:0....g	1.172		1	A	1		1.348		
17:0....g	0.116		1	A	1		0.134		
18:0....g	1.238		1	A	1		1.424		
20:0....g	0.007		1	A	1		0.008		
22:0....g	0.010		1	A	1		0.011		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.009		0	NC	4		2.310		
14:1....g	0.008		1	A	1		0.009		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.070		0	AS	1		0.080		
16:1 c....g	0.061		1	A	1		0.070		
16:1 t....g	0.009		1	A	1		0.010		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.930		0	AS	1		2.219		
18:1 c....g	1.690		1	A	1		1.943		
18:1 t....g	0.240		1	A	1		0.276		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.416		0	NC	4		0.479		
18:2 undifferentiated....g	0.217		0	AS	1		0.250		
18:2 n-6 c,c....g	0.127		1	A	1		0.146		
18:2 CLAs....g	0.090		1	A	1		0.103		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.114		0	AS	1		0.131		
18:3 n-3 c,c,c (ALA)....g	0.114		1	A	1		0.131		
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	0.007		1	A	1		0.008		
20:3 undifferentiated....g	0.007		0	AS	1		0.007		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.007		1	A	1		0.007		
20:4 undifferentiated....g	0.026		0	AS	1		0.030		
20:4 n-6....g	0.026		1	A	1		0.030		
20:5 n-3 (EPA)....g	0.021		1	A	1		0.024		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.021		
22:6 n-3 (DHA)....g	0.007		1	A	1		0.007		
Fatty acids, total trans....g	0.249		0	NC	4		0.286		
Fatty acids, total trans-monoenoic....g	0.249		0	NC	4		0.286		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66		1	A	1		76		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	A	1		0.254		
Threonine....g	0.953		0	A	1		1.096		
Isoleucine....g	0.895		0	A	1		1.029		

NDB No. 17078

Lamb, New Zealand, imported, loin chop, 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
Leucine....g	1.543		0	A	1		1.775		
Lysine....g	1.745		0	A	1		2.007		
Methionine....g	0.652		0	A	1		0.750		
Cystine....g	0.262		0	A	1		0.301		
Phenylalanine....g	0.787		0	A	1		0.905		
Tyrosine....g	0.692		0	A	1		0.796		
Valine....g	1.018		0	A	1		1.170		
Arginine....g	1.345		0	A	1		1.547		
Histidine....g	0.423		0	A	1		0.487		
Alanine....g	0.993		0	A	1		1.142		
Aspartic acid....g									
Glutamic acid....g	2.792		0	A	1		3.210		
Glycine....g	0.854		0	A	1		0.983		
Proline....g	0.641		0	A	1		0.737		
Serine....g	0.681		0	A	1		0.784		
Hydroxyproline....g									
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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17407

Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted

Refuse: 25% Bone and connective tissue 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	58.22		0	PAK	1		49.49		
Energy....kcal	274		0	NC	4		233		
Energy....kJ	1145		0	NC	4		973		
Protein....g	21.13		0	PAK	1		17.96		
Total lipid (fat)....g	20.98		0	PAK	1		17.83		
Ash....g	0.89		0	PAK	1		0.76		
Carbohydrate, by difference....g	0.10		0	PIK	4		0.08		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		6		
Iron, Fe....mg	1.44		0	PAK	1		1.23		
Magnesium, Mg....mg	21		0	PAK	1		18		
Phosphorus, P....mg	179		0	PAK	1		153		
Potassium, K....mg	306		0	PAK	1		260		
Sodium, Na....mg	69		0	PAK	1		58		
Zinc, Zn....mg	2.61		0	PAK	1		2.22		
Copper, Cu....mg	0.113		0	PAK	1		0.096		
Manganese, Mn....mg	0.009		0	PAK	1		0.008		
Selenium, Se....µg	3.6		0	PAK	1		3.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.116		0	PAK	1		0.098		
Riboflavin....mg	0.187		0	PAK	1		0.159		
Niacin....mg	5.334		0	PAK	1		4.534		
Pantothenic acid....mg	0.436		0	PAK	1		0.371		
Vitamin B-6....mg	0.173		0	PAK	1		0.147		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.42		0	PAK	1		1.20		
Vitamin A, RAE....µg	16		0	PAK	1		13		
Vitamin A, IU....IU	52		0	PAK	1		45		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.44		0	PAK	1		0.37		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.762		0	PIK	4		7.447		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.005		0	PAK	1		0.004		
10:0....g	0.022		0	PAK	1		0.019		
12:0....g	0.024		0	PAK	1		0.020		

NDB No. 17407

Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.406		0	PAK	1		0.345		
15:0....g									
16:0....g	3.137		0	PAK	1		2.667		
17:0....g	0.381		0	PAK	1		0.323		
18:0....g	4.724		0	PAK	1		4.015		
20:0....g	0.025		0	PAK	1		0.021		
22:0....g	0.038		0	PAK	1		0.032		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.721		0	PIK	4		4.863		
14:1....g	0.010		0	PAK	1		0.008		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.168		0	PAK	1		0.143		
16:1 c....g	0.142		0	PAK	1		0.121		
16:1 t....g	0.027		0	PAK	1		0.023		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.536		0	PAK	1		4.706		
18:1 c....g	4.425		0	PAK	1		3.761		
18:1 t....g	1.111		0	PAK	1		0.944		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	PAK	1		0.006		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.805		0	PIK	4		0.684		
18:2 undifferentiated....g	0.508		0	PAK	1		0.432		
18:2 n-6 c,c....g	0.222		0	PAK	1		0.189		
18:2 CLAs....g	0.278		0	PAK	1		0.236		
18:2 t,t....g	0.008		0	PAK	1		0.007		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.220		0	PAK	1		0.187		
18:3 n-3 c,c,c (ALA)....g	0.220		0	PAK	1		0.187		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.005		0	PAK	1		0.005		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.005		0	PAK	1		0.005		
20:4 undifferentiated....g	0.021		0	PAK	1		0.018		
20:4 n-6....g	0.021		0	PAK	1		0.018		
20:5 n-3 (EPA)....g	0.018		0	PAK	1		0.015		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.027		0	PAK	1		0.023		
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004		
Fatty acids, total trans....g	1.146		0	PIK	4		0.974		
Fatty acids, total trans-monoenoic....g	1.137		0	PIK	4		0.967		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.007		
Cholesterol....mg	76		0	PAK	1		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	PAK	1		0.199		
Threonine....g	1.008		0	PAK	1		0.857		
Isoleucine....g	0.946		0	PAK	1		0.804		
Leucine....g	1.631		0	PAK	1		1.387		
Lysine....g	1.845		0	PAK	1		1.568		
Methionine....g	0.689		0	PAK	1		0.586		
Cystine....g	0.277		0	PAK	1		0.235		
Phenylalanine....g	0.832		0	PAK	1		0.707		
Tyrosine....g	0.732		0	PAK	1		0.622		

NDB No. 17407

Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast 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
Valine....g	1.076		0	PAK	1		0.914		
Arginine....g	1.422		0	PAK	1		1.209		
Histidine....g	0.447		0	PAK	1		0.380		
Alanine....g	1.050		0	PAK	1		0.893		
Aspartic acid....g									
Glutamic acid....g	2.951		0	PAK	1		2.508		
Glycine....g	0.903		0	PAK	1		0.768		
Proline....g	0.677		0	PAK	1		0.576		
Serine....g	0.720		0	PAK	1		0.612		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17408

Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw

Refuse: 24% Bone and connective tissue 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	60.04		0	PAK	1		67.85		
Energy....kcal	273		0	NC	4		309		
Energy....kJ	1143		0	NC	4		1292		
Protein....g	16.56		0	PAK	1		18.71		
Total lipid (fat)....g	22.90		0	PAK	1		25.88		
Ash....g	0.83		0	PAK	1		0.94		
Carbohydrate, by difference....g	0.20		0	PIK	4		0.22		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		7		
Iron, Fe....mg	1.29		0	PAK	1		1.46		
Magnesium, Mg....mg	19		0	PAK	1		21		
Phosphorus, P....mg	156		0	PAK	1		177		
Potassium, K....mg	290		0	PAK	1		328		
Sodium, Na....mg	63		0	PAK	1		72		
Zinc, Zn....mg	2.04		0	PAK	1		2.30		
Copper, Cu....mg	0.091		0	PAK	1		0.103		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	3.5		0	PAK	1		4.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.111		0	PAK	1		0.125		
Riboflavin....mg	0.110		0	PAK	1		0.125		
Niacin....mg	4.676		0	PAK	1		5.284		
Pantothenic acid....mg	0.370		0	PAK	1		0.418		
Vitamin B-6....mg	0.140		0	PAK	1		0.158		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.95		0	PAK	1		1.07		
Vitamin A, RAE....µg	15		0	PAK	1		17		
Vitamin A, IU....IU	49		0	PAK	1		55		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.44		0	PAK	1		0.49		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.639		0	PIK	4		10.892		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.031		0	PAK	1		0.034		
12:0....g	0.031		0	PAK	1		0.035		

NDB No. 17408

Lamb, New Zealand, imported, loin saddle, 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
13:0....g									
14:0....g	0.483		0	PAK	1		0.546		
15:0....g									
16:0....g	3.666		0	PAK	1		4.142		
17:0....g	0.423		0	PAK	1		0.478		
18:0....g	4.923		0	PAK	1		5.563		
20:0....g	0.025		0	PAK	1		0.029		
22:0....g	0.054		0	PAK	1		0.061		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.522		0	PIK	4		7.370		
14:1....g	0.011		0	PAK	1		0.013		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.194		0	PAK	1		0.219		
16:1 c....g	0.166		0	PAK	1		0.187		
16:1 t....g	0.028		0	PAK	1		0.032		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.310		0	PAK	1		7.131		
18:1 c....g	5.146		0	PAK	1		5.815		
18:1 t....g	1.165		0	PAK	1		1.316		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	PAK	1		0.008		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.858		0	PIK	4		0.969		
18:2 undifferentiated....g	0.559		0	PAK	1		0.631		
18:2 n-6 c,c....g	0.218		0	PAK	1		0.246		
18:2 CLAs....g	0.329		0	PAK	1		0.371		
18:2 t,t....g	0.012		0	PAK	1		0.014		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.225		0	PAK	1		0.255		
18:3 n-3 c,c,c (ALA)....g	0.225		0	PAK	1		0.255		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.004		0	PAK	1		0.005		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.004		0	PAK	1		0.005		
20:4 undifferentiated....g	0.020		0	PAK	1		0.023		
20:4 n-6....g	0.020		0	PAK	1		0.023		
20:5 n-3 (EPA)....g	0.017		0	PAK	1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.031		
22:6 n-3 (DHA)....g	0.004		0	PAK	1		0.005		
Fatty acids, total trans....g	1.205		0	PIK	4		1.362		
Fatty acids, total trans-monoenoic....g	1.193		0	PIK	4		1.348		
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.014		
Cholesterol....mg	69		0	PAK	1		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	PAK	1		0.207		
Threonine....g	0.790		0	PAK	1		0.892		
Isoleucine....g	0.741		0	PAK	1		0.837		
Leucine....g	1.278		0	PAK	1		1.445		
Lysine....g	1.446		0	PAK	1		1.634		
Methionine....g	0.540		0	PAK	1		0.610		
Cystine....g	0.217		0	PAK	1		0.245		
Phenylalanine....g	0.652		0	PAK	1		0.737		
Tyrosine....g	0.574		0	PAK	1		0.648		

NDB No. 17408

Lamb, New Zealand, imported, loin saddle, 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
Valine....g	0.843		0	PAK	1		0.953		
Arginine....g	1.114		0	PAK	1		1.259		
Histidine....g	0.351		0	PAK	1		0.396		
Alanine....g	0.823		0	PAK	1		0.930		
Aspartic acid....g									
Glutamic acid....g	2.313		0	PAK	1		2.613		
Glycine....g	0.708		0	PAK	1		0.800		
Proline....g	0.531		0	PAK	1		0.600		
Serine....g	0.564		0	PAK	1		0.638		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17386

Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted

Refuse: 42% Bone and connective tissue 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	68.30		1	A	1		58.06		
Energy....kcal	162		0	NC	4		138		
Energy....kJ	679		0	NC	4		577		
Protein (N x 6.25)....g	25.53		1	A	1		21.70		
Total lipid (fat)....g	6.70		1	A	1		5.69		
Ash....g	1.10		1	A	1		0.93		
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	8		1	A	1		6		
Iron, Fe....mg	1.60		1	A	1		1.36		
Magnesium, Mg....mg	24		1	A	1		21		
Phosphorus, P....mg	205		1	A	1		174		
Potassium, K....mg	345		1	A	1		293		
Sodium, Na....mg	76		1	A	1		64		
Zinc, Zn....mg	3.01		1	A	1		2.56		
Copper, Cu....mg	0.137		1	A	1		0.116		
Manganese, Mn....mg	0.010		1	A	1		0.008		
Selenium, Se....µg	4.0		1	A	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.119		1	A	1		0.101		
Riboflavin....mg	0.221		1	A	1		0.188		
Niacin....mg	6.436		1	A	1		5.471		
Pantothenic acid....mg	0.514		1	A	1		0.437		
Vitamin B-6....mg	0.206		1	A	1		0.175		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.63		1	A	1		1.38		
Vitamin A, RAE....µg	5		0	AS	1		4		
Vitamin A, IU....IU	16		0	AS	1		14		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		1	A	1		0.23		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.514		0	NC	4		2.137		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.010		1	A	1		0.008		
12:0....g	0.013		1	A	1		0.011		

NDB No. 17386

Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.139		1	A	1		0.118		
15:0....g									
16:0....g	1.034		1	A	1		0.879		
17:0....g	0.112		1	A	1		0.095		
18:0....g	1.190		1	A	1		1.012		
20:0....g	0.008		1	A	1		0.007		
22:0....g	0.008		1	A	1		0.007		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.754		0	NC	4		1.490		
14:1....g	0.006		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.059		0	AS	1		0.050		
16:1 c....g	0.049		1	A	1		0.042		
16:1 t....g	0.010		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.689		0	AS	1		1.436		
18:1 c....g	1.449		1	A	1		1.232		
18:1 t....g	0.240		1	A	1		0.204		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.378		0	NC	4		0.321		
18:2 undifferentiated....g	0.199		0	AS	1		0.169		
18:2 n-6 c,c....g	0.125		1	A	1		0.106		
18:2 CLAs....g	0.073		1	A	1		0.062		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.095		0	AS	1		0.080		
18:3 n-3 c,c,c (ALA)....g	0.095		1	A	1		0.080		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.007		0	AS	1		0.006		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.007		1	A	1		0.006		
20:4 undifferentiated....g	0.028		0	AS	1		0.024		
20:4 n-6....g	0.028		1	A	1		0.024		
20:5 n-3 (EPA)....g	0.024		1	A	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.017		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.005		
Fatty acids, total trans....g	0.250		0	NC	4		0.212		
Fatty acids, total trans-monoenoic....g	0.250		0	NC	4		0.212		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	78		1	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	A	1		0.240		
Threonine....g	1.218		0	A	1		1.035		
Isoleucine....g	1.143		0	A	1		0.971		
Leucine....g	1.971		0	A	1		1.675		
Lysine....g	2.229		0	A	1		1.895		
Methionine....g	0.833		0	A	1		0.708		
Cystine....g	0.334		0	A	1		0.284		
Phenylalanine....g	1.005		0	A	1		0.855		
Tyrosine....g	0.884		0	A	1		0.752		

NDB No. 17386

Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast 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
Valine....g	1.300		0	A	1		1.105		
Arginine....g	1.718		0	A	1		1.460		
Histidine....g	0.541		0	A	1		0.459		
Alanine....g	1.269		0	A	1		1.079		
Aspartic acid....g									
Glutamic acid....g	3.566		0	A	1		3.031		
Glycine....g	1.091		0	A	1		0.928		
Proline....g	0.818		0	A	1		0.696		
Serine....g	0.870		0	A	1		0.740		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17387

Lamb, New Zealand, imported, loin saddle, separable lean only, raw

Refuse: 43% Bone and connective tissue 24% 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	73.50		1	A	1		83.06		
Energy....kcal	131		0	NC	4		148		
Energy....kJ	549		0	NC	4		620		
Protein (N x 6.25)....g	20.86		1	A	1		23.57		
Total lipid (fat)....g	5.32		1	A	1		6.01		
Ash....g	1.04		1	A	1		1.17		
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	7		1	A	1		8		
Iron, Fe....mg	1.54		1	A	1		1.75		
Magnesium, Mg....mg	24		1	A	1		27		
Phosphorus, P....mg	193		1	A	1		218		
Potassium, K....mg	356		1	A	1		402		
Sodium, Na....mg	75		1	A	1		85		
Zinc, Zn....mg	2.54		1	A	1		2.87		
Copper, Cu....mg	0.116		1	A	1		0.131		
Manganese, Mn....mg	0.009		1	A	1		0.011		
Selenium, Se....µg	4.2		1	A	1		4.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.118		1	A	1		0.134		
Riboflavin....mg	0.136		1	A	1		0.154		
Niacin....mg	5.918		1	A	1		6.688		
Pantothenic acid....mg	0.445		1	A	1		0.502		
Vitamin B-6....mg	0.175		1	A	1		0.198		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.13		1	A	1		1.28		
Vitamin A, RAE....µg	4		0	AS	1		5		
Vitamin A, IU....IU	15		0	AS	1		17		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		1	A	1		0.24		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.960		0	NC	4		2.215		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.012		1	A	1		0.013		
12:0....g	0.014		1	A	1		0.016		

NDB No. 17387

Lamb, New Zealand, imported, loin saddle, 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
13:0....g									
14:0....g	0.140		1	A	1		0.158		
15:0....g									
16:0....g	0.892		1	A	1		1.008		
17:0....g	0.076		1	A	1		0.086		
18:0....g	0.804		1	A	1		0.909		
20:0....g	0.010		1	A	1		0.012		
22:0....g	0.012		1	A	1		0.014		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.549		0	NC	4		1.750		
14:1....g	0.007		1	A	1		0.008		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.057		0	AS	1		0.065		
16:1 c....g	0.047		1	A	1		0.054		
16:1 t....g	0.010		1	A	1		0.011		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.485		0	AS	1		1.678		
18:1 c....g	1.277		1	A	1		1.443		
18:1 t....g	0.208		1	A	1		0.235		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.351		0	NC	4		0.396		
18:2 undifferentiated....g	0.189		0	AS	1		0.213		
18:2 n-6 c,c....g	0.113		1	A	1		0.128		
18:2 CLAs....g	0.076		1	A	1		0.085		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.082		0	AS	1		0.092		
18:3 n-3 c,c,c (ALA)....g	0.082		1	A	1		0.092		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.006		0	AS	1		0.006		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.006		1	A	1		0.006		
20:4 undifferentiated....g	0.027		0	AS	1		0.031		
20:4 n-6....g	0.027		1	A	1		0.031		
20:5 n-3 (EPA)....g	0.023		1	A	1		0.026		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		1	A	1		0.021		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.006		
Fatty acids, total trans....g	0.217		0	NC	4		0.246		
Fatty acids, total trans-monoenoic....g	0.217		0	NC	4		0.246		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66		1	A	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	A	1		0.261		
Threonine....g	0.995		0	A	1		1.124		
Isoleucine....g	0.934		0	A	1		1.055		
Leucine....g	1.611		0	A	1		1.820		
Lysine....g	1.821		0	A	1		2.058		
Methionine....g	0.680		0	A	1		0.769		
Cystine....g	0.273		0	A	1		0.308		
Phenylalanine....g	0.822		0	A	1		0.928		
Tyrosine....g	0.723		0	A	1		0.817		

NDB No. 17387

Lamb, New Zealand, imported, loin saddle, 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
Valine....g	1.062		0	A	1		1.200		
Arginine....g	1.404		0	A	1		1.586		
Histidine....g	0.442		0	A	1		0.499		
Alanine....g	1.037		0	A	1		1.172		
Aspartic acid....g									
Glutamic acid....g	2.913		0	A	1		3.292		
Glycine....g	0.892		0	A	1		1.008		
Proline....g	0.669		0	A	1		0.756		
Serine....g	0.711		0	A	1		0.804		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17409

Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast 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	66.64		0	PAK	1		56.64		
Energy....kcal	157		0	NC	4		133		
Energy....kJ	657		0	NC	4		558		
Protein....g	28.96		0	PAK	1		24.62		
Total lipid (fat)....g	4.57		0	PAK	1		3.88		
Ash....g	1.30		0	PAK	1		1.10		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	PAK	1		5		
Iron, Fe....mg	2.05		0	PAK	1		1.74		
Magnesium, Mg....mg	28		0	PAK	1		24		
Phosphorus, P....mg	234		0	PAK	1		199		
Potassium, K....mg	355		0	PAK	1		302		
Sodium, Na....mg	57		0	PAK	1		48		
Zinc, Zn....mg	2.69		0	PAK	1		2.29		
Copper, Cu....mg	0.167		0	PAK	1		0.142		
Manganese, Mn....mg	0.010		0	PAK	1		0.009		
Selenium, Se....µg	5.5		0	PAK	1		4.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.062		0	PAK	1		0.053		
Riboflavin....mg	0.187		0	PAK	1		0.159		
Niacin....mg	7.126		0	PAK	1		6.057		
Pantothenic acid....mg	0.784		0	PAK	1		0.667		
Vitamin B-6....mg	0.205		0	PAK	1		0.174		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.39		0	PAK	1		1.18		
Vitamin A, RAE....µg	1		0	PAK	1		1		
Vitamin A, IU....IU	3		0	PAK	1		3		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.34		0	PAK	1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.614		0	PIK	4		1.372		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.009		0	PAK	1		0.008		
12:0....g	0.009		0	PAK	1		0.007		

NDB No. 17409

Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.097		0	PAK	1		0.083		
15:0....g									
16:0....g	0.794		0	PAK	1		0.675		
17:0....g	0.057		0	PAK	1		0.049		
18:0....g	0.641		0	PAK	1		0.545		
20:0....g	0.000		0	PAK	1		0.000		
22:0....g	0.007		0	PAK	1		0.006		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	1.255		0	PIK	4		1.067		
14:1....g	0.007		0	PAK	1		0.006		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.051		0	PAK	1		0.043		
16:1 c....g	0.044		0	PAK	1		0.038		
16:1 t....g	0.006		0	PAK	1		0.005		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	1.197		0	PAK	1		1.018		
18:1 c....g	1.101		0	PAK	1		0.935		
18:1 t....g	0.097		0	PAK	1		0.082		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		0	PAK	1		0.000		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.352		0	PIK	4		0.299		
18:2 undifferentiated....g	0.163		0	PAK	1		0.139		
18:2 n-6 c,c....g	0.114		0	PAK	1		0.097		
18:2 CLAs....g	0.049		0	PAK	1		0.041		
18:2 t,t....g	0.000		0	PAK	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.075		0	PAK	1		0.064		
18:3 n-3 c,c,c (ALA)....g	0.075		0	PAK	1		0.064		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.006		0	PAK	1		0.005		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.006		0	PAK	1		0.005		
20:4 undifferentiated....g	0.035		0	PAK	1		0.030		
20:4 n-6....g	0.035		0	PAK	1		0.030		
20:5 n-3 (EPA)....g	0.038		0	PAK	1		0.032		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	PAK	1		0.021		
22:6 n-3 (DHA)....g	0.010		0	PAK	1		0.009		
Fatty acids, total trans....g	0.103		0	PIK	4		0.087		
Fatty acids, total trans-monoenoic....g	0.103		0	PIK	4		0.087		
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000		
Cholesterol....mg	86		0	PAK	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	PAK	1		0.272		
Threonine....g	1.382		0	PAK	1		1.174		
Isoleucine....g	1.296		0	PAK	1		1.102		
Leucine....g	2.236		0	PAK	1		1.901		
Lysine....g	2.529		0	PAK	1		2.150		
Methionine....g	0.945		0	PAK	1		0.803		
Cystine....g	0.379		0	PAK	1		0.322		
Phenylalanine....g	1.141		0	PAK	1		0.970		
Tyrosine....g	1.003		0	PAK	1		0.853		

NDB No. 17409

Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast 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
Valine....g	1.475		0	PAK	1		1.254		
Arginine....g	1.950		0	PAK	1		1.657		
Histidine....g	0.613		0	PAK	1		0.521		
Alanine....g	1.440		0	PAK	1		1.224		
Aspartic acid....g									
Glutamic acid....g	4.046		0	PAK	1		3.439		
Glycine....g	1.238		0	PAK	1		1.053		
Proline....g	0.928		0	PAK	1		0.789		
Serine....g	0.987		0	PAK	1		0.839		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17410

Lamb, New Zealand, imported, loin, boneless, separable lean and 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	74.37		0	PAK	1		84.04		
Energy....kcal	122		0	NC	4		138		
Energy....kJ	509		0	NC	4		575		
Protein....g	21.44		0	PAK	1		24.23		
Total lipid (fat)....g	3.99		0	PAK	1		4.51		
Ash....g	1.17		0	PAK	1		1.32		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAK	1		5		
Iron, Fe....mg	1.55		0	PAK	1		1.75		
Magnesium, Mg....mg	26		0	PAK	1		30		
Phosphorus, P....mg	217		0	PAK	1		245		
Potassium, K....mg	368		0	PAK	1		415		
Sodium, Na....mg	60		0	PAK	1		68		
Zinc, Zn....mg	2.09		0	PAK	1		2.36		
Copper, Cu....mg	0.127		0	PAK	1		0.143		
Manganese, Mn....mg	0.010		0	PAK	1		0.011		
Selenium, Se....µg	2.9		0	PAK	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.072		0	PAK	1		0.082		
Riboflavin....mg	0.162		0	PAK	1		0.183		
Niacin....mg	6.338		0	PAK	1		7.161		
Pantothenic acid....mg	0.543		0	PAK	1		0.614		
Vitamin B-6....mg	0.175		0	PAK	1		0.198		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.12		0	PAK	1		1.26		
Vitamin A, RAE....µg	2		0	PAK	1		2		
Vitamin A, IU....IU	6		0	PAK	1		7		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.34		0	PAK	1		0.38		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.289		0	PIK	4		1.457		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.007		0	PAK	1		0.008		
12:0....g	0.007		0	PAK	1		0.007		

NDB No. 17410

Lamb, New Zealand, imported, loin, 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
13:0....g									
14:0....g	0.074		0	PAK	1		0.084		
15:0....g									
16:0....g	0.624		0	PAK	1		0.705		
17:0....g	0.048		0	PAK	1		0.054		
18:0....g	0.524		0	PAK	1		0.592		
20:0....g	0.000		0	PAK	1		0.000		
22:0....g	0.006		0	PAK	1		0.007		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	0.987		0	PIK	4		1.115		
14:1....g	0.005		0	PAK	1		0.006		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.030		0	PAK	1		0.034		
16:1 c....g	0.030		0	PAK	1		0.033		
16:1 t....g	0.000		0	PAK	1		0.000		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	0.952		0	PAK	1		1.075		
18:1 c....g	0.881		0	PAK	1		0.996		
18:1 t....g	0.070		0	PAK	1		0.079		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		0	PAK	1		0.000		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.279		0	PIK	4		0.316		
18:2 undifferentiated....g	0.134		0	PAK	1		0.151		
18:2 n-6 c,c....g	0.093		0	PAK	1		0.105		
18:2 CLAs....g	0.041		0	PAK	1		0.046		
18:2 t,t....g	0.000		0	PAK	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.061		0	PAK	1		0.069		
18:3 n-3 c,c,c (ALA)....g	0.061		0	PAK	1		0.069		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.032		0	PAK	1		0.036		
20:4 n-6....g	0.032		0	PAK	1		0.036		
20:5 n-3 (EPA)....g	0.026		0	PAK	1		0.029		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022		0	PAK	1		0.024		
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.006		
Fatty acids, total trans....g	0.071		0	PIK	4		0.080		
Fatty acids, total trans-monoenoic....g	0.071		0	PIK	4		0.080		
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000		
Cholesterol....mg	66		0	PAK	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		0.268		
Threonine....g	1.023		0	PAK	1		1.156		
Isoleucine....g	0.960		0	PAK	1		1.085		
Leucine....g	1.656		0	PAK	1		1.871		
Lysine....g	1.872		0	PAK	1		2.116		
Methionine....g	0.699		0	PAK	1		0.790		
Cystine....g	0.281		0	PAK	1		0.317		
Phenylalanine....g	0.845		0	PAK	1		0.954		
Tyrosine....g	0.743		0	PAK	1		0.839		

NDB No. 17410

Lamb, New Zealand, imported, loin, 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
Valine....g	1.092		0	PAK	1		1.234		
Arginine....g	1.443		0	PAK	1		1.631		
Histidine....g	0.454		0	PAK	1		0.513		
Alanine....g	1.066		0	PAK	1		1.204		
Aspartic acid....g									
Glutamic acid....g	2.995		0	PAK	1		3.384		
Glycine....g	0.917		0	PAK	1		1.036		
Proline....g	0.687		0	PAK	1		0.777		
Serine....g	0.731		0	PAK	1		0.826		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17388

Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast 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	66.69		1	A	1		56.69		
Energy....kcal	156		0	NC	4		133		
Energy....kJ	654		0	NC	4		556		
Protein (N x 6.25)....g	28.99		1	A	1		24.64		
Total lipid (fat)....g	4.49		1	A	1		3.82		
Ash....g	1.30		1	A	1		1.11		
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	6		1	A	1		5		
Iron, Fe....mg	2.05		1	A	1		1.74		
Magnesium, Mg....mg	28		1	A	1		24		
Phosphorus, P....mg	234		1	A	1		199		
Potassium, K....mg	355		1	A	1		302		
Sodium, Na....mg	57		1	A	1		48		
Zinc, Zn....mg	2.70		1	A	1		2.29		
Copper, Cu....mg	0.167		1	A	1		0.142		
Manganese, Mn....mg	0.010		1	A	1		0.009		
Selenium, Se....µg	5.5		1	A	1		4.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.062		1	A	1		0.052		
Riboflavin....mg	0.187		1	A	1		0.159		
Niacin....mg	7.133		1	A	1		6.063		
Pantothenic acid....mg	0.785		1	A	1		0.667		
Vitamin B-6....mg	0.205		1	A	1		0.174		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.39		1	A	1		1.18		
Vitamin A, RAE....µg	1		0	AS	1		1		
Vitamin A, IU....IU	3		0	AS	1		2		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.34		1	A	1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.581		0	NC	4		1.344		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.009		1	A	1		0.007		
12:0....g	0.009		1	A	1		0.007		

NDB No. 17388

Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.096		1	A	1		0.081		
15:0....g									
16:0....g	0.782		1	A	1		0.665		
17:0....g	0.056		1	A	1		0.048		
18:0....g	0.623		1	A	1		0.529		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.007		1	A	1		0.006		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.233		0	NC	4		1.048		
14:1....g	0.007		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.050		0	AS	1		0.042		
16:1 c....g	0.044		1	A	1		0.037		
16:1 t....g	0.006		1	A	1		0.005		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.176		0	AS	1		0.999		
18:1 c....g	1.084		1	A	1		0.921		
18:1 t....g	0.092		1	A	1		0.078		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.350		0	NC	4		0.297		
18:2 undifferentiated....g	0.161		0	AS	1		0.137		
18:2 n-6 c,c....g	0.114		1	A	1		0.097		
18:2 CLAs....g	0.048		1	A	1		0.040		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.074		0	AS	1		0.063		
18:3 n-3 c,c,c (ALA)....g	0.074		1	A	1		0.063		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.006		0	AS	1		0.005		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.006		1	A	1		0.005		
20:4 undifferentiated....g	0.035		0	AS	1		0.030		
20:4 n-6....g	0.035		1	A	1		0.030		
20:5 n-3 (EPA)....g	0.038		1	A	1		0.032		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		1	A	1		0.021		
22:6 n-3 (DHA)....g	0.010		1	A	1		0.009		
Fatty acids, total trans....g	0.098		0	NC	4		0.083		
Fatty acids, total trans-monoenoic....g	0.098		0	NC	4		0.083		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	86		1	A	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.320		0	A	1		0.272		
Threonine....g	1.383		0	A	1		1.175		
Isoleucine....g	1.298		0	A	1		1.103		
Leucine....g	2.239		0	A	1		1.903		
Lysine....g	2.532		0	A	1		2.152		
Methionine....g	0.946		0	A	1		0.804		
Cystine....g	0.379		0	A	1		0.323		
Phenylalanine....g	1.142		0	A	1		0.971		
Tyrosine....g	1.004		0	A	1		0.854		

NDB No. 17388

Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast 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
Valine....g	1.476		0	A	1		1.255		
Arginine....g	1.951		0	A	1		1.659		
Histidine....g	0.614		0	A	1		0.522		
Alanine....g	1.441		0	A	1		1.225		
Aspartic acid....g									
Glutamic acid....g	4.049		0	A	1		3.442		
Glycine....g	1.240		0	A	1		1.054		
Proline....g	0.929		0	A	1		0.790		
Serine....g	0.988		0	A	1		0.840		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17389

Lamb, New Zealand, imported, loin, boneless, 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	74.54		1	A	1		84.23		
Energy....kcal	120		0	NC	4		135		
Energy....kJ	502		0	NC	4		567		
Protein (N x 6.25)....g	21.50		1	A	1		24.29		
Total lipid (fat)....g	3.77		1	A	1		4.26		
Ash....g	1.17		1	A	1		1.32		
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	4		1	A	1		5		
Iron, Fe....mg	1.55		1	A	1		1.75		
Magnesium, Mg....mg	26		1	A	1		30		
Phosphorus, P....mg	217		1	A	1		245		
Potassium, K....mg	368		1	A	1		416		
Sodium, Na....mg	60		1	A	1		68		
Zinc, Zn....mg	2.10		1	A	1		2.37		
Copper, Cu....mg	0.127		1	A	1		0.144		
Manganese, Mn....mg	0.010		1	A	1		0.011		
Selenium, Se....µg	2.9		1	A	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.072		1	A	1		0.082		
Riboflavin....mg	0.162		1	A	1		0.184		
Niacin....mg	6.356		1	A	1		7.182		
Pantothenic acid....mg	0.545		1	A	1		0.616		
Vitamin B-6....mg	0.176		1	A	1		0.199		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.12		1	A	1		1.27		
Vitamin A, RAE....µg	2		0	AS	1		2		
Vitamin A, IU....IU	6		0	AS	1		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.33		1	A	1		0.38		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.187		0	NC	4		1.341		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.007		1	A	1		0.008		
12:0....g	0.006		1	A	1		0.007		

NDB No. 17389

Lamb, New Zealand, imported, loin, boneless, 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
13:0....g									
14:0....g	0.070		1	A	1		0.079		
15:0....g									
16:0....g	0.588		1	A	1		0.664		
17:0....g	0.043		1	A	1		0.049		
18:0....g	0.468		1	A	1		0.528		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.005		1	A	1		0.006		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.923		0	NC	4		1.043		
14:1....g	0.005		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.028		0	AS	1		0.032		
16:1 c....g	0.028		1	A	1		0.032		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.890		0	AS	1		1.006		
18:1 c....g	0.833		1	A	1		0.942		
18:1 t....g	0.057		1	A	1		0.064		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.272		0	NC	4		0.308		
18:2 undifferentiated....g	0.129		0	AS	1		0.145		
18:2 n-6 c,c....g	0.092		1	A	1		0.104		
18:2 CLAs....g	0.037		1	A	1		0.042		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.059		0	AS	1		0.067		
18:3 n-3 c,c,c (ALA)....g	0.059		1	A	1		0.067		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.032		0	AS	1		0.036		
20:4 n-6....g	0.032		1	A	1		0.036		
20:5 n-3 (EPA)....g	0.026		1	A	1		0.029		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		1	A	1		0.024		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.006		
Fatty acids, total trans....g	0.057		0	NC	4		0.064		
Fatty acids, total trans-monoenoic....g	0.057		0	NC	4		0.064		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	66		1	A	1		74		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0	A	1		0.269		
Threonine....g	1.026		0	A	1		1.159		
Isoleucine....g	0.962		0	A	1		1.088		
Leucine....g	1.660		0	A	1		1.876		
Lysine....g	1.878		0	A	1		2.122		
Methionine....g	0.701		0	A	1		0.793		
Cystine....g	0.281		0	A	1		0.318		
Phenylalanine....g	0.847		0	A	1		0.957		
Tyrosine....g	0.745		0	A	1		0.842		

NDB No. 17389

Lamb, New Zealand, imported, loin, boneless, 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
Valine....g	1.095		0	A	1		1.237		
Arginine....g	1.447		0	A	1		1.635		
Histidine....g	0.455		0	A	1		0.514		
Alanine....g	1.069		0	A	1		1.208		
Aspartic acid....g									
Glutamic acid....g	3.003		0	A	1		3.394		
Glycine....g	0.919		0	A	1		1.039		
Proline....g	0.689		0	A	1		0.779		
Serine....g	0.733		0	A	1		0.828		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17411

Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised

Refuse: 34% Bone and connective tissue 34%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	51.28		0	PAK	1		43.59		
Energy....kcal	307		0	NC	4		261		
Energy....kJ	1285		0	NC	4		1092		
Protein....g	28.53		0	PAK	1		24.25		
Total lipid (fat)....g	21.43		0	PAK	1		18.22		
Ash....g	1.01		0	PAK	1		0.86		
Carbohydrate, by difference....g	0.03		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0	PAK	1		44		
Iron, Fe....mg	2.14		0	PAK	1		1.82		
Magnesium, Mg....mg	21		0	PAK	1		18		
Phosphorus, P....mg	183		0	PAK	1		156		
Potassium, K....mg	276		0	PAK	1		235		
Sodium, Na....mg	91		0	PAK	1		78		
Zinc, Zn....mg	5.21		0	PAK	1		4.43		
Copper, Cu....mg	0.113		0	PAK	1		0.096		
Manganese, Mn....mg	0.009		0	PAK	1		0.008		
Selenium, Se....µg	7.2		0	PAK	1		6.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.036		0	PAK	1		0.031		
Riboflavin....mg	0.134		0	PAK	1		0.114		
Niacin....mg	3.855		0	PAK	1		3.277		
Pantothenic acid....mg	0.388		0	PAK	1		0.330		
Vitamin B-6....mg	0.075		0	PAK	1		0.064		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.85		0	PAK	1		1.57		
Vitamin A, RAE....µg	13		0	PAK	1		11		
Vitamin A, IU....IU	42		0	PAK	1		36		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.62		0	PAK	1		0.53		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.740		0	PIK	4		7.429		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.035		0	PAK	1		0.029		
12:0....g	0.033		0	PAK	1		0.028		

NDB No. 17411

Lamb, New Zealand, imported, neck chops, 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
13:0....g									
14:0....g	0.448		0	PAK	1		0.381		
15:0....g									
16:0....g	3.338		0	PAK	1		2.838		
17:0....g	0.405		0	PAK	1		0.344		
18:0....g	4.430		0	PAK	1		3.766		
20:0....g	0.025		0	PAK	1		0.021		
22:0....g	0.024		0	PAK	1		0.021		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.916		0	PIK	4		5.029		
14:1....g	0.013		0	PAK	1		0.011		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.184		0	PAK	1		0.156		
16:1 c....g	0.166		0	PAK	1		0.141		
16:1 t....g	0.018		0	PAK	1		0.015		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.716		0	PAK	1		4.859		
18:1 c....g	4.790		0	PAK	1		4.072		
18:1 t....g	0.926		0	PAK	1		0.787		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.853		0	PIK	4		0.725		
18:2 undifferentiated....g	0.514		0	PAK	1		0.437		
18:2 n-6 c,c....g	0.254		0	PAK	1		0.216		
18:2 CLAs....g	0.256		0	PAK	1		0.217		
18:2 t,t....g	0.004		0	PAK	1		0.003		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.256		0	PAK	1		0.217		
18:3 n-3 c,c,c (ALA)....g	0.256		0	PAK	1		0.217		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.026		0	PAK	1		0.022		
20:4 n-6....g	0.026		0	PAK	1		0.022		
20:5 n-3 (EPA)....g	0.019		0	PAK	1		0.016		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.029		0	PAK	1		0.025		
22:6 n-3 (DHA)....g	0.008		0	PAK	1		0.007		
Fatty acids, total trans....g	0.948		0	PIK	4		0.806		
Fatty acids, total trans-monoenoic....g	0.944		0	PIK	4		0.802		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.003		
Cholesterol....mg	116		0	PAK	1		98		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.315		0	PAK	1		0.268		
Threonine....g	1.361		0	PAK	1		1.157		
Isoleucine....g	1.277		0	PAK	1		1.085		
Leucine....g	2.203		0	PAK	1		1.872		
Lysine....g	2.491		0	PAK	1		2.117		
Methionine....g	0.931		0	PAK	1		0.791		
Cystine....g	0.373		0	PAK	1		0.317		
Phenylalanine....g	1.124		0	PAK	1		0.955		
Tyrosine....g	0.988		0	PAK	1		0.840		

NDB No. 17411

Lamb, New Zealand, imported, neck chops, 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
Valine....g	1.453		0	PAK	1		1.235		
Arginine....g	1.920		0	PAK	1		1.632		
Histidine....g	0.604		0	PAK	1		0.513		
Alanine....g	1.418		0	PAK	1		1.205		
Aspartic acid....g									
Glutamic acid....g	3.985		0	PAK	1		3.387		
Glycine....g	1.220		0	PAK	1		1.037		
Proline....g	0.914		0	PAK	1		0.777		
Serine....g	0.973		0	PAK	1		0.827		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17412

Lamb, New Zealand, imported, neck chops, separable lean and fat, raw

Refuse: 32% Bone and connective tissue 32%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	64.70		0	PAK	1		73.11		
Energy....kcal	231		0	NC	4		262		
Energy....kJ	968		0	NC	4		1094		
Protein....g	17.43		0	PAK	1		19.70		
Total lipid (fat)....g	17.90		0	PAK	1		20.23		
Ash....g	0.88		0	PAK	1		1.00		
Carbohydrate, by difference....g	0.14		0	PIK	4		0.16		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAK	1		22		
Iron, Fe....mg	1.14		0	PAK	1		1.29		
Magnesium, Mg....mg	18		0	PAK	1		20		
Phosphorus, P....mg	156		0	PAK	1		176		
Potassium, K....mg	290		0	PAK	1		327		
Sodium, Na....mg	73		0	PAK	1		83		
Zinc, Zn....mg	3.05		0	PAK	1		3.45		
Copper, Cu....mg	0.077		0	PAK	1		0.087		
Manganese, Mn....mg	0.006		0	PAK	1		0.007		
Selenium, Se....µg	4.3		0	PAK	1		4.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.082		0	PAK	1		0.092		
Riboflavin....mg	0.128		0	PAK	1		0.144		
Niacin....mg	3.801		0	PAK	1		4.296		
Pantothenic acid....mg	0.308		0	PAK	1		0.349		
Vitamin B-6....mg	0.109		0	PAK	1		0.123		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.51		0	PAK	1		2.84		
Vitamin A, RAE....µg	11		0	PAK	1		13		
Vitamin A, IU....IU	38		0	PAK	1		43		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.36		0	PAK	1		0.41		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.1		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.514		0	PIK	4		8.491		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.024		0	PAK	1		0.027		
12:0....g	0.021		0	PAK	1		0.024		

NDB No. 17412

Lamb, New Zealand, imported, neck chops, 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
13:0....g									
14:0....g	0.356		0	PAK	1		0.402		
15:0....g									
16:0....g	2.859		0	PAK	1		3.231		
17:0....g	0.335		0	PAK	1		0.379		
18:0....g	3.863		0	PAK	1		4.366		
20:0....g	0.019		0	PAK	1		0.021		
22:0....g	0.036		0	PAK	1		0.041		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.988		0	PIK	4		5.637		
14:1....g	0.009		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.163		0	PAK	1		0.184		
16:1 c....g	0.127		0	PAK	1		0.143		
16:1 t....g	0.036		0	PAK	1		0.041		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.813		0	PAK	1		5.439		
18:1 c....g	4.008		0	PAK	1		4.529		
18:1 t....g	0.805		0	PAK	1		0.910		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PAK	1		0.004		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.683		0	PIK	4		0.772		
18:2 undifferentiated....g	0.427		0	PAK	1		0.483		
18:2 n-6 c,c....g	0.193		0	PAK	1		0.219		
18:2 CLAs....g	0.226		0	PAK	1		0.255		
18:2 t,t....g	0.008		0	PAK	1		0.010		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.196		0	PAK	1		0.222		
18:3 n-3 c,c,c (ALA)....g	0.196		0	PAK	1		0.222		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.019		0	PAK	1		0.022		
20:4 n-6....g	0.019		0	PAK	1		0.022		
20:5 n-3 (EPA)....g	0.016		0	PAK	1		0.018		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		0	PAK	1		0.026		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	0.849		0	PIK	4		0.960		
Fatty acids, total trans-monoenoic....g	0.841		0	PIK	4		0.950		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.010		
Cholesterol....mg	72		0	PAK	1		81		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0	PAK	1		0.225		
Threonine....g	0.859		0	PAK	1		0.971		
Isoleucine....g	0.807		0	PAK	1		0.911		
Leucine....g	1.391		0	PAK	1		1.572		
Lysine....g	1.573		0	PAK	1		1.778		
Methionine....g	0.588		0	PAK	1		0.664		
Cystine....g	0.236		0	PAK	1		0.266		
Phenylalanine....g	0.710		0	PAK	1		0.802		
Tyrosine....g	0.624		0	PAK	1		0.705		

NDB No. 17412

Lamb, New Zealand, imported, neck chops, 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
Valine....g	0.917		0	PAK	1		1.037		
Arginine....g	1.213		0	PAK	1		1.370		
Histidine....g	0.382		0	PAK	1		0.431		
Alanine....g	0.896		0	PAK	1		1.012		
Aspartic acid....g									
Glutamic acid....g	2.517		0	PAK	1		2.844		
Glycine....g	0.770		0	PAK	1		0.870		
Proline....g	0.578		0	PAK	1		0.653		
Serine....g	0.614		0	PAK	1		0.694		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17393

Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised

Refuse: 42% Bone and connective tissue 34% 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	54.64		1	A	1		46.44		
Energy....kcal	264		0	NC	4		224		
Energy....kJ	1104		0	NC	4		938		
Protein (N x 6.25)....g	31.40		1	A	1		26.69		
Total lipid (fat)....g	15.36		1	A	1		13.06		
Ash....g	1.11		1	A	1		0.95		
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	58		1	A	1		49		
Iron, Fe....mg	2.28		1	A	1		1.94		
Magnesium, Mg....mg	22		1	A	1		19		
Phosphorus, P....mg	194		1	A	1		165		
Potassium, K....mg	289		1	A	1		245		
Sodium, Na....mg	97		1	A	1		83		
Zinc, Zn....mg	5.72		1	A	1		4.86		
Copper, Cu....mg	0.123		1	A	1		0.105		
Manganese, Mn....mg	0.010		1	A	1		0.009		
Selenium, Se....µg	7.8		1	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.026		1	A	1		0.022		
Riboflavin....mg	0.140		1	A	1		0.119		
Niacin....mg	4.151		1	A	1		3.528		
Pantothenic acid....mg	0.415		1	A	1		0.353		
Vitamin B-6....mg	0.077		1	A	1		0.065		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		1	A	1		1.70		
Vitamin A, RAE....µg	8		0	AS	1		7		
Vitamin A, IU....IU	28		0	AS	1		23		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.57		1	A	1		0.49		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.085		0	NC	4		5.173		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.031		1	A	1		0.026		
12:0....g	0.030		1	A	1		0.025		

NDB No. 17393

Lamb, New Zealand, imported, neck chops, 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
13:0....g									
14:0....g	0.331		1	A	1		0.281		
15:0....g									
16:0....g	2.449		1	A	1		2.081		
17:0....g	0.295		1	A	1		0.251		
18:0....g	2.925		1	A	1		2.486		
20:0....g	0.018		1	A	1		0.015		
22:0....g	0.008		1	A	1		0.007		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.206		0	NC	4		3.575		
14:1....g	0.011		1	A	1		0.010		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.134		0	AS	1		0.114		
16:1 c....g	0.125		1	A	1		0.106		
16:1 t....g	0.009		1	A	1		0.008		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.061		0	AS	1		3.452		
18:1 c....g	3.526		1	A	1		2.997		
18:1 t....g	0.535		1	A	1		0.454		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.672		0	NC	4		0.571		
18:2 undifferentiated....g	0.379		0	AS	1		0.322		
18:2 n-6 c,c....g	0.216		1	A	1		0.184		
18:2 CLAs....g	0.162		1	A	1		0.138		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.205		0	AS	1		0.175		
18:3 n-3 c,c,c (ALA)....g	0.205		1	A	1		0.175		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.030		0	AS	1		0.026		
20:4 n-6....g	0.030		1	A	1		0.026		
20:5 n-3 (EPA)....g	0.022		1	A	1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		1	A	1		0.022		
22:6 n-3 (DHA)....g	0.009		1	A	1		0.008		
Fatty acids, total trans....g	0.544		0	NC	4		0.462		
Fatty acids, total trans-monoenoic....g	0.544		0	NC	4		0.462		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	121		1	A	1		103		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.347		0	A	1		0.295		
Threonine....g	1.498		0	A	1		1.273		
Isoleucine....g	1.406		0	A	1		1.195		
Leucine....g	2.425		0	A	1		2.061		
Lysine....g	2.742		0	A	1		2.331		
Methionine....g	1.024		0	A	1		0.871		
Cystine....g	0.411		0	A	1		0.349		
Phenylalanine....g	1.237		0	A	1		1.051		
Tyrosine....g	1.088		0	A	1		0.925		

NDB No. 17393

Lamb, New Zealand, imported, neck chops, 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
Valine....g	1.599		0	A	1		1.359		
Arginine....g	2.114		0	A	1		1.797		
Histidine....g	0.665		0	A	1		0.565		
Alanine....g	1.561		0	A	1		1.327		
Aspartic acid....g									
Glutamic acid....g	4.386		0	A	1		3.728		
Glycine....g	1.343		0	A	1		1.141		
Proline....g	1.007		0	A	1		0.856		
Serine....g	1.071		0	A	1		0.910		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17392

Lamb, New Zealand, imported, neck chops, separable lean only, raw

Refuse: 42% Bone and connective tissue 32% 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	72.43		1	A	1		81.85		
Energy....kcal	151		0	NC	4		171		
Energy....kJ	632		0	NC	4		714		
Protein (N x 6.25)....g	19.84		1	A	1		22.42		
Total lipid (fat)....g	7.97		1	A	1		9.01		
Ash....g	1.00		1	A	1		1.13		
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	23		1	A	1		25		
Iron, Fe....mg	1.24		1	A	1		1.40		
Magnesium, Mg....mg	20		1	A	1		23		
Phosphorus, P....mg	175		1	A	1		198		
Potassium, K....mg	323		1	A	1		365		
Sodium, Na....mg	81		1	A	1		92		
Zinc, Zn....mg	3.48		1	A	1		3.94		
Copper, Cu....mg	0.087		1	A	1		0.098		
Manganese, Mn....mg	0.007		1	A	1		0.008		
Selenium, Se....µg	4.8		1	A	1		5.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.080		1	A	1		0.090		
Riboflavin....mg	0.145		1	A	1		0.163		
Niacin....mg	4.297		1	A	1		4.855		
Pantothenic acid....mg	0.337		1	A	1		0.381		
Vitamin B-6....mg	0.121		1	A	1		0.137		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.89		1	A	1		3.27		
Vitamin A, RAE....µg	5		0	AS	1		6		
Vitamin A, IU....IU	17		0	AS	1		20		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		1	A	1		0.28		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.120		0	NC	4		3.526		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.013		1	A	1		0.014		
12:0....g	0.011		1	A	1		0.013		

NDB No. 17392

Lamb, New Zealand, imported, neck chops, 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
13:0....g									
14:0....g	0.158		1	A	1		0.178		
15:0....g									
16:0....g	1.280		1	A	1		1.447		
17:0....g	0.143		1	A	1		0.162		
18:0....g	1.496		1	A	1		1.690		
20:0....g	0.009		1	A	1		0.010		
22:0....g	0.011		1	A	1		0.012		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.172		0	NC	4		2.454		
14:1....g	0.006		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.088		0	AS	1		0.100		
16:1 c....g	0.061		1	A	1		0.068		
16:1 t....g	0.028		1	A	1		0.031		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.077		0	AS	1		2.347		
18:1 c....g	1.846		1	A	1		2.086		
18:1 t....g	0.231		1	A	1		0.261		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.380		0	NC	4		0.429		
18:2 undifferentiated....g	0.205		0	AS	1		0.232		
18:2 n-6 c,c....g	0.132		1	A	1		0.150		
18:2 CLAs....g	0.073		1	A	1		0.082		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.114		0	AS	1		0.129		
18:3 n-3 c,c,c (ALA)....g	0.114		1	A	1		0.129		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.023		0	AS	1		0.026		
20:4 n-6....g	0.023		1	A	1		0.026		
20:5 n-3 (EPA)....g	0.019		1	A	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		1	A	1		0.019		
22:6 n-3 (DHA)....g	0.002		1	A	1		0.002		
Fatty acids, total trans....g	0.259		0	NC	4		0.292		
Fatty acids, total trans-monoenoic....g	0.259		0	NC	4		0.292		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	71		1	A	1		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.257		
Threonine....g	0.979		0	A	1		1.107		
Isoleucine....g	0.919		0	A	1		1.039		
Leucine....g	1.586		0	A	1		1.792		
Lysine....g	1.793		0	A	1		2.026		
Methionine....g	0.670		0	A	1		0.757		
Cystine....g	0.269		0	A	1		0.304		
Phenylalanine....g	0.809		0	A	1		0.914		
Tyrosine....g	0.711		0	A	1		0.804		

NDB No. 17392

Lamb, New Zealand, imported, neck chops, 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
Valine....g	1.046		0	A	1		1.182		
Arginine....g	1.382		0	A	1		1.562		
Histidine....g	0.435		0	A	1		0.491		
Alanine....g	1.021		0	A	1		1.153		
Aspartic acid....g									
Glutamic acid....g	2.868		0	A	1		3.241		
Glycine....g	0.878		0	A	1		0.992		
Proline....g	0.658		0	A	1		0.744		
Serine....g	0.700		0	A	1		0.791		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17413

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted

Refuse: 2% Connective tissue 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	56.45		0	PAK	1		47.98		
Energy....kcal	287		0	NC	4		244		
Energy....kJ	1201		0	NC	4		1021		
Protein....g	21.45		0	PAK	1		18.23		
Total lipid (fat)....g	22.33		0	PAK	1		18.98		
Ash....g	0.96		0	PAK	1		0.82		
Carbohydrate, by difference....g	0.05		0	PIK	4		0.04		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	PAK	1		6		
Iron, Fe....mg	1.33		0	PAK	1		1.13		
Magnesium, Mg....mg	21		0	PAK	1		18		
Phosphorus, P....mg	178		0	PAK	1		151		
Potassium, K....mg	305		0	PAK	1		260		
Sodium, Na....mg	61		0	PAK	1		52		
Zinc, Zn....mg	4.28		0	PAK	1		3.64		
Copper, Cu....mg	0.101		0	PAK	1		0.086		
Manganese, Mn....mg	0.009		0	PAK	1		0.008		
Selenium, Se....µg	4.2		0	PAK	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.116		0	PAK	1		0.099		
Riboflavin....mg	0.167		0	PAK	1		0.142		
Niacin....mg	3.739		0	PAK	1		3.178		
Pantothenic acid....mg	0.673		0	PAK	1		0.572		
Vitamin B-6....mg	0.107		0	PAK	1		0.091		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.94		0	PAK	1		1.65		
Vitamin A, RAE....µg	14		0	PAK	1		12		
Vitamin A, IU....IU	46		0	PAK	1		39		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.47		0	PAK	1		0.40		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.431		0	PIK	4		7.167		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.027		0	PAK	1		0.023		
12:0....g	0.031		0	PAK	1		0.026		

NDB No. 17413

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow 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
13:0....g									
14:0....g	0.464		0	PAK	1		0.394		
15:0....g									
16:0....g	3.209		0	PAK	1		2.727		
17:0....g	0.362		0	PAK	1		0.308		
18:0....g	4.279		0	PAK	1		3.637		
20:0....g	0.021		0	PAK	1		0.018		
22:0....g	0.037		0	PAK	1		0.031		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.677		0	PIK	4		4.825		
14:1....g	0.012		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.184		0	PAK	1		0.156		
16:1 c....g	0.160		0	PAK	1		0.136		
16:1 t....g	0.024		0	PAK	1		0.020		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.476		0	PAK	1		4.654		
18:1 c....g	4.496		0	PAK	1		3.822		
18:1 t....g	0.979		0	PAK	1		0.832		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	PAK	1		0.004		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.851		0	PIK	4		0.724		
18:2 undifferentiated....g	0.545		0	PAK	1		0.463		
18:2 n-6 c,c....g	0.235		0	PAK	1		0.199		
18:2 CLAs....g	0.300		0	PAK	1		0.255		
18:2 t,t....g	0.011		0	PAK	1		0.009		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.235		0	PAK	1		0.200		
18:3 n-3 c,c,c (ALA)....g	0.235		0	PAK	1		0.200		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.025		0	PAK	1		0.021		
20:4 n-6....g	0.025		0	PAK	1		0.021		
20:5 n-3 (EPA)....g	0.017		0	PAK	1		0.014		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0	PAK	1		0.025		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	1.014		0	PIK	4		0.862		
Fatty acids, total trans-monoenoic....g	1.003		0	PIK	4		0.853		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.009		
Cholesterol....mg	78		0	PAK	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0	PAK	1		0.202		
Threonine....g	1.023		0	PAK	1		0.870		
Isoleucine....g	0.960		0	PAK	1		0.816		
Leucine....g	1.656		0	PAK	1		1.408		
Lysine....g	1.873		0	PAK	1		1.592		
Methionine....g	0.700		0	PAK	1		0.595		
Cystine....g	0.281		0	PAK	1		0.239		
Phenylalanine....g	0.845		0	PAK	1		0.718		
Tyrosine....g	0.743		0	PAK	1		0.632		

NDB No. 17413

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow 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
Valine....g	1.092		0	PAK	1		0.928		
Arginine....g	1.444		0	PAK	1		1.227		
Histidine....g	0.454		0	PAK	1		0.386		
Alanine....g	1.066		0	PAK	1		0.906		
Aspartic acid....g									
Glutamic acid....g	2.996		0	PAK	1		2.546		
Glycine....g	0.917		0	PAK	1		0.779		
Proline....g	0.688		0	PAK	1		0.584		
Serine....g	0.731		0	PAK	1		0.622		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17414

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw

Refuse: 2% Connective tissue 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	62.47		0	PAK	1		70.60		
Energy....kcal	252		0	NC	4		284		
Energy....kJ	1053		0	NC	4		1190		
Protein....g	16.90		0	PAK	1		19.10		
Total lipid (fat)....g	20.36		0	PAK	1		23.01		
Ash....g	0.82		0	PAK	1		0.93		
Carbohydrate, by difference....g	0.20		0	PIK	4		0.22		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		5		
Iron, Fe....mg	1.05		0	PAK	1		1.18		
Magnesium, Mg....mg	18		0	PAK	1		20		
Phosphorus, P....mg	150		0	PAK	1		169		
Potassium, K....mg	280		0	PAK	1		316		
Sodium, Na....mg	58		0	PAK	1		65		
Zinc, Zn....mg	3.16		0	PAK	1		3.57		
Copper, Cu....mg	0.077		0	PAK	1		0.087		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	3.0		0	PAK	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.128		0	PAK	1		0.145		
Riboflavin....mg	0.120		0	PAK	1		0.135		
Niacin....mg	4.352		0	PAK	1		4.918		
Pantothenic acid....mg	0.490		0	PAK	1		0.553		
Vitamin B-6....mg	0.098		0	PAK	1		0.111		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.98		0	PAK	1		2.24		
Vitamin A, RAE....µg	13		0	PAK	1		15		
Vitamin A, IU....IU	44		0	PAK	1		50		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.37		0	PAK	1		0.42		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	3		0	PAK	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.211		0	PIK	4		9.279		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.026		0	PAK	1		0.030		
12:0....g	0.028		0	PAK	1		0.031		

NDB No. 17414

Lamb, New Zealand, imported, netted shoulder, rolled, 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
13:0....g									
14:0....g	0.416		0	PAK	1		0.471		
15:0....g									
16:0....g	3.158		0	PAK	1		3.569		
17:0....g	0.361		0	PAK	1		0.408		
18:0....g	4.165		0	PAK	1		4.706		
20:0....g	0.015		0	PAK	1		0.017		
22:0....g	0.041		0	PAK	1		0.047		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	5.480		0	PIK	4		6.192		
14:1....g	0.010		0	PAK	1		0.011		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.169		0	PAK	1		0.191		
16:1 c....g	0.147		0	PAK	1		0.166		
16:1 t....g	0.022		0	PAK	1		0.025		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.295		0	PAK	1		5.984		
18:1 c....g	4.378		0	PAK	1		4.947		
18:1 t....g	0.918		0	PAK	1		1.037		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	PAK	1		0.006		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.764		0	PIK	4		0.863		
18:2 undifferentiated....g	0.493		0	PAK	1		0.557		
18:2 n-6 c,c....g	0.198		0	PAK	1		0.224		
18:2 CLAs....g	0.283		0	PAK	1		0.319		
18:2 t,t....g	0.012		0	PAK	1		0.013		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.207		0	PAK	1		0.234		
18:3 n-3 c,c,c (ALA)....g	0.207		0	PAK	1		0.234		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.020		0	PAK	1		0.022		
20:4 n-6....g	0.020		0	PAK	1		0.022		
20:5 n-3 (EPA)....g	0.015		0	PAK	1		0.017		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	PAK	1		0.028		
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.005		
Fatty acids, total trans....g	0.951		0	PIK	4		1.075		
Fatty acids, total trans-monoenoic....g	0.939		0	PIK	4		1.062		
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.013		
Cholesterol....mg	61		0	PAK	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.187		0	PAK	1		0.211		
Threonine....g	0.806		0	PAK	1		0.911		
Isoleucine....g	0.757		0	PAK	1		0.855		
Leucine....g	1.305		0	PAK	1		1.475		
Lysine....g	1.476		0	PAK	1		1.668		
Methionine....g	0.551		0	PAK	1		0.623		
Cystine....g	0.221		0	PAK	1		0.250		
Phenylalanine....g	0.666		0	PAK	1		0.752		
Tyrosine....g	0.586		0	PAK	1		0.662		

NDB No. 17414

Lamb, New Zealand, imported, netted shoulder, rolled, 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
Valine.....g	0.861		0	PAK	1		0.973		
Arginine.....g	1.138		0	PAK	1		1.286		
Histidine.....g	0.358		0	PAK	1		0.404		
Alanine.....g	0.840		0	PAK	1		0.950		
Aspartic acid.....g									
Glutamic acid.....g	2.361		0	PAK	1		2.668		
Glycine.....g	0.723		0	PAK	1		0.817		
Proline.....g	0.542		0	PAK	1		0.612		
Serine.....g	0.576		0	PAK	1		0.651		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17394

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted

Refuse: 23% Connective tissue 3% 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	64.22		1	A	1		54.59		
Energy....kcal	199		0	NC	4		169		
Energy....kJ	831		0	NC	4		706		
Protein (N x 6.25)....g	25.14		1	A	1		21.37		
Total lipid (fat)....g	10.91		1	A	1		9.27		
Ash....g	1.14		1	A	1		0.97		
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	7		1	A	1		6		
Iron, Fe....mg	1.38		1	A	1		1.17		
Magnesium, Mg....mg	23		1	A	1		20		
Phosphorus, P....mg	197		1	A	1		167		
Potassium, K....mg	337		1	A	1		286		
Sodium, Na....mg	65		1	A	1		55		
Zinc, Zn....mg	5.00		1	A	1		4.25		
Copper, Cu....mg	0.118		1	A	1		0.100		
Manganese, Mn....mg	0.010		1	A	1		0.009		
Selenium, Se....µg	4.7		1	A	1		4.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.116		1	A	1		0.099		
Riboflavin....mg	0.188		1	A	1		0.160		
Niacin....mg	4.279		1	A	1		3.637		
Pantothenic acid....mg	0.798		1	A	1		0.678		
Vitamin B-6....mg	0.118		1	A	1		0.100		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.27		1	A	1		1.93		
Vitamin A, RAE....µg	6		0	AS	1		5		
Vitamin A, IU....IU	19		0	AS	1		16		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.34		1	A	1		0.29		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.262		0	NC	4		2.772		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.018		1	A	1		0.015		
12:0....g	0.023		1	A	1		0.019		

NDB No. 17394

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow 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
13:0....g									
14:0....g	0.241		1	A	1		0.205		
15:0....g									
16:0....g	1.464		1	A	1		1.244		
17:0....g	0.140		1	A	1		0.119		
18:0....g	1.360		1	A	1		1.156		
20:0....g	0.007		1	A	1		0.006		
22:0....g	0.009		1	A	1		0.007		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.324		0	NC	4		1.975		
14:1....g	0.008		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.088		0	AS	1		0.075		
16:1 c....g	0.079		1	A	1		0.067		
16:1 t....g	0.009		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.228		0	AS	1		1.894		
18:1 c....g	1.985		1	A	1		1.687		
18:1 t....g	0.243		1	A	1		0.207		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.503		0	NC	4		0.427		
18:2 undifferentiated....g	0.293		0	AS	1		0.249		
18:2 n-6 c,c....g	0.156		1	A	1		0.133		
18:2 CLAs....g	0.132		1	A	1		0.112		
18:2 t,t....g	0.005		1	A	1		0.004		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.133		0	AS	1		0.113		
18:3 n-3 c,c,c (ALA)....g	0.133		1	A	1		0.113		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.031		0	AS	1		0.026		
20:4 n-6....g	0.031		1	A	1		0.026		
20:5 n-3 (EPA)....g	0.021		1	A	1		0.018		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		1	A	1		0.021		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.257		0	NC	4		0.218		
Fatty acids, total trans-monoenoic....g	0.252		0	NC	4		0.214		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004		
Cholesterol....mg	79		1	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0	A	1		0.236		
Threonine....g	1.199		0	A	1		1.019		
Isoleucine....g	1.125		0	A	1		0.956		
Leucine....g	1.941		0	A	1		1.650		
Lysine....g	2.195		0	A	1		1.866		
Methionine....g	0.820		0	A	1		0.697		
Cystine....g	0.329		0	A	1		0.280		
Phenylalanine....g	0.990		0	A	1		0.842		
Tyrosine....g	0.871		0	A	1		0.740		

NDB No. 17394

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow 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
Valine....g	1.280		0	A	1		1.088		
Arginine....g	1.692		0	A	1		1.438		
Histidine....g	0.532		0	A	1		0.452		
Alanine....g	1.250		0	A	1		1.062		
Aspartic acid....g									
Glutamic acid....g	3.511		0	A	1		2.985		
Glycine....g	1.075		0	A	1		0.914		
Proline....g	0.806		0	A	1		0.685		
Serine....g	0.857		0	A	1		0.728		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17395

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw

Refuse: 23% Connective tissue 3% 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	72.90		1	A	1		82.37		
Energy....kcal	143		0	NC	4		161		
Energy....kJ	597		0	NC	4		675		
Protein (N x 6.25)....g	20.20		1	A	1		22.83		
Total lipid (fat)....g	6.88		1	A	1		7.77		
Ash....g	0.98		1	A	1		1.11		
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	5		1	A	1		5		
Iron, Fe....mg	1.16		1	A	1		1.31		
Magnesium, Mg....mg	21		1	A	1		23		
Phosphorus, P....mg	175		1	A	1		197		
Potassium, K....mg	325		1	A	1		367		
Sodium, Na....mg	65		1	A	1		73		
Zinc, Zn....mg	3.80		1	A	1		4.29		
Copper, Cu....mg	0.092		1	A	1		0.104		
Manganese, Mn....mg	0.009		1	A	1		0.010		
Selenium, Se....µg	3.3		1	A	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.138		1	A	1		0.156		
Riboflavin....mg	0.142		1	A	1		0.160		
Niacin....mg	5.204		1	A	1		5.881		
Pantothenic acid....mg	0.578		1	A	1		0.653		
Vitamin B-6....mg	0.113		1	A	1		0.128		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.38		1	A	1		2.69		
Vitamin A, RAE....µg	5		0	AS	1		5		
Vitamin A, IU....IU	16		0	AS	1		18		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.21		1	A	1		0.23		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	2		1	A	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.125		0	NC	4		2.401		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.012		1	A	1		0.013		
12:0....g	0.015		1	A	1		0.017		

NDB No. 17395

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, 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
13:0....g									
14:0....g	0.150		1	A	1		0.170		
15:0....g									
16:0....g	0.989		1	A	1		1.117		
17:0....g	0.094		1	A	1		0.106		
18:0....g	0.860		1	A	1		0.971		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.007		1	A	1		0.007		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.605		0	NC	4		1.814		
14:1....g	0.006		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.066		0	AS	1		0.074		
16:1 c....g	0.059		1	A	1		0.067		
16:1 t....g	0.007		1	A	1		0.007		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.533		0	AS	1		1.732		
18:1 c....g	1.407		1	A	1		1.590		
18:1 t....g	0.126		1	A	1		0.142		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.352		0	NC	4		0.397		
18:2 undifferentiated....g	0.191		0	AS	1		0.216		
18:2 n-6 c,c....g	0.112		1	A	1		0.127		
18:2 CLAs....g	0.079		1	A	1		0.090		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.093		0	AS	1		0.105		
18:3 n-3 c,c,c (ALA)....g	0.093		1	A	1		0.105		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.025		0	AS	1		0.028		
20:4 n-6....g	0.025		1	A	1		0.028		
20:5 n-3 (EPA)....g	0.019		1	A	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.020		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.006		
Fatty acids, total trans....g	0.132		0	NC	4		0.149		
Fatty acids, total trans-monoenoic....g	0.132		0	NC	4		0.149		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	58		1	A	1		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.252		
Threonine....g	0.964		0	A	1		1.089		
Isoleucine....g	0.904		0	A	1		1.022		
Leucine....g	1.560		0	A	1		1.763		
Lysine....g	1.764		0	A	1		1.994		
Methionine....g	0.659		0	A	1		0.745		
Cystine....g	0.264		0	A	1		0.299		
Phenylalanine....g	0.796		0	A	1		0.899		
Tyrosine....g	0.700		0	A	1		0.791		

NDB No. 17395

Lamb, New Zealand, imported, netted shoulder, rolled, boneless, 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
Valine....g	1.029		0	A	1		1.163		
Arginine....g	1.360		0	A	1		1.537		
Histidine....g	0.428		0	A	1		0.483		
Alanine....g	1.004		0	A	1		1.135		
Aspartic acid....g									
Glutamic acid....g	2.822		0	A	1		3.189		
Glycine....g	0.864		0	A	1		0.976		
Proline....g	0.648		0	A	1		0.732		
Serine....g	0.689		0	A	1		0.778		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17419

Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted

Refuse: 25% Bone and connective tissue 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	64.76		0	PAK	1		55.04		
Energy....kcal	195		0	NC	4		166		
Energy....kJ	816		0	NC	4		694		
Protein....g	23.56		0	PAK	1		20.02		
Total lipid (fat)....g	11.20		0	PAK	1		9.52		
Ash....g	1.09		0	PAK	1		0.93		
Carbohydrate, by difference....g	0.01		0	PIK	4		0.01		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	PAK	1		9		
Iron, Fe....mg	1.74		0	PAK	1		1.48		
Magnesium, Mg....mg	23		0	PAK	1		20		
Phosphorus, P....mg	195		0	PAK	1		166		
Potassium, K....mg	323		0	PAK	1		275		
Sodium, Na....mg	67		0	PAK	1		57		
Zinc, Zn....mg	2.52		0	PAK	1		2.14		
Copper, Cu....mg	0.122		0	PAK	1		0.103		
Manganese, Mn....mg	0.009		0	PAK	1		0.007		
Selenium, Se....µg	4.3		0	PAK	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.060		0	PAK	1		0.051		
Riboflavin....mg	0.204		0	PAK	1		0.174		
Niacin....mg	6.037		0	PAK	1		5.132		
Pantothenic acid....mg	0.618		0	PAK	1		0.525		
Vitamin B-6....mg	0.280		0	PAK	1		0.238		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.28		0	PAK	1		1.09		
Vitamin A, RAE....µg	5		0	PAK	1		4		
Vitamin A, IU....IU	17		0	PAK	1		15		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.33		0	PAK	1		0.28		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	6		0	PAK	1		5		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.410		0	PIK	4		3.749		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.018		0	PAK	1		0.016		
12:0....g	0.021		0	PAK	1		0.018		

NDB No. 17419

Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.263		0	PAK	1		0.223		
15:0....g									
16:0....g	1.839		0	PAK	1		1.563		
17:0....g	0.180		0	PAK	1		0.153		
18:0....g	2.061		0	PAK	1		1.752		
20:0....g	0.011		0	PAK	1		0.009		
22:0....g	0.017		0	PAK	1		0.014		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.194		0	PIK	4		2.715		
14:1....g	0.009		0	PAK	1		0.007		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.100		0	PAK	1		0.085		
16:1 c....g	0.086		0	PAK	1		0.073		
16:1 t....g	0.014		0	PAK	1		0.012		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.083		0	PAK	1		2.620		
18:1 c....g	2.611		0	PAK	1		2.220		
18:1 t....g	0.471		0	PAK	1		0.401		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		0	PAK	1		0.002		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.516		0	PIK	4		0.439		
18:2 undifferentiated....g	0.309		0	PAK	1		0.263		
18:2 n-6 c,c....g	0.150		0	PAK	1		0.127		
18:2 CLAs....g	0.158		0	PAK	1		0.134		
18:2 t,t....g	0.002		0	PAK	1		0.001		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.138		0	PAK	1		0.117		
18:3 n-3 c,c,c (ALA)....g	0.138		0	PAK	1		0.117		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.001		0	PAK	1		0.001		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.001		0	PAK	1		0.001		
20:4 undifferentiated....g	0.021		0	PAK	1		0.018		
20:4 n-6....g	0.021		0	PAK	1		0.018		
20:5 n-3 (EPA)....g	0.023		0	PAK	1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		0	PAK	1		0.019		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	0.487		0	PIK	4		0.414		
Fatty acids, total trans-monoenoic....g	0.485		0	PIK	4		0.413		
Fatty acids, total trans-polyenoic....g	0.002		0	PIK	4		0.001		
Cholesterol....mg	72		0	PAK	1		62		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	PAK	1		0.221		
Threonine....g	1.124		0	PAK	1		0.955		
Isoleucine....g	1.054		0	PAK	1		0.896		
Leucine....g	1.819		0	PAK	1		1.546		
Lysine....g	2.057		0	PAK	1		1.749		
Methionine....g	0.768		0	PAK	1		0.653		
Cystine....g	0.308		0	PAK	1		0.262		
Phenylalanine....g	0.928		0	PAK	1		0.789		
Tyrosine....g	0.816		0	PAK	1		0.694		

NDB No. 17419

Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast 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
Valine.....g	1.200		0	PAK	1		1.020		
Arginine.....g	1.586		0	PAK	1		1.348		
Histidine.....g	0.499		0	PAK	1		0.424		
Alanine.....g	1.171		0	PAK	1		0.995		
Aspartic acid.....g									
Glutamic acid.....g	3.291		0	PAK	1		2.797		
Glycine.....g	1.007		0	PAK	1		0.856		
Proline.....g	0.755		0	PAK	1		0.642		
Serine.....g	0.803		0	PAK	1		0.683		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0		
Caffeine.....mg	0		0	PIK	4		0		
Theobromine.....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17420

Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw

Refuse: 26% Bone and connective tissue 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	69.53		0	PAK	1		78.57		
Energy....kcal	169		0	NC	4		191		
Energy....kJ	709		0	NC	4		801		
Protein....g	19.88		0	PAK	1		22.47		
Total lipid (fat)....g	9.96		0	PAK	1		11.26		
Ash....g	0.94		0	PAK	1		1.06		
Carbohydrate, by difference....g	0.05		0	PIK	4		0.06		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	PAK	1		9		
Iron, Fe....mg	1.36		0	PAK	1		1.54		
Magnesium, Mg....mg	22		0	PAK	1		25		
Phosphorus, P....mg	186		0	PAK	1		211		
Potassium, K....mg	324		0	PAK	1		366		
Sodium, Na....mg	62		0	PAK	1		70		
Zinc, Zn....mg	2.17		0	PAK	1		2.46		
Copper, Cu....mg	0.101		0	PAK	1		0.114		
Manganese, Mn....mg	0.008		0	PAK	1		0.009		
Selenium, Se....µg	2.8		0	PAK	1		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.062		0	PAK	1		0.071		
Riboflavin....mg	0.172		0	PAK	1		0.194		
Niacin....mg	5.024		0	PAK	1		5.677		
Pantothenic acid....mg	0.584		0	PAK	1		0.660		
Vitamin B-6....mg	0.237		0	PAK	1		0.268		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.03		0	PAK	1		1.16		
Vitamin A, RAE....µg	7		0	PAK	1		8		
Vitamin A, IU....IU	23		0	PAK	1		26		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.35		0	PAK	1		0.39		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	4		0	PAK	1		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.305		0	PIK	4		4.865		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.017		0	PAK	1		0.020		
12:0....g	0.018		0	PAK	1		0.020		

NDB No. 17420

Lamb, New Zealand, imported, rack - fully frenched, 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
13:0....g									
14:0....g	0.232		0	PAK	1		0.262		
15:0....g									
16:0....g	1.737		0	PAK	1		1.963		
17:0....g	0.179		0	PAK	1		0.203		
18:0....g	2.097		0	PAK	1		2.369		
20:0....g	0.010		0	PAK	1		0.011		
22:0....g	0.015		0	PAK	1		0.017		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.012		0	PIK	4		3.403		
14:1....g	0.007		0	PAK	1		0.008		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.091		0	PAK	1		0.103		
16:1 c....g	0.076		0	PAK	1		0.086		
16:1 t....g	0.015		0	PAK	1		0.017		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	2.911		0	PAK	1		3.289		
18:1 c....g	2.412		0	PAK	1		2.726		
18:1 t....g	0.498		0	PAK	1		0.563		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.460		0	PIK	4		0.519		
18:2 undifferentiated....g	0.276		0	PAK	1		0.312		
18:2 n-6 c,c....g	0.130		0	PAK	1		0.147		
18:2 CLAs....g	0.143		0	PAK	1		0.162		
18:2 t,t....g	0.003		0	PAK	1		0.003		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.125		0	PAK	1		0.141		
18:3 n-3 c,c,c (ALA)....g	0.125		0	PAK	1		0.141		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.001		0	PAK	1		0.002		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.001		0	PAK	1		0.002		
20:4 undifferentiated....g	0.016		0	PAK	1		0.018		
20:4 n-6....g	0.016		0	PAK	1		0.018		
20:5 n-3 (EPA)....g	0.017		0	PAK	1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		0	PAK	1		0.022		
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.006		
Fatty acids, total trans....g	0.517		0	PIK	4		0.584		
Fatty acids, total trans-monoenoic....g	0.514		0	PIK	4		0.581		
Fatty acids, total trans-polyenoic....g	0.003		0	PIK	4		0.003		
Cholesterol....mg	62		0	PAK	1		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	PAK	1		0.248		
Threonine....g	0.948		0	PAK	1		1.072		
Isoleucine....g	0.890		0	PAK	1		1.006		
Leucine....g	1.535		0	PAK	1		1.735		
Lysine....g	1.736		0	PAK	1		1.962		
Methionine....g	0.649		0	PAK	1		0.733		
Cystine....g	0.260		0	PAK	1		0.294		
Phenylalanine....g	0.783		0	PAK	1		0.885		
Tyrosine....g	0.689		0	PAK	1		0.778		

NDB No. 17420

Lamb, New Zealand, imported, rack - fully frenched, 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
Valine....g	1.012		0	PAK	1		1.144		
Arginine....g	1.338		0	PAK	1		1.512		
Histidine....g	0.421		0	PAK	1		0.476		
Alanine....g	0.988		0	PAK	1		1.117		
Aspartic acid....g									
Glutamic acid....g	2.777		0	PAK	1		3.138		
Glycine....g	0.850		0	PAK	1		0.961		
Proline....g	0.637		0	PAK	1		0.720		
Serine....g	0.678		0	PAK	1		0.766		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17396

Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted

Refuse: 29% Bone and connective tissue 25% 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	66.70		1	A	1		56.70		
Energy....kcal	173		0	NC	4		147		
Energy....kJ	724		0	NC	4		615		
Protein (N x 6.25)....g	24.39		1	A	1		20.73		
Total lipid (fat)....g	8.38		1	A	1		7.12		
Ash....g	1.13		1	A	1		0.96		
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	11		1	A	1		10		
Iron, Fe....mg	1.76		1	A	1		1.50		
Magnesium, Mg....mg	24		1	A	1		20		
Phosphorus, P....mg	200		1	A	1		170		
Potassium, K....mg	330		1	A	1		281		
Sodium, Na....mg	67		1	A	1		57		
Zinc, Zn....mg	2.56		1	A	1		2.18		
Copper, Cu....mg	0.126		1	A	1		0.107		
Manganese, Mn....mg	0.009		1	A	1		0.007		
Selenium, Se....µg	4.4		1	A	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.057		1	A	1		0.048		
Riboflavin....mg	0.210		1	A	1		0.179		
Niacin....mg	6.267		1	A	1		5.327		
Pantothenic acid....mg	0.640		1	A	1		0.544		
Vitamin B-6....mg	0.291		1	A	1		0.247		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.31		1	A	1		1.11		
Vitamin A, RAE....µg	3		0	AS	1		3		
Vitamin A, IU....IU	11		0	AS	1		10		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.29		1	A	1		0.25		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	5		1	A	1		5		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.196		0	NC	4		2.717		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.016		1	A	1		0.014		
12:0....g	0.019		1	A	1		0.016		

NDB No. 17396

Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.207		1	A	1		0.176		
15:0....g									
16:0....g	1.422		1	A	1		1.209		
17:0....g	0.128		1	A	1		0.109		
18:0....g	1.388		1	A	1		1.179		
20:0....g	0.008		1	A	1		0.007		
22:0....g	0.010		1	A	1		0.008		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.399		0	NC	4		2.039		
14:1....g	0.007		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.076		0	AS	1		0.064		
16:1 c....g	0.065		1	A	1		0.056		
16:1 t....g	0.010		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.314		0	AS	1		1.967		
18:1 c....g	2.011		1	A	1		1.710		
18:1 t....g	0.303		1	A	1		0.257		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.430		0	NC	4		0.365		
18:2 undifferentiated....g	0.246		0	AS	1		0.209		
18:2 n-6 c,c....g	0.130		1	A	1		0.110		
18:2 CLAs....g	0.117		1	A	1		0.099		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.113		0	AS	1		0.096		
18:3 n-3 c,c,c (ALA)....g	0.113		1	A	1		0.096		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.023		0	AS	1		0.019		
20:4 n-6....g	0.023		1	A	1		0.019		
20:5 n-3 (EPA)....g	0.024		1	A	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		1	A	1		0.018		
22:6 n-3 (DHA)....g	0.002		1	A	1		0.001		
Fatty acids, total trans....g	0.313		0	NC	4		0.266		
Fatty acids, total trans-monoenoic....g	0.313		0	NC	4		0.266		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	72		1	A	1		61		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	A	1		0.229		
Threonine....g	1.163		0	A	1		0.989		
Isoleucine....g	1.092		0	A	1		0.928		
Leucine....g	1.883		0	A	1		1.601		
Lysine....g	2.130		0	A	1		1.810		
Methionine....g	0.796		0	A	1		0.676		
Cystine....g	0.319		0	A	1		0.271		
Phenylalanine....g	0.961		0	A	1		0.816		
Tyrosine....g	0.845		0	A	1		0.718		

NDB No. 17396

Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast 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
Valine....g	1.242		0	A	1		1.056		
Arginine....g	1.642		0	A	1		1.395		
Histidine....g	0.516		0	A	1		0.439		
Alanine....g	1.212		0	A	1		1.030		
Aspartic acid....g									
Glutamic acid....g	3.406		0	A	1		2.895		
Glycine....g	1.043		0	A	1		0.886		
Proline....g	0.782		0	A	1		0.664		
Serine....g	0.831		0	A	1		0.707		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17397

Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw

Refuse: 30% Bone and connective tissue 27% 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	71.67		1	A	1		80.99		
Energy....kcal	147		0	NC	4		166		
Energy....kJ	613		0	NC	4		693		
Protein (N x 6.25)....g	20.61		1	A	1		23.29		
Total lipid (fat)....g	7.12		1	A	1		8.05		
Ash....g	0.97		1	A	1		1.10		
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	8		1	A	1		9		
Iron, Fe....mg	1.40		1	A	1		1.58		
Magnesium, Mg....mg	23		1	A	1		26		
Phosphorus, P....mg	192		1	A	1		218		
Potassium, K....mg	334		1	A	1		377		
Sodium, Na....mg	63		1	A	1		71		
Zinc, Zn....mg	2.24		1	A	1		2.53		
Copper, Cu....mg	0.105		1	A	1		0.119		
Manganese, Mn....mg	0.008		1	A	1		0.009		
Selenium, Se....µg	2.9		1	A	1		3.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.061		1	A	1		0.069		
Riboflavin....mg	0.178		1	A	1		0.201		
Niacin....mg	5.208		1	A	1		5.885		
Pantothenic acid....mg	0.604		1	A	1		0.683		
Vitamin B-6....mg	0.246		1	A	1		0.278		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.05		1	A	1		1.19		
Vitamin A, RAE....µg	5		0	AS	1		6		
Vitamin A, IU....IU	17		0	AS	1		19		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.32		1	A	1		0.36		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	4		1	A	1		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.044		0	NC	4		3.440		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.014		1	A	1		0.016		
12:0....g	0.015		1	A	1		0.017		

NDB No. 17397

Lamb, New Zealand, imported, rack - fully frenched, 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
13:0....g									
14:0....g	0.177		1	A	1		0.200		
15:0....g									
16:0....g	1.290		1	A	1		1.458		
17:0....g	0.125		1	A	1		0.141		
18:0....g	1.409		1	A	1		1.592		
20:0....g	0.007		1	A	1		0.007		
22:0....g	0.008		1	A	1		0.009		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.223		0	NC	4		2.512		
14:1....g	0.007		1	A	1		0.007		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.070		0	AS	1		0.079		
16:1 c....g	0.057		1	A	1		0.065		
16:1 t....g	0.012		1	A	1		0.014		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.145		0	AS	1		2.424		
18:1 c....g	1.809		1	A	1		2.044		
18:1 t....g	0.336		1	A	1		0.380		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.371		0	NC	4		0.419		
18:2 undifferentiated....g	0.211		0	AS	1		0.238		
18:2 n-6 c,c....g	0.111		1	A	1		0.125		
18:2 CLAs....g	0.100		1	A	1		0.113		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.101		0	AS	1		0.114		
18:3 n-3 c,c,c (ALA)....g	0.101		1	A	1		0.114		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.002		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.002		
20:4 undifferentiated....g	0.017		0	AS	1		0.019		
20:4 n-6....g	0.017		1	A	1		0.019		
20:5 n-3 (EPA)....g	0.017		1	A	1		0.020		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.020		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.007		
Fatty acids, total trans....g	0.349		0	NC	4		0.394		
Fatty acids, total trans-monoenoic....g	0.349		0	NC	4		0.394		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	62		1	A	1		70		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.257		
Threonine....g	0.983		0	A	1		1.111		
Isoleucine....g	0.922		0	A	1		1.042		
Leucine....g	1.591		0	A	1		1.798		
Lysine....g	1.800		0	A	1		2.034		
Methionine....g	0.672		0	A	1		0.760		
Cystine....g	0.270		0	A	1		0.305		
Phenylalanine....g	0.812		0	A	1		0.917		
Tyrosine....g	0.714		0	A	1		0.807		

NDB No. 17397

Lamb, New Zealand, imported, rack - fully frenched, 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
Valine....g	1.049		0	A	1		1.186		
Arginine....g	1.387		0	A	1		1.568		
Histidine....g	0.436		0	A	1		0.493		
Alanine....g	1.024		0	A	1		1.158		
Aspartic acid....g									
Glutamic acid....g	2.879		0	A	1		3.253		
Glycine....g	0.881		0	A	1		0.996		
Proline....g	0.661		0	A	1		0.746		
Serine....g	0.703		0	A	1		0.794		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17081

Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted

Refuse: 23% Bone and connective tissue 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	59.66		0	PAK	1		50.71		
Energy....kcal	253		0	NC	4		215		
Energy....kJ	1058		0	NC	4		899		
Protein....g	22.06		0	PAK	1		18.75		
Total lipid (fat)....g	18.29		0	PAK	1		15.54		
Ash....g	0.98		0	PAK	1		0.83		
Carbohydrate, by difference....g	0.04		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	PAK	1		17		
Iron, Fe....mg	1.57		0	PAK	1		1.33		
Magnesium, Mg....mg	22		0	PAK	1		19		
Phosphorus, P....mg	195		0	PAK	1		166		
Potassium, K....mg	304		0	PAK	1		258		
Sodium, Na....mg	69		0	PAK	1		58		
Zinc, Zn....mg	2.69		0	PAK	1		2.29		
Copper, Cu....mg	0.108		0	PAK	1		0.092		
Manganese, Mn....mg	0.010		0	PAK	1		0.008		
Selenium, Se....µg	4.0		0	PAK	1		3.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.067		0	PAK	1		0.057		
Riboflavin....mg	0.186		0	PAK	1		0.158		
Niacin....mg	6.019		0	PAK	1		5.116		
Pantothenic acid....mg	0.366		0	PAK	1		0.311		
Vitamin B-6....mg	0.156		0	PAK	1		0.132		
Folate, total....µg	0		0	PAK	1		0		
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg	0		0	PAK	1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	81.7		0	PIK	4		69.4		
Betaine....mg	10.7		0	PIK	4		9.1		
Vitamin B-12....µg	1.17		0	PAK	1		0.99		
Vitamin B-12, added....µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE....µg	10		0	PAK	1		9		
Retinol....µg	10		0	PAK	1		9		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	33		0	PAK	1		28		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.45		0	PAK	1		0.39		
Vitamin E, added....mg	0.00		0	PIK	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg	3.1		0	PIK	4		2.6		
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									

NDB No. 17081

Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast 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
Lipids:									
Fatty acids, total saturated....g	7.066		0	PIK	4		6.006		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.023		0	PAK	1		0.019		
12:0....g	0.023		0	PAK	1		0.020		
13:0....g									
14:0....g	0.371		0	PAK	1		0.315		
15:0....g									
16:0....g	2.723		0	PAK	1		2.315		
17:0....g	0.293		0	PAK	1		0.249		
18:0....g	3.593		0	PAK	1		3.054		
20:0....g	0.019		0	PAK	1		0.016		
22:0....g	0.019		0	PAK	1		0.016		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.787		0	PIK	4		4.069		
14:1....g	0.010		0	PAK	1		0.009		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.159		0	PAK	1		0.135		
16:1 c....g	0.135		0	PAK	1		0.115		
16:1 t....g	0.024		0	PAK	1		0.020		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.614		0	PAK	1		3.922		
18:1 c....g	3.736		0	PAK	1		3.176		
18:1 t....g	0.878		0	PAK	1		0.746		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.734		0	PIK	4		0.624		
18:2 undifferentiated....g	0.474		0	PAK	1		0.403		
18:2 n-6 c,c....g	0.203		0	PAK	1		0.173		
18:2 CLAs....g	0.266		0	PAK	1		0.226		
18:2 t,t....g	0.005		0	PAK	1		0.004		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.200		0	PAK	1		0.170		
18:3 n-3 c,c,c (ALA)....g	0.200		0	PAK	1		0.170		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.021		0	PAK	1		0.018		
20:4 n-6....g	0.021		0	PAK	1		0.018		
20:5 n-3 (EPA)....g	0.015		0	PAK	1		0.013		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.023		0	PAK	1		0.020		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	0.907		0	PIK	4		0.771		
Fatty acids, total trans-monoenoic....g	0.902		0	PIK	4		0.767		
Fatty acids, total trans-polyenoic....g	0.005		0	PIK	4		0.004		
Cholesterol....mg	76		0	PAK	1		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0	PAK	1		0.207		
Threonine....g	1.052		0	PAK	1		0.894		

NDB No. 17081

Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast 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
Isoleucine....g	0.987		0	PAK	1		0.839		
Leucine....g	1.703		0	PAK	1		1.448		
Lysine....g	1.926		0	PAK	1		1.637		
Methionine....g	0.720		0	PAK	1		0.612		
Cystine....g	0.289		0	PAK	1		0.245		
Phenylalanine....g	0.869		0	PAK	1		0.739		
Tyrosine....g	0.764		0	PAK	1		0.650		
Valine....g	1.123		0	PAK	1		0.955		
Arginine....g	1.485		0	PAK	1		1.262		
Histidine....g	0.467		0	PAK	1		0.397		
Alanine....g	1.097		0	PAK	1		0.932		
Aspartic acid....g									
Glutamic acid....g	3.081		0	PAK	1		2.619		
Glycine....g	0.943		0	PAK	1		0.802		
Proline....g	0.707		0	PAK	1		0.601		
Serine....g	0.752		0	PAK	1		0.639		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17080

Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw

Refuse: 24% Bone and connective tissue 24%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	62.78		0	PAK	1		72.19		
Energy....kcal	240		0	NC	4		276		
Energy....kJ	1003		0	NC	4		1153		
Protein....g	18.12		0	PAK	1		20.84		
Total lipid (fat)....g	18.52		0	PAK	1		21.30		
Ash....g	0.84		0	PAK	1		0.96		
Carbohydrate, by difference....g	0.13		0	PIK	4		0.15		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		12		
Iron, Fe....mg	1.30		0	PAK	1		1.49		
Magnesium, Mg....mg	20		0	PAK	1		23		
Phosphorus, P....mg	165		0	PAK	1		189		
Potassium, K....mg	277		0	PAK	1		319		
Sodium, Na....mg	61		0	PAK	1		70		
Zinc, Zn....mg	2.34		0	PAK	1		2.70		
Copper, Cu....mg	0.098		0	PAK	1		0.113		
Manganese, Mn....mg	0.008		0	PAK	1		0.009		
Selenium, Se....µg	3.3		0	PAK	1		3.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.084		0	PAK	1		0.097		
Riboflavin....mg	0.167		0	PAK	1		0.192		
Niacin....mg	5.032		0	PAK	1		5.787		
Pantothenic acid....mg	0.408		0	PAK	1		0.469		
Vitamin B-6....mg	0.159		0	PAK	1		0.183		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.12		0	PAK	1		1.29		
Vitamin A, RAE....µg	11		0	PAK	1		13		
Retinol....µg	11		0	PAK	1		13		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	37		0	PAK	1		42		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	PAK	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	2		0	PAK	1		2		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17080

Lamb, New Zealand, imported, rack - partly frenched, 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
Fatty acids, total saturated....g	7.229		0	PIK	4		8.313		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.021		0	PAK	1		0.025		
12:0....g	0.020		0	PAK	1		0.023		
13:0....g									
14:0....g	0.345		0	PAK	1		0.397		
15:0....g									
16:0....g	2.785		0	PAK	1		3.203		
17:0....g	0.311		0	PAK	1		0.357		
18:0....g	3.696		0	PAK	1		4.250		
20:0....g	0.016		0	PAK	1		0.019		
22:0....g	0.033		0	PAK	1		0.038		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.904		0	PIK	4		5.639		
14:1....g	0.008		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.149		0	PAK	1		0.171		
16:1 c....g	0.127		0	PAK	1		0.146		
16:1 t....g	0.022		0	PAK	1		0.025		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	4.743		0	PAK	1		5.454		
18:1 c....g	3.882		0	PAK	1		4.464		
18:1 t....g	0.861		0	PAK	1		0.990		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PAK	1		0.005		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.719		0	PIK	4		0.826		
18:2 undifferentiated....g	0.459		0	PAK	1		0.528		
18:2 n-6 c,c....g	0.180		0	PAK	1		0.208		
18:2 CLAs....g	0.271		0	PAK	1		0.311		
18:2 t,t....g	0.008		0	PAK	1		0.009		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.194		0	PAK	1		0.223		
18:3 n-3 c,c,c (ALA)....g	0.194		0	PAK	1		0.223		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.021		0	PAK	1		0.024		
20:4 n-6....g	0.021		0	PAK	1		0.024		
20:5 n-3 (EPA)....g	0.019		0	PAK	1		0.022		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	PAK	1		0.029		
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000		
Fatty acids, total trans....g	0.890		0	PIK	4		1.024		
Fatty acids, total trans-monoenoic....g	0.883		0	PIK	4		1.015		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.009		
Cholesterol....mg	66		0	PAK	1		75		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	PAK	1		0.230		
Threonine....g	0.864		0	PAK	1		0.994		
Isoleucine....g	0.811		0	PAK	1		0.933		

NDB No. 17080

Lamb, New Zealand, imported, rack - partly frenched, 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
Leucine....g	1.399		0	PAK	1		1.609		
Lysine....g	1.582		0	PAK	1		1.820		
Methionine....g	0.591		0	PAK	1		0.680		
Cystine....g	0.237		0	PAK	1		0.273		
Phenylalanine....g	0.714		0	PAK	1		0.821		
Tyrosine....g	0.628		0	PAK	1		0.722		
Valine....g	0.923		0	PAK	1		1.061		
Arginine....g	1.220		0	PAK	1		1.403		
Histidine....g	0.384		0	PAK	1		0.441		
Alanine....g	0.901		0	PAK	1		1.036		
Aspartic acid....g									
Glutamic acid....g	2.531		0	PAK	1		2.911		
Glycine....g	0.775		0	PAK	1		0.891		
Proline....g	0.581		0	PAK	1		0.668		
Serine....g	0.618		0	PAK	1		0.710		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17083

Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted

Refuse: 34% Bone and connective tissue 23%, 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	64.96		1	A	1		55.22		
Energy....kcal	193		0	NC	4		164		
Energy....kJ	809		0	NC	4		688		
Protein (N x 6.25)....g	24.43		1	A	1		20.76		
Total lipid (fat)....g	10.63		1	A	1		9.04		
Ash....g	1.09		1	A	1		0.93		
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	22		1	A	1		19		
Iron, Fe....mg	1.65		1	A	1		1.40		
Magnesium, Mg....mg	24		1	A	1		20		
Phosphorus, P....mg	209		1	A	1		178		
Potassium, K....mg	323		1	A	1		274		
Sodium, Na....mg	72		1	A	1		61		
Zinc, Zn....mg	2.89		1	A	1		2.46		
Copper, Cu....mg	0.120		1	A	1		0.102		
Manganese, Mn....mg	0.010		1	A	1		0.009		
Selenium, Se....µg	4.3		1	A	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.060		1	A	1		0.051		
Riboflavin....mg	0.202		1	A	1		0.172		
Niacin....mg	6.705		1	A	1		5.699		
Pantothenic acid....mg	0.394		1	A	1		0.335		
Vitamin B-6....mg	0.170		1	A	1		0.145		
Folate, total....µg	0		0		1		0		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	0		0		1		0		
Folate, DFE....µg	0		0	NC	4		0		
Choline, total....mg	94.4		0	BFNN	4		80.3		
Betaine....mg	12.4		0	BFNN	4		10.5		
Vitamin B-12....µg	1.24		1	A	1		1.06		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	4		0	AS	1		4		
Retinol....µg	4		1	A	1		4		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	14		0	AS	1		12		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.37		1	A	1		0.32		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg	3.5		0	BFSN	4		3.0		
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									

NDB No. 17083

Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast 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
Lipids:									
Fatty acids, total saturated....g	3.664		0	NC	4		3.114		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.017		1	A	1		0.014		
12:0....g	0.018		1	A	1		0.015		
13:0....g									
14:0....g	0.223		1	A	1		0.189		
15:0....g									
16:0....g	1.580		1	A	1		1.343		
17:0....g	0.145		1	A	1		0.123		
18:0....g	1.672		1	A	1		1.421		
20:0....g	0.010		1	A	1		0.008		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.601		0	NC	4		2.211		
14:1....g	0.007		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.098		0	AS	1		0.083		
16:1 c....g	0.083		1	A	1		0.071		
16:1 t....g	0.015		1	A	1		0.013		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.495		0	AS	1		2.121		
18:1 c....g	2.088		1	A	1		1.775		
18:1 t....g	0.407		1	A	1		0.346		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.503		0	NC	4		0.427		
18:2 undifferentiated....g	0.309		0	AS	1		0.262		
18:2 n-6 c,c....g	0.151		1	A	1		0.128		
18:2 CLAs....g	0.158		1	A	1		0.134		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.133		0	AS	1		0.113		
18:3 n-3 c,c,c (ALA)....g	0.133		1	A	1		0.113		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.025		0	AS	1		0.021		
20:4 n-6....g	0.025		1	A	1		0.021		
20:5 n-3 (EPA)....g	0.018		1	A	1		0.015		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.019		1	A	1		0.016		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.422		0	NC	4		0.359		
Fatty acids, total trans-monoenoic....g	0.422		0	NC	4		0.359		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	76		1	A	1		65		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	A	1		0.230		
Threonine....g	1.165		0	A	1		0.990		

NDB No. 17083

Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast 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
Isoleucine....g	1.093		0	A	1		0.929		
Leucine....g	1.886		0	A	1		1.603		
Lysine....g	2.133		0	A	1		1.813		
Methionine....g	0.797		0	A	1		0.677		
Cystine....g	0.320		0	A	1		0.272		
Phenylalanine....g	0.962		0	A	1		0.818		
Tyrosine....g	0.846		0	A	1		0.719		
Valine....g	1.244		0	A	1		1.057		
Arginine....g	1.644		0	A	1		1.398		
Histidine....g	0.517		0	A	1		0.440		
Alanine....g	1.214		0	A	1		1.032		
Aspartic acid....g									
Glutamic acid....g	3.412		0	A	1		2.900		
Glycine....g	1.044		0	A	1		0.888		
Proline....g	0.783		0	A	1		0.666		
Serine....g	0.833		0	A	1		0.708		
Hydroxyproline....g									
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: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17082

Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw

Refuse: 35% Bone and connective tissue 24%, 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	70.24		1	A	1		80.78		
Energy....kcal	160		0	NC	4		184		
Energy....kJ	670		0	NC	4		771		
Protein (N x 6.25)....g	20.65		1	A	1		23.75		
Total lipid (fat)....g	8.61		1	A	1		9.90		
Ash....g	0.94		1	A	1		1.08		
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		1	A	1		13		
Iron, Fe....mg	1.43		1	A	1		1.64		
Magnesium, Mg....mg	22		1	A	1		25		
Phosphorus, P....mg	185		1	A	1		213		
Potassium, K....mg	309		1	A	1		355		
Sodium, Na....mg	67		1	A	1		77		
Zinc, Zn....mg	2.66		1	A	1		3.05		
Copper, Cu....mg	0.112		1	A	1		0.129		
Manganese, Mn....mg	0.009		1	A	1		0.010		
Selenium, Se....µg	3.6		1	A	1		4.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.083		1	A	1		0.096		
Riboflavin....mg	0.191		1	A	1		0.219		
Niacin....mg	5.749		1	A	1		6.611		
Pantothenic acid....mg	0.454		1	A	1		0.522		
Vitamin B-6....mg	0.181		1	A	1		0.208		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.25		1	A	1		1.44		
Vitamin A, RAE....µg	5		0	AS	1		6		
Retinol....µg	5		1	A	1		6		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	17		0	AS	1		19		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.28		1	A	1		0.32		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17082

Lamb, New Zealand, imported, rack - partly frenched, 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
Fatty acids, total saturated....g	2.782		0	NC	4		3.199		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.010		1	A	1		0.012		
12:0....g	0.010		1	A	1		0.011		
13:0....g									
14:0....g	0.142		1	A	1		0.163		
15:0....g									
16:0....g	1.183		1	A	1		1.360		
17:0....g	0.111		1	A	1		0.128		
18:0....g	1.312		1	A	1		1.508		
20:0....g	0.007		1	A	1		0.008		
22:0....g	0.008		1	A	1		0.009		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.036		0	NC	4		2.342		
14:1....g	0.005		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.070		0	AS	1		0.081		
16:1 c....g	0.059		1	A	1		0.068		
16:1 t....g	0.011		1	A	1		0.013		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.961		0	AS	1		2.255		
18:1 c....g	1.659		1	A	1		1.908		
18:1 t....g	0.302		1	A	1		0.347		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.426		0	NC	4		0.490		
18:2 undifferentiated....g	0.245		0	AS	1		0.282		
18:2 n-6 c,c....g	0.118		1	A	1		0.136		
18:2 CLAs....g	0.127		1	A	1		0.146		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.113		0	AS	1		0.130		
18:3 n-3 c,c,c (ALA)....g	0.113		1	A	1		0.130		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.025		0	AS	1		0.029		
20:4 n-6....g	0.025		1	A	1		0.029		
20:5 n-3 (EPA)....g	0.023		1	A	1		0.026		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.023		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.313		0	NC	4		0.360		
Fatty acids, total trans-monoenoic....g	0.313		0	NC	4		0.360		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	64		1	A	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.263		
Threonine....g	0.985		0	A	1		1.133		
Isoleucine....g	0.924		0	A	1		1.063		

NDB No. 17082

Lamb, New Zealand, imported, rack - partly frenched, 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
Leucine....g	1.595		0	A	1		1.834		
Lysine....g	1.803		0	A	1		2.074		
Methionine....g	0.674		0	A	1		0.775		
Cystine....g	0.270		0	A	1		0.311		
Phenylalanine....g	0.813		0	A	1		0.935		
Tyrosine....g	0.715		0	A	1		0.823		
Valine....g	1.052		0	A	1		1.209		
Arginine....g	1.390		0	A	1		1.599		
Histidine....g	0.437		0	A	1		0.503		
Alanine....g	1.027		0	A	1		1.181		
Aspartic acid....g									
Glutamic acid....g	2.885		0	A	1		3.317		
Glycine....g	0.883		0	A	1		1.015		
Proline....g	0.662		0	A	1		0.761		
Serine....g	0.704		0	A	1		0.810		
Hydroxyproline....g									
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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17415

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

Refuse: 26% Bone and connective tissue26

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	50.14		0	PAK	1		42.62		
Energy....kcal	322		0	NC	4		274		
Energy....kJ	1348		0	NC	4		1146		
Protein....g	26.79		0	PAK	1		22.77		
Total lipid (fat)....g	23.86		0	PAK	1		20.28		
Ash....g	1.02		0	PAK	1		0.86		
Carbohydrate, by difference....g	0.05		0	PIK	4		0.04		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	34		0	PAK	1		29		
Iron, Fe....mg	1.74		0	PAK	1		1.48		
Magnesium, Mg....mg	20		0	PAK	1		17		
Phosphorus, P....mg	162		0	PAK	1		138		
Potassium, K....mg	207		0	PAK	1		176		
Sodium, Na....mg	57		0	PAK	1		48		
Zinc, Zn....mg	5.35		0	PAK	1		4.55		
Copper, Cu....mg	0.124		0	PAK	1		0.105		
Manganese, Mn....mg	0.010		0	PAK	1		0.008		
Selenium, Se....µg	10.1		0	PAK	1		8.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.046		0	PAK	1		0.039		
Riboflavin....mg	0.190		0	PAK	1		0.162		
Niacin....mg	2.674		0	PAK	1		2.273		
Pantothenic acid....mg	0.517		0	PAK	1		0.440		
Vitamin B-6....mg	0.102		0	PAK	1		0.086		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.11		0	PAK	1		1.80		
Vitamin A, RAE....µg	15		0	PAK	1		12		
Vitamin A, IU....IU	49		0	PAK	1		42		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.69		0	PAK	1		0.59		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2		
Vitamin D....IU	7		0	PAK	1		6		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.596		0	PIK	4		8.157		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.002		
10:0....g	0.044		0	PAK	1		0.037		
12:0....g	0.056		0	PAK	1		0.048		

NDB No. 17415

Lamb, New Zealand, imported, square-cut shoulder chops, 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
13:0....g									
14:0....g	0.549		0	PAK	1		0.467		
15:0....g									
16:0....g	3.719		0	PAK	1		3.161		
17:0....g	0.421		0	PAK	1		0.357		
18:0....g	4.764		0	PAK	1		4.050		
20:0....g	0.015		0	PAK	1		0.013		
22:0....g	0.025		0	PAK	1		0.022		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.769		0	PIK	4		5.754		
14:1....g	0.016		0	PAK	1		0.013		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.225		0	PAK	1		0.191		
16:1 c....g	0.195		0	PAK	1		0.165		
16:1 t....g	0.030		0	PAK	1		0.026		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.524		0	PAK	1		5.545		
18:1 c....g	5.422		0	PAK	1		4.609		
18:1 t....g	1.101		0	PAK	1		0.936		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	PAK	1		0.004		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.039		0	PIK	4		0.883		
18:2 undifferentiated....g	0.667		0	PAK	1		0.567		
18:2 n-6 c,c....g	0.294		0	PAK	1		0.250		
18:2 CLAs....g	0.366		0	PAK	1		0.311		
18:2 t,t....g	0.006		0	PAK	1		0.005		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.277		0	PAK	1		0.236		
18:3 n-3 c,c,c (ALA)....g	0.277		0	PAK	1		0.236		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.019		0	PAK	1		0.016		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.019		0	PAK	1		0.016		
20:4 undifferentiated....g	0.022		0	PAK	1		0.019		
20:4 n-6....g	0.022		0	PAK	1		0.019		
20:5 n-3 (EPA)....g	0.013		0	PAK	1		0.011		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.032		0	PAK	1		0.028		
22:6 n-3 (DHA)....g	0.009		0	PAK	1		0.008		
Fatty acids, total trans....g	1.137		0	PIK	4		0.967		
Fatty acids, total trans-monoenoic....g	1.131		0	PIK	4		0.962		
Fatty acids, total trans-polyenoic....g	0.006		0	PIK	4		0.005		
Cholesterol....mg	95		0	PAK	1		81		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0	PAK	1		0.252		
Threonine....g	1.278		0	PAK	1		1.086		
Isoleucine....g	1.199		0	PAK	1		1.019		
Leucine....g	2.069		0	PAK	1		1.759		
Lysine....g	2.340		0	PAK	1		1.989		
Methionine....g	0.874		0	PAK	1		0.743		
Cystine....g	0.351		0	PAK	1		0.298		
Phenylalanine....g	1.055		0	PAK	1		0.897		
Tyrosine....g	0.928		0	PAK	1		0.789		

NDB No. 17415

Lamb, New Zealand, imported, square-cut shoulder chops, 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
Valine....g	1.364		0	PAK	1		1.160		
Arginine....g	1.804		0	PAK	1		1.533		
Histidine....g	0.567		0	PAK	1		0.482		
Alanine....g	1.332		0	PAK	1		1.132		
Aspartic acid....g									
Glutamic acid....g	3.743		0	PAK	1		3.181		
Glycine....g	1.146		0	PAK	1		0.974		
Proline....g	0.859		0	PAK	1		0.730		
Serine....g	0.914		0	PAK	1		0.776		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17416

Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw

Refuse: 23% Bone and connective tissue 23%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	61.18		0	PAK	1		69.13		
Energy....kcal	275		0	NC	4		310		
Energy....kJ	1149		0	NC	4		1298		
Protein....g	17.02		0	PAK	1		19.23		
Total lipid (fat)....g	22.84		0	PAK	1		25.80		
Ash....g	0.83		0	PAK	1		0.94		
Carbohydrate, by difference....g	0.23		0	PIK	4		0.26		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	PAK	1		24		
Iron, Fe....mg	1.06		0	PAK	1		1.19		
Magnesium, Mg....mg	18		0	PAK	1		20		
Phosphorus, P....mg	160		0	PAK	1		180		
Potassium, K....mg	274		0	PAK	1		310		
Sodium, Na....mg	71		0	PAK	1		80		
Zinc, Zn....mg	2.73		0	PAK	1		3.08		
Copper, Cu....mg	0.074		0	PAK	1		0.084		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	6.2		0	PAK	1		7.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.073		0	PAK	1		0.082		
Riboflavin....mg	0.148		0	PAK	1		0.167		
Niacin....mg	3.250		0	PAK	1		3.673		
Pantothenic acid....mg	0.255		0	PAK	1		0.288		
Vitamin B-6....mg	0.059		0	PAK	1		0.067		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.06		0	PAK	1		2.32		
Vitamin A, RAE....µg	15		0	PAK	1		17		
Vitamin A, IU....IU	50		0	PAK	1		56		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.52		0	PAK	1		0.58		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.2		
Vitamin D....IU	6		0	PAK	1		6		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.099		0	PIK	4		10.282		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.027		0	PAK	1		0.030		
12:0....g	0.028		0	PAK	1		0.032		

NDB No. 17416

Lamb, New Zealand, imported, square-cut shoulder chops, 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
13:0....g									
14:0....g	0.446		0	PAK	1		0.504		
15:0....g									
16:0....g	3.460		0	PAK	1		3.910		
17:0....g	0.390		0	PAK	1		0.441		
18:0....g	4.679		0	PAK	1		5.287		
20:0....g	0.021		0	PAK	1		0.024		
22:0....g	0.047		0	PAK	1		0.053		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.270		0	PIK	4		7.085		
14:1....g	0.010		0	PAK	1		0.011		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.184		0	PAK	1		0.208		
16:1 c....g	0.158		0	PAK	1		0.179		
16:1 t....g	0.026		0	PAK	1		0.029		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.070		0	PAK	1		6.859		
18:1 c....g	4.970		0	PAK	1		5.616		
18:1 t....g	1.100		0	PAK	1		1.243		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		0	PAK	1		0.007		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.849		0	PIK	4		0.959		
18:2 undifferentiated....g	0.569		0	PAK	1		0.643		
18:2 n-6 c,c....g	0.218		0	PAK	1		0.247		
18:2 CLAs....g	0.338		0	PAK	1		0.382		
18:2 t,t....g	0.013		0	PAK	1		0.015		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.217		0	PAK	1		0.246		
18:3 n-3 c,c,c (ALA)....g	0.217		0	PAK	1		0.246		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.001		0	PAK	1		0.001		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.001		0	PAK	1		0.001		
20:4 undifferentiated....g	0.018		0	PAK	1		0.020		
20:4 n-6....g	0.018		0	PAK	1		0.020		
20:5 n-3 (EPA)....g	0.014		0	PAK	1		0.016		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.031		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	1.139		0	PIK	4		1.287		
Fatty acids, total trans-monoenoic....g	1.126		0	PIK	4		1.272		
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.015		
Cholesterol....mg	63		0	PAK	1		71		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	PAK	1		0.213		
Threonine....g	0.812		0	PAK	1		0.917		
Isoleucine....g	0.762		0	PAK	1		0.861		
Leucine....g	1.314		0	PAK	1		1.485		
Lysine....g	1.486		0	PAK	1		1.679		
Methionine....g	0.555		0	PAK	1		0.627		
Cystine....g	0.223		0	PAK	1		0.252		
Phenylalanine....g	0.670		0	PAK	1		0.757		
Tyrosine....g	0.590		0	PAK	1		0.666		

NDB No. 17416

Lamb, New Zealand, imported, square-cut shoulder chops, 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
Valine....g	0.867		0	PAK	1		0.979		
Arginine....g	1.145		0	PAK	1		1.294		
Histidine....g	0.360		0	PAK	1		0.407		
Alanine....g	0.846		0	PAK	1		0.956		
Aspartic acid....g									
Glutamic acid....g	2.377		0	PAK	1		2.686		
Glycine....g	0.728		0	PAK	1		0.822		
Proline....g	0.546		0	PAK	1		0.616		
Serine....g	0.580		0	PAK	1		0.656		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17382

Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised

Refuse: 39% Bone and connective tissue 26% 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	55.36		1	A	1		47.06		
Energy....kcal	255		0	NC	4		217		
Energy....kJ	1068		0	NC	4		908		
Protein (N x 6.25)....g	31.06		1	A	1		26.40		
Total lipid (fat)....g	14.56		1	A	1		12.37		
Ash....g	1.18		1	A	1		1.00		
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	40		1	A	1		34		
Iron, Fe....mg	1.89		1	A	1		1.60		
Magnesium, Mg....mg	22		1	A	1		18		
Phosphorus, P....mg	175		1	A	1		149		
Potassium, K....mg	213		1	A	1		181		
Sodium, Na....mg	59		1	A	1		50		
Zinc, Zn....mg	6.20		1	A	1		5.27		
Copper, Cu....mg	0.143		1	A	1		0.122		
Manganese, Mn....mg	0.011		1	A	1		0.009		
Selenium, Se....µg	11.8		1	A	1		10.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.031		1	A	1		0.026		
Riboflavin....mg	0.214		1	A	1		0.181		
Niacin....mg	2.897		1	A	1		2.462		
Pantothenic acid....mg	0.588		1	A	1		0.500		
Vitamin B-6....mg	0.110		1	A	1		0.093		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.42		1	A	1		2.06		
Vitamin A, RAE....µg	8		0	AS	1		7		
Vitamin A, IU....IU	26		0	AS	1		22		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.63		1	A	1		0.54		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D....IU	7		1	A	1		6		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.476		0	NC	4		4.655		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.040		1	A	1		0.034		
12:0....g	0.055		1	A	1		0.047		

NDB No. 17382

Lamb, New Zealand, imported, square-cut shoulder chops, 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
13:0....g									
14:0....g	0.384		1	A	1		0.326		
15:0....g									
16:0....g	2.364		1	A	1		2.009		
17:0....g	0.245		1	A	1		0.208		
18:0....g	2.387		1	A	1		2.029		
20:0....g	0.002		1	A	1		0.001		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	4.192		0	NC	4		3.563		
14:1....g	0.013		1	A	1		0.011		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.155		0	AS	1		0.131		
16:1 c....g	0.136		1	A	1		0.115		
16:1 t....g	0.019		1	A	1		0.016		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	4.024		0	AS	1		3.420		
18:1 c....g	3.520		1	A	1		2.992		
18:1 t....g	0.504		1	A	1		0.428		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.787		0	NC	4		0.669		
18:2 undifferentiated....g	0.481		0	AS	1		0.409		
18:2 n-6 c,c....g	0.242		1	A	1		0.205		
18:2 CLAs....g	0.240		1	A	1		0.204		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.201		0	AS	1		0.171		
18:3 n-3 c,c,c (ALA)....g	0.201		1	A	1		0.171		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.023		0	AS	1		0.019		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.023		1	A	1		0.019		
20:4 undifferentiated....g	0.027		0	AS	1		0.023		
20:4 n-6....g	0.027		1	A	1		0.023		
20:5 n-3 (EPA)....g	0.016		1	A	1		0.014		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.029		1	A	1		0.025		
22:6 n-3 (DHA)....g	0.011		1	A	1		0.009		
Fatty acids, total trans....g	0.523		0	NC	4		0.445		
Fatty acids, total trans-monoenoic....g	0.523		0	NC	4		0.445		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	99		1	A	1		84		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.343		0	A	1		0.292		
Threonine....g	1.482		0	A	1		1.259		
Isoleucine....g	1.390		0	A	1		1.182		
Leucine....g	2.399		0	A	1		2.039		
Lysine....g	2.713		0	A	1		2.306		
Methionine....g	1.013		0	A	1		0.861		
Cystine....g	0.407		0	A	1		0.346		
Phenylalanine....g	1.223		0	A	1		1.040		
Tyrosine....g	1.076		0	A	1		0.915		

NDB No. 17382

Lamb, New Zealand, imported, square-cut shoulder chops, 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
Valine....g	1.582		0	A	1		1.344		
Arginine....g	2.091		0	A	1		1.777		
Histidine....g	0.658		0	A	1		0.559		
Alanine....g	1.544		0	A	1		1.312		
Aspartic acid....g									
Glutamic acid....g	4.339		0	A	1		3.688		
Glycine....g	1.328		0	A	1		1.129		
Proline....g	0.996		0	A	1		0.846		
Serine....g	1.059		0	A	1		0.900		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17383

Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw

Refuse: 40% Bone and connective tissue 23% 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	71.98		1	A	1		81.33		
Energy....kcal	164		0	NC	4		186		
Energy....kJ	687		0	NC	4		776		
Protein (N x 6.25)....g	20.62		1	A	1		23.31		
Total lipid (fat)....g	9.08		1	A	1		10.26		
Ash....g	1.00		1	A	1		1.13		
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	27		1	A	1		30		
Iron, Fe....mg	1.18		1	A	1		1.33		
Magnesium, Mg....mg	21		1	A	1		24		
Phosphorus, P....mg	189		1	A	1		214		
Potassium, K....mg	321		1	A	1		363		
Sodium, Na....mg	82		1	A	1		92		
Zinc, Zn....mg	3.29		1	A	1		3.72		
Copper, Cu....mg	0.089		1	A	1		0.101		
Manganese, Mn....mg	0.008		1	A	1		0.009		
Selenium, Se....µg	7.4		1	A	1		8.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.068		1	A	1		0.076		
Riboflavin....mg	0.180		1	A	1		0.203		
Niacin....mg	3.862		1	A	1		4.364		
Pantothenic acid....mg	0.284		1	A	1		0.321		
Vitamin B-6....mg	0.063		1	A	1		0.071		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.52		1	A	1		2.85		
Vitamin A, RAE....µg	6		0	AS	1		7		
Vitamin A, IU....IU	21		0	AS	1		24		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.39		1	A	1		0.44		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	5		1	A	1		6		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.769		0	NC	4		3.129		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.011		1	A	1		0.013		
12:0....g	0.014		1	A	1		0.016		

NDB No. 17383

Lamb, New Zealand, imported, square-cut shoulder chops, 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
13:0....g									
14:0....g	0.169		1	A	1		0.191		
15:0....g									
16:0....g	1.211		1	A	1		1.369		
17:0....g	0.114		1	A	1		0.129		
18:0....g	1.232		1	A	1		1.392		
20:0....g	0.007		1	A	1		0.007		
22:0....g	0.011		1	A	1		0.012		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.349		0	NC	4		2.654		
14:1....g	0.006		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.078		0	AS	1		0.088		
16:1 c....g	0.068		1	A	1		0.077		
16:1 t....g	0.010		1	A	1		0.012		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.264		0	AS	1		2.558		
18:1 c....g	1.975		1	A	1		2.231		
18:1 t....g	0.289		1	A	1		0.326		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.422		0	NC	4		0.477		
18:2 undifferentiated....g	0.262		0	AS	1		0.296		
18:2 n-6 c,c....g	0.129		1	A	1		0.146		
18:2 CLAs....g	0.133		1	A	1		0.150		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.096		0	AS	1		0.108		
18:3 n-3 c,c,c (ALA)....g	0.096		1	A	1		0.108		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.002		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.002		
20:4 undifferentiated....g	0.023		0	AS	1		0.025		
20:4 n-6....g	0.023		1	A	1		0.025		
20:5 n-3 (EPA)....g	0.019		1	A	1		0.021		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.023		
22:6 n-3 (DHA)....g	0.002		1	A	1		0.002		
Fatty acids, total trans....g	0.299		0	NC	4		0.338		
Fatty acids, total trans-monoenoic....g	0.299		0	NC	4		0.338		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	59		1	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0	A	1		0.258		
Threonine....g	0.984		0	A	1		1.112		
Isoleucine....g	0.923		0	A	1		1.043		
Leucine....g	1.593		0	A	1		1.800		
Lysine....g	1.801		0	A	1		2.035		
Methionine....g	0.673		0	A	1		0.760		
Cystine....g	0.270		0	A	1		0.305		
Phenylalanine....g	0.812		0	A	1		0.918		
Tyrosine....g	0.715		0	A	1		0.807		

NDB No. 17383

Lamb, New Zealand, imported, square-cut shoulder chops, 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
Valine....g	1.050		0	A	1		1.187		
Arginine....g	1.388		0	A	1		1.569		
Histidine....g	0.437		0	A	1		0.493		
Alanine....g	1.025		0	A	1		1.159		
Aspartic acid....g									
Glutamic acid....g	2.881		0	A	1		3.255		
Glycine....g	0.882		0	A	1		0.996		
Proline....g	0.661		0	A	1		0.747		
Serine....g	0.703		0	A	1		0.795		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17417

Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted

Refuse: 27% Bone and connective tissue 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	55.93		0	PAK	1		47.54		
Energy....kcal	294		0	NC	4		250		
Energy....kJ	1231		0	NC	4		1046		
Protein....g	20.88		0	PAK	1		17.75		
Total lipid (fat)....g	23.39		0	PAK	1		19.88		
Ash....g	0.91		0	PAK	1		0.77		
Carbohydrate, by difference....g	0.03		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	PAK	1		10		
Iron, Fe....mg	1.41		0	PAK	1		1.20		
Magnesium, Mg....mg	20		0	PAK	1		17		
Phosphorus, P....mg	176		0	PAK	1		150		
Potassium, K....mg	299		0	PAK	1		254		
Sodium, Na....mg	72		0	PAK	1		62		
Zinc, Zn....mg	3.87		0	PAK	1		3.29		
Copper, Cu....mg	0.095		0	PAK	1		0.081		
Manganese, Mn....mg	0.008		0	PAK	1		0.007		
Selenium, Se....µg	5.7		0	PAK	1		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.072		0	PAK	1		0.061		
Riboflavin....mg	0.198		0	PAK	1		0.168		
Niacin....mg	3.618		0	PAK	1		3.076		
Pantothenic acid....mg	0.399		0	PAK	1		0.339		
Vitamin B-6....mg	0.159		0	PAK	1		0.135		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.18		0	PAK	1		1.85		
Vitamin A, RAE....µg	11		0	PAK	1		9		
Vitamin A, IU....IU	35		0	PAK	1		30		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	PAK	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.1		
Vitamin D....IU	6		0	PAK	1		5		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.332		0	PIK	4		7.932		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.001		
10:0....g	0.024		0	PAK	1		0.021		
12:0....g	0.028		0	PAK	1		0.024		

NDB No. 17417

Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow 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
13:0....g									
14:0....g	0.472		0	PAK	1		0.402		
15:0....g									
16:0....g	3.478		0	PAK	1		2.956		
17:0....g	0.394		0	PAK	1		0.335		
18:0....g	4.866		0	PAK	1		4.136		
20:0....g	0.024		0	PAK	1		0.021		
22:0....g	0.044		0	PAK	1		0.038		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.446		0	PIK	4		5.479		
14:1....g	0.012		0	PAK	1		0.010		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.199		0	PAK	1		0.169		
16:1 c....g	0.169		0	PAK	1		0.143		
16:1 t....g	0.031		0	PAK	1		0.026		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.228		0	PAK	1		5.294		
18:1 c....g	5.030		0	PAK	1		4.275		
18:1 t....g	1.198		0	PAK	1		1.018		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	PAK	1		0.006		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.881		0	PIK	4		0.749		
18:2 undifferentiated....g	0.585		0	PAK	1		0.497		
18:2 n-6 c,c....g	0.249		0	PAK	1		0.212		
18:2 CLAs....g	0.328		0	PAK	1		0.279		
18:2 t,t....g	0.008		0	PAK	1		0.006		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.238		0	PAK	1		0.203		
18:3 n-3 c,c,c (ALA)....g	0.238		0	PAK	1		0.203		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.001		0	PAK	1		0.001		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.001		0	PAK	1		0.001		
20:4 undifferentiated....g	0.016		0	PAK	1		0.014		
20:4 n-6....g	0.016		0	PAK	1		0.014		
20:5 n-3 (EPA)....g	0.012		0	PAK	1		0.010		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.027		0	PAK	1		0.023		
22:6 n-3 (DHA)....g	0.001		0	PAK	1		0.001		
Fatty acids, total trans....g	1.236		0	PIK	4		1.051		
Fatty acids, total trans-monoenoic....g	1.229		0	PIK	4		1.044		
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.006		
Cholesterol....mg	72		0	PAK	1		62		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	PAK	1		0.196		
Threonine....g	0.996		0	PAK	1		0.847		
Isoleucine....g	0.935		0	PAK	1		0.794		
Leucine....g	1.612		0	PAK	1		1.370		
Lysine....g	1.823		0	PAK	1		1.550		
Methionine....g	0.681		0	PAK	1		0.579		
Cystine....g	0.273		0	PAK	1		0.232		
Phenylalanine....g	0.822		0	PAK	1		0.699		
Tyrosine....g	0.723		0	PAK	1		0.615		

NDB No. 17417

Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow 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
Valine....g	1.063		0	PAK	1		0.904		
Arginine....g	1.405		0	PAK	1		1.195		
Histidine....g	0.442		0	PAK	1		0.376		
Alanine....g	1.038		0	PAK	1		0.882		
Aspartic acid....g									
Glutamic acid....g	2.917		0	PAK	1		2.479		
Glycine....g	0.893		0	PAK	1		0.759		
Proline....g	0.669		0	PAK	1		0.569		
Serine....g	0.712		0	PAK	1		0.605		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17084

Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw

Refuse: 25% Bone and connective tissue 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	61.07		0	PAK	1		70.24		
Energy....kcal	272		0	NC	4		312		
Energy....kJ	1136		0	NC	4		1306		
Protein....g	16.16		0	PAK	1		18.58		
Total lipid (fat)....g	22.89		0	PAK	1		26.32		
Ash....g	0.80		0	PAK	1		0.92		
Carbohydrate, by difference....g	0.24		0	PIK	4		0.27		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0	PAK	1		12		
Iron, Fe....mg	1.01		0	PAK	1		1.16		
Magnesium, Mg....mg	17		0	PAK	1		19		
Phosphorus, P....mg	147		0	PAK	1		169		
Potassium, K....mg	261		0	PAK	1		301		
Sodium, Na....mg	64		0	PAK	1		73		
Zinc, Zn....mg	2.91		0	PAK	1		3.35		
Copper, Cu....mg	0.076		0	PAK	1		0.087		
Manganese, Mn....mg	0.007		0	PAK	1		0.008		
Selenium, Se....µg	4.5		0	PAK	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.098		0	PAK	1		0.112		
Riboflavin....mg	0.134		0	PAK	1		0.154		
Niacin....mg	2.916		0	PAK	1		3.353		
Pantothenic acid....mg	0.250		0	PAK	1		0.287		
Vitamin B-6....mg	0.118		0	PAK	1		0.136		
Folate, total....µg									
Folic acid....µg	0		0	PIK	4		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.86		0	PAK	1		2.14		
Vitamin A, RAE....µg	14		0	PAK	1		16		
Retinol....µg	14		0	PAK	1		16		
Carotene, beta....µg	0		0	PIK	4		0		
Carotene, alpha....µg	0		0	PIK	4		0		
Cryptoxanthin, beta....µg	0		0	PIK	4		0		
Vitamin A, IU....IU	46		0	PAK	1		52		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.53		0	PAK	1		0.61		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2		
Vitamin D....IU	7		0	PAK	1		8		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17084

Lamb, New Zealand, imported, square-cut shoulder, 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
Fatty acids, total saturated....g	9.855		0	PIK	4		11.333		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.001		0	PAK	1		0.001		
10:0....g	0.030		0	PAK	1		0.035		
12:0....g	0.036		0	PAK	1		0.041		
13:0....g									
14:0....g	0.514		0	PAK	1		0.591		
15:0....g									
16:0....g	3.797		0	PAK	1		4.367		
17:0....g	0.432		0	PAK	1		0.497		
18:0....g	4.983		0	PAK	1		5.730		
20:0....g	0.022		0	PAK	1		0.025		
22:0....g	0.040		0	PAK	1		0.046		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.637		0	PIK	4		7.633		
14:1....g	0.013		0	PAK	1		0.015		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.202		0	PAK	1		0.233		
16:1 c....g	0.174		0	PAK	1		0.200		
16:1 t....g	0.028		0	PAK	1		0.032		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.416		0	PAK	1		7.379		
18:1 c....g	5.284		0	PAK	1		6.076		
18:1 t....g	1.133		0	PAK	1		1.303		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		0	PAK	1		0.006		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.968		0	PIK	4		1.113		
18:2 undifferentiated....g	0.623		0	PAK	1		0.716		
18:2 n-6 c,c....g	0.252		0	PAK	1		0.290		
18:2 CLAs....g	0.357		0	PAK	1		0.411		
18:2 t,t....g	0.014		0	PAK	1		0.016		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.256		0	PAK	1		0.295		
18:3 n-3 c,c,c (ALA)....g	0.256		0	PAK	1		0.295		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.016		0	PAK	1		0.019		
20:4 n-6....g	0.016		0	PAK	1		0.019		
20:5 n-3 (EPA)....g	0.011		0	PAK	1		0.013		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.026		0	PAK	1		0.030		
22:6 n-3 (DHA)....g	0.035		0	PAK	1		0.041		
Fatty acids, total trans....g	1.174		0	PIK	4		1.350		
Fatty acids, total trans-monoenoic....g	1.161		0	PIK	4		1.335		
Fatty acids, total trans-polyenoic....g	0.014		0	PIK	4		0.016		
Cholesterol....mg	60		0	PAK	1		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.179		0	PAK	1		0.205		
Threonine....g	0.771		0	PAK	1		0.886		
Isoleucine....g	0.723		0	PAK	1		0.832		

NDB No. 17084

Lamb, New Zealand, imported, square-cut shoulder, 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
Leucine....g	1.248		0	PAK	1		1.435		
Lysine....g	1.411		0	PAK	1		1.623		
Methionine....g	0.527		0	PAK	1		0.606		
Cystine....g	0.212		0	PAK	1		0.243		
Phenylalanine....g	0.636		0	PAK	1		0.732		
Tyrosine....g	0.560		0	PAK	1		0.644		
Valine....g	0.823		0	PAK	1		0.946		
Arginine....g	1.088		0	PAK	1		1.251		
Histidine....g	0.342		0	PAK	1		0.393		
Alanine....g	0.803		0	PAK	1		0.924		
Aspartic acid....g									
Glutamic acid....g	2.257		0	PAK	1		2.596		
Glycine....g	0.691		0	PAK	1		0.795		
Proline....g	0.518		0	PAK	1		0.596		
Serine....g	0.551		0	PAK	1		0.634		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17399

Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted

Refuse: 45% Bone and connective tissue 27% 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	64.96		1	A	1		55.21		
Energy....kcal	192		0	NC	4		163		
Energy....kJ	801		0	NC	4		681		
Protein (N x 6.25)....g	25.08		1	A	1		21.32		
Total lipid (fat)....g	10.13		1	A	1		8.61		
Ash....g	1.09		1	A	1		0.93		
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		1	A	1		12		
Iron, Fe....mg	1.47		1	A	1		1.25		
Magnesium, Mg....mg	22		1	A	1		19		
Phosphorus, P....mg	197		1	A	1		167		
Potassium, K....mg	334		1	A	1		284		
Sodium, Na....mg	80		1	A	1		68		
Zinc, Zn....mg	4.59		1	A	1		3.90		
Copper, Cu....mg	0.114		1	A	1		0.097		
Manganese, Mn....mg	0.009		1	A	1		0.007		
Selenium, Se....µg	6.8		1	A	1		5.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.056		1	A	1		0.047		
Riboflavin....mg	0.231		1	A	1		0.197		
Niacin....mg	4.238		1	A	1		3.602		
Pantothenic acid....mg	0.463		1	A	1		0.393		
Vitamin B-6....mg	0.189		1	A	1		0.161		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.65		1	A	1		2.26		
Vitamin A, RAE....µg	1		0	AS	1		1		
Vitamin A, IU....IU	4		0	AS	1		3		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		1	A	1		0.19		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	5		1	A	1		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.503		0	NC	4		2.977		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.013		1	A	1		0.011		
12:0....g	0.016		1	A	1		0.014		

NDB No. 17399

Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow 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
13:0....g									
14:0....g	0.198		1	A	1		0.168		
15:0....g									
16:0....g	1.465		1	A	1		1.245		
17:0....g	0.142		1	A	1		0.121		
18:0....g	1.647		1	A	1		1.400		
20:0....g	0.009		1	A	1		0.008		
22:0....g	0.012		1	A	1		0.010		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.646		0	NC	4		2.249		
14:1....g	0.006		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.082		0	AS	1		0.070		
16:1 c....g	0.069		1	A	1		0.058		
16:1 t....g	0.014		1	A	1		0.012		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.556		0	AS	1		2.173		
18:1 c....g	2.155		1	A	1		1.832		
18:1 t....g	0.401		1	A	1		0.341		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.470		0	NC	4		0.400		
18:2 undifferentiated....g	0.293		0	AS	1		0.249		
18:2 n-6 c,c....g	0.160		1	A	1		0.136		
18:2 CLAs....g	0.133		1	A	1		0.113		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.116		0	AS	1		0.098		
18:3 n-3 c,c,c (ALA)....g	0.116		1	A	1		0.098		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.022		0	AS	1		0.018		
20:4 n-6....g	0.022		1	A	1		0.018		
20:5 n-3 (EPA)....g	0.016		1	A	1		0.014		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		1	A	1		0.018		
22:6 n-3 (DHA)....g	0.002		1	A	1		0.001		
Fatty acids, total trans....g	0.415		0	NC	4		0.353		
Fatty acids, total trans-monoenoic....g	0.415		0	NC	4		0.353		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	71		1	A	1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0	A	1		0.236		
Threonine....g	1.197		0	A	1		1.017		
Isoleucine....g	1.123		0	A	1		0.954		
Leucine....g	1.937		0	A	1		1.646		
Lysine....g	2.191		0	A	1		1.862		
Methionine....g	0.818		0	A	1		0.696		
Cystine....g	0.328		0	A	1		0.279		
Phenylalanine....g	0.988		0	A	1		0.840		
Tyrosine....g	0.869		0	A	1		0.739		

NDB No. 17399

Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow 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
Valine....g	1.277		0	A	1		1.086		
Arginine....g	1.688		0	A	1		1.435		
Histidine....g	0.531		0	A	1		0.451		
Alanine....g	1.247		0	A	1		1.060		
Aspartic acid....g									
Glutamic acid....g	3.504		0	A	1		2.978		
Glycine....g	1.073		0	A	1		0.912		
Proline....g	0.804		0	A	1		0.683		
Serine....g	0.855		0	A	1		0.727		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17086

Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw

Refuse: 42% Bone and connective tissue 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	72.51		1	A	1		83.39		
Energy....kcal	154		0	NC	4		177		
Energy....kJ	643		0	NC	4		739		
Protein (N x 6.25)....g	19.72		1	A	1		22.68		
Total lipid (fat)....g	8.30		1	A	1		9.55		
Ash....g	0.98		1	A	1		1.12		
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		1	A	1		14		
Iron, Fe....mg	1.12		1	A	1		1.29		
Magnesium, Mg....mg	20		1	A	1		23		
Phosphorus, P....mg	175		1	A	1		201		
Potassium, K....mg	307		1	A	1		353		
Sodium, Na....mg	73		1	A	1		84		
Zinc, Zn....mg	3.57		1	A	1		4.11		
Copper, Cu....mg	0.092		1	A	1		0.106		
Manganese, Mn....mg	0.008		1	A	1		0.009		
Selenium, Se....µg	5.3		1	A	1		6.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.099		1	A	1		0.114		
Riboflavin....mg	0.164		1	A	1		0.188		
Niacin....mg	3.463		1	A	1		3.982		
Pantothenic acid....mg	0.279		1	A	1		0.321		
Vitamin B-6....mg	0.140		1	A	1		0.161		
Folate, total....µg									
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.30		1	A	1		2.64		
Vitamin A, RAE....µg	4		0	AS	1		5		
Retinol....µg	4		1	A	1		5		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	14		0	AS	1		16		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.2		
Vitamin D....IU	7		1	A	1		8		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17086

Lamb, New Zealand, imported, square-cut 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
Fatty acids, total saturated....g	3.371		0	NC	4		3.876		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.015		1	A	1		0.017		
12:0....g	0.023		1	A	1		0.026		
13:0....g									
14:0....g	0.241		1	A	1		0.277		
15:0....g									
16:0....g	1.513		1	A	1		1.740		
17:0....g	0.151		1	A	1		0.173		
18:0....g	1.422		1	A	1		1.636		
20:0....g	0.007		1	A	1		0.007		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	2.584		0	NC	4		2.972		
14:1....g	0.010		1	A	1		0.012		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.095		0	AS	1		0.110		
16:1 c....g	0.083		1	A	1		0.095		
16:1 t....g	0.013		1	A	1		0.014		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	2.479		0	AS	1		2.851		
18:1 c....g	2.196		1	A	1		2.525		
18:1 t....g	0.283		1	A	1		0.326		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.553		0	NC	4		0.635		
18:2 undifferentiated....g	0.313		0	AS	1		0.360		
18:2 n-6 c,c....g	0.168		1	A	1		0.193		
18:2 CLAs....g	0.145		1	A	1		0.167		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.140		0	AS	1		0.161		
18:3 n-3 c,c,c (ALA)....g	0.140		1	A	1		0.161		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.021		0	AS	1		0.025		
20:4 n-6....g	0.021		1	A	1		0.025		
20:5 n-3 (EPA)....g	0.015		1	A	1		0.017		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.021		
22:6 n-3 (DHA)....g	0.046		1	A	1		0.053		
Fatty acids, total trans....g	0.296		0	NC	4		0.340		
Fatty acids, total trans-monoenoic....g	0.296		0	NC	4		0.340		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	56		1	A	1		64		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0	A	1		0.251		
Threonine....g	0.941		0	A	1		1.082		
Isoleucine....g	0.883		0	A	1		1.015		

NDB No. 17086

Lamb, New Zealand, imported, square-cut 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
Leucine....g	1.523		0	A	1		1.751		
Lysine....g	1.722		0	A	1		1.981		
Methionine....g	0.643		0	A	1		0.740		
Cystine....g	0.258		0	A	1		0.297		
Phenylalanine....g	0.777		0	A	1		0.893		
Tyrosine....g	0.683		0	A	1		0.786		
Valine....g	1.004		0	A	1		1.155		
Arginine....g	1.328		0	A	1		1.527		
Histidine....g	0.418		0	A	1		0.480		
Alanine....g	0.980		0	A	1		1.128		
Aspartic acid....g									
Glutamic acid....g	2.755		0	A	1		3.168		
Glycine....g	0.843		0	A	1		0.970		
Proline....g	0.632		0	A	1		0.727		
Serine....g	0.672		0	A	1		0.773		
Hydroxyproline....g									
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 = 115g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17362
Lamb, New Zealand, imported, subcutaneous 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	21.77		1	A	1				
Energy....kcal	674		0	NC	4				
Energy....kJ	2820		0	NC	4				
Protein (N x 6.25)....g	5.24		1	A	1				
Total lipid (fat)....g	72.28		1	A	1				
Ash....g	0.09		1	A	1				
Carbohydrate, by difference....g	0.62		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	6		1	A	1				
Iron, Fe....mg	0.70		1	A	1				
Magnesium, Mg....mg	9		1	A	1				
Phosphorus, P....mg	84		1	A	1				
Potassium, K....mg	164		1	A	1				
Sodium, Na....mg	43		1	A	1				
Zinc, Zn....mg	1.03		1	A	1				
Copper, Cu....mg	0.030		1	A	1				
Manganese, Mn....mg	0.005		1	A	1				
Selenium, Se....µg	2.1		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.094		1	A	1				
Riboflavin....mg	0.058		1	A	1				
Niacin....mg	1.530		1	A	1				
Pantothenic acid....mg	0.156		1	A	1				
Vitamin B-6....mg	0.061		1	A	1				
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.70		1	A	1				
Vitamin A, RAE....µg	60		0	AS	1				
Vitamin A, IU....IU	201		0	AS	1				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	1.02		1	A	1				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1				
Vitamin D....IU	4		1	A	1				
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	31.441		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.029		1	A	1				
10:0....g	0.066		1	A	1				
12:0....g	0.058		1	A	1				

NDB No. 17362
Lamb, New Zealand, imported, subcutaneous 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
13:0....g									
14:0....g	1.304		1	A	1				
15:0....g									
16:0....g	10.597		1	A	1				
17:0....g	1.362		1	A	1				
18:0....g	17.798		1	A	1				
20:0....g	0.090		1	A	1				
22:0....g	0.137		1	A	1				
24:0....g	0.000		1	A	1				
Fatty acids, total monounsaturated....g	19.735		0	NC	4				
14:1....g	0.020		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.527		0	AS	1				
16:1 c....g	0.444		1	A	1				
16:1 t....g	0.082		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	19.157		0	AS	1				
18:1 c....g	14.859		1	A	1				
18:1 t....g	4.297		1	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032		1	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		1	A	1				
22:1 t....g									
24:1 c....g	0.000		1	A	1				
Fatty acids, total polyunsaturated....g	2.314		0	NC	4				
18:2 undifferentiated....g	1.599		0	AS	1				
18:2 n-6 c,c....g	0.564		1	A	1				
18:2 CLAs....g	0.995		1	A	1				
18:2 t,t....g	0.040		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.662		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.662		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		0	AS	1				
20:3 n-3....g	0.000		1	A	1				
20:3 n-6....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		0	AS	1				
20:4 n-6....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.052		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g	4.419		0	NC	4				
Fatty acids, total trans-monoenoic....g	4.380		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.040		0	NC	4				
Cholesterol....mg	66		1	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0	A	1				
Threonine....g	0.250		0	A	1				
Isoleucine....g	0.235		0	A	1				
Leucine....g	0.405		0	A	1				
Lysine....g	0.458		0	A	1				
Methionine....g	0.171		0	A	1				
Cystine....g	0.069		0	A	1				
Phenylalanine....g	0.206		0	A	1				
Tyrosine....g	0.182		0	A	1				

NDB No. 17362
Lamb, New Zealand, imported, subcutaneous 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
Valine....g	0.267		0	A	1				
Arginine....g	0.353		0	A	1				
Histidine....g	0.111		0	A	1				
Alanine....g	0.260		0	A	1				
Aspartic acid....g									
Glutamic acid....g	0.732		0	A	1				
Glycine....g	0.224		0	A	1				
Proline....g	0.168		0	A	1				
Serine....g	0.179		0	A	1				
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17356
Lamb, New Zealand, imported, subcutaneous fat, raw

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion 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	19.17		1	A	1				
Energy	kcal	703		0	NC	4				
Energy	kJ	2942		0	NC	4				
Protein (N x 6.25)	g	3.87		1	A	1				
Total lipid (fat)	g	76.16		1	A	1				
Ash	g	0.25		1	A	1				
Carbohydrate, by difference	g	0.55		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	3		1	A	1				
Iron, Fe	mg	0.47		1	A	1				
Magnesium, Mg	mg	5		1	A	1				
Phosphorus, P	mg	45		1	A	1				
Potassium, K	mg	93		1	A	1				
Sodium, Na	mg	28		1	A	1				
Zinc, Zn	mg	0.46		1	A	1				
Copper, Cu	mg	0.019		1	A	1				
Manganese, Mn	mg	0.002		1	A	1				
Selenium, Se	µg	1.3		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.088		1	A	1				
Riboflavin	mg	0.038		1	A	1				
Niacin	mg	1.060		1	A	1				
Pantothenic acid	mg	0.156		1	A	1				
Vitamin B-6	mg	0.032		1	A	1				
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.41		1	A	1				
Vitamin A, RAE	µg	44		0	AS	1				
Vitamin A, IU	IU	146		0	AS	1				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	1.18		1	A	1				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	AS	1				
Vitamin D	IU	4		1	A	1				
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	32.369		0	NC	4				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.011		1	A	1				
10:0	g	0.087		1	A	1				
12:0	g	0.081		1	A	1				

NDB No. 17356
Lamb, New Zealand, imported, subcutaneous fat, 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
13:0....g									
14:0....g	1.532		1	A	1				
15:0....g									
16:0....g	12.002		1	A	1				
17:0....g	1.485		1	A	1				
18:0....g	16.925		1	A	1				
20:0....g	0.067		1	A	1				
22:0....g	0.179		1	A	1				
24:0....g	0.000		1	A	1				
Fatty acids, total monounsaturated....g	21.703		0	NC	4				
14:1....g	0.026		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.619		0	AS	1				
16:1 c....g	0.535		1	A	1				
16:1 t....g	0.084		1	A	1				
17:1....g	0.000		1	A	1				
18:1 undifferentiated....g	21.029		0	AS	1				
18:1 c....g	17.102		1	A	1				
18:1 t....g	3.927		1	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		1	A	1				
22:1 undifferentiated....g	0.000		0	AS	1				
22:1 c....g	0.000		1	A	1				
22:1 t....g									
24:1 c....g	0.000		1	A	1				
Fatty acids, total polyunsaturated....g	2.310		0	NC	4				
18:2 undifferentiated....g	1.615		0	AS	1				
18:2 n-6 c,c....g	0.512		1	A	1				
18:2 CLAs....g	1.065		1	A	1				
18:2 t,t....g	0.038		1	A	1				
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.641		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.641		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		1	A	1				
20:3 undifferentiated....g	0.000		0	AS	1				
20:3 n-3....g	0.000		1	A	1				
20:3 n-6....g	0.000		1	A	1				
20:4 undifferentiated....g	0.000		0	AS	1				
20:4 n-6....g	0.000		1	A	1				
20:5 n-3 (EPA)....g	0.000		1	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.055		1	A	1				
22:6 n-3 (DHA)....g	0.000		1	A	1				
Fatty acids, total trans....g	4.049		0	NC	4				
Fatty acids, total trans-monoenoic....g	4.011		0	NC	4				
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4				
Cholesterol....mg	78		1	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1				
Threonine....g	0.185		0	A	1				
Isoleucine....g	0.173		0	A	1				
Leucine....g	0.299		0	A	1				
Lysine....g	0.338		0	A	1				
Methionine....g	0.126		0	A	1				
Cystine....g	0.051		0	A	1				
Phenylalanine....g	0.152		0	A	1				
Tyrosine....g	0.134		0	A	1				

NDB No. 17356
Lamb, New Zealand, imported, subcutaneous 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
Valine.....g	0.197		0	A	1				
Arginine.....g	0.261		0	A	1				
Histidine.....g	0.082		0	A	1				
Alanine.....g	0.192		0	A	1				
Aspartic acid.....g									
Glutamic acid.....g	0.541		0	A	1				
Glycine.....g	0.165		0	A	1				
Proline.....g	0.124		0	A	1				
Serine.....g	0.132		0	A	1				
Hydroxyproline.....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17374

Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered

Refuse: 3% 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	72.60		1	A	1		61.71		
Energy....kcal	144		0	NC	4		122		
Energy....kJ	602		0	NC	4		512		
Protein (N x 6.25)....g	21.13		1	A	1		17.96		
Total lipid (fat)....g	6.61		1	A	1		5.62		
Ash....g	2.58		1	A	1		2.19		
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	6		1	A	1		5		
Iron, Fe....mg	1.06		1	A	1		0.90		
Magnesium, Mg....mg	25		1	A	1		21		
Phosphorus, P....mg	550		1	A	1		468		
Potassium, K....mg	354		1	A	1		300		
Sodium, Na....mg	52		1	A	1		45		
Zinc, Zn....mg	1.93		1	A	1		1.64		
Copper, Cu....mg	0.075		1	A	1		0.064		
Manganese, Mn....mg	0.017		1	A	1		0.014		
Selenium, Se....µg	14.9		1	A	1		12.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.075		1	A	1		0.063		
Riboflavin....mg	0.096		1	A	1		0.082		
Niacin....mg	1.375		1	A	1		1.168		
Pantothenic acid....mg	0.729		1	A	1		0.620		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.50		1	A	1		2.13		
Vitamin A, RAE....µg	8		0	AS	1		7		
Vitamin A, IU....IU	28		0	AS	1		24		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.13		1	A	1		0.96		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.1		
Vitamin D....IU	6		1	A	1		5		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.342		0	NC	4		1.991		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.009		1	A	1		0.008		
12:0....g	0.008		1	A	1		0.006		

NDB No. 17374

Lamb, New Zealand, imported, sweetbread, cooked, soaked and 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
13:0....g									
14:0....g	0.110		1	A	1		0.094		
15:0....g									
16:0....g	1.028		1	A	1		0.874		
17:0....g	0.100		1	A	1		0.085		
18:0....g	1.045		1	A	1		0.888		
20:0....g	0.006		1	A	1		0.005		
22:0....g	0.036		1	A	1		0.030		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.847		0	NC	4		1.570		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.055		0	AS	1		0.046		
16:1 c....g	0.045		1	A	1		0.039		
16:1 t....g	0.009		1	A	1		0.008		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.769		0	AS	1		1.503		
18:1 c....g	1.607		1	A	1		1.366		
18:1 t....g	0.162		1	A	1		0.138		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014		1	A	1		0.012		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.008		1	A	1		0.007		
Fatty acids, total polyunsaturated....g	0.393		0	NC	4		0.334		
18:2 undifferentiated....g	0.177		0	AS	1		0.150		
18:2 n-6 c,c....g	0.118		1	A	1		0.100		
18:2 CLAs....g	0.059		1	A	1		0.050		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.065		0	AS	1		0.056		
18:3 n-3 c,c,c (ALA)....g	0.065		1	A	1		0.056		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.011		0	AS	1		0.010		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.011		1	A	1		0.010		
20:4 undifferentiated....g	0.051		0	AS	1		0.043		
20:4 n-6....g	0.051		1	A	1		0.043		
20:5 n-3 (EPA)....g	0.028		1	A	1		0.023		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.044		1	A	1		0.038		
22:6 n-3 (DHA)....g	0.016		1	A	1		0.014		
Fatty acids, total trans....g	0.172		0	NC	4		0.146		
Fatty acids, total trans-monoenoic....g	0.172		0	NC	4		0.146		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	462		1	A	1		393		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.199		
Threonine....g	1.008		0	A	1		0.857		
Isoleucine....g	0.946		0	A	1		0.804		
Leucine....g	1.632		0	A	1		1.387		
Lysine....g	1.845		0	A	1		1.569		
Methionine....g	0.689		0	A	1		0.586		
Cystine....g	0.277		0	A	1		0.235		
Phenylalanine....g	0.832		0	A	1		0.707		
Tyrosine....g	0.732		0	A	1		0.622		

NDB No. 17374

Lamb, New Zealand, imported, sweetbread, cooked, soaked and 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
Valine....g	1.076		0	A	1		0.915		
Arginine....g	1.422		0	A	1		1.209		
Histidine....g	0.447		0	A	1		0.380		
Alanine....g	1.050		0	A	1		0.893		
Aspartic acid....g									
Glutamic acid....g	2.952		0	A	1		2.509		
Glycine....g	0.904		0	A	1		0.768		
Proline....g	0.677		0	A	1		0.576		
Serine....g	0.720		0	A	1		0.612		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17375
Lamb, New Zealand, imported, sweetbread, raw

Refuse: 3% 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	85.78		1	A	1		96.93		
Energy....kcal	72		0	NC	4		82		
Energy....kJ	303		0	NC	4		342		
Protein (N x 6.25)....g	11.00		1	A	1		12.43		
Total lipid (fat)....g	3.16		1	A	1		3.57		
Ash....g	1.35		1	A	1		1.52		
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	2		1	A	1		3		
Iron, Fe....mg	0.54		1	A	1		0.61		
Magnesium, Mg....mg	14		1	A	1		16		
Phosphorus, P....mg	310		1	A	1		350		
Potassium, K....mg	302		1	A	1		342		
Sodium, Na....mg	39		1	A	1		44		
Zinc, Zn....mg	0.98		1	A	1		1.11		
Copper, Cu....mg	0.060		1	A	1		0.068		
Manganese, Mn....mg	0.010		1	A	1		0.011		
Selenium, Se....µg	8.6		1	A	1		9.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.054		1	A	1		0.061		
Riboflavin....mg	0.067		1	A	1		0.076		
Niacin....mg	1.342		1	A	1		1.517		
Pantothenic acid....mg	0.723		1	A	1		0.817		
Vitamin B-6....mg	0.000		1	A	1		0.000		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.83		1	A	1		2.07		
Vitamin A, RAE....µg	5		0	AS	1		6		
Vitamin A, IU....IU	18		0	AS	1		20		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.48		1	A	1		0.54		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	4		1	A	1		4		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.602		0	NC	4		1.810		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.100		1	A	1		0.113		
12:0....g	0.002		1	A	1		0.002		

NDB No. 17375
Lamb, New Zealand, imported, sweetbread, 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
13:0....g									
14:0....g	0.057		1	A	1		0.064		
15:0....g									
16:0....g	0.601		1	A	1		0.679		
17:0....g	0.058		1	A	1		0.065		
18:0....g	0.759		1	A	1		0.858		
20:0....g	0.002		1	A	1		0.002		
22:0....g	0.024		1	A	1		0.027		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.122		0	NC	4		1.268		
14:1....g	0.002		1	A	1		0.002		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.033		0	AS	1		0.037		
16:1 c....g	0.025		1	A	1		0.028		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.075		0	AS	1		1.215		
18:1 c....g	0.921		1	A	1		1.041		
18:1 t....g	0.154		1	A	1		0.174		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011		1	A	1		0.012		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.002		1	A	1		0.002		
Fatty acids, total polyunsaturated....g	0.234		0	NC	4		0.265		
18:2 undifferentiated....g	0.104		0	AS	1		0.118		
18:2 n-6 c,c....g	0.069		1	A	1		0.078		
18:2 CLAs....g	0.035		1	A	1		0.040		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.041		0	AS	1		0.046		
18:3 n-3 c,c,c (ALA)....g	0.041		1	A	1		0.046		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.002		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.002		
20:4 undifferentiated....g	0.027		0	AS	1		0.031		
20:4 n-6....g	0.027		1	A	1		0.031		
20:5 n-3 (EPA)....g	0.022		1	A	1		0.025		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		1	A	1		0.032		
22:6 n-3 (DHA)....g	0.011		1	A	1		0.012		
Fatty acids, total trans....g	0.162		0	NC	4		0.183		
Fatty acids, total trans-monoenoic....g	0.162		0	NC	4		0.183		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	160		1	A	1		181		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0	A	1		0.137		
Threonine....g	0.525		0	A	1		0.593		
Isoleucine....g	0.492		0	A	1		0.556		
Leucine....g	0.849		0	A	1		0.960		
Lysine....g	0.960		0	A	1		1.085		
Methionine....g	0.359		0	A	1		0.405		
Cystine....g	0.144		0	A	1		0.163		
Phenylalanine....g	0.433		0	A	1		0.490		
Tyrosine....g	0.381		0	A	1		0.431		

NDB No. 17375
Lamb, New Zealand, imported, sweetbread, 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
Valine....g	0.560		0	A	1		0.633		
Arginine....g	0.740		0	A	1		0.837		
Histidine....g	0.233		0	A	1		0.263		
Alanine....g	0.547		0	A	1		0.618		
Aspartic acid....g									
Glutamic acid....g	1.536		0	A	1		1.736		
Glycine....g	0.470		0	A	1		0.531		
Proline....g	0.353		0	A	1		0.398		
Serine....g	0.375		0	A	1		0.424		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17418

Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast 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	66.31		0	PAK	1		56.36		
Energy....kcal	157		0	NC	4		133		
Energy....kJ	655		0	NC	4		557		
Protein....g	27.87		0	PAK	1		23.69		
Total lipid (fat)....g	5.00		0	PAK	1		4.25		
Ash....g	1.44		0	PAK	1		1.23		
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	PAK	1		4		
Iron, Fe....mg	2.11		0	PAK	1		1.80		
Magnesium, Mg....mg	31		0	PAK	1		26		
Phosphorus, P....mg	268		0	PAK	1		228		
Potassium, K....mg	432		0	PAK	1		367		
Sodium, Na....mg	59		0	PAK	1		50		
Zinc, Zn....mg	2.80		0	PAK	1		2.38		
Copper, Cu....mg	0.180		0	PAK	1		0.153		
Manganese, Mn....mg	0.016		0	PAK	1		0.014		
Selenium, Se....µg	6.5		0	PAK	1		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.101		0	PAK	1		0.086		
Riboflavin....mg	0.295		0	PAK	1		0.251		
Niacin....mg	9.074		0	PAK	1		7.713		
Pantothenic acid....mg	1.061		0	PAK	1		0.902		
Vitamin B-6....mg	0.280		0	PAK	1		0.238		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.41		0	PAK	1		2.04		
Vitamin A, RAE....µg	2		0	PAK	1		1		
Vitamin A, IU....IU	5		0	PAK	1		5		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.55		0	PAK	1		0.47		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.882		0	PIK	4		1.600		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.010		0	PAK	1		0.008		
12:0....g	0.008		0	PAK	1		0.006		

NDB No. 17418

Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast 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
13:0....g									
14:0....g	0.087		0	PAK	1		0.074		
15:0....g									
16:0....g	0.799		0	PAK	1		0.680		
17:0....g	0.079		0	PAK	1		0.067		
18:0....g	0.872		0	PAK	1		0.741		
20:0....g	0.007		0	PAK	1		0.006		
22:0....g	0.021		0	PAK	1		0.018		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	1.489		0	PIK	4		1.265		
14:1....g	0.011		0	PAK	1		0.009		
15:1....g	0.002		0	PAK	1		0.002		
16:1 undifferentiated....g	0.050		0	PAK	1		0.043		
16:1 c....g	0.039		0	PAK	1		0.034		
16:1 t....g	0.011		0	PAK	1		0.009		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	1.422		0	PAK	1		1.209		
18:1 c....g	1.256		0	PAK	1		1.068		
18:1 t....g	0.166		0	PAK	1		0.141		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		0	PAK	1		0.001		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated....g	0.451		0	PIK	4		0.383		
18:2 undifferentiated....g	0.212		0	PAK	1		0.180		
18:2 n-6 c,c....g	0.161		0	PAK	1		0.137		
18:2 CLAs....g	0.051		0	PAK	1		0.043		
18:2 t,t....g	0.000		0	PAK	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.108		0	PAK	1		0.091		
18:3 n-3 c,c,c (ALA)....g	0.108		0	PAK	1		0.091		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.005		0	PAK	1		0.005		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.005		0	PAK	1		0.005		
20:4 undifferentiated....g	0.047		0	PAK	1		0.040		
20:4 n-6....g	0.047		0	PAK	1		0.040		
20:5 n-3 (EPA)....g	0.035		0	PAK	1		0.030		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		0	PAK	1		0.024		
22:6 n-3 (DHA)....g	0.015		0	PAK	1		0.013		
Fatty acids, total trans....g	0.177		0	PIK	4		0.151		
Fatty acids, total trans-monoenoic....g	0.177		0	PIK	4		0.151		
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000		
Cholesterol....mg	94		0	PAK	1		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.308		0	PAK	1		0.262		
Threonine....g	1.330		0	PAK	1		1.130		
Isoleucine....g	1.248		0	PAK	1		1.061		
Leucine....g	2.152		0	PAK	1		1.830		
Lysine....g	2.434		0	PAK	1		2.069		
Methionine....g	0.909		0	PAK	1		0.773		
Cystine....g	0.365		0	PAK	1		0.310		
Phenylalanine....g	1.098		0	PAK	1		0.933		
Tyrosine....g	0.966		0	PAK	1		0.821		

NDB No. 17418

Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast 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
Valine....g	1.419		0	PAK	1		1.207		
Arginine....g	1.876		0	PAK	1		1.595		
Histidine....g	0.590		0	PAK	1		0.502		
Alanine....g	1.386		0	PAK	1		1.178		
Aspartic acid....g									
Glutamic acid....g	3.894		0	PAK	1		3.310		
Glycine....g	1.192		0	PAK	1		1.013		
Proline....g	0.894		0	PAK	1		0.760		
Serine....g	0.950		0	PAK	1		0.808		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17423

Lamb, New Zealand, imported, tenderloin, separable lean and 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	74.04		0	PAK	1		83.67		
Energy....kcal	120		0	NC	4		135		
Energy....kJ	501		0	NC	4		566		
Protein....g	20.43		0	PAK	1		23.09		
Total lipid (fat)....g	4.22		0	PAK	1		4.77		
Ash....g	1.34		0	PAK	1		1.52		
Carbohydrate, by difference....g	0.01		0	PIK	4		0.01		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAK	1		5		
Iron, Fe....mg	1.62		0	PAK	1		1.83		
Magnesium, Mg....mg	26		0	PAK	1		30		
Phosphorus, P....mg	221		0	PAK	1		250		
Potassium, K....mg	379		0	PAK	1		428		
Sodium, Na....mg	49		0	PAK	1		56		
Zinc, Zn....mg	2.15		0	PAK	1		2.43		
Copper, Cu....mg	0.135		0	PAK	1		0.153		
Manganese, Mn....mg	0.012		0	PAK	1		0.014		
Selenium, Se....µg	5.0		0	PAK	1		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.075		0	PAK	1		0.085		
Riboflavin....mg	0.214		0	PAK	1		0.241		
Niacin....mg	7.262		0	PAK	1		8.206		
Pantothenic acid....mg	0.862		0	PAK	1		0.974		
Vitamin B-6....mg	0.246		0	PAK	1		0.278		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.87		0	PAK	1		2.11		
Vitamin A, RAE....µg	2		0	PAK	1		2		
Vitamin A, IU....IU	6		0	PAK	1		6		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.41		0	PAK	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.110		0	NR	4		2.384		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.008		0	PAK	1		0.009		
12:0....g	0.007		0	PAK	1		0.008		

NDB No. 17423

Lamb, New Zealand, imported, tenderloin, 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
13:0....g									
14:0....g	0.097		0	PAK	1		0.110		
15:0....g									
16:0....g	0.907		0	PAK	1		1.025		
17:0....g	0.093		0	PAK	1		0.105		
18:0....g	0.973		0	PAK	1		1.099		
20:0....g	0.009		0	PAK	1		0.010		
22:0....g	0.016		0	PAK	1		0.019		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	1.610		0	NR	4		1.819		
14:1....g	0.007		0	PAK	1		0.008		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.048		0	PAK	1		0.055		
16:1 c....g	0.041		0	PAK	1		0.047		
16:1 t....g	0.006		0	PAK	1		0.007		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	1.553		0	PAK	1		1.755		
18:1 c....g	1.390		0	PAK	1		1.570		
18:1 t....g	0.164		0	PAK	1		0.185		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		0	PAK	1		0.002		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated....g	0.480		0	NR	4		0.542		
18:2 undifferentiated....g	0.219		0	PAK	1		0.248		
18:2 n-6 c,c....g	0.180		0	PAK	1		0.203		
18:2 CLAs....g	0.039		0	PAK	1		0.044		
18:2 t,t....g	0.000		0	PAK	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.119		0	PAK	1		0.134		
18:3 n-3 c,c,c (ALA)....g	0.119		0	PAK	1		0.134		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.010		0	PAK	1		0.011		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.010		0	PAK	1		0.011		
20:4 undifferentiated....g	0.048		0	PAK	1		0.054		
20:4 n-6....g	0.048		0	PAK	1		0.054		
20:5 n-3 (EPA)....g	0.039		0	PAK	1		0.044		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.029		0	PAK	1		0.032		
22:6 n-3 (DHA)....g	0.012		0	PAK	1		0.014		
Fatty acids, total trans....g	0.171		0	NR	4		0.193		
Fatty acids, total trans-monoenoic....g	0.171		0	NR	4		0.193		
Fatty acids, total trans-polyenoic....g	0.000		0	PIK	4		0.000		
Cholesterol....mg	69		0	PAK	1		78		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	PAK	1		0.255		
Threonine....g	0.975		0	PAK	1		1.101		
Isoleucine....g	0.915		0	PAK	1		1.034		
Leucine....g	1.578		0	PAK	1		1.783		
Lysine....g	1.784		0	PAK	1		2.016		
Methionine....g	0.667		0	PAK	1		0.753		
Cystine....g	0.267		0	PAK	1		0.302		
Phenylalanine....g	0.805		0	PAK	1		0.909		
Tyrosine....g	0.708		0	PAK	1		0.800		

NDB No. 17423

Lamb, New Zealand, imported, tenderloin, 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
Valine....g	1.041		0	PAK	1		1.176		
Arginine....g	1.375		0	PAK	1		1.554		
Histidine....g	0.433		0	PAK	1		0.489		
Alanine....g	1.016		0	PAK	1		1.148		
Aspartic acid....g									
Glutamic acid....g	2.854		0	PAK	1		3.225		
Glycine....g	0.874		0	PAK	1		0.987		
Proline....g	0.655		0	PAK	1		0.740		
Serine....g	0.697		0	PAK	1		0.787		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17384

Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast 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	66.43		1	A	1		56.47		
Energy	kcal	155		0	NC	4		132		
Energy	kJ	649		0	NC	4		552		
Protein (N x 6.25)	g	27.94		1	A	1		23.75		
Total lipid (fat)	g	4.81		1	A	1		4.09		
Ash	g	1.44		1	A	1		1.23		
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	5		1	A	1		4		
Iron, Fe	mg	2.12		1	A	1		1.80		
Magnesium, Mg	mg	31		1	A	1		27		
Phosphorus, P	mg	268		1	A	1		228		
Potassium, K	mg	433		1	A	1		368		
Sodium, Na	mg	59		1	A	1		50		
Zinc, Zn	mg	2.81		1	A	1		2.38		
Copper, Cu	mg	0.180		1	A	1		0.153		
Manganese, Mn	mg	0.016		1	A	1		0.014		
Selenium, Se	µg	6.5		1	A	1		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.101		1	A	1		0.086		
Riboflavin	mg	0.296		1	A	1		0.252		
Niacin	mg	9.099		1	A	1		7.734		
Pantothenic acid	mg	1.064		1	A	1		0.905		
Vitamin B-6	mg	0.281		1	A	1		0.239		
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.41		1	A	1		2.05		
Vitamin A, RAE	µg	2		0	AS	1		1		
Vitamin A, IU	IU	5		0	AS	1		4		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.55		1	A	1		0.47		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0		
Vitamin D	IU	1		1	A	1		1		
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.799		0	NC	4		1.529		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		1	A	1		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.010		1	A	1		0.008		
12:0	g	0.007		1	A	1		0.006		

NDB No. 17384

Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast 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
13:0....g									
14:0....g	0.083		1	A	1		0.070		
15:0....g									
16:0....g	0.770		1	A	1		0.654		
17:0....g	0.075		1	A	1		0.064		
18:0....g	0.827		1	A	1		0.703		
20:0....g	0.007		1	A	1		0.006		
22:0....g	0.020		1	A	1		0.017		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.433		0	NC	4		1.218		
14:1....g	0.011		1	A	1		0.009		
15:1....g	0.002		1	A	1		0.002		
16:1 undifferentiated....g	0.049		0	AS	1		0.041		
16:1 c....g	0.038		1	A	1		0.032		
16:1 t....g	0.011		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.368		0	AS	1		1.163		
18:1 c....g	1.214		1	A	1		1.032		
18:1 t....g	0.155		1	A	1		0.131		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.002		1	A	1		0.001		
Fatty acids, total polyunsaturated....g	0.445		0	NC	4		0.378		
18:2 undifferentiated....g	0.208		0	AS	1		0.177		
18:2 n-6 c,c....g	0.160		1	A	1		0.136		
18:2 CLAs....g	0.048		1	A	1		0.041		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.106		0	AS	1		0.090		
18:3 n-3 c,c,c (ALA)....g	0.106		1	A	1		0.090		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.005		0	AS	1		0.005		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.005		1	A	1		0.005		
20:4 undifferentiated....g	0.047		0	AS	1		0.040		
20:4 n-6....g	0.047		1	A	1		0.040		
20:5 n-3 (EPA)....g	0.036		1	A	1		0.030		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.028		1	A	1		0.024		
22:6 n-3 (DHA)....g	0.015		1	A	1		0.013		
Fatty acids, total trans....g	0.166		0	NC	4		0.141		
Fatty acids, total trans-monoenoic....g	0.166		0	NC	4		0.141		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	94		1	A	1		80		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0	A	1		0.263		
Threonine....g	1.333		0	A	1		1.133		
Isoleucine....g	1.251		0	A	1		1.063		
Leucine....g	2.158		0	A	1		1.834		
Lysine....g	2.440		0	A	1		2.074		
Methionine....g	0.912		0	A	1		0.775		
Cystine....g	0.366		0	A	1		0.311		
Phenylalanine....g	1.101		0	A	1		0.935		
Tyrosine....g	0.968		0	A	1		0.823		

NDB No. 17384

Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast 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
Valine....g	1.423		0	A	1		1.209		
Arginine....g	1.881		0	A	1		1.599		
Histidine....g	0.592		0	A	1		0.503		
Alanine....g	1.389		0	A	1		1.181		
Aspartic acid....g									
Glutamic acid....g	3.903		0	A	1		3.318		
Glycine....g	1.195		0	A	1		1.015		
Proline....g	0.896		0	A	1		0.761		
Serine....g	0.953		0	A	1		0.810		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17385

Lamb, New Zealand, imported, tenderloin, separable lean only, raw

Refuse: 1% 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	74.35		1	A	1		84.02		
Energy....kcal	116		0	NC	4		132		
Energy....kJ	487		0	NC	4		550		
Protein (N x 6.25)....g	20.53		1	A	1		23.20		
Total lipid (fat)....g	3.81		1	A	1		4.31		
Ash....g	1.35		1	A	1		1.53		
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	4		1	A	1		5		
Iron, Fe....mg	1.63		1	A	1		1.84		
Magnesium, Mg....mg	26		1	A	1		30		
Phosphorus, P....mg	222		1	A	1		251		
Potassium, K....mg	381		1	A	1		430		
Sodium, Na....mg	49		1	A	1		56		
Zinc, Zn....mg	2.16		1	A	1		2.44		
Copper, Cu....mg	0.136		1	A	1		0.154		
Manganese, Mn....mg	0.012		1	A	1		0.014		
Selenium, Se....µg	5.0		1	A	1		5.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.075		1	A	1		0.085		
Riboflavin....mg	0.215		1	A	1		0.243		
Niacin....mg	7.301		1	A	1		8.250		
Pantothenic acid....mg	0.867		1	A	1		0.979		
Vitamin B-6....mg	0.247		1	A	1		0.279		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.88		1	A	1		2.12		
Vitamin A, RAE....µg	1		0	AS	1		2		
Vitamin A, IU....IU	5		0	AS	1		5		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.41		1	A	1		0.46		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.260		0	NR	4		1.424		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.005		1	A	1		0.005		
12:0....g	0.004		1	A	1		0.005		

NDB No. 17385

Lamb, New Zealand, imported, tenderloin, 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
13:0....g									
14:0....g	0.058		1	A	1		0.066		
15:0....g									
16:0....g	0.550		1	A	1		0.621		
17:0....g	0.056		1	A	1		0.063		
18:0....g	0.572		1	A	1		0.646		
20:0....g	0.006		1	A	1		0.006		
22:0....g	0.010		1	A	1		0.011		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.940		0	NR	4		2.192		
14:1....g	0.009		1	A	1		0.010		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.059		0	AS	1		0.066		
16:1 c....g	0.051		1	A	1		0.057		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.870		0	AS	1		2.114		
18:1 c....g	1.687		1	A	1		1.907		
18:1 t....g	0.183		1	A	1		0.207		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.003		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.002		1	A	1		0.003		
Fatty acids, total polyunsaturated....g	0.550		0	NR	4		0.622		
18:2 undifferentiated....g	0.248		0	AS	1		0.280		
18:2 n-6 c,c....g	0.208		1	A	1		0.235		
18:2 CLAs....g	0.039		1	A	1		0.044		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.136		0	AS	1		0.154		
18:3 n-3 c,c,c (ALA)....g	0.136		1	A	1		0.154		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.011		0	AS	1		0.013		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.011		1	A	1		0.013		
20:4 undifferentiated....g	0.056		0	AS	1		0.064		
20:4 n-6....g	0.056		1	A	1		0.064		
20:5 n-3 (EPA)....g	0.046		1	A	1		0.052		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.033		1	A	1		0.038		
22:6 n-3 (DHA)....g	0.014		1	A	1		0.016		
Fatty acids, total trans....g	0.191		0	NR	4		0.216		
Fatty acids, total trans-monoenoic....g	0.191		0	NR	4		0.216		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	69		1	A	1		77		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.257		
Threonine....g	0.979		0	A	1		1.107		
Isoleucine....g	0.919		0	A	1		1.039		
Leucine....g	1.586		0	A	1		1.792		
Lysine....g	1.793		0	A	1		2.026		
Methionine....g	0.670		0	A	1		0.757		
Cystine....g	0.269		0	A	1		0.304		
Phenylalanine....g	0.809		0	A	1		0.914		
Tyrosine....g	0.711		0	A	1		0.804		

NDB No. 17385

Lamb, New Zealand, imported, tenderloin, 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
Valine....g	1.046		0	A	1		1.182		
Arginine....g	1.382		0	A	1		1.562		
Histidine....g	0.435		0	A	1		0.491		
Alanine....g	1.021		0	A	1		1.153		
Aspartic acid....g									
Glutamic acid....g	2.868		0	A	1		3.241		
Glycine....g	0.878		0	A	1		0.992		
Proline....g	0.658		0	A	1		0.744		
Serine....g	0.700		0	A	1		0.791		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17376

Lamb, New Zealand, imported, testes, cooked, soaked and fried

Refuse: 25% Connective tissue 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	73.96		1	A	1		62.87		
Energy....kcal	125		0	NC	4		106		
Energy....kJ	524		0	NC	4		445		
Protein (N x 6.25)....g	21.01		1	A	1		17.86		
Total lipid (fat)....g	4.56		1	A	1		3.88		
Ash....g	1.50		1	A	1		1.28		
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	8		1	A	1		7		
Iron, Fe....mg	1.69		1	A	1		1.44		
Magnesium, Mg....mg	16		1	A	1		14		
Phosphorus, P....mg	302		1	A	1		257		
Potassium, K....mg	265		1	A	1		225		
Sodium, Na....mg	118		1	A	1		101		
Zinc, Zn....mg	2.12		1	A	1		1.80		
Copper, Cu....mg	0.127		1	A	1		0.108		
Manganese, Mn....mg	0.044		1	A	1		0.037		
Selenium, Se....µg	53.0		1	A	1		45.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.312		1	A	1		0.265		
Riboflavin....mg	0.313		1	A	1		0.266		
Niacin....mg	2.224		1	A	1		1.890		
Pantothenic acid....mg	0.768		1	A	1		0.653		
Vitamin B-6....mg	0.038		1	A	1		0.032		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	8.88		1	A	1		7.55		
Vitamin A, RAE....µg	22		0	AS	1		18		
Vitamin A, IU....IU	72		0	AS	1		61		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.85		1	A	1		0.72		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	1		1	A	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.461		0	NC	4		1.241		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		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	0.002		1	A	1		0.001		

NDB No. 17376
Lamb, New Zealand, imported, testes, cooked, soaked and 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
13:0....g									
14:0....g	0.034		1	A	1		0.029		
15:0....g									
16:0....g	1.065		1	A	1		0.906		
17:0....g	0.023		1	A	1		0.019		
18:0....g	0.294		1	A	1		0.249		
20:0....g	0.006		1	A	1		0.005		
22:0....g	0.023		1	A	1		0.020		
24:0....g	0.015		1	A	1		0.012		
Fatty acids, total monounsaturated....g	0.731		0	NC	4		0.621		
14:1....g	0.002		1	A	1		0.001		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.033		0	AS	1		0.028		
16:1 c....g	0.022		1	A	1		0.019		
16:1 t....g	0.011		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.672		0	AS	1		0.571		
18:1 c....g	0.643		1	A	1		0.547		
18:1 t....g	0.029		1	A	1		0.024		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		1	A	1		0.008		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.015		1	A	1		0.013		
Fatty acids, total polyunsaturated....g	1.022		0	NC	4		0.868		
18:2 undifferentiated....g	0.069		0	AS	1		0.058		
18:2 n-6 c,c....g	0.059		1	A	1		0.050		
18:2 CLAs....g	0.010		1	A	1		0.008		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.010		0	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.010		1	A	1		0.008		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.108		0	AS	1		0.092		
20:3 n-3....g	0.006		1	A	1		0.005		
20:3 n-6....g	0.102		1	A	1		0.087		
20:4 undifferentiated....g	0.206		0	AS	1		0.175		
20:4 n-6....g	0.206		1	A	1		0.175		
20:5 n-3 (EPA)....g	0.037		1	A	1		0.031		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.042		1	A	1		0.036		
22:6 n-3 (DHA)....g	0.550		1	A	1		0.468		
Fatty acids, total trans....g	0.039		0	NC	4		0.033		
Fatty acids, total trans-monoenoic....g	0.039		0	NC	4		0.033		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	523		1	A	1		445		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	A	1		0.197		
Threonine....g	1.002		0	A	1		0.852		
Isoleucine....g	0.941		0	A	1		0.800		
Leucine....g	1.623		0	A	1		1.379		
Lysine....g	1.835		0	A	1		1.560		
Methionine....g	0.686		0	A	1		0.583		
Cystine....g	0.275		0	A	1		0.234		
Phenylalanine....g	0.828		0	A	1		0.704		
Tyrosine....g	0.728		0	A	1		0.619		

NDB No. 17376

Lamb, New Zealand, imported, testes, cooked, soaked and 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
Valine....g	1.070		0	A	1		0.910		
Arginine....g	1.415		0	A	1		1.202		
Histidine....g	0.445		0	A	1		0.378		
Alanine....g	1.045		0	A	1		0.888		
Aspartic acid....g									
Glutamic acid....g	2.936		0	A	1		2.495		
Glycine....g	0.899		0	A	1		0.764		
Proline....g	0.674		0	A	1		0.573		
Serine....g	0.716		0	A	1		0.609		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17377
Lamb, New Zealand, imported, testes, raw

Refuse: 17% Connective tissue 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	85.01		1	A	1		96.06		
Energy....kcal	68		0	NC	4		76		
Energy....kJ	283		0	NC	4		320		
Protein (N x 6.25)....g	11.40		1	A	1		12.88		
Total lipid (fat)....g	2.38		1	A	1		2.68		
Ash....g	1.08		1	A	1		1.22		
Carbohydrate, by difference....g	0.14		0	NC	4		0.15		
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		1	A	1		6		
Iron, Fe....mg	1.14		1	A	1		1.29		
Magnesium, Mg....mg	11		1	A	1		12		
Phosphorus, P....mg	179		1	A	1		202		
Potassium, K....mg	265		1	A	1		299		
Sodium, Na....mg	119		1	A	1		135		
Zinc, Zn....mg	1.14		1	A	1		1.29		
Copper, Cu....mg	0.091		1	A	1		0.103		
Manganese, Mn....mg	0.029		1	A	1		0.033		
Selenium, Se....µg	26.2		1	A	1		29.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.315		1	A	1		0.356		
Riboflavin....mg	0.214		1	A	1		0.242		
Niacin....mg	1.744		1	A	1		1.971		
Pantothenic acid....mg	0.872		1	A	1		0.985		
Vitamin B-6....mg	0.033		1	A	1		0.037		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.89		1	A	1		11.18		
Vitamin A, RAE....µg	10		0	AS	1		11		
Vitamin A, IU....IU	34		0	AS	1		38		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.31		1	A	1		0.35		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.793		0	NC	4		0.896		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.013		1	A	1		0.014		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.002		1	A	1		0.002		
12:0....g	0.002		1	A	1		0.002		

NDB No. 17377
Lamb, New Zealand, imported, testes, 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
13:0....g									
14:0....g	0.020		1	A	1		0.023		
15:0....g									
16:0....g	0.573		1	A	1		0.648		
17:0....g	0.011		1	A	1		0.012		
18:0....g	0.153		1	A	1		0.173		
20:0....g	0.002		1	A	1		0.002		
22:0....g	0.009		1	A	1		0.010		
24:0....g	0.010		1	A	1		0.011		
Fatty acids, total monounsaturated....g	0.357		0	NC	4		0.404		
14:1....g	0.002		1	A	1		0.002		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.020		0	AS	1		0.022		
16:1 c....g	0.011		1	A	1		0.013		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.322		0	AS	1		0.364		
18:1 c....g	0.306		1	A	1		0.345		
18:1 t....g	0.016		1	A	1		0.019		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.006		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.009		1	A	1		0.010		
Fatty acids, total polyunsaturated....g	0.353		0	NC	4		0.399		
18:2 undifferentiated....g	0.033		0	AS	1		0.037		
18:2 n-6 c,c....g	0.023		1	A	1		0.026		
18:2 CLAs....g	0.010		1	A	1		0.011		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.002		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.002		1	A	1		0.002		
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	0.002		1	A	1		0.002		
20:3 undifferentiated....g	0.038		0	AS	1		0.043		
20:3 n-3....g	0.002		1	A	1		0.002		
20:3 n-6....g	0.036		1	A	1		0.041		
20:4 undifferentiated....g	0.073		0	AS	1		0.083		
20:4 n-6....g	0.073		1	A	1		0.083		
20:5 n-3 (EPA)....g	0.015		1	A	1		0.017		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.013		1	A	1		0.014		
22:6 n-3 (DHA)....g	0.179		1	A	1		0.202		
Fatty acids, total trans....g	0.025		0	NC	4		0.028		
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.028		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	393		1	A	1		444		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.126		0	A	1		0.142		
Threonine....g	0.544		0	A	1		0.614		
Isoleucine....g	0.510		0	A	1		0.577		
Leucine....g	0.880		0	A	1		0.995		
Lysine....g	0.995		0	A	1		1.125		
Methionine....g	0.372		0	A	1		0.420		
Cystine....g	0.149		0	A	1		0.169		
Phenylalanine....g	0.449		0	A	1		0.507		
Tyrosine....g	0.395		0	A	1		0.446		

NDB No. 17377
Lamb, New Zealand, imported, testes, 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
Valine....g	0.580		0	A	1		0.656		
Arginine....g	0.767		0	A	1		0.867		
Histidine....g	0.241		0	A	1		0.273		
Alanine....g	0.567		0	A	1		0.640		
Aspartic acid....g									
Glutamic acid....g	1.592		0	A	1		1.799		
Glycine....g	0.487		0	A	1		0.551		
Proline....g	0.365		0	A	1		0.413		
Serine....g	0.389		0	A	1		0.439		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17378

Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered

Refuse: 18% Connective tissue 12% 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	58.74		1	A	1		49.93		
Energy....kcal	272		0	NC	4		231		
Energy....kJ	1138		0	NC	4		967		
Protein (N x 6.25)....g	17.51		1	A	1		14.89		
Total lipid (fat)....g	22.04		1	A	1		18.74		
Ash....g	0.84		1	A	1		0.71		
Carbohydrate, by difference....g	0.86		0	NC	4		0.73		
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		1	A	1		5		
Iron, Fe....mg	1.74		1	A	1		1.48		
Magnesium, Mg....mg	15		1	A	1		13		
Phosphorus, P....mg	143		1	A	1		121		
Potassium, K....mg	132		1	A	1		112		
Sodium, Na....mg	52		1	A	1		45		
Zinc, Zn....mg	2.07		1	A	1		1.76		
Copper, Cu....mg	0.199		1	A	1		0.169		
Manganese, Mn....mg	0.020		1	A	1		0.017		
Selenium, Se....µg	9.1		1	A	1		7.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.036		1	A	1		0.031		
Riboflavin....mg	0.341		1	A	1		0.290		
Niacin....mg	2.272		1	A	1		1.931		
Pantothenic acid....mg	0.578		1	A	1		0.492		
Vitamin B-6....mg	0.077		1	A	1		0.065		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.22		1	A	1		4.44		
Vitamin A, RAE....µg	1		0	AS	1		1		
Vitamin A, IU....IU	5		0	AS	1		4		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.16		1	A	1		0.14		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.3		
Vitamin D....IU	12		1	A	1		10		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.341		0	NC	4		6.240		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.029		1	A	1		0.024		
12:0....g	0.033		1	A	1		0.028		

NDB No. 17378

Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and 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
13:0....g									
14:0....g	0.378		1	A	1		0.322		
15:0....g									
16:0....g	3.093		1	A	1		2.629		
17:0....g	0.384		1	A	1		0.326		
18:0....g	3.379		1	A	1		2.872		
20:0....g	0.022		1	A	1		0.019		
22:0....g	0.024		1	A	1		0.020		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	7.761		0	NC	4		6.597		
14:1....g	0.027		1	A	1		0.023		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.309		0	AS	1		0.263		
16:1 c....g	0.280		1	A	1		0.238		
16:1 t....g	0.029		1	A	1		0.025		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	7.423		0	AS	1		6.310		
18:1 c....g	6.706		1	A	1		5.700		
18:1 t....g	0.717		1	A	1		0.610		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.258		0	NC	4		1.069		
18:2 undifferentiated....g	0.852		0	AS	1		0.724		
18:2 n-6 c,c....g	0.417		1	A	1		0.355		
18:2 CLAs....g	0.435		1	A	1		0.369		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.285		0	AS	1		0.243		
18:3 n-3 c,c,c (ALA)....g	0.285		1	A	1		0.243		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.039		0	AS	1		0.033		
20:4 n-6....g	0.039		1	A	1		0.033		
20:5 n-3 (EPA)....g	0.028		1	A	1		0.024		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.044		1	A	1		0.037		
22:6 n-3 (DHA)....g	0.010		1	A	1		0.009		
Fatty acids, total trans....g	0.746		0	NC	4		0.634		
Fatty acids, total trans-monoenoic....g	0.746		0	NC	4		0.634		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	126		1	A	1		107		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.165		
Threonine....g	0.835		0	A	1		0.710		
Isoleucine....g	0.784		0	A	1		0.666		
Leucine....g	1.352		0	A	1		1.150		
Lysine....g	1.530		0	A	1		1.300		
Methionine....g	0.571		0	A	1		0.486		
Cystine....g	0.229		0	A	1		0.195		
Phenylalanine....g	0.690		0	A	1		0.586		
Tyrosine....g	0.607		0	A	1		0.516		

NDB No. 17378

Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and 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
Valine....g	0.892		0	A	1		0.758		
Arginine....g	1.179		0	A	1		1.002		
Histidine....g	0.371		0	A	1		0.315		
Alanine....g	0.871		0	A	1		0.740		
Aspartic acid....g									
Glutamic acid....g	2.447		0	A	1		2.080		
Glycine....g	0.749		0	A	1		0.637		
Proline....g	0.561		0	A	1		0.477		
Serine....g	0.597		0	A	1		0.508		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17379
Lamb, New Zealand, imported, tongue - swiss cut, raw

Refuse: 26% Connective tissue 18% 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	66.50		1	A	1		75.15		
Energy....kcal	225		0	NC	4		254		
Energy....kJ	940		0	NC	4		1062		
Protein (N x 6.25)....g	14.27		1	A	1		16.12		
Total lipid (fat)....g	18.61		1	A	1		21.03		
Ash....g	0.77		1	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	6		1	A	1		7		
Iron, Fe....mg	1.25		1	A	1		1.41		
Magnesium, Mg....mg	15		1	A	1		17		
Phosphorus, P....mg	142		1	A	1		161		
Potassium, K....mg	207		1	A	1		234		
Sodium, Na....mg	77		1	A	1		88		
Zinc, Zn....mg	1.55		1	A	1		1.75		
Copper, Cu....mg	0.152		1	A	1		0.172		
Manganese, Mn....mg	0.018		1	A	1		0.020		
Selenium, Se....µg	5.4		1	A	1		6.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.100		1	A	1		0.113		
Riboflavin....mg	0.293		1	A	1		0.331		
Niacin....mg	3.078		1	A	1		3.478		
Pantothenic acid....mg	0.440		1	A	1		0.497		
Vitamin B-6....mg	0.097		1	A	1		0.110		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.10		1	A	1		6.89		
Vitamin A, RAE....µg	5		0	AS	1		6		
Vitamin A, IU....IU	18		0	AS	1		20		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.57		1	A	1		0.64		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D....IU	5		1	A	1		5		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	5.896		0	NC	4		6.663		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.015		1	A	1		0.017		
12:0....g	0.023		1	A	1		0.026		

NDB No. 17379

Lamb, New Zealand, imported, tongue - swiss cut, 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
13:0....g									
14:0....g	0.313		1	A	1		0.354		
15:0....g									
16:0....g	2.486		1	A	1		2.809		
17:0....g	0.300		1	A	1		0.339		
18:0....g	2.741		1	A	1		3.097		
20:0....g	0.009		1	A	1		0.010		
22:0....g	0.009		1	A	1		0.010		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	6.404		0	NC	4		7.236		
14:1....g	0.023		1	A	1		0.026		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.254		0	AS	1		0.287		
16:1 c....g	0.229		1	A	1		0.258		
16:1 t....g	0.026		1	A	1		0.029		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	6.103		0	AS	1		6.896		
18:1 c....g	5.471		1	A	1		6.182		
18:1 t....g	0.632		1	A	1		0.714		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		1	A	1		0.027		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.041		0	NC	4		1.176		
18:2 undifferentiated....g	0.665		0	AS	1		0.751		
18:2 n-6 c,c....g	0.349		1	A	1		0.394		
18:2 CLAs....g	0.316		1	A	1		0.357		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.278		0	AS	1		0.314		
18:3 n-3 c,c,c (ALA)....g	0.278		1	A	1		0.314		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.030		0	AS	1		0.034		
20:4 n-6....g	0.030		1	A	1		0.034		
20:5 n-3 (EPA)....g	0.021		1	A	1		0.024		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.034		1	A	1		0.039		
22:6 n-3 (DHA)....g	0.012		1	A	1		0.014		
Fatty acids, total trans....g	0.658		0	NC	4		0.743		
Fatty acids, total trans-monoenoic....g	0.658		0	NC	4		0.743		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	88		1	A	1		99		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.681		0	A	1		0.769		
Isoleucine....g	0.639		0	A	1		0.722		
Leucine....g	1.102		0	A	1		1.245		
Lysine....g	1.246		0	A	1		1.408		
Methionine....g	0.465		0	A	1		0.526		
Cystine....g	0.187		0	A	1		0.211		
Phenylalanine....g	0.562		0	A	1		0.635		
Tyrosine....g	0.494		0	A	1		0.559		

NDB No. 17379

Lamb, New Zealand, imported, tongue - swiss cut, 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
Valine....g	0.727		0	A	1		0.821		
Arginine....g	0.960		0	A	1		1.085		
Histidine....g	0.302		0	A	1		0.341		
Alanine....g	0.709		0	A	1		0.802		
Aspartic acid....g									
Glutamic acid....g	1.993		0	A	1		2.252		
Glycine....g	0.610		0	A	1		0.689		
Proline....g	0.457		0	A	1		0.517		
Serine....g	0.486		0	A	1		0.550		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17421

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow 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	63.79		0	PAK	1		54.22		
Energy....kcal	208		0	NC	4		177		
Energy....kJ	870		0	NC	4		740		
Protein....g	23.41		0	PAK	1		19.90		
Total lipid (fat)....g	12.68		0	PAK	1		10.78		
Ash....g	1.08		0	PAK	1		0.91		
Carbohydrate, by difference....g	0.03		0	PIK	4		0.03		
Fiber, total dietary....g	0.0		0	PIK	4		0.0		
Sugars, total....g	0.00		0	PIK	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	PAK	1		4		
Iron, Fe....mg	1.64		0	PAK	1		1.40		
Magnesium, Mg....mg	24		0	PAK	1		21		
Phosphorus, P....mg	201		0	PAK	1		171		
Potassium, K....mg	349		0	PAK	1		297		
Sodium, Na....mg	61		0	PAK	1		52		
Zinc, Zn....mg	3.45		0	PAK	1		2.93		
Copper, Cu....mg	0.143		0	PAK	1		0.121		
Manganese, Mn....mg	0.012		0	PAK	1		0.010		
Selenium, Se....µg	4.4		0	PAK	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PIK	4		0.0		
Thiamin....mg	0.107		0	PAK	1		0.091		
Riboflavin....mg	0.230		0	PAK	1		0.196		
Niacin....mg	5.457		0	PAK	1		4.639		
Pantothenic acid....mg	0.758		0	PAK	1		0.644		
Vitamin B-6....mg	0.253		0	PAK	1		0.215		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.49		0	PAK	1		1.26		
Vitamin A, RAE....µg	7		0	PAK	1		6		
Vitamin A, IU....IU	24		0	PAK	1		20		
Lycopene....µg	0		0	PIK	4		0		
Lutein + zeaxanthin....µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol)....mg	0.40		0	PAK	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	PAK	1		0.0		
Vitamin D....IU	1		0	PAK	1		1		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.788		0	PIK	4		4.070		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.002		0	PAK	1		0.001		
10:0....g	0.017		0	PAK	1		0.015		
12:0....g	0.016		0	PAK	1		0.013		

NDB No. 17421

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow 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
13:0....g									
14:0....g	0.250		0	PAK	1		0.212		
15:0....g									
16:0....g	1.895		0	PAK	1		1.610		
17:0....g	0.213		0	PAK	1		0.181		
18:0....g	2.364		0	PAK	1		2.009		
20:0....g	0.009		0	PAK	1		0.008		
22:0....g	0.023		0	PAK	1		0.019		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	3.574		0	PIK	4		3.038		
14:1....g	0.010		0	PAK	1		0.008		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.114		0	PAK	1		0.097		
16:1 c....g	0.099		0	PAK	1		0.084		
16:1 t....g	0.015		0	PAK	1		0.013		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.447		0	PAK	1		2.930		
18:1 c....g	2.892		0	PAK	1		2.458		
18:1 t....g	0.554		0	PAK	1		0.471		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		0	PAK	1		0.003		
22:1 undifferentiated....g	0.000		0	PAK	1		0.000		
22:1 c....g	0.000		0	PAK	1		0.000		
22:1 t....g									
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	0.591		0	PIK	4		0.502		
18:2 undifferentiated....g	0.343		0	PAK	1		0.292		
18:2 n-6 c,c....g	0.167		0	PAK	1		0.142		
18:2 CLAs....g	0.172		0	PAK	1		0.147		
18:2 t,t....g	0.004		0	PAK	1		0.003		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.166		0	PAK	1		0.141		
18:3 n-3 c,c,c (ALA)....g	0.166		0	PAK	1		0.141		
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000		
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000		
20:3 undifferentiated....g	0.001		0	PAK	1		0.001		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.001		0	PAK	1		0.001		
20:4 undifferentiated....g	0.022		0	PAK	1		0.019		
20:4 n-6....g	0.022		0	PAK	1		0.019		
20:5 n-3 (EPA)....g	0.025		0	PAK	1		0.021		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.025		0	PAK	1		0.021		
22:6 n-3 (DHA)....g	0.008		0	PAK	1		0.007		
Fatty acids, total trans....g	0.573		0	PIK	4		0.487		
Fatty acids, total trans-monoenoic....g	0.569		0	PIK	4		0.484		
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.003		
Cholesterol....mg	79		0	PAK	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0	PAK	1		0.220		
Threonine....g	1.116		0	PAK	1		0.949		
Isoleucine....g	1.048		0	PAK	1		0.891		
Leucine....g	1.807		0	PAK	1		1.536		
Lysine....g	2.044		0	PAK	1		1.737		
Methionine....g	0.764		0	PAK	1		0.649		
Cystine....g	0.306		0	PAK	1		0.260		
Phenylalanine....g	0.922		0	PAK	1		0.784		
Tyrosine....g	0.811		0	PAK	1		0.689		

NDB No. 17421

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow 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
Valine....g	1.192		0	PAK	1		1.013		
Arginine....g	1.576		0	PAK	1		1.339		
Histidine....g	0.496		0	PAK	1		0.421		
Alanine....g	1.164		0	PAK	1		0.989		
Aspartic acid....g									
Glutamic acid....g	3.270		0	PAK	1		2.779		
Glycine....g	1.001		0	PAK	1		0.851		
Proline....g	0.750		0	PAK	1		0.638		
Serine....g	0.798		0	PAK	1		0.678		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17422

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and 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	74.43		1	A	1		84.10		
Energy....kcal	121		0	NC	4		136		
Energy....kJ	504		0	NC	4		570		
Protein (N x 6.25)....g	20.93		1	A	1		23.65		
Total lipid (fat)....g	4.09		1	A	1		4.62		
Ash....g	1.14		1	A	1		1.29		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1	A	1		4		
Iron, Fe....mg	1.40		1	A	1		1.58		
Magnesium, Mg....mg	24		1	A	1		27		
Phosphorus, P....mg	197		1	A	1		223		
Potassium, K....mg	344		1	A	1		388		
Sodium, Na....mg	60		1	A	1		68		
Zinc, Zn....mg	3.26		1	A	1		3.68		
Copper, Cu....mg	0.123		1	A	1		0.139		
Manganese, Mn....mg	0.011		1	A	1		0.012		
Selenium, Se....µg	3.6		1	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.140		1	A	1		0.158		
Riboflavin....mg	0.201		1	A	1		0.228		
Niacin....mg	5.234		1	A	1		5.914		
Pantothenic acid....mg	0.677		1	A	1		0.765		
Vitamin B-6....mg	0.225		1	A	1		0.254		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.89		1	A	1		2.14		
Vitamin A, RAE....µg	3		0	AS	1		4		
Vitamin A, IU....IU	11		0	AS	1		12		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.30		1	A	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.370		0	NC	4		1.548		
4:0....g									
6:0....g	0.011		1	A	1		0.012		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.009		1	A	1		0.010		
12:0....g	0.007		1	A	1		0.008		

NDB No. 17422

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, 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
13:0....g									
14:0....g	0.079		1	A	1		0.089		
15:0....g									
16:0....g	0.645		1	A	1		0.728		
17:0....g	0.055		1	A	1		0.062		
18:0....g	0.557		1	A	1		0.629		
20:0....g	0.002		1	A	1		0.002		
22:0....g	0.007		1	A	1		0.008		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.272		0	NC	4		1.437		
14:1....g	0.002		1	A	1		0.002		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.050		0	AS	1		0.057		
16:1 c....g	0.042		1	A	1		0.048		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.219		0	AS	1		1.377		
18:1 c....g	1.113		1	A	1		1.258		
18:1 t....g	0.106		1	A	1		0.120		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.333		0	NC	4		0.376		
18:2 undifferentiated....g	0.162		0	AS	1		0.183		
18:2 n-6 c,c....g	0.113		1	A	1		0.128		
18:2 CLAs....g	0.049		1	A	1		0.055		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.086		0	AS	1		0.097		
18:3 n-3 c,c,c (ALA)....g	0.086		1	A	1		0.097		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.006		0	AS	1		0.007		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.006		1	A	1		0.007		
20:4 undifferentiated....g	0.024		0	AS	1		0.027		
20:4 n-6....g	0.024		1	A	1		0.027		
20:5 n-3 (EPA)....g	0.029		1	A	1		0.032		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.022		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.007		
Fatty acids, total trans....g	0.114		0	NC	4		0.129		
Fatty acids, total trans-monoenoic....g	0.114		0	NC	4		0.129		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	64		1	A	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	PAK	1		0.231		
Threonine....g	0.882		0	PAK	1		0.996		
Isoleucine....g	0.827		0	PAK	1		0.935		
Leucine....g	1.427		0	PAK	1		1.613		
Lysine....g	1.614		0	PAK	1		1.824		
Methionine....g	0.603		0	PAK	1		0.681		
Cystine....g	0.242		0	PAK	1		0.273		
Phenylalanine....g	0.728		0	PAK	1		0.823		
Tyrosine....g	0.640		0	PAK	1		0.724		

NDB No. 17422

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, 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
Valine....g	0.941		0	PAK	1		1.064		
Arginine....g	1.244		0	PAK	1		1.406		
Histidine....g	0.391		0	PAK	1		0.442		
Alanine....g	0.919		0	PAK	1		1.038		
Aspartic acid....g									
Glutamic acid....g	2.582		0	PAK	1		2.917		
Glycine....g	0.790		0	PAK	1		0.893		
Proline....g	0.592		0	PAK	1		0.670		
Serine....g	0.630		0	PAK	1		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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17380

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted

Refuse: 10% 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	68.14		1	A	1		57.92		
Energy....kcal	159		0	NC	4		135		
Energy....kJ	666		0	NC	4		566		
Protein (N x 6.25)....g	25.29		1	A	1		21.50		
Total lipid (fat)....g	6.44		1	A	1		5.47		
Ash....g	1.17		1	A	1		1.00		
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	4		1	A	1		3		
Iron, Fe....mg	1.71		1	A	1		1.46		
Magnesium, Mg....mg	26		1	A	1		22		
Phosphorus, P....mg	213		1	A	1		181		
Potassium, K....mg	369		1	A	1		313		
Sodium, Na....mg	62		1	A	1		53		
Zinc, Zn....mg	3.69		1	A	1		3.13		
Copper, Cu....mg	0.155		1	A	1		0.132		
Manganese, Mn....mg	0.013		1	A	1		0.011		
Selenium, Se....µg	4.6		1	A	1		3.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.107		1	A	1		0.091		
Riboflavin....mg	0.248		1	A	1		0.210		
Niacin....mg	5.892		1	A	1		5.008		
Pantothenic acid....mg	0.823		1	A	1		0.699		
Vitamin B-6....mg	0.275		1	A	1		0.234		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.58		1	A	1		1.34		
Vitamin A, RAE....µg	2		0	AS	1		2		
Vitamin A, IU....IU	8		0	AS	1		7		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.33		1	A	1		0.28		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.035		0	NC	4		1.729		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.012		1	A	1		0.010		
12:0....g	0.011		1	A	1		0.009		

NDB No. 17380

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow 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
13:0....g									
14:0....g	0.129		1	A	1		0.109		
15:0....g									
16:0....g	0.966		1	A	1		0.821		
17:0....g	0.096		1	A	1		0.081		
18:0....g	0.811		1	A	1		0.689		
20:0....g	0.002		1	A	1		0.001		
22:0....g	0.009		1	A	1		0.008		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.841		0	NC	4		1.565		
14:1....g	0.008		1	A	1		0.006		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.064		0	AS	1		0.055		
16:1 c....g	0.057		1	A	1		0.049		
16:1 t....g	0.007		1	A	1		0.006		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.767		0	AS	1		1.502		
18:1 c....g	1.595		1	A	1		1.356		
18:1 t....g	0.172		1	A	1		0.146		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.406		0	NC	4		0.345		
18:2 undifferentiated....g	0.208		0	AS	1		0.177		
18:2 n-6 c,c....g	0.125		1	A	1		0.106		
18:2 CLAs....g	0.083		1	A	1		0.071		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.113		0	AS	1		0.096		
18:3 n-3 c,c,c (ALA)....g	0.113		1	A	1		0.096		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.002		0	AS	1		0.001		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.002		1	A	1		0.001		
20:4 undifferentiated....g	0.025		0	AS	1		0.021		
20:4 n-6....g	0.025		1	A	1		0.021		
20:5 n-3 (EPA)....g	0.028		1	A	1		0.024		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022		1	A	1		0.019		
22:6 n-3 (DHA)....g	0.009		1	A	1		0.007		
Fatty acids, total trans....g	0.179		0	NC	4		0.152		
Fatty acids, total trans-monoenoic....g	0.179		0	NC	4		0.152		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	79		1	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0	A	1		0.238		
Threonine....g	1.207		0	A	1		1.026		
Isoleucine....g	1.132		0	A	1		0.962		
Leucine....g	1.953		0	A	1		1.660		
Lysine....g	2.209		0	A	1		1.878		
Methionine....g	0.825		0	A	1		0.701		
Cystine....g	0.331		0	A	1		0.281		
Phenylalanine....g	0.996		0	A	1		0.847		
Tyrosine....g	0.876		0	A	1		0.745		

NDB No. 17380

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow 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
Valine....g	1.288		0	A	1		1.095		
Arginine....g	1.703		0	A	1		1.447		
Histidine....g	0.536		0	A	1		0.455		
Alanine....g	1.257		0	A	1		1.069		
Aspartic acid....g									
Glutamic acid....g	3.533		0	A	1		3.003		
Glycine....g	1.081		0	A	1		0.919		
Proline....g	0.811		0	A	1		0.689		
Serine....g	0.862		0	A	1		0.733		
Hydroxyproline....g									
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17381

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw

Refuse: 15% 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	74.43		1	A	1		84.10		
Energy....kcal	121		0	NC	4		136		
Energy....kJ	504		0	NC	4		570		
Protein (N x 6.25)....g	20.93		1	A	1		23.65		
Total lipid (fat)....g	4.09		1	A	1		4.62		
Ash....g	1.14		1	A	1		1.29		
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	4		1	A	1		4		
Iron, Fe....mg	1.40		1	A	1		1.58		
Magnesium, Mg....mg	24		1	A	1		27		
Phosphorus, P....mg	197		1	A	1		223		
Potassium, K....mg	344		1	A	1		388		
Sodium, Na....mg	60		1	A	1		68		
Zinc, Zn....mg	3.26		1	A	1		3.68		
Copper, Cu....mg	0.123		1	A	1		0.139		
Manganese, Mn....mg	0.011		1	A	1		0.012		
Selenium, Se....µg	3.6		1	A	1		4.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.140		1	A	1		0.158		
Riboflavin....mg	0.201		1	A	1		0.228		
Niacin....mg	5.234		1	A	1		5.914		
Pantothenic acid....mg	0.677		1	A	1		0.765		
Vitamin B-6....mg	0.225		1	A	1		0.254		
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.89		1	A	1		2.14		
Vitamin A, RAE....µg	3		0	AS	1		4		
Vitamin A, IU....IU	11		0	AS	1		12		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.30		1	A	1		0.34		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D....IU	0		1	A	1		0		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.370		0	NC	4		1.548		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.011		1	A	1		0.012		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.009		1	A	1		0.010		
12:0....g	0.007		1	A	1		0.008		

NDB No. 17381

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, 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
13:0....g									
14:0....g	0.079		1	A	1		0.089		
15:0....g									
16:0....g	0.645		1	A	1		0.728		
17:0....g	0.055		1	A	1		0.062		
18:0....g	0.557		1	A	1		0.629		
20:0....g	0.002		1	A	1		0.002		
22:0....g	0.007		1	A	1		0.008		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	1.272		0	NC	4		1.437		
14:1....g	0.002		1	A	1		0.002		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.050		0	AS	1		0.057		
16:1 c....g	0.042		1	A	1		0.048		
16:1 t....g	0.008		1	A	1		0.009		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	1.219		0	AS	1		1.377		
18:1 c....g	1.113		1	A	1		1.258		
18:1 t....g	0.106		1	A	1		0.120		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		1	A	1		0.002		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g									
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.333		0	NC	4		0.376		
18:2 undifferentiated....g	0.162		0	AS	1		0.183		
18:2 n-6 c,c....g	0.113		1	A	1		0.128		
18:2 CLAs....g	0.049		1	A	1		0.055		
18:2 t,t....g	0.000		1	A	1		0.000		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.086		0	AS	1		0.097		
18:3 n-3 c,c,c (ALA)....g	0.086		1	A	1		0.097		
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	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.006		0	AS	1		0.007		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.006		1	A	1		0.007		
20:4 undifferentiated....g	0.024		0	AS	1		0.027		
20:4 n-6....g	0.024		1	A	1		0.027		
20:5 n-3 (EPA)....g	0.029		1	A	1		0.032		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1	A	1		0.022		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.007		
Fatty acids, total trans....g	0.114		0	NC	4		0.129		
Fatty acids, total trans-monoenoic....g	0.114		0	NC	4		0.129		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	64		1	A	1		73		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	A	1		0.261		
Threonine....g	0.998		0	A	1		1.128		
Isoleucine....g	0.937		0	A	1		1.059		
Leucine....g	1.616		0	A	1		1.826		
Lysine....g	1.828		0	A	1		2.065		
Methionine....g	0.683		0	A	1		0.772		
Cystine....g	0.274		0	A	1		0.310		
Phenylalanine....g	0.824		0	A	1		0.932		
Tyrosine....g	0.725		0	A	1		0.819		

NDB No. 17381

Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, 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
Valine....g	1.066		0	A	1		1.204		
Arginine....g	1.409		0	A	1		1.592		
Histidine....g	0.443		0	A	1		0.501		
Alanine....g	1.040		0	A	1		1.176		
Aspartic acid....g									
Glutamic acid....g	2.924		0	A	1		3.304		
Glycine....g	0.895		0	A	1		1.011		
Proline....g	0.671		0	A	1		0.758		
Serine....g	0.714		0	A	1		0.806		
Hydroxyproline....g									
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 = 113g: 4 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		22.22	74.76	
Energy....kcal	586		0	NC	4		498	1676	
Energy....kJ	2452		0		4		2084	7012	
Protein (N x 6.25)....g	12.16	1.485	13		1		10.34	34.78	
Total lipid (fat)....g	59.18	2.642	14		1		50.30	169.25	
Ash....g	0.68	0.036	14		1		0.58	1.94	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	1.793	14		1		20	66	
Iron, Fe....mg	1.29	0.115	14		1		1.10	3.69	
Magnesium, Mg....mg	13	0.730	14		1		11	37	
Phosphorus, P....mg	114	5.288	14		1		97	326	
Potassium, K....mg	194	10.012	14		1		165	555	
Sodium, Na....mg	58	2.722	14		1		49	166	
Zinc, Zn....mg	1.74	0.143	14		1		1.48	4.98	
Copper, Cu....mg	0.088	0.005	14		1		0.075	0.252	
Manganese, Mn....mg	0.004		0		1		0.003	0.011	
Selenium, Se....µg	18.8		0	BFNN	4		16.0	53.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.002	7		1		0.060	0.200	
Riboflavin....mg	0.170	0.007	7		1		0.145	0.486	
Niacin....mg	7.800	0.322	7		1		6.630	22.308	
Pantothenic acid....mg	0.580	0.017	7		1		0.493	1.659	
Vitamin B-6....mg	0.040	0.010	8		1		0.034	0.114	
Folate, total....µg	3	0.180	7		1		3	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3	0.180	7		1		3	9	
Folate, DFE....µg	3		0	NC	4		3	9	
Choline, total....mg	54.3		0	BFNN	4		46.2	155.3	
Betaine....mg	7.1		0	BFNN	4		6.1	20.4	
Vitamin B-12....µg	2.35	0.089	7		1		2.00	6.72	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.04		0		1		0.03	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	7	
Vitamin K (phylloquinone)....µg	4.6		0	BFZN	4		3.9	13.2	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	27.020		0		1		22.967	77.277	
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	0.170		491		1		0.145	0.486	
12:0....g	0.290		491		1		0.247	0.829	
13:0....g									
14:0....g	2.580		491		1		2.193	7.379	
15:0....g									
16:0....g	13.370		491		1		11.365	38.238	
17:0....g									
18:0....g	8.430		491		1		7.166	24.110	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	24.400		0		1		20.740	69.784	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.700		491		1		1.445	4.862	
17:1....g									
18:1 undifferentiated....g	21.870		491		1		18.590	62.548	
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		3.808	12.813	
18:2 undifferentiated....g	3.260		491		1		2.771	9.324	
18:3 undifferentiated....g	1.120		491		1		0.952	3.203	
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		0.085	0.286	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		97	326	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.142		0		1		0.121	0.406	
Threonine....g	0.520		0		1		0.442	1.487	
Isoleucine....g	0.586		0		1		0.498	1.676	
Leucine....g	0.945		0		1		0.803	2.703	
Lysine....g	1.073		0		1		0.912	3.069	
Methionine....g	0.312		0		1		0.265	0.892	
Cystine....g	0.145		0		1		0.123	0.415	
Phenylalanine....g	0.495		0		1		0.421	1.416	
Tyrosine....g	0.409		0		1		0.348	1.170	
Valine....g	0.656		0		1		0.558	1.876	
Arginine....g	0.722		0		1		0.614	2.065	
Histidine....g	0.385		0		1		0.327	1.101	
Alanine....g	0.731		0		1		0.621	2.091	
Aspartic acid....g	1.070		0		1		0.910	3.060	
Glutamic acid....g	1.764		0		1		1.499	5.045	
Glycine....g	0.594		0		1		0.505	1.699	
Proline....g	0.510		0		1		0.434	1.459	
Serine....g	0.452		0		1		0.384	1.293	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 286g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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						Amount in edible portion 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	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....µg	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....µg	3	0.162	7		1		1	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3	0.162	7		1		1	14	
Folate, DFE....µg	3		0	NC	4		1	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.68	0.114	7		1		0.48	7.62	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	32.240		0		1		9.140	146.241	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17005

Lamb, domestic, composite of trimmed retail cuts, separable 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 27 (2014)

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		45.66	130.00	
Energy....kcal	294		0	NC	4		250	711	
Energy....kJ	1230		0		4		1046	2977	
Protein (N x 6.25)....g	24.52		0		1		20.84	59.34	
Total lipid (fat)....g	20.94		0		1		17.80	50.67	
Ash....g	1.04		0		1		0.88	2.52	
Carbohydrate, by difference....g	0.00		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		14	41	
Iron, Fe....mg	1.88		0		1		1.60	4.55	
Magnesium, Mg....mg	23		0		1		20	56	
Phosphorus, P....mg	188		0		1		160	455	
Potassium, K....mg	310		0		1		264	750	
Sodium, Na....mg	72		0		1		61	174	
Zinc, Zn....mg	4.46		0		1		3.79	10.79	
Copper, Cu....mg	0.119		0		1		0.101	0.288	
Manganese, Mn....mg	0.022		0		1		0.019	0.053	
Selenium, Se....µg	26.4		0	BFYN	4		22.4	63.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.242	
Riboflavin....mg	0.250		0		1		0.213	0.605	
Niacin....mg	6.660		0		1		5.661	16.117	
Pantothenic acid....mg	0.660		0		1		0.561	1.597	
Vitamin B-6....mg	0.130		0		1		0.111	0.315	
Folate, total....µg	18		0		1		15	44	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	44	
Folate, DFE....µg	18		0	NC	4		15	44	
Choline, total....mg	93.7		0	BFNN	4		79.7	226.8	
Betaine....mg	12.3		0	BFNN	4		10.5	29.8	
Vitamin B-12....µg	2.55		0		1		2.17	6.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0	NR	4		0.12	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		2	6	
Vitamin K (phylloquinone)....µg	4.6		0	BFZN	4		3.9	11.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	8.830		0		1		7.506	21.369	
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	0.050		0		1		0.043	0.121	
12:0....g	0.090		0		1		0.077	0.218	
13:0....g									
14:0....g	0.820		0		1		0.697	1.984	
15:0....g									
16:0....g	4.480		0		1		3.808	10.842	
17:0....g									
18:0....g	2.840		0		1		2.414	6.873	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.820		0		1		7.497	21.344	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.610		0		1		0.519	1.476	
17:1....g									
18:1 undifferentiated....g	8.000		0		1		6.800	19.360	
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		1.284	3.654	
18:2 undifferentiated....g	1.140		0		1		0.969	2.759	
18:3 undifferentiated....g	0.300		0		1		0.255	0.726	
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	0.169	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		82	235	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0		1		0.244	0.695	
Threonine....g	1.050		0		1		0.893	2.541	
Isoleucine....g	1.183		0		1		1.006	2.863	
Leucine....g	1.908		0		1		1.622	4.617	
Lysine....g	2.166		0		1		1.841	5.242	
Methionine....g	0.629		0		1		0.535	1.522	
Cystine....g	0.293		0		1		0.249	0.709	
Phenylalanine....g	0.998		0		1		0.848	2.415	
Tyrosine....g	0.824		0		1		0.700	1.994	
Valine....g	1.323		0		1		1.125	3.202	
Arginine....g	1.457		0		1		1.238	3.526	
Histidine....g	0.777		0		1		0.660	1.880	
Alanine....g	1.475		0		1		1.254	3.570	
Aspartic acid....g	2.159		0		1		1.835	5.225	
Glutamic acid....g	3.559		0		1		3.025	8.613	
Glycine....g	1.198		0		1		1.018	2.899	
Proline....g	1.029		0		1		0.875	2.490	
Serine....g	0.912		0		1		0.775	2.207	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	18		0		1		5	82	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		5	82	
Folate, DFE....µg	18		0	NC	4		5	82	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.39		0		1		0.68	10.84	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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		47.45	139.55	
Energy....kcal	271		0	NC	4		230	678	
Energy....kJ	1134		0		4		964	2835	
Protein (N x 6.25)....g	25.51		0	PAE	4		21.68	63.78	
Total lipid (fat)....g	18.01		0	PAE	4		15.31	45.03	
Ash....g	1.06		0	PAE	4		0.90	2.65	
Carbohydrate, by difference....g	0.00		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		14	40	
Iron, Fe....mg	1.93		0	PAE	4		1.64	4.83	
Magnesium, Mg....mg	24		0	PAE	4		20	60	
Phosphorus, P....mg	193		0	PAE	4		164	483	
Potassium, K....mg	318		0	PAE	4		270	795	
Sodium, Na....mg	72		0	PAE	4		61	180	
Zinc, Zn....mg	4.74		0	PAE	4		4.03	11.85	
Copper, Cu....mg	0.121		0	PAE	4		0.103	0.303	
Manganese, Mn....mg	0.024		0	PAE	4		0.020	0.060	
Selenium, Se....µg	27.2		0	BFNN	4		23.1	68.0	
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	0.250	
Riboflavin....mg	0.260		0	PAE	4		0.221	0.650	
Niacin....mg	6.550		0	PAE	4		5.568	16.375	
Pantothenic acid....mg	0.670		0	PAE	4		0.570	1.675	
Vitamin B-6....mg	0.140		0	PAE	4		0.119	0.350	
Folate, total....µg	19		0	PAE	4		16	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		16	48	
Folate, DFE....µg	19		0	NC	4		16	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.57		0	PAE	4		2.18	6.43	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.450		0	PAE	4		6.333	18.625	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.125	
12:0....g	0.070		0	PAE	4		0.060	0.175	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.725	
15:0....g									
16:0....g	3.810		0	PAE	4		3.239	9.525	
17:0....g									
18:0....g	2.410		0	PAE	4		2.049	6.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.630		0	PAE	4		6.486	19.075	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.530		0	PAE	4		0.451	1.325	
17:1....g									
18:1 undifferentiated....g	6.940		0	PAE	4		5.899	17.350	
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		1.097	3.225	
18:2 undifferentiated....g	0.980		0	PAE	4		0.833	2.450	
18:3 undifferentiated....g	0.240		0	PAE	4		0.204	0.600	
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	0.175	
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	96		0	PAE	4		82	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0	PAE	4		0.253	0.745	
Threonine....g	1.092		0	PAE	4		0.928	2.730	
Isoleucine....g	1.231		0	PAE	4		1.046	3.078	
Leucine....g	1.984		0	PAE	4		1.686	4.960	
Lysine....g	2.253		0	PAE	4		1.915	5.633	
Methionine....g	0.655		0	PAE	4		0.557	1.638	
Cystine....g	0.304		0	PAE	4		0.258	0.760	
Phenylalanine....g	1.038		0	PAE	4		0.882	2.595	
Tyrosine....g	0.857		0	PAE	4		0.728	2.143	
Valine....g	1.376		0	PAE	4		1.170	3.440	
Arginine....g	1.516		0	PAE	4		1.289	3.790	
Histidine....g	0.808		0	PAE	4		0.687	2.020	
Alanine....g	1.534		0	PAE	4		1.304	3.835	
Aspartic acid....g	2.245		0	PAE	4		1.908	5.613	
Glutamic acid....g	3.702		0	PAE	4		3.147	9.255	
Glycine....g	1.246		0	PAE	4		1.059	3.115	
Proline....g	1.070		0	PAE	4		0.910	2.675	
Serine....g	0.948		0	PAE	4		0.806	2.370	
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.

NDB No. 17227

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.44		0	PAE	4		0.69	11.07	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.070		0	PAE	4		2.288	36.606	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17226

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		52.67	115.87	
Energy....kcal	206		0	NC	4		175	385	
Energy....kJ	862				4		733	1612	
Protein (N x 6.25)....g	28.22	0.336	16		1		23.99	52.77	
Total lipid (fat)....g	9.52	0.358	16		1		8.09	17.80	
Ash....g	1.14	0.013	16		1		0.97	2.13	
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	15	0.599	16		1		13	28	
Iron, Fe....mg	2.05	0.063	16		1		1.74	3.83	
Magnesium, Mg....mg	26	0.340	16		1		22	49	
Phosphorus, P....mg	210	3.520	16		1		179	393	
Potassium, K....mg	344	3.940	16		1		292	643	
Sodium, Na....mg	76	0.861	16		1		65	142	
Zinc, Zn....mg	5.27	0.117	16		1		4.48	9.85	
Copper, Cu....mg	0.128	0.006	16		1		0.109	0.239	
Manganese, Mn....mg	0.028		0		1		0.024	0.052	
Selenium, Se....µg	26.1	2.876	5	A	1		22.2	48.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.005	16		1		0.085	0.187	
Riboflavin....mg	0.280	0.014	16		1		0.238	0.524	
Niacin....mg	6.320	0.199	16		1		5.372	11.818	
Pantothenic acid....mg	0.690	0.021	16		1		0.587	1.290	
Vitamin B-6....mg	0.160		0		1		0.136	0.299	
Folate, total....µg	23	0.860	16		1		20	43	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	0.860	16		1		20	43	
Folate, DFE....µg	23		0	NC	4		20	43	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.61	0.104	16		1		2.22	4.88	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.16	0.36	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.400		0		1		2.890	6.358	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		107		1		0.017	0.037	
12:0....g	0.030		107		1		0.026	0.056	
13:0....g									
14:0....g	0.300		107		1		0.255	0.561	
15:0....g									
16:0....g	1.830		107		1		1.556	3.422	
17:0....g									
18:0....g	1.170		107		1		0.995	2.188	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.170		0		1		3.545	7.798	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		107		1		0.238	0.524	
17:1....g									
18:1 undifferentiated....g	3.860		107		1		3.281	7.218	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		0		1		0.527	1.159	
18:2 undifferentiated....g	0.510		107		1		0.434	0.954	
18:3 undifferentiated....g	0.060		107		1		0.051	0.112	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		107		1		0.051	0.112	
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	92	2.023	16		1		78	172	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0		1		0.281	0.617	
Threonine....g	1.208		0		1		1.027	2.259	
Isoleucine....g	1.361		0		1		1.157	2.545	
Leucine....g	2.195		0		1		1.866	4.105	
Lysine....g	2.492		0		1		2.118	4.660	
Methionine....g	0.724		0		1		0.615	1.354	
Cystine....g	0.337		0		1		0.286	0.630	
Phenylalanine....g	1.149		0		1		0.977	2.149	
Tyrosine....g	0.948		0		1		0.806	1.773	
Valine....g	1.523		0		1		1.295	2.848	
Arginine....g	1.676		0		1		1.425	3.134	
Histidine....g	0.894		0		1		0.760	1.672	
Alanine....g	1.697		0		1		1.442	3.173	
Aspartic acid....g	2.484		0		1		2.111	4.645	
Glutamic acid....g	4.095		0		1		3.481	7.658	
Glycine....g	1.378		0		1		1.171	2.577	
Proline....g	1.184		0		1		1.006	2.214	
Serine....g	1.049		0		1		0.892	1.962	
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.

NDB No. 17004

Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 187g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	23	1.180	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.180	16		1		7	104	
Folate, DFE....µg	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.62	0.107	16		1		0.74	11.88	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.880		0		1		0.533	8.528	
4:0....g									
6:0....g									
8:0....g									
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									
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	1.095	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.

NDB No. 17003

Lamb, domestic, composite of trimmed retail cuts, 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 27 (2014)

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						Amount in edible portion 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	56.23		0		1		47.80	152.95	
Energy....kcal	223		0	NC	4		190	607	
Energy....kJ	933		0		4		793	2538	
Protein (N x 6.25)....g	33.69		0		1		28.64	91.64	
Total lipid (fat)....g	8.80		0		1		7.48	23.94	
Ash....g	1.77		0		1		1.50	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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		1		13	41	
Iron, Fe....mg	2.80		0		1		2.38	7.62	
Magnesium, Mg....mg	28		0		1		24	76	
Phosphorus, P....mg	205		0		1		174	558	
Potassium, K....mg	260		0		1		221	707	
Sodium, Na....mg	70		0		1		60	190	
Zinc, Zn....mg	6.58		0		1		5.59	17.90	
Copper, Cu....mg	0.141		0		1		0.120	0.384	
Manganese, Mn....mg	0.032		0		1		0.027	0.087	
Selenium, Se....µg	38.1		0	BFYN	4		32.4	103.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.190	
Riboflavin....mg	0.240		0		1		0.204	0.653	
Niacin....mg	5.950		0		1		5.058	16.184	
Pantothenic acid....mg	0.590		0		1		0.502	1.605	
Vitamin B-6....mg	0.120		0		1		0.102	0.326	
Folate, total....µg	21		0		1		18	57	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		18	57	
Folate, DFE....µg	21		0	NC	4		18	57	
Choline, total....mg	129.3		0	BFNN	4		109.9	351.8	
Betaine....mg	17.0		0	BFNN	4		14.4	46.2	
Vitamin B-12....µg	2.73		0		1		2.32	7.43	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.54	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	7	
Vitamin K (phylloquinone)....µg	4.4		0	BFSN	4		3.7	11.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.150		0		1		2.678	8.568	
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	0.010		0		1		0.009	0.027	
12:0....g	0.020		0		1		0.017	0.054	
13:0....g									
14:0....g	0.230		0		1		0.196	0.626	
15:0....g									
16:0....g	1.710		0		1		1.454	4.651	
17:0....g									
18:0....g	1.050		0		1		0.893	2.856	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.540		0		1		3.009	9.629	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.734	
17:1....g									
18:1 undifferentiated....g	3.200		0		1		2.720	8.704	
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		0.689	2.203	
18:2 undifferentiated....g	0.600		0		1		0.510	1.632	
18:3 undifferentiated....g	0.120		0		1		0.102	0.326	
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		0.068	0.218	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		92	294	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.394		0		1		0.335	1.072	
Threonine....g	1.442		0		1		1.226	3.922	
Isoleucine....g	1.625		0		1		1.381	4.420	
Leucine....g	2.620		0		1		2.227	7.126	
Lysine....g	2.975		0		1		2.529	8.092	
Methionine....g	0.865		0		1		0.735	2.353	
Cystine....g	0.402		0		1		0.342	1.093	
Phenylalanine....g	1.372		0		1		1.166	3.732	
Tyrosine....g	1.132		0		1		0.962	3.079	
Valine....g	1.818		0		1		1.545	4.945	
Arginine....g	2.002		0		1		1.702	5.445	
Histidine....g	1.067		0		1		0.907	2.902	
Alanine....g	2.026		0		1		1.722	5.511	
Aspartic acid....g	2.965		0		1		2.520	8.065	
Glutamic acid....g	4.889		0		1		4.156	13.298	
Glycine....g	1.645		0		1		1.398	4.474	
Proline....g	1.413		0		1		1.201	3.843	
Serine....g	1.253		0		1		1.065	3.408	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 272g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		54.00	207.74	
Energy....kcal	186		0	NC	4		158	608	
Energy....kJ	778				4		661	2545	
Protein (N x 6.25)....g	28.08		0		1		23.87	91.82	
Total lipid (fat)....g	7.33		0		1		6.23	23.97	
Ash....g	1.48		0		1		1.26	4.84	
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	13		0		1		11	43	
Iron, Fe....mg	2.34		0		1		1.99	7.65	
Magnesium, Mg....mg	31		0		1		26	101	
Phosphorus, P....mg	224		0		1		190	732	
Potassium, K....mg	335		0		1		285	1095	
Sodium, Na....mg	76		0		1		65	249	
Zinc, Zn....mg	5.77		0		1		4.90	18.87	
Copper, Cu....mg	0.151		0		1		0.128	0.494	
Manganese, Mn....mg	0.029		0		1		0.025	0.095	
Selenium, Se....µg	31.7		0	BFYN	4		26.9	103.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		1		0.094	0.360	
Riboflavin....mg	0.300		0		1		0.255	0.981	
Niacin....mg	6.610		0		1		5.619	21.615	
Pantothenic acid....mg	0.690		0		1		0.587	2.256	
Vitamin B-6....mg	0.140		0		1		0.119	0.458	
Folate, total....µg	23		0		1		20	75	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23		0		1		20	75	
Folate, DFE....µg	23		0	NC	4		20	75	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.03		0		1		2.58	9.91	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.65	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.620		0		1		2.227	8.567	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.033	
12:0....g	0.020		0		1		0.017	0.065	
13:0....g									
14:0....g	0.190		0		1		0.162	0.621	
15:0....g									
16:0....g	1.420		0		1		1.207	4.643	
17:0....g									
18:0....g	0.870		0		1		0.740	2.845	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.950		0		1		2.508	9.647	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		0		1		0.187	0.719	
17:1....g									
18:1 undifferentiated....g	2.670		0		1		2.270	8.731	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	2.191	
18:2 undifferentiated....g	0.500		0		1		0.425	1.635	
18:3 undifferentiated....g	0.100		0		1		0.085	0.327	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.229	
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	90		0		1		77	294	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0		1		0.279	1.073	
Threonine....g	1.202		0		1		1.022	3.931	
Isoleucine....g	1.355		0		1		1.152	4.431	
Leucine....g	2.184		0		1		1.856	7.142	
Lysine....g	2.479		0		1		2.107	8.106	
Methionine....g	0.720		0		1		0.612	2.354	
Cystine....g	0.335		0		1		0.285	1.095	
Phenylalanine....g	1.143		0		1		0.972	3.738	
Tyrosine....g	0.944		0		1		0.802	3.087	
Valine....g	1.515		0		1		1.288	4.954	
Arginine....g	1.668		0		1		1.418	5.454	
Histidine....g	0.889		0		1		0.756	2.907	
Alanine....g	1.688		0		1		1.435	5.520	
Aspartic acid....g	2.471		0		1		2.100	8.080	
Glutamic acid....g	4.074		0		1		3.463	13.322	
Glycine....g	1.371		0		1		1.165	4.483	
Proline....g	1.178		0		1		1.001	3.852	
Serine....g	1.044		0		1		0.887	3.414	
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.

NDB No. 17061

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 327g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	23	1.191	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.191	16		1		7	104	
Folate, DFE....µg	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.73	0.120	16		1		0.77	12.38	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.890		0		1		0.536	8.573	
4:0....g									
6:0....g									
8:0....g									
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									
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	1.131	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.

NDB No. 17059

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" 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 27 (2014)

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....µg	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....µg	17		0		1		25	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		25	14	
Folate, DFE....µg	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....µg	2.28		0		1		3.37	1.94	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		4	2	
Vitamin K (phylloquinone)....µg	4.3		0	BFSN	4		6.4	3.6	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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						Amount in edible portion 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		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....µg	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....µg	19		0		1		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.34		0		1		0.66	10.61	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.25		0		1		0.07	1.13	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.830		0		1		1.653	26.445	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17007

Lamb, domestic, foreshank, 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 27 (2014)

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....µg	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....µg	19		0	PAE	4		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.34		0	PAE	4		0.66	10.61	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.830		0	PAE	4		1.653	26.445	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17228

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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....µg	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....µg	17		0	PAE	4		25	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0	PAE	4		25	14	
Folate, DFE....µg	17		0	NC	4		25	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.28		0	PAE	4		3.37	1.94	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.630		0	PAE	4		8.332	4.786	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17229

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, 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 27 (2014)

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....µg	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....µg	19	0.995	8		1		24	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	0.995	8		1		24	16	
Folate, DFE....µg	19		0	NC	4		24	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.26	0.114	8		1		2.89	1.92	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.26	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.150		0		1		2.752	1.828	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17010

Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 128g: 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 27 (2014)

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....µg	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....µg	22	1.776	8		1		6	100	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22	1.776	8		1		6	100	
Folate, DFE....µg	22		0	NC	4		6	100	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.45	0.203	8		1		0.69	11.11	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.24		0		1		0.07	1.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.180		0		1		0.335	5.352	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17009

Lamb, domestic, foreshank, 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 27 (2014)

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		51.56	163.18	
Energy....kcal	225		0	NC	4		191	605	
Energy....kJ	941				4		800	2532	
Protein (N x 6.25)....g	26.41		0		1		22.45	71.04	
Total lipid (fat)....g	12.45		0		1		10.58	33.49	
Ash....g	1.05		0		1		0.89	2.82	
Carbohydrate, by difference....g	0.00		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		9	27	
Iron, Fe....mg	1.98		0		1		1.68	5.33	
Magnesium, Mg....mg	25		0		1		21	67	
Phosphorus, P....mg	198		0		1		168	533	
Potassium, K....mg	326		0		1		277	877	
Sodium, Na....mg	65		0		1		55	175	
Zinc, Zn....mg	4.66		0		1		3.96	12.54	
Copper, Cu....mg	0.117		0		1		0.099	0.315	
Manganese, Mn....mg	0.025		0		1		0.021	0.067	
Selenium, Se....µg	29.4		0	BFYN	4		25.0	79.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.269	
Riboflavin....mg	0.270		0		1		0.230	0.726	
Niacin....mg	6.550		0		1		5.568	17.620	
Pantothenic acid....mg	0.700		0		1		0.595	1.883	
Vitamin B-6....mg	0.160		0		1		0.136	0.430	
Folate, total....µg	22		0		1		19	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22		0		1		19	59	
Folate, DFE....µg	22		0	NC	4		19	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.67		0		1		2.27	7.18	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.090		0		1		4.327	13.692	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		0		1		0.026	0.081	
12:0....g	0.050		0		1		0.043	0.135	
13:0....g									
14:0....g	0.470		0		1		0.400	1.264	
15:0....g									
16:0....g	2.610		0		1		2.219	7.021	
17:0....g									
18:0....g	1.660		0		1		1.411	4.465	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.290		0		1		4.497	14.230	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.360		0		1		0.306	0.968	
17:1....g									
18:1 undifferentiated....g	4.820		0		1		4.097	12.966	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0		1		0.748	2.367	
18:2 undifferentiated....g	0.670		0		1		0.570	1.802	
18:3 undifferentiated....g	0.160		0		1		0.136	0.430	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0		1		0.043	0.135	
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	90		0		1		77	242	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		0		1		0.263	0.831	
Threonine....g	1.130		0		1		0.961	3.040	
Isoleucine....g	1.274		0		1		1.083	3.427	
Leucine....g	2.054		0		1		1.746	5.525	
Lysine....g	2.332		0		1		1.982	6.273	
Methionine....g	0.678		0		1		0.576	1.824	
Cystine....g	0.315		0		1		0.268	0.847	
Phenylalanine....g	1.075		0		1		0.914	2.892	
Tyrosine....g	0.888		0		1		0.755	2.389	
Valine....g	1.425		0		1		1.211	3.833	
Arginine....g	1.569		0		1		1.334	4.221	
Histidine....g	0.837		0		1		0.711	2.252	
Alanine....g	1.588		0		1		1.350	4.272	
Aspartic acid....g	2.324		0		1		1.975	6.252	
Glutamic acid....g	3.832		0		1		3.257	10.308	
Glycine....g	1.290		0		1		1.097	3.470	
Proline....g	1.108		0		1		0.942	2.981	
Serine....g	0.982		0		1		0.835	2.642	
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.

NDB No. 17016

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	67.17		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....µg	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....µg	20		0		1		6	91	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0		1		6	91	
Folate, DFE....µg	20		0	NC	4		6	91	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.51		0		1		0.71	11.39	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.800		0		1		1.644	26.309	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17015

Lamb, domestic, leg, shank half, 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 27 (2014)

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		52.22	164.02	
Energy....kcal	217		0	NC	4		184	579	
Energy....kJ	908				4		772	2424	
Protein (N x 6.25)....g	26.73		0	PAE	4		22.72	71.37	
Total lipid (fat)....g	11.40		0	PAE	4		9.69	30.44	
Ash....g	1.06		0	PAE	4		0.90	2.83	
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	9		0	PAE	4		8	24	
Iron, Fe....mg	1.99		0	PAE	4		1.69	5.31	
Magnesium, Mg....mg	25		0	PAE	4		21	67	
Phosphorus, P....mg	200		0	PAE	4		170	534	
Potassium, K....mg	329		0	PAE	4		280	878	
Sodium, Na....mg	65		0	PAE	4		55	174	
Zinc, Zn....mg	4.72		0	PAE	4		4.01	12.60	
Copper, Cu....mg	0.118		0	PAE	4		0.100	0.315	
Manganese, Mn....mg	0.026		0	PAE	4		0.022	0.069	
Selenium, Se....µg	29.7		0	BFNN	4		25.2	79.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.085	0.267	
Riboflavin....mg	0.270		0	PAE	4		0.230	0.721	
Niacin....mg	6.520		0	PAE	4		5.542	17.408	
Pantothenic acid....mg	0.700		0	PAE	4		0.595	1.869	
Vitamin B-6....mg	0.160		0	PAE	4		0.136	0.427	
Folate, total....µg	23		0	PAE	4		20	61	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23		0	PAE	4		20	61	
Folate, DFE....µg	23		0	NC	4		20	61	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.68		0	PAE	4		2.28	7.16	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.600		0	PAE	4		3.910	12.282	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		0	PAE	4		0.026	0.080	
12:0....g	0.040		0	PAE	4		0.034	0.107	
13:0....g									
14:0....g	0.420		0	PAE	4		0.357	1.121	
15:0....g									
16:0....g	2.370		0	PAE	4		2.015	6.328	
17:0....g									
18:0....g	1.500		0	PAE	4		1.275	4.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.860		0	PAE	4		4.131	12.976	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0	PAE	4		0.281	0.881	
17:1....g									
18:1 undifferentiated....g	4.430		0	PAE	4		3.766	11.828	
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		0.680	2.136	
18:2 undifferentiated....g	0.620		0	PAE	4		0.527	1.655	
18:3 undifferentiated....g	0.140		0	PAE	4		0.119	0.374	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	PAE	4		0.043	0.134	
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	90		0	PAE	4		77	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.312		0	PAE	4		0.265	0.833	
Threonine....g	1.144		0	PAE	4		0.972	3.054	
Isoleucine....g	1.290		0	PAE	4		1.097	3.444	
Leucine....g	2.079		0	PAE	4		1.767	5.551	
Lysine....g	2.360		0	PAE	4		2.006	6.301	
Methionine....g	0.686		0	PAE	4		0.583	1.832	
Cystine....g	0.319		0	PAE	4		0.271	0.852	
Phenylalanine....g	1.088		0	PAE	4		0.925	2.905	
Tyrosine....g	0.898		0	PAE	4		0.763	2.398	
Valine....g	1.442		0	PAE	4		1.226	3.850	
Arginine....g	1.588		0	PAE	4		1.350	4.240	
Histidine....g	0.847		0	PAE	4		0.720	2.261	
Alanine....g	1.607		0	PAE	4		1.366	4.291	
Aspartic acid....g	2.353		0	PAE	4		2.000	6.283	
Glutamic acid....g	3.879		0	PAE	4		3.297	10.357	
Glycine....g	1.305		0	PAE	4		1.109	3.484	
Proline....g	1.121		0	PAE	4		0.953	2.993	
Serine....g	0.994		0	PAE	4		0.845	2.654	
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.

NDB No. 17233

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	21		0	PAE	4		6	95	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0	PAE	4		6	95	
Folate, DFE....µg	21		0	NC	4		6	95	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.54		0	PAE	4		0.72	11.52	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.880		0	PAE	4		1.383	22.136	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17232

Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		55.18	154.51	
Energy....kcal	180		0	NC	4		153	428	
Energy....kJ	753				4		640	1792	
Protein (N x 6.25)....g	28.17	0.344	14		1		23.94	67.04	
Total lipid (fat)....g	6.67	0.249	16		1		5.67	15.87	
Ash....g	1.10	0.018	16		1		0.94	2.62	
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	8	0.348	16		1		7	19	
Iron, Fe....mg	2.06	0.076	16		1		1.75	4.90	
Magnesium, Mg....mg	26	0.478	16		1		22	62	
Phosphorus, P....mg	208	4.003	16		1		177	495	
Potassium, K....mg	342	4.448	16		1		291	814	
Sodium, Na....mg	66	1.233	16		1		56	157	
Zinc, Zn....mg	5.02	0.100	16		1		4.27	11.95	
Copper, Cu....mg	0.121	0.010	16		1		0.103	0.288	
Manganese, Mn....mg	0.028		0		1		0.024	0.067	
Selenium, Se....µg	31.7		0	BFYN	4		26.9	75.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.005	16		1		0.094	0.262	
Riboflavin....mg	0.280	0.012	16		1		0.238	0.666	
Niacin....mg	6.390	0.150	16		1		5.432	15.208	
Pantothenic acid....mg	0.710	0.027	16		1		0.604	1.690	
Vitamin B-6....mg	0.170		0		1		0.145	0.405	
Folate, total....µg	24	1.747	16		1		20	57	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	1.747	16		1		20	57	
Folate, DFE....µg	24		0	NC	4		20	57	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.71	0.184	15		1		2.30	6.45	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.43	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.380		0		1		2.023	5.664	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		107		1		0.009	0.024	
12:0....g	0.020		107		1		0.017	0.048	
13:0....g									
14:0....g	0.210		107		1		0.179	0.500	
15:0....g									
16:0....g	1.280		107		1		1.088	3.046	
17:0....g									
18:0....g	0.820		107		1		0.697	1.952	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.920		0		1		2.482	6.950	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		107		1		0.170	0.476	
17:1....g									
18:1 undifferentiated....g	2.710		107		1		2.304	6.450	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.440		0		1		0.374	1.047	
18:2 undifferentiated....g	0.360		107		1		0.306	0.857	
18:3 undifferentiated....g	0.040		107		1		0.034	0.095	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		107		1		0.034	0.095	
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	87	3.238	16		1		74	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.329		0		1		0.280	0.783	
Threonine....g	1.206		0		1		1.025	2.870	
Isoleucine....g	1.359		0		1		1.155	3.234	
Leucine....g	2.191		0		1		1.862	5.215	
Lysine....g	2.488		0		1		2.115	5.921	
Methionine....g	0.723		0		1		0.615	1.721	
Cystine....g	0.336		0		1		0.286	0.800	
Phenylalanine....g	1.147		0		1		0.975	2.730	
Tyrosine....g	0.947		0		1		0.805	2.254	
Valine....g	1.520		0		1		1.292	3.618	
Arginine....g	1.674		0		1		1.423	3.984	
Histidine....g	0.892		0		1		0.758	2.123	
Alanine....g	1.694		0		1		1.440	4.032	
Aspartic acid....g	2.479		0		1		2.107	5.900	
Glutamic acid....g	4.088		0		1		3.475	9.729	
Glycine....g	1.376		0		1		1.170	3.275	
Proline....g	1.182		0		1		1.005	2.813	
Serine....g	1.047		0		1		0.890	2.492	
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.

NDB No. 17018

Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	23	1.524	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.524	16		1		7	104	
Folate, DFE....µg	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.64	0.123	16		1		0.75	11.98	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.06	0.91	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.500		0		1		0.425	6.804	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17017

Lamb, domestic, leg, shank half, 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 27 (2014)

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		46.01	141.82	
Energy....kcal	292		0	NC	4		248	765	
Energy....kJ	1222				4		1038	3201	
Protein (N x 6.25)....g	24.63		0		1		20.94	64.53	
Total lipid (fat)....g	20.67		0		1		17.57	54.16	
Ash....g	0.99		0		1		0.84	2.59	
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	11		0		1		9	29	
Iron, Fe....mg	2.00		0		1		1.70	5.24	
Magnesium, Mg....mg	22		0		1		19	58	
Phosphorus, P....mg	183		0		1		156	479	
Potassium, K....mg	301		0		1		256	789	
Sodium, Na....mg	68		0		1		58	178	
Zinc, Zn....mg	4.13		0		1		3.51	10.82	
Copper, Cu....mg	0.112		0		1		0.095	0.293	
Manganese, Mn....mg	0.022		0		1		0.019	0.058	
Selenium, Se....µg	25.5		0	BFYN	4		21.7	66.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		1		0.094	0.288	
Riboflavin....mg	0.280		0		1		0.238	0.734	
Niacin....mg	6.620		0		1		5.627	17.344	
Pantothenic acid....mg	0.670		0		1		0.570	1.755	
Vitamin B-6....mg	0.140		0		1		0.119	0.367	
Folate, total....µg	17		0		1		14	45	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		14	45	
Folate, DFE....µg	17		0	NC	4		14	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.53		0		1		2.15	6.63	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.13		0		1		0.11	0.34	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.740		0		1		7.429	22.899	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0		1		0.043	0.131	
12:0....g	0.090		0		1		0.077	0.236	
13:0....g									
14:0....g	0.810		0		1		0.689	2.122	
15:0....g									
16:0....g	4.430		0		1		3.766	11.607	
17:0....g									
18:0....g	2.810		0		1		2.389	7.362	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.710		0		1		7.404	22.820	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600		0		1		0.510	1.572	
17:1....g									
18:1 undifferentiated....g	7.900		0		1		6.715	20.698	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.490		0		1		1.267	3.904	
18:2 undifferentiated....g	1.120		0		1		0.952	2.934	
18:3 undifferentiated....g	0.300		0		1		0.255	0.786	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.183	
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	97		0		1		82	254	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.245	0.755	
Threonine....g	1.054		0		1		0.896	2.761	
Isoleucine....g	1.188		0		1		1.010	3.113	
Leucine....g	1.916		0		1		1.629	5.020	
Lysine....g	2.175		0		1		1.849	5.699	
Methionine....g	0.632		0		1		0.537	1.656	
Cystine....g	0.294		0		1		0.250	0.770	
Phenylalanine....g	1.003		0		1		0.853	2.628	
Tyrosine....g	0.828		0		1		0.704	2.169	
Valine....g	1.329		0		1		1.130	3.482	
Arginine....g	1.463		0		1		1.244	3.833	
Histidine....g	0.780		0		1		0.663	2.044	
Alanine....g	1.481		0		1		1.259	3.880	
Aspartic acid....g	2.168		0		1		1.843	5.680	
Glutamic acid....g	3.574		0		1		3.038	9.364	
Glycine....g	1.203		0		1		1.023	3.152	
Proline....g	1.033		0		1		0.878	2.706	
Serine....g	0.916		0		1		0.779	2.400	
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.

NDB No. 17020

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	60.30		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....µg	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....µg	18		0		1		5	82	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		5	82	
Folate, DFE....µg	18		0	NC	4		5	82	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.48		0		1		0.70	11.25	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.730		0		1		2.758	44.135	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17019

Lamb, domestic, leg, sirloin half, 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 27 (2014)

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		46.62	142.61	
Energy....kcal	284		0	NC	4		241	738	
Energy....kJ	1188				4		1010	3089	
Protein (N x 6.25)....g	24.95		0	PAE	4		21.21	64.87	
Total lipid (fat)....g	19.67		0	PAE	4		16.72	51.14	
Ash....g	1.00		0	PAE	4		0.85	2.60	
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	11		0	PAE	4		9	29	
Iron, Fe....mg	2.01		0	PAE	4		1.71	5.23	
Magnesium, Mg....mg	23		0	PAE	4		20	60	
Phosphorus, P....mg	185		0	PAE	4		157	481	
Potassium, K....mg	304		0	PAE	4		258	790	
Sodium, Na....mg	68		0	PAE	4		58	177	
Zinc, Zn....mg	4.20		0	PAE	4		3.57	10.92	
Copper, Cu....mg	0.113		0	PAE	4		0.096	0.294	
Manganese, Mn....mg	0.023		0	PAE	4		0.020	0.060	
Selenium, Se....µg	25.8		0	BFNN	4		21.9	67.1	
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	0.286	
Riboflavin....mg	0.280		0	PAE	4		0.238	0.728	
Niacin....mg	6.590		0	PAE	4		5.602	17.134	
Pantothenic acid....mg	0.670		0	PAE	4		0.570	1.742	
Vitamin B-6....mg	0.140		0	PAE	4		0.119	0.364	
Folate, total....µg	17		0	PAE	4		14	44	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0	PAE	4		14	44	
Folate, DFE....µg	17		0	NC	4		14	44	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.54		0	PAE	4		2.16	6.60	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.260		0	PAE	4		7.021	21.476	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.130	
12:0....g	0.080		0	PAE	4		0.068	0.208	
13:0....g									
14:0....g	0.770		0	PAE	4		0.655	2.002	
15:0....g									
16:0....g	4.200		0	PAE	4		3.570	10.920	
17:0....g									
18:0....g	2.660		0	PAE	4		2.261	6.916	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.300		0	PAE	4		7.055	21.580	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0	PAE	4		0.485	1.482	
17:1....g									
18:1 undifferentiated....g	7.530		0	PAE	4		6.401	19.578	
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		1.207	3.692	
18:2 undifferentiated....g	1.070		0	PAE	4		0.910	2.782	
18:3 undifferentiated....g	0.280		0	PAE	4		0.238	0.728	
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	0.182	
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	96		0	PAE	4		82	250	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0	PAE	4		0.248	0.759	
Threonine....g	1.068		0	PAE	4		0.908	2.777	
Isoleucine....g	1.204		0	PAE	4		1.023	3.130	
Leucine....g	1.941		0	PAE	4		1.650	5.047	
Lysine....g	2.203		0	PAE	4		1.873	5.728	
Methionine....g	0.640		0	PAE	4		0.544	1.664	
Cystine....g	0.298		0	PAE	4		0.253	0.775	
Phenylalanine....g	1.016		0	PAE	4		0.864	2.642	
Tyrosine....g	0.839		0	PAE	4		0.713	2.181	
Valine....g	1.346		0	PAE	4		1.144	3.500	
Arginine....g	1.482		0	PAE	4		1.260	3.853	
Histidine....g	0.790		0	PAE	4		0.672	2.054	
Alanine....g	1.501		0	PAE	4		1.276	3.903	
Aspartic acid....g	2.196		0	PAE	4		1.867	5.710	
Glutamic acid....g	3.621		0	PAE	4		3.078	9.415	
Glycine....g	1.219		0	PAE	4		1.036	3.169	
Proline....g	1.047		0	PAE	4		0.890	2.722	
Serine....g	0.928		0	PAE	4		0.789	2.413	
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.

NDB No. 17235

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.50		0	PAE	4		0.71	11.34	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.120		0	PAE	4		2.586	41.368	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17234

Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		53.12	125.60	
Energy....kcal	204		0	NC	4		173	410	
Energy....kJ	854				4		726	1716	
Protein (N x 6.25)....g	28.35	0.522	15		1		24.10	56.98	
Total lipid (fat)....g	9.17	0.521	16		1		7.79	18.43	
Ash....g	1.09	0.019	16		1		0.93	2.19	
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	8	0.319	16		1		7	16	
Iron, Fe....mg	2.20	0.074	16		1		1.87	4.42	
Magnesium, Mg....mg	25	0.390	16		1		21	50	
Phosphorus, P....mg	203	3.737	16		1		173	408	
Potassium, K....mg	333	4.538	16		1		283	669	
Sodium, Na....mg	71	0.935	16		1		60	143	
Zinc, Zn....mg	4.85	0.139	16		1		4.12	9.75	
Copper, Cu....mg	0.119	0.007	16		1		0.101	0.239	
Manganese, Mn....mg	0.028		0		1		0.024	0.056	
Selenium, Se....µg	30.8		0	BFYN	4		26.2	61.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120	0.005	16		1		0.102	0.241	
Riboflavin....mg	0.310	0.016	16		1		0.264	0.623	
Niacin....mg	6.270	0.264	16		1		5.330	12.603	
Pantothenic acid....mg	0.700	0.029	16		1		0.595	1.407	
Vitamin B-6....mg	0.170		0		1		0.145	0.342	
Folate, total....µg	21	1.046	16		1		18	42	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21	1.046	16		1		18	42	
Folate, DFE....µg	21		0	NC	4		18	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.58	0.148	16		1		2.19	5.19	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.14	0.34	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.280		0		1		2.788	6.593	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		107		1		0.017	0.040	
12:0....g	0.030		107		1		0.026	0.060	
13:0....g									
14:0....g	0.290		107		1		0.247	0.583	
15:0....g									
16:0....g	1.760		107		1		1.496	3.538	
17:0....g									
18:0....g	1.130		107		1		0.961	2.271	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.020		0		1		3.417	8.080	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		107		1		0.230	0.543	
17:1....g									
18:1 undifferentiated....g	3.720		107		1		3.162	7.477	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0		1		0.510	1.206	
18:2 undifferentiated....g	0.490		107		1		0.417	0.985	
18:3 undifferentiated....g	0.050		107		1		0.043	0.101	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		107		1		0.051	0.121	
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	92	3.349	16		1		78	185	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0		1		0.281	0.665	
Threonine....g	1.214		0		1		1.032	2.440	
Isoleucine....g	1.368		0		1		1.163	2.750	
Leucine....g	2.205		0		1		1.874	4.432	
Lysine....g	2.504		0		1		2.128	5.033	
Methionine....g	0.728		0		1		0.619	1.463	
Cystine....g	0.338		0		1		0.287	0.679	
Phenylalanine....g	1.154		0		1		0.981	2.320	
Tyrosine....g	0.953		0		1		0.810	1.916	
Valine....g	1.530		0		1		1.301	3.075	
Arginine....g	1.684		0		1		1.431	3.385	
Histidine....g	0.898		0		1		0.763	1.805	
Alanine....g	1.705		0		1		1.449	3.427	
Aspartic acid....g	2.496		0		1		2.122	5.017	
Glutamic acid....g	4.114		0		1		3.497	8.269	
Glycine....g	1.385		0		1		1.177	2.784	
Proline....g	1.189		0		1		1.011	2.390	
Serine....g	1.054		0		1		0.896	2.119	
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.

NDB No. 17022

Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 201g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	24	1.354	16		1		7	109	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	1.354	16		1		7	109	
Folate, DFE....µg	24		0	NC	4		7	109	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.76	0.149	16		1		0.78	12.52	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.24		0		1		0.07	1.09	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.820		0		1		0.516	8.256	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17021

Lamb, domestic, leg, sirloin half, 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 27 (2014)

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		48.86	152.32	
Energy....kcal	258		0	NC	4		219	684	
Energy....kJ	1079		0		4		918	2861	
Protein (N x 6.25)....g	25.55		0		1		21.72	67.71	
Total lipid (fat)....g	16.48		0		1		14.01	43.67	
Ash....g	1.02		0		1		0.87	2.70	
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	11		0		1		9	29	
Iron, Fe....mg	1.98		0		1		1.68	5.25	
Magnesium, Mg....mg	24		0		1		20	64	
Phosphorus, P....mg	191		0		1		162	506	
Potassium, K....mg	313		0		1		266	829	
Sodium, Na....mg	66		0		1		56	175	
Zinc, Zn....mg	4.40		0		1		3.74	11.66	
Copper, Cu....mg	0.115		0		1		0.098	0.305	
Manganese, Mn....mg	0.024		0		1		0.020	0.064	
Selenium, Se....µg	27.2		0	BFYN	4		23.1	72.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.265	
Riboflavin....mg	0.270		0		1		0.230	0.716	
Niacin....mg	6.590		0		1		5.602	17.464	
Pantothenic acid....mg	0.680		0		1		0.578	1.802	
Vitamin B-6....mg	0.150		0		1		0.128	0.398	
Folate, total....µg	20		0		1		17	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0		1		17	53	
Folate, DFE....µg	20		0	NC	4		17	53	
Choline, total....mg	96.3		0	BFNN	4		81.9	255.2	
Betaine....mg	12.7		0	BFNN	4		10.8	33.5	
Vitamin B-12....µg	2.59		0		1		2.20	6.86	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.13	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	6	
Vitamin K (phylloquinone)....µg	4.2		0	BFSN	4		3.6	11.2	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	6.890		0		1		5.857	18.259	
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	0.040		0		1		0.034	0.106	
12:0....g	0.070		0		1		0.060	0.186	
13:0....g									
14:0....g	0.640		0		1		0.544	1.696	
15:0....g									
16:0....g	3.510		0		1		2.984	9.302	
17:0....g									
18:0....g	2.220		0		1		1.887	5.883	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.960		0		1		5.916	18.444	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		0		1		0.408	1.272	
17:1....g									
18:1 undifferentiated....g	6.320		0		1		5.372	16.748	
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	1.180		0		1		1.003	3.127	
18:2 undifferentiated....g	0.900		0		1		0.765	2.385	
18:3 undifferentiated....g	0.230		0		1		0.196	0.610	
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		0.051	0.159	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		79	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.299		0		1		0.254	0.792	
Threonine....g	1.094		0		1		0.930	2.899	
Isoleucine....g	1.233		0		1		1.048	3.267	
Leucine....g	1.987		0		1		1.689	5.266	
Lysine....g	2.256		0		1		1.918	5.978	
Methionine....g	0.656		0		1		0.558	1.738	
Cystine....g	0.305		0		1		0.259	0.808	
Phenylalanine....g	1.040		0		1		0.884	2.756	
Tyrosine....g	0.859		0		1		0.730	2.276	
Valine....g	1.379		0		1		1.172	3.654	
Arginine....g	1.518		0		1		1.290	4.023	
Histidine....g	0.809		0		1		0.688	2.144	
Alanine....g	1.537		0		1		1.306	4.073	
Aspartic acid....g	2.249		0		1		1.912	5.960	
Glutamic acid....g	3.708		0		1		3.152	9.826	
Glycine....g	1.248		0		1		1.061	3.307	
Proline....g	1.072		0		1		0.911	2.841	
Serine....g	0.950		0		1		0.808	2.518	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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		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....µg	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....µg	19		0		1		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.50		0		1		0.71	11.34	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.430		0		1		2.106	33.702	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17011

Lamb, domestic, leg, whole (shank and sirloin), 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 27 (2014)

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		50.14	153.37	
Energy....kcal	242		0	NC	4		206	629	
Energy....kJ	1013				4		861	2633	
Protein (N x 6.25)....g	26.20		0	PAE	4		22.27	68.12	
Total lipid (fat)....g	14.42		0	PAE	4		12.26	37.49	
Ash....g	1.04		0	PAE	4		0.88	2.70	
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	10		0	PAE	4		9	26	
Iron, Fe....mg	2.02		0	PAE	4		1.72	5.25	
Magnesium, Mg....mg	24		0	PAE	4		20	62	
Phosphorus, P....mg	194		0	PAE	4		165	504	
Potassium, K....mg	319		0	PAE	4		271	829	
Sodium, Na....mg	67		0	PAE	4		57	174	
Zinc, Zn....mg	4.53		0	PAE	4		3.85	11.78	
Copper, Cu....mg	0.116		0	PAE	4		0.099	0.302	
Manganese, Mn....mg	0.025		0	PAE	4		0.021	0.065	
Selenium, Se....µg	27.8		0	BFNN	4		23.6	72.3	
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	0.286	
Riboflavin....mg	0.280		0	PAE	4		0.238	0.728	
Niacin....mg	6.530		0	PAE	4		5.551	16.978	
Pantothenic acid....mg	0.690		0	PAE	4		0.587	1.794	
Vitamin B-6....mg	0.150		0	PAE	4		0.128	0.390	
Folate, total....µg	20		0	PAE	4		17	52	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0	PAE	4		17	52	
Folate, DFE....µg	20		0	NC	4		17	52	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.60		0	PAE	4		2.21	6.76	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.920		0	PAE	4		5.032	15.392	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		0	PAE	4		0.034	0.104	
12:0....g	0.060		0	PAE	4		0.051	0.156	
13:0....g									
14:0....g	0.550		0	PAE	4		0.468	1.430	
15:0....g									
16:0....g	3.030		0	PAE	4		2.576	7.878	
17:0....g									
18:0....g	1.920		0	PAE	4		1.632	4.992	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.120		0	PAE	4		5.202	15.912	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.420		0	PAE	4		0.357	1.092	
17:1....g									
18:1 undifferentiated....g	5.570		0	PAE	4		4.735	14.482	
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		0.867	2.652	
18:2 undifferentiated....g	0.780		0	PAE	4		0.663	2.028	
18:3 undifferentiated....g	0.190		0	PAE	4		0.162	0.494	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	PAE	4		0.051	0.156	
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	92		0	PAE	4		78	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0	PAE	4		0.260	0.796	
Threonine....g	1.121		0	PAE	4		0.953	2.915	
Isoleucine....g	1.264		0	PAE	4		1.074	3.286	
Leucine....g	2.038		0	PAE	4		1.732	5.299	
Lysine....g	2.314		0	PAE	4		1.967	6.016	
Methionine....g	0.672		0	PAE	4		0.571	1.747	
Cystine....g	0.313		0	PAE	4		0.266	0.814	
Phenylalanine....g	1.067		0	PAE	4		0.907	2.774	
Tyrosine....g	0.880		0	PAE	4		0.748	2.288	
Valine....g	1.414		0	PAE	4		1.202	3.676	
Arginine....g	1.556		0	PAE	4		1.323	4.046	
Histidine....g	0.830		0	PAE	4		0.706	2.158	
Alanine....g	1.576		0	PAE	4		1.340	4.098	
Aspartic acid....g	2.306		0	PAE	4		1.960	5.996	
Glutamic acid....g	3.802		0	PAE	4		3.232	9.885	
Glycine....g	1.280		0	PAE	4		1.088	3.328	
Proline....g	1.099		0	PAE	4		0.934	2.857	
Serine....g	0.974		0	PAE	4		0.828	2.532	
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.

NDB No. 17231

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	20		0	PAE	4		6	91	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0	PAE	4		6	91	
Folate, DFE....µg	20		0	NC	4		6	91	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.54		0	PAE	4		0.72	11.52	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.210		0	PAE	4		1.761	28.169	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17230

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		54.31	139.28	
Energy....kcal	191		0	NC	4		162	416	
Energy....kJ	799		0		4		679	1742	
Protein (N x 6.25)....g	28.30	0.302	16		1		24.06	61.69	
Total lipid (fat)....g	7.74	0.327	16		1		6.58	16.87	
Ash....g	1.09	0.018	16		1		0.93	2.38	
Carbohydrate, by difference....g	0.00		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		7	17	
Iron, Fe....mg	2.12	0.071	16		1		1.80	4.62	
Magnesium, Mg....mg	26	0.415	16		1		22	57	
Phosphorus, P....mg	206	3.710	16		1		175	449	
Potassium, K....mg	338	4.118	16		1		287	737	
Sodium, Na....mg	68	0.905	16		1		58	148	
Zinc, Zn....mg	4.94	0.108	16		1		4.20	10.77	
Copper, Cu....mg	0.120	0.008	16		1		0.102	0.262	
Manganese, Mn....mg	0.028		0		1		0.024	0.061	
Selenium, Se....µg	30.1		0	BFYN	4		25.6	65.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110	0.005	16		1		0.094	0.240	
Riboflavin....mg	0.290	0.014	16		1		0.247	0.632	
Niacin....mg	6.340	0.192	16		1		5.389	13.821	
Pantothenic acid....mg	0.710	0.026	16		1		0.604	1.548	
Vitamin B-6....mg	0.170		0		1		0.145	0.371	
Folate, total....µg	23	1.216	16		1		20	50	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.216	16		1		20	50	
Folate, DFE....µg	23		0	NC	4		20	50	
Choline, total....mg	104.9		0	BFNN	4		89.2	228.8	
Betaine....mg	13.8		0	BFNN	4		11.7	30.1	
Vitamin B-12....µg	2.64	0.146	16		1		2.24	5.76	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		2	5	
Vitamin K (phylloquinone)....µg	3.6		0	BFSN	4		3.1	7.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.760		0		1		2.346	6.017	
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	0.020		107		1		0.017	0.044	
12:0....g	0.020		107		1		0.017	0.044	
13:0....g									
14:0....g	0.240		107		1		0.204	0.523	
15:0....g									
16:0....g	1.490		107		1		1.267	3.248	
17:0....g									
18:0....g	0.950		107		1		0.808	2.071	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.390		0		1		2.882	7.390	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.230		107		1		0.196	0.501	
17:1....g									
18:1 undifferentiated....g	3.140		107		1		2.669	6.845	
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		0.434	1.112	
18:2 undifferentiated....g	0.410		107		1		0.349	0.894	
18:3 undifferentiated....g	0.050		107		1		0.043	0.109	
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		0.043	0.109	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		76	194	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0		1		0.281	0.722	
Threonine....g	1.211		0		1		1.029	2.640	
Isoleucine....g	1.365		0		1		1.160	2.976	
Leucine....g	2.201		0		1		1.871	4.798	
Lysine....g	2.499		0		1		2.124	5.448	
Methionine....g	0.726		0		1		0.617	1.583	
Cystine....g	0.338		0		1		0.287	0.737	
Phenylalanine....g	1.152		0		1		0.979	2.511	
Tyrosine....g	0.951		0		1		0.808	2.073	
Valine....g	1.527		0		1		1.298	3.329	
Arginine....g	1.681		0		1		1.429	3.665	
Histidine....g	0.896		0		1		0.762	1.953	
Alanine....g	1.702		0		1		1.447	3.710	
Aspartic acid....g	2.491		0		1		2.117	5.430	
Glutamic acid....g	4.106		0		1		3.490	8.951	
Glycine....g	1.382		0		1		1.175	3.013	
Proline....g	1.187		0		1		1.009	2.588	
Serine....g	1.052		0		1		0.894	2.293	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	23	1.390	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.390	16		1		7	104	
Folate, DFE....µg	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.70	0.132	16		1		0.77	12.25	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.610		0		1		0.456	7.303	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17013

Lamb, domestic, leg, whole (shank and sirloin), 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 27 (2014)

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						Amount in edible portion 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	51.57		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....µg	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....µg	18		0		1		15	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	12	
Folate, DFE....µg	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....µg	2.47		0		1		2.10	1.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.0	
Vitamin D....IU	2		40	A	1		2	2	
Vitamin K (phylloquinone)....µg	4.8		0	BFSN	4		4.1	3.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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: 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 27 (2014)

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		44.63	141.23	
Energy....kcal	309		0	NC	4		263	831	
Energy....kJ	1293		0		4		1099	3478	
Protein (N x 6.25)....g	22.55		0		1		19.17	60.66	
Total lipid (fat)....g	23.59		0		1		20.05	63.46	
Ash....g	1.16		0		1		0.99	3.12	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		15	48	
Iron, Fe....mg	2.12		0		1		1.80	5.70	
Magnesium, Mg....mg	23		0		1		20	62	
Phosphorus, P....mg	180		0		1		153	484	
Potassium, K....mg	246		0		1		209	662	
Sodium, Na....mg	64		0		1		54	172	
Zinc, Zn....mg	3.41		0		1		2.90	9.17	
Copper, Cu....mg	0.119		0		1		0.101	0.320	
Manganese, Mn....mg	0.020		0		1		0.017	0.054	
Selenium, Se....µg	24.6		0	BFYN	4		20.9	66.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.269	
Riboflavin....mg	0.240		0		1		0.204	0.646	
Niacin....mg	7.100		0		1		6.035	19.099	
Pantothenic acid....mg	0.650		0		1		0.553	1.749	
Vitamin B-6....mg	0.110		0		1		0.094	0.296	
Folate, total....µg	19		0		1		16	51	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		16	51	
Folate, DFE....µg	19		0	NC	4		16	51	
Choline, total....mg	88.4		0	BFNN	4		75.2	237.9	
Betaine....mg	11.6		0	BFNN	4		9.9	31.3	
Vitamin B-12....µg	2.21		0		1		1.88	5.94	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0		1		0.09	0.30	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	6	
Vitamin K (phylloquinone)....µg	4.7		0	BFSN	4		4.0	12.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	10.240		0		1		8.704	27.546	
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	0.060		0		1		0.051	0.161	
12:0....g	0.100		0		1		0.085	0.269	
13:0....g									
14:0....g	0.930		0		1		0.791	2.502	
15:0....g									
16:0....g	5.160		0		1		4.386	13.880	
17:0....g									
18:0....g	3.240		0		1		2.754	8.716	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.680		0		1		8.228	26.039	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.690		0		1		0.587	1.856	
17:1....g									
18:1 undifferentiated....g	8.690		0		1		7.387	23.376	
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		1.590	5.030	
18:2 undifferentiated....g	1.370		0		1		1.165	3.685	
18:3 undifferentiated....g	0.420		0		1		0.357	1.130	
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		0.068	0.215	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		81	256	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0		1		0.224	0.710	
Threonine....g	0.965		0		1		0.820	2.596	
Isoleucine....g	1.088		0		1		0.925	2.927	
Leucine....g	1.754		0		1		1.491	4.718	
Lysine....g	1.991		0		1		1.692	5.356	
Methionine....g	0.579		0		1		0.492	1.558	
Cystine....g	0.269		0		1		0.229	0.724	
Phenylalanine....g	0.918		0		1		0.780	2.469	
Tyrosine....g	0.758		0		1		0.644	2.039	
Valine....g	1.217		0		1		1.034	3.274	
Arginine....g	1.340		0		1		1.139	3.605	
Histidine....g	0.714		0		1		0.607	1.921	
Alanine....g	1.356		0		1		1.153	3.648	
Aspartic acid....g	1.985		0		1		1.687	5.340	
Glutamic acid....g	3.272		0		1		2.781	8.802	
Glycine....g	1.101		0		1		0.936	2.962	
Proline....g	0.946		0		1		0.804	2.545	
Serine....g	0.838		0		1		0.712	2.254	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	56.55		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....µg	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....µg	17		0		1		5	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		5	16	
Folate, DFE....µg	17		0	NC	4		5	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.04		0		1		0.58	1.94	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.05	0.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.760		0		1		3.334	11.172	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17023

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		16	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		16	10	
Folate, DFE....µg	19		0	NC	4		16	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.48		0	PAE	4		2.11	1.31	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.650		0	PAE	4		7.353	4.585	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17237

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 53g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 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 27 (2014)

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		46.18	143.97	
Energy....kcal	290		0	NC	4		247	769	
Energy....kJ	1213				4		1031	3215	
Protein (N x 6.25)....g	23.27		0	PAE	4		19.78	61.67	
Total lipid (fat)....g	21.12		0	PAE	4		17.95	55.97	
Ash....g	1.20		0	PAE	4		1.02	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	18		0	PAE	4		15	48	
Iron, Fe....mg	2.17		0	PAE	4		1.84	5.75	
Magnesium, Mg....mg	24		0	PAE	4		20	64	
Phosphorus, P....mg	185		0	PAE	4		157	490	
Potassium, K....mg	250		0	PAE	4		213	663	
Sodium, Na....mg	64		0	PAE	4		54	170	
Zinc, Zn....mg	3.52		0	PAE	4		2.99	9.33	
Copper, Cu....mg	0.122		0	PAE	4		0.104	0.323	
Manganese, Mn....mg	0.021		0	PAE	4		0.018	0.056	
Selenium, Se....µg	25.2		0	BFNN	4		21.4	66.8	
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	0.265	
Riboflavin....mg	0.240		0	PAE	4		0.204	0.636	
Niacin....mg	7.050		0	PAE	4		5.993	18.683	
Pantothenic acid....mg	0.660		0	PAE	4		0.561	1.749	
Vitamin B-6....mg	0.130		0	PAE	4		0.111	0.345	
Folate, total....µg	20		0	PAE	4		17	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0	PAE	4		17	53	
Folate, DFE....µg	20		0	NC	4		17	53	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		0	PAE	4		1.87	5.83	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.080		0	PAE	4		7.718	24.062	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.133	
12:0....g	0.090		0	PAE	4		0.077	0.239	
13:0....g									
14:0....g	0.820		0	PAE	4		0.697	2.173	
15:0....g									
16:0....g	4.590		0	PAE	4		3.902	12.164	
17:0....g									
18:0....g	2.870		0	PAE	4		2.440	7.606	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.650		0	PAE	4		7.353	22.923	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.620		0	PAE	4		0.527	1.643	
17:1....g									
18:1 undifferentiated....g	7.770		0	PAE	4		6.605	20.591	
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		1.437	4.479	
18:2 undifferentiated....g	1.240		0	PAE	4		1.054	3.286	
18:3 undifferentiated....g	0.370		0	PAE	4		0.315	0.981	
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	0.212	
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	93		0	PAE	4		79	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAE	4		0.231	0.721	
Threonine....g	0.996		0	PAE	4		0.847	2.639	
Isoleucine....g	1.123		0	PAE	4		0.955	2.976	
Leucine....g	1.810		0	PAE	4		1.539	4.797	
Lysine....g	2.055		0	PAE	4		1.747	5.446	
Methionine....g	0.597		0	PAE	4		0.507	1.582	
Cystine....g	0.278		0	PAE	4		0.236	0.737	
Phenylalanine....g	0.947		0	PAE	4		0.805	2.510	
Tyrosine....g	0.782		0	PAE	4		0.665	2.072	
Valine....g	1.256		0	PAE	4		1.068	3.328	
Arginine....g	1.383		0	PAE	4		1.176	3.665	
Histidine....g	0.737		0	PAE	4		0.626	1.953	
Alanine....g	1.400		0	PAE	4		1.190	3.710	
Aspartic acid....g	2.048		0	PAE	4		1.741	5.427	
Glutamic acid....g	3.377		0	PAE	4		2.870	8.949	
Glycine....g	1.137		0	PAE	4		0.966	3.013	
Proline....g	0.976		0	PAE	4		0.830	2.586	
Serine....g	0.865		0	PAE	4		0.735	2.292	
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.

NDB No. 17238

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	18		0	PAE	4		5	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	PAE	4		5	14	
Folate, DFE....µg	18		0	NC	4		5	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.07		0	PAE	4		0.59	1.64	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.950		0	PAE	4		2.821	7.861	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17236

Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	24	1.487	16		1		20	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	1.487	16		1		20	11	
Folate, DFE....µg	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....µg	2.52	0.147	16		1		2.14	1.16	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.0	
Vitamin D....IU	2		40	A	1		2	1	
Vitamin K (phylloquinone)....µg	3.9		0	BFSN	4		3.3	1.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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: 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 27 (2014)

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		53.35	121.13	
Energy....kcal	202		0	NC	4		172	390	
Energy....kJ	845				4		718	1631	
Protein (N x 6.25)....g	26.59		0		1		22.60	51.32	
Total lipid (fat)....g	9.76		0		1		8.30	18.84	
Ash....g	1.35		0		1		1.15	2.61	
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	17		0		1		14	33	
Iron, Fe....mg	2.44		0		1		2.07	4.71	
Magnesium, Mg....mg	27		0		1		23	52	
Phosphorus, P....mg	206		0		1		175	398	
Potassium, K....mg	267		0		1		227	515	
Sodium, Na....mg	66		0		1		56	127	
Zinc, Zn....mg	4.06		0		1		3.45	7.84	
Copper, Cu....mg	0.132		0		1		0.112	0.255	
Manganese, Mn....mg	0.026		0		1		0.022	0.050	
Selenium, Se....µg	30.3		0	BFYN	4		25.8	58.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.193	
Riboflavin....mg	0.270		0		1		0.230	0.521	
Niacin....mg	6.830		0		1		5.806	13.182	
Pantothenic acid....mg	0.680		0		1		0.578	1.312	
Vitamin B-6....mg	0.160		0		1		0.136	0.309	
Folate, total....µg	25		0		1		21	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	25		0		1		21	48	
Folate, DFE....µg	25		0	NC	4		21	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.16		0		1		1.84	4.17	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.31	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.720		0		1		3.162	7.180	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.039	
12:0....g	0.030		0		1		0.026	0.058	
13:0....g									
14:0....g	0.290		0		1		0.247	0.560	
15:0....g									
16:0....g	1.970		0		1		1.675	3.802	
17:0....g									
18:0....g	1.210		0		1		1.029	2.335	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.950		0		1		3.358	7.624	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.290		0		1		0.247	0.560	
17:1....g									
18:1 undifferentiated....g	3.560		0		1		3.026	6.871	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.860		0		1		0.731	1.660	
18:2 undifferentiated....g	0.640		0		1		0.544	1.235	
18:3 undifferentiated....g	0.140		0		1		0.119	0.270	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.068	0.154	
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	87		0		1		74	168	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0		1		0.264	0.600	
Threonine....g	1.138		0		1		0.967	2.196	
Isoleucine....g	1.283		0		1		1.091	2.476	
Leucine....g	2.068		0		1		1.758	3.991	
Lysine....g	2.348		0		1		1.996	4.532	
Methionine....g	0.682		0		1		0.580	1.316	
Cystine....g	0.317		0		1		0.269	0.612	
Phenylalanine....g	1.083		0		1		0.921	2.090	
Tyrosine....g	0.894		0		1		0.760	1.725	
Valine....g	1.435		0		1		1.220	2.770	
Arginine....g	1.580		0		1		1.343	3.049	
Histidine....g	0.842		0		1		0.716	1.625	
Alanine....g	1.599		0		1		1.359	3.086	
Aspartic acid....g	2.341		0		1		1.990	4.518	
Glutamic acid....g	3.859		0		1		3.280	7.448	
Glycine....g	1.299		0		1		1.104	2.507	
Proline....g	1.115		0		1		0.948	2.152	
Serine....g	0.989		0		1		0.841	1.909	
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.

NDB No. 17028

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	24	1.653	16		1		7	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	1.653	16		1		7	16	
Folate, DFE....µg	24		0	NC	4		7	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.21	0.089	16		1		0.63	1.44	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.130		0		1		0.604	1.385	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17026

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	47.06		0		1		40.00	107.77	
Energy....kcal	361		0	NC	4		307	827	
Energy....kJ	1510		0		4		1284	3459	
Protein (N x 6.25)....g	22.13		0		1		18.81	50.68	
Total lipid (fat)....g	29.59		0		1		25.15	67.76	
Ash....g	1.14		0		1		0.97	2.61	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		16	44	
Iron, Fe....mg	1.88		0		1		1.60	4.31	
Magnesium, Mg....mg	23		0		1		20	53	
Phosphorus, P....mg	178		0		1		151	408	
Potassium, K....mg	270		0		1		230	618	
Sodium, Na....mg	76		0		1		65	174	
Zinc, Zn....mg	4.00		0		1		3.40	9.16	
Copper, Cu....mg	0.121		0		1		0.103	0.277	
Manganese, Mn....mg	0.020		0		1		0.017	0.046	
Selenium, Se....µg	23.9		0	BFYN	4		20.3	54.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.206	
Riboflavin....mg	0.220		0		1		0.187	0.504	
Niacin....mg	7.000		0		1		5.950	16.030	
Pantothenic acid....mg	0.610		0		1		0.519	1.397	
Vitamin B-6....mg	0.110		0		1		0.094	0.252	
Folate, total....µg	14		0		1		12	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		1		12	32	
Folate, DFE....µg	14		0	NC	4		12	32	
Choline, total....mg	86.4		0	BFNN	4		73.4	197.8	
Betaine....mg	11.3		0	BFNN	4		9.6	26.0	
Vitamin B-12....µg	2.54		0		1		2.16	5.82	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12		0		1		0.10	0.27	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		2	5	
Vitamin K (phylloquinone)....µg	5.3		0	BFSN	4		4.5	12.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	12.700		0		1		10.795	29.083	
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	0.070		0		1		0.060	0.160	
12:0....g	0.120		0		1		0.102	0.275	
13:0....g									
14:0....g	1.140		0		1		0.969	2.611	
15:0....g									
16:0....g	6.430		0		1		5.466	14.725	
17:0....g									
18:0....g	4.020		0		1		3.417	9.206	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.120		0		1		10.302	27.755	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.860		0		1		0.731	1.969	
17:1....g									
18:1 undifferentiated....g	10.890		0		1		9.257	24.938	
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		2.015	5.427	
18:2 undifferentiated....g	1.740		0		1		1.479	3.985	
18:3 undifferentiated....g	0.520		0		1		0.442	1.191	
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		0.094	0.252	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		84	227	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0		1		0.220	0.593	
Threonine....g	0.947		0		1		0.805	2.169	
Isoleucine....g	1.068		0		1		0.908	2.446	
Leucine....g	1.721		0		1		1.463	3.941	
Lysine....g	1.954		0		1		1.661	4.475	
Methionine....g	0.568		0		1		0.483	1.301	
Cystine....g	0.264		0		1		0.224	0.605	
Phenylalanine....g	0.901		0		1		0.766	2.063	
Tyrosine....g	0.744		0		1		0.632	1.704	
Valine....g	1.194		0		1		1.015	2.734	
Arginine....g	1.315		0		1		1.118	3.011	
Histidine....g	0.701		0		1		0.596	1.605	
Alanine....g	1.331		0		1		1.131	3.048	
Aspartic acid....g	1.948		0		1		1.656	4.461	
Glutamic acid....g	3.211		0		1		2.729	7.353	
Glycine....g	1.081		0		1		0.919	2.475	
Proline....g	0.928		0		1		0.789	2.125	
Serine....g	0.823		0		1		0.700	1.885	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		40.71	122.12	
Energy....kcal	359		0	NC	4		305	915	
Energy....kJ	1502				4		1277	3830	
Protein (N x 6.25)....g	21.12		0		1		17.95	53.86	
Total lipid (fat)....g	29.82		0		1		25.35	76.04	
Ash....g	0.93		0		1		0.79	2.37	
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	22		0		1		19	56	
Iron, Fe....mg	1.60		0		1		1.36	4.08	
Magnesium, Mg....mg	20		0		1		17	51	
Phosphorus, P....mg	166		0		1		141	423	
Potassium, K....mg	271		0		1		230	691	
Sodium, Na....mg	73		0		1		62	186	
Zinc, Zn....mg	3.49		0		1		2.97	8.90	
Copper, Cu....mg	0.115		0		1		0.098	0.293	
Manganese, Mn....mg	0.019		0		1		0.016	0.048	
Selenium, Se....µg	21.8		0	BFYN	4		18.5	55.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.230	
Riboflavin....mg	0.210		0		1		0.179	0.536	
Niacin....mg	6.750		0		1		5.738	17.213	
Pantothenic acid....mg	0.630		0		1		0.536	1.607	
Vitamin B-6....mg	0.110		0		1		0.094	0.281	
Folate, total....µg	15		0		1		13	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	38	
Folate, DFE....µg	15		0	NC	4		13	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.23		0		1		1.90	5.69	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.10		0		1		0.09	0.26	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	12.770		0		1		10.855	32.564	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.080		0		1		0.068	0.204	
12:0....g	0.130		0		1		0.111	0.332	
13:0....g									
14:0....g	1.190		0		1		1.012	3.035	
15:0....g									
16:0....g	6.450		0		1		5.483	16.448	
17:0....g									
18:0....g	4.080		0		1		3.468	10.404	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.520		0		1		10.642	31.926	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.870		0		1		0.740	2.219	
17:1....g									
18:1 undifferentiated....g	11.330		0		1		9.631	28.892	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.170		0		1		1.845	5.534	
18:2 undifferentiated....g	1.630		0		1		1.386	4.157	
18:3 undifferentiated....g	0.460		0		1		0.391	1.173	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.230	
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	97		0		1		82	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.247		0		1		0.210	0.630	
Threonine....g	0.904		0		1		0.768	2.305	
Isoleucine....g	1.019		0		1		0.866	2.598	
Leucine....g	1.642		0		1		1.396	4.187	
Lysine....g	1.865		0		1		1.585	4.756	
Methionine....g	0.542		0		1		0.461	1.382	
Cystine....g	0.252		0		1		0.214	0.643	
Phenylalanine....g	0.860		0		1		0.731	2.193	
Tyrosine....g	0.710		0		1		0.604	1.811	
Valine....g	1.139		0		1		0.968	2.904	
Arginine....g	1.254		0		1		1.066	3.198	
Histidine....g	0.669		0		1		0.569	1.706	
Alanine....g	1.270		0		1		1.080	3.239	
Aspartic acid....g	1.859		0		1		1.580	4.740	
Glutamic acid....g	3.064		0		1		2.604	7.813	
Glycine....g	1.031		0		1		0.876	2.629	
Proline....g	0.886		0		1		0.753	2.259	
Serine....g	0.785		0		1		0.667	2.002	
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.

NDB No. 17031

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 255g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	14		0		1		4	64	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		1		4	64	
Folate, DFE....µg	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.09		0		1		0.59	9.48	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.05	0.82	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	15.160		0		1		4.298	68.766	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17029

Lamb, domestic, rib, 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 27 (2014)

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		41.68	108.85	
Energy....kcal	340		0	NC	4		289	755	
Energy....kJ	1423				4		1209	3158	
Protein (N x 6.25)....g	23.06		0	PAE	4		19.60	51.19	
Total lipid (fat)....g	26.82		0	PAE	4		22.80	59.54	
Ash....g	1.19		0	PAE	4		1.01	2.64	
Carbohydrate, by difference....g	0.00		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	40	
Iron, Fe....mg	1.93		0	PAE	4		1.64	4.28	
Magnesium, Mg....mg	24		0	PAE	4		20	53	
Phosphorus, P....mg	184		0	PAE	4		156	408	
Potassium, K....mg	277		0	PAE	4		235	615	
Sodium, Na....mg	77		0	PAE	4		65	171	
Zinc, Zn....mg	4.21		0	PAE	4		3.58	9.35	
Copper, Cu....mg	0.124		0	PAE	4		0.105	0.275	
Manganese, Mn....mg	0.021		0	PAE	4		0.018	0.047	
Selenium, Se....µg	24.7		0	BFNN	4		21.0	54.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.077	0.200	
Riboflavin....mg	0.230		0	PAE	4		0.196	0.511	
Niacin....mg	6.920		0	PAE	4		5.882	15.362	
Pantothenic acid....mg	0.610		0	PAE	4		0.519	1.354	
Vitamin B-6....mg	0.110		0	PAE	4		0.094	0.244	
Folate, total....µg	15		0	PAE	4		13	33	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0	PAE	4		13	33	
Folate, DFE....µg	15		0	NC	4		13	33	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.56		0	PAE	4		2.18	5.68	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.360		0	PAE	4		9.656	25.219	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.155	
12:0....g	0.110		0	PAE	4		0.094	0.244	
13:0....g									
14:0....g	1.010		0	PAE	4		0.859	2.242	
15:0....g									
16:0....g	5.780		0	PAE	4		4.913	12.832	
17:0....g									
18:0....g	3.610		0	PAE	4		3.069	8.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.970		0	PAE	4		9.325	24.353	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.780		0	PAE	4		0.663	1.732	
17:1....g									
18:1 undifferentiated....g	9.860		0	PAE	4		8.381	21.889	
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		1.845	4.817	
18:2 undifferentiated....g	1.600		0	PAE	4		1.360	3.552	
18:3 undifferentiated....g	0.460		0	PAE	4		0.391	1.021	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0	PAE	4		0.102	0.266	
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	98		0	PAE	4		83	218	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	PAE	4		0.230	0.599	
Threonine....g	0.987		0	PAE	4		0.839	2.191	
Isoleucine....g	1.113		0	PAE	4		0.946	2.471	
Leucine....g	1.794		0	PAE	4		1.525	3.983	
Lysine....g	2.037		0	PAE	4		1.731	4.522	
Methionine....g	0.592		0	PAE	4		0.503	1.314	
Cystine....g	0.275		0	PAE	4		0.234	0.611	
Phenylalanine....g	0.939		0	PAE	4		0.798	2.085	
Tyrosine....g	0.775		0	PAE	4		0.659	1.721	
Valine....g	1.244		0	PAE	4		1.057	2.762	
Arginine....g	1.370		0	PAE	4		1.165	3.041	
Histidine....g	0.731		0	PAE	4		0.621	1.623	
Alanine....g	1.387		0	PAE	4		1.179	3.079	
Aspartic acid....g	2.030		0	PAE	4		1.726	4.507	
Glutamic acid....g	3.347		0	PAE	4		2.845	7.430	
Glycine....g	1.126		0	PAE	4		0.957	2.500	
Proline....g	0.967		0	PAE	4		0.822	2.147	
Serine....g	0.857		0	PAE	4		0.728	1.903	
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.

NDB No. 17240

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		42.15	122.98	
Energy....kcal	341		0	NC	4		290	846	
Energy....kJ	1427				4		1213	3538	
Protein (N x 6.25)....g	21.82		0	PAE	4		18.55	54.11	
Total lipid (fat)....g	27.53		0	PAE	4		23.40	68.27	
Ash....g	0.95		0	PAE	4		0.81	2.36	
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	22		0	PAE	4		19	55	
Iron, Fe....mg	1.62		0	PAE	4		1.38	4.02	
Magnesium, Mg....mg	20		0	PAE	4		17	50	
Phosphorus, P....mg	170		0	PAE	4		145	422	
Potassium, K....mg	277		0	PAE	4		235	687	
Sodium, Na....mg	74		0	PAE	4		63	184	
Zinc, Zn....mg	3.62		0	PAE	4		3.08	8.98	
Copper, Cu....mg	0.117		0	PAE	4		0.099	0.290	
Manganese, Mn....mg	0.021		0	PAE	4		0.018	0.052	
Selenium, Se....µg	22.3		0	BFNN	4		19.0	55.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.077	0.223	
Riboflavin....mg	0.210		0	PAE	4		0.179	0.521	
Niacin....mg	6.670		0	PAE	4		5.670	16.542	
Pantothenic acid....mg	0.640		0	PAE	4		0.544	1.587	
Vitamin B-6....mg	0.120		0	PAE	4		0.102	0.298	
Folate, total....µg	16		0	PAE	4		14	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0	PAE	4		14	40	
Folate, DFE....µg	16		0	NC	4		14	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.22		0	PAE	4		1.89	5.51	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.660		0	PAE	4		9.911	28.917	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.174	
12:0....g	0.120		0	PAE	4		0.102	0.298	
13:0....g									
14:0....g	1.090		0	PAE	4		0.927	2.703	
15:0....g									
16:0....g	5.910		0	PAE	4		5.024	14.657	
17:0....g									
18:0....g	3.740		0	PAE	4		3.179	9.275	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.590		0	PAE	4		9.852	28.743	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.800		0	PAE	4		0.680	1.984	
17:1....g									
18:1 undifferentiated....g	10.510		0	PAE	4		8.934	26.065	
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		1.692	4.935	
18:2 undifferentiated....g	1.500		0	PAE	4		1.275	3.720	
18:3 undifferentiated....g	0.400		0	PAE	4		0.340	0.992	
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	0.223	
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	96		0	PAE	4		82	238	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0	PAE	4		0.217	0.632	
Threonine....g	0.934		0	PAE	4		0.794	2.316	
Isoleucine....g	1.053		0	PAE	4		0.895	2.611	
Leucine....g	1.697		0	PAE	4		1.442	4.209	
Lysine....g	1.927		0	PAE	4		1.638	4.779	
Methionine....g	0.560		0	PAE	4		0.476	1.389	
Cystine....g	0.260		0	PAE	4		0.221	0.645	
Phenylalanine....g	0.888		0	PAE	4		0.755	2.202	
Tyrosine....g	0.733		0	PAE	4		0.623	1.818	
Valine....g	1.177		0	PAE	4		1.000	2.919	
Arginine....g	1.296		0	PAE	4		1.102	3.214	
Histidine....g	0.691		0	PAE	4		0.587	1.714	
Alanine....g	1.312		0	PAE	4		1.115	3.254	
Aspartic acid....g	1.920		0	PAE	4		1.632	4.762	
Glutamic acid....g	3.166		0	PAE	4		2.691	7.852	
Glycine....g	1.065		0	PAE	4		0.905	2.641	
Proline....g	0.915		0	PAE	4		0.778	2.269	
Serine....g	0.811		0	PAE	4		0.689	2.011	
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.

NDB No. 17241

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	15		0	PAE	4		4	68	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0	PAE	4		4	68	
Folate, DFE....µg	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.14		0	PAE	4		0.61	9.71	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	13.430		0	PAE	4		3.807	60.918	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17239

Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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....µg	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....µg	21		0		1		31	18	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		31	18	
Folate, DFE....µg	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....µg	2.64		0		1		3.88	2.24	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		4	2	
Vitamin K (phylloquinone)....µg	4.1		0	BFSN	4		6.0	3.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		51.11	95.61	
Energy....kcal	232		0	NC	4		197	369	
Energy....kJ	971				4		825	1543	
Protein (N x 6.25)....g	26.16	0.316	16		1		22.24	41.59	
Total lipid (fat)....g	13.31	0.645	15		1		11.31	21.16	
Ash....g	1.07	0.022	16		1		0.91	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	21	1.787	16		1		18	33	
Iron, Fe....mg	1.77	0.068	16		1		1.50	2.81	
Magnesium, Mg....mg	23	0.351	16		1		20	37	
Phosphorus, P....mg	195	3.487	16		1		166	310	
Potassium, K....mg	315	4.264	16		1		268	501	
Sodium, Na....mg	81	1.595	16		1		69	129	
Zinc, Zn....mg	4.47	0.169	16		1		3.80	7.11	
Copper, Cu....mg	0.129	0.005	16		1		0.110	0.205	
Manganese, Mn....mg	0.028		0		1		0.024	0.045	
Selenium, Se....µg	26.9		0	BFYN	4		22.9	42.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090	0.005	15		1		0.077	0.143	
Riboflavin....mg	0.230	0.014	15		1		0.196	0.366	
Niacin....mg	6.160	0.271	15		1		5.236	9.794	
Pantothenic acid....mg	0.660	0.022	15		1		0.561	1.049	
Vitamin B-6....mg	0.150	0.008	9		1		0.128	0.239	
Folate, total....µg	22	1.536	15		1		19	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22	1.536	15		1		19	35	
Folate, DFE....µg	22		0	NC	4		19	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.16	0.136	15		1		1.84	3.43	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.13	0.24	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.760		0		1		4.046	7.568	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		107		1		0.026	0.048	
12:0....g	0.040		107		1		0.034	0.064	
13:0....g									
14:0....g	0.420		107		1		0.357	0.668	
15:0....g									
16:0....g	2.560		107		1		2.176	4.070	
17:0....g									
18:0....g	1.640		107		1		1.394	2.608	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.830		0		1		4.956	9.270	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		107		1		0.340	0.636	
17:1....g									
18:1 undifferentiated....g	5.400		107		1		4.590	8.586	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0		1		0.740	1.383	
18:2 undifferentiated....g	0.710		107		1		0.604	1.129	
18:3 undifferentiated....g	0.080		107		1		0.068	0.127	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		107		1		0.077	0.143	
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	88	2.315	16		1		75	140	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0		1		0.260	0.487	
Threonine....g	1.119		0		1		0.951	1.779	
Isoleucine....g	1.262		0		1		1.073	2.007	
Leucine....g	2.034		0		1		1.729	3.234	
Lysine....g	2.310		0		1		1.964	3.673	
Methionine....g	0.671		0		1		0.570	1.067	
Cystine....g	0.312		0		1		0.265	0.496	
Phenylalanine....g	1.065		0		1		0.905	1.693	
Tyrosine....g	0.879		0		1		0.747	1.398	
Valine....g	1.411		0		1		1.199	2.243	
Arginine....g	1.554		0		1		1.321	2.471	
Histidine....g	0.829		0		1		0.705	1.318	
Alanine....g	1.573		0		1		1.337	2.501	
Aspartic acid....g	2.302		0		1		1.957	3.660	
Glutamic acid....g	3.796		0		1		3.227	6.036	
Glycine....g	1.277		0		1		1.085	2.030	
Proline....g	1.097		0		1		0.932	1.744	
Serine....g	0.972		0		1		0.826	1.545	
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.

NDB No. 17034

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 159g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	21	1.391	16		1		6	95	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21	1.391	16		1		6	95	
Folate, DFE....µg	21		0	NC	4		6	95	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.38	0.124	16		1		0.67	10.80	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.19		0		1		0.05	0.86	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.300		0		1		0.936	14.969	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17032

Lamb, domestic, rib, 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 27 (2014)

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....µg	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....µg	18		0		1		15	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	13	
Folate, DFE....µg	18		0	NC	4		15	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.58		0		1		2.19	1.81	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.13	0.11	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.870		0		1		8.390	6.909	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17044

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 70g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 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 27 (2014)

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						Amount in edible portion 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	54.69		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....µg	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....µg	18		0		1		15	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	17	
Folate, DFE....µg	18		0	NC	4		15	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.86		0		1		2.43	2.66	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.13		0		1		0.11	0.12	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.370		0		1		7.115	7.784	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17045

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 93g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 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 27 (2014)

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		47.53	159.93	
Energy....kcal	279		0	NC	4		237	798	
Energy....kJ	1167				4		992	3339	
Protein (N x 6.25)....g	22.53		0		1		19.15	64.44	
Total lipid (fat)....g	20.24		0		1		17.20	57.89	
Ash....g	1.21		0		1		1.03	3.46	
Carbohydrate, by difference....g	0.00		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	51	
Iron, Fe....mg	2.03		0		1		1.73	5.81	
Magnesium, Mg....mg	23		0		1		20	66	
Phosphorus, P....mg	183		0		1		156	523	
Potassium, K....mg	259		0		1		220	741	
Sodium, Na....mg	65		0		1		55	186	
Zinc, Zn....mg	4.48		0		1		3.81	12.81	
Copper, Cu....mg	0.113		0		1		0.096	0.323	
Manganese, Mn....mg	0.021		0		1		0.018	0.060	
Selenium, Se....µg	25.4		0	BFYN	4		21.6	72.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.257	
Riboflavin....mg	0.250		0		1		0.213	0.715	
Niacin....mg	6.660		0		1		5.661	19.048	
Pantothenic acid....mg	0.710		0		1		0.604	2.031	
Vitamin B-6....mg	0.120		0		1		0.102	0.343	
Folate, total....µg	20		0		1		17	57	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0		1		17	57	
Folate, DFE....µg	20		0	NC	4		17	57	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.55		0		1		2.17	7.29	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.12	0.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.740		0		1		7.429	24.996	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0		1		0.043	0.143	
12:0....g	0.090		0		1		0.077	0.257	
13:0....g									
14:0....g	0.790		0		1		0.672	2.259	
15:0....g									
16:0....g	4.410		0		1		3.749	12.613	
17:0....g									
18:0....g	2.770		0		1		2.355	7.922	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.300		0		1		7.055	23.738	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.590		0		1		0.502	1.687	
17:1....g									
18:1 undifferentiated....g	7.450		0		1		6.333	21.307	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.610		0		1		1.369	4.605	
18:2 undifferentiated....g	1.180		0		1		1.003	3.375	
18:3 undifferentiated....g	0.360		0		1		0.306	1.030	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.200	
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	92		0		1		78	263	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.224	0.752	
Threonine....g	0.964		0		1		0.819	2.757	
Isoleucine....g	1.087		0		1		0.924	3.109	
Leucine....g	1.753		0		1		1.490	5.014	
Lysine....g	1.990		0		1		1.692	5.691	
Methionine....g	0.578		0		1		0.491	1.653	
Cystine....g	0.269		0		1		0.229	0.769	
Phenylalanine....g	0.917		0		1		0.779	2.623	
Tyrosine....g	0.757		0		1		0.643	2.165	
Valine....g	1.216		0		1		1.034	3.478	
Arginine....g	1.339		0		1		1.138	3.830	
Histidine....g	0.714		0		1		0.607	2.042	
Alanine....g	1.355		0		1		1.152	3.875	
Aspartic acid....g	1.983		0		1		1.686	5.671	
Glutamic acid....g	3.270		0		1		2.780	9.352	
Glycine....g	1.101		0		1		0.936	3.149	
Proline....g	0.945		0		1		0.803	2.703	
Serine....g	0.838		0		1		0.712	2.397	
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.

NDB No. 17046

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0		1		5	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		5	25	
Folate, DFE....µg	19		0	NC	4		5	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.44		0		1		0.69	3.25	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.28	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.150		0		1		2.594	12.170	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17043

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		16	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		16	9	
Folate, DFE....µg	19		0	NC	4		16	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.59		0	PAE	4		2.20	1.17	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.210		0	PAE	4		7.829	4.145	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17247

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 45g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 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 27 (2014)

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....µg	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....µg	19		0	PAE	4		5	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		5	16	
Folate, DFE....µg	19		0	NC	4		5	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.47		0	PAE	4		0.70	2.07	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.240		0	PAE	4		2.336	6.922	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17246

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		48.51	162.08	
Energy ... kcal	267		0	NC	4		227	758	
Energy ... kJ	1117				4		950	3173	
Protein (N x 6.25) ... g	22.93		0	PAE	4		19.49	65.12	
Total lipid (fat) ... g	18.75		0	PAE	4		15.94	53.25	
Ash ... g	1.23		0	PAE	4		1.05	3.49	
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	17		0	PAE	4		14	48	
Iron, Fe ... mg	2.05		0	PAE	4		1.74	5.82	
Magnesium, Mg ... mg	23		0	PAE	4		20	65	
Phosphorus, P ... mg	185		0	PAE	4		157	525	
Potassium, K ... mg	262		0	PAE	4		223	744	
Sodium, Na ... mg	65		0	PAE	4		55	185	
Zinc, Zn ... mg	4.58		0	PAE	4		3.89	13.01	
Copper, Cu ... mg	0.114		0	PAE	4		0.097	0.324	
Manganese, Mn ... mg	0.022		0	PAE	4		0.019	0.062	
Selenium, Se ... µg	25.8		0	BFNN	4		21.9	73.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.090		0	PAE	4		0.077	0.256	
Riboflavin ... mg	0.250		0	PAE	4		0.213	0.710	
Niacin ... mg	6.620		0	PAE	4		5.627	18.801	
Pantothenic acid ... mg	0.710		0	PAE	4		0.604	2.016	
Vitamin B-6 ... mg	0.130		0	PAE	4		0.111	0.369	
Folate, total ... µg	21		0	PAE	4		18	60	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	21		0	PAE	4		18	60	
Folate, DFE ... µg	21		0	NC	4		18	60	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.56		0	PAE	4		2.18	7.27	
Vitamin A, RAE ... µg	0		0	PAE	4		0	0	
Retinol ... µg	0		0	PAE	4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	8.040		0	PAE	4		6.834	22.834	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.142	
12:0....g	0.080		0	PAE	4		0.068	0.227	
13:0....g									
14:0....g	0.720		0	PAE	4		0.612	2.045	
15:0....g									
16:0....g	4.070		0	PAE	4		3.460	11.559	
17:0....g									
18:0....g	2.550		0	PAE	4		2.168	7.242	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.680		0	PAE	4		6.528	21.811	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.550		0	PAE	4		0.468	1.562	
17:1....g									
18:1 undifferentiated....g	6.900		0	PAE	4		5.865	19.596	
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		1.275	4.260	
18:2 undifferentiated....g	1.100		0	PAE	4		0.935	3.124	
18:3 undifferentiated....g	0.330		0	PAE	4		0.281	0.937	
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	0.199	
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	91		0	PAE	4		77	258	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0	PAE	4		0.228	0.761	
Threonine....g	0.982		0	PAE	4		0.835	2.789	
Isoleucine....g	1.106		0	PAE	4		0.940	3.141	
Leucine....g	1.784		0	PAE	4		1.516	5.067	
Lysine....g	2.025		0	PAE	4		1.721	5.751	
Methionine....g	0.589		0	PAE	4		0.501	1.673	
Cystine....g	0.274		0	PAE	4		0.233	0.778	
Phenylalanine....g	0.934		0	PAE	4		0.794	2.653	
Tyrosine....g	0.771		0	PAE	4		0.655	2.190	
Valine....g	1.237		0	PAE	4		1.051	3.513	
Arginine....g	1.362		0	PAE	4		1.158	3.868	
Histidine....g	0.726		0	PAE	4		0.617	2.062	
Alanine....g	1.379		0	PAE	4		1.172	3.916	
Aspartic acid....g	2.019		0	PAE	4		1.716	5.734	
Glutamic acid....g	3.328		0	PAE	4		2.829	9.452	
Glycine....g	1.120		0	PAE	4		0.952	3.181	
Proline....g	0.962		0	PAE	4		0.818	2.732	
Serine....g	0.853		0	PAE	4		0.725	2.423	
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.

NDB No. 17249

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 284g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		16	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		16	11	
Folate, DFE....µg	19		0	NC	4		16	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.88		0	PAE	4		2.45	1.70	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.660		0	PAE	4		6.511	4.519	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17248

Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 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 27 (2014)

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....µg	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....µg	22	1.959	16		1		19	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22	1.959	16		1		19	12	
Folate, DFE....µg	22		0	NC	4		19	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.65	0.130	16		1		2.25	1.46	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.10	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.030		0		1		4.276	2.767	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17048

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 55g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 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 27 (2014)

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....µg	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....µg	23		0		1		20	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23		0		1		20	17	
Folate, DFE....µg	23		0	NC	4		20	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		0		1		2.55	2.22	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.420		0		1		2.907	2.531	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17049

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 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 27 (2014)

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		54.67	144.08	
Energy....kcal	192		0	NC	4		163	430	
Energy....kJ	803				4		683	1799	
Protein (N x 6.25)....g	25.46		0		1		21.64	57.03	
Total lipid (fat)....g	9.26		0		1		7.87	20.74	
Ash....g	1.36		0		1		1.16	3.05	
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	16		0		1		14	36	
Iron, Fe....mg	2.23		0		1		1.90	5.00	
Magnesium, Mg....mg	26		0		1		22	58	
Phosphorus, P....mg	202		0		1		172	452	
Potassium, K....mg	277		0		1		235	620	
Sodium, Na....mg	67		0		1		57	150	
Zinc, Zn....mg	5.25		0		1		4.46	11.76	
Copper, Cu....mg	0.120		0		1		0.102	0.269	
Manganese, Mn....mg	0.026		0		1		0.022	0.058	
Selenium, Se....µg	29.1		0	BFYN	4		24.7	65.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.224	
Riboflavin....mg	0.270		0		1		0.230	0.605	
Niacin....mg	6.340		0		1		5.389	14.202	
Pantothenic acid....mg	0.740		0		1		0.629	1.658	
Vitamin B-6....mg	0.140		0		1		0.119	0.314	
Folate, total....µg	25		0		1		21	56	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	25		0		1		21	56	
Folate, DFE....µg	25		0	NC	4		21	56	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.61		0		1		2.22	5.85	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.14	0.38	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.590		0		1		3.052	8.042	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.045	
12:0....g	0.030		0		1		0.026	0.067	
13:0....g									
14:0....g	0.290		0		1		0.247	0.650	
15:0....g									
16:0....g	1.890		0		1		1.607	4.234	
17:0....g									
18:0....g	1.170		0		1		0.995	2.621	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.760		0		1		3.196	8.422	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0		1		0.238	0.627	
17:1....g									
18:1 undifferentiated....g	3.390		0		1		2.882	7.594	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.800		0		1		0.680	1.792	
18:2 undifferentiated....g	0.600		0		1		0.510	1.344	
18:3 undifferentiated....g	0.140		0		1		0.119	0.314	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.157	
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		0		1		73	193	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0		1		0.253	0.668	
Threonine....g	1.090		0		1		0.927	2.442	
Isoleucine....g	1.228		0		1		1.044	2.751	
Leucine....g	1.980		0		1		1.683	4.435	
Lysine....g	2.248		0		1		1.911	5.036	
Methionine....g	0.653		0		1		0.555	1.463	
Cystine....g	0.304		0		1		0.258	0.681	
Phenylalanine....g	1.036		0		1		0.881	2.321	
Tyrosine....g	0.856		0		1		0.728	1.917	
Valine....g	1.374		0		1		1.168	3.078	
Arginine....g	1.513		0		1		1.286	3.389	
Histidine....g	0.807		0		1		0.686	1.808	
Alanine....g	1.531		0		1		1.301	3.429	
Aspartic acid....g	2.241		0		1		1.905	5.020	
Glutamic acid....g	3.695		0		1		3.141	8.277	
Glycine....g	1.243		0		1		1.057	2.784	
Proline....g	1.068		0		1		0.908	2.392	
Serine....g	0.947		0		1		0.805	2.121	
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.

NDB No. 17050

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	24	1.393	16		1		7	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24	1.393	16		1		7	24	
Folate, DFE....µg	24		0	NC	4		7	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.67	0.161	16		1		0.76	2.70	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	0.22	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.860		0		1		0.527	1.879	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17047

Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		38.40	94.43	
Energy....kcal	345		0	NC	4		293	721	
Energy....kJ	1443				4		1227	3017	
Protein (N x 6.25)....g	28.51		0		1		24.23	59.59	
Total lipid (fat)....g	24.73		0		1		21.02	51.69	
Ash....g	1.53		0		1		1.30	3.20	
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		23	56	
Iron, Fe....mg	2.35		0		1		2.00	4.91	
Magnesium, Mg....mg	24		0		1		20	50	
Phosphorus, P....mg	185		0		1		157	387	
Potassium, K....mg	243		0		1		207	508	
Sodium, Na....mg	75		0		1		64	157	
Zinc, Zn....mg	6.86		0		1		5.83	14.34	
Copper, Cu....mg	0.121		0		1		0.103	0.253	
Manganese, Mn....mg	0.027		0		1		0.023	0.056	
Selenium, Se....µg	33.1		0	BFYN	4		28.1	69.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.125	
Riboflavin....mg	0.210		0		1		0.179	0.439	
Niacin....mg	6.040		0		1		5.134	12.624	
Pantothenic acid....mg	0.610		0		1		0.519	1.275	
Vitamin B-6....mg	0.110		0		1		0.094	0.230	
Folate, total....µg	18		0		1		15	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	38	
Folate, DFE....µg	18		0	NC	4		15	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.83		0		1		2.41	5.91	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.33	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	10.290		0		1		8.747	21.506	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		0		1		0.051	0.125	
12:0....g	0.100		0		1		0.085	0.209	
13:0....g									
14:0....g	0.900		0		1		0.765	1.881	
15:0....g									
16:0....g	5.270		0		1		4.480	11.014	
17:0....g									
18:0....g	3.280		0		1		2.788	6.855	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.100		0		1		8.585	21.109	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.730		0		1		0.621	1.526	
17:1....g									
18:1 undifferentiated....g	9.080		0		1		7.718	18.977	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.030		0		1		1.726	4.243	
18:2 undifferentiated....g	1.500		0		1		1.275	3.135	
18:3 undifferentiated....g	0.410		0		1		0.349	0.857	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0		1		0.102	0.251	
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	116		0		1		99	242	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.333		0		1		0.283	0.696	
Threonine....g	1.220		0		1		1.037	2.550	
Isoleucine....g	1.376		0		1		1.170	2.876	
Leucine....g	2.218		0		1		1.885	4.636	
Lysine....g	2.518		0		1		2.140	5.263	
Methionine....g	0.732		0		1		0.622	1.530	
Cystine....g	0.340		0		1		0.289	0.711	
Phenylalanine....g	1.161		0		1		0.987	2.426	
Tyrosine....g	0.958		0		1		0.814	2.002	
Valine....g	1.539		0		1		1.308	3.217	
Arginine....g	1.694		0		1		1.440	3.540	
Histidine....g	0.903		0		1		0.768	1.887	
Alanine....g	1.715		0		1		1.458	3.584	
Aspartic acid....g	2.510		0		1		2.134	5.246	
Glutamic acid....g	4.138		0		1		3.517	8.648	
Glycine....g	1.393		0		1		1.184	2.911	
Proline....g	1.196		0		1		1.017	2.500	
Serine....g	1.060		0		1		0.901	2.215	
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.

NDB No. 17052

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		47.53	140.92	
Energy....kcal	278		0	NC	4		236	701	
Energy....kJ	1163		0		4		989	2931	
Protein (N x 6.25)....g	23.08		0		1		19.62	58.16	
Total lipid (fat)....g	19.94		0		1		16.95	50.25	
Ash....g	1.15		0		1		0.98	2.90	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0		1		20	60	
Iron, Fe....mg	1.72		0		1		1.46	4.33	
Magnesium, Mg....mg	24		0		1		20	60	
Phosphorus, P....mg	198		0		1		168	499	
Potassium, K....mg	336		0		1		286	847	
Sodium, Na....mg	82		0		1		70	207	
Zinc, Zn....mg	5.62		0		1		4.78	14.16	
Copper, Cu....mg	0.122		0		1		0.104	0.307	
Manganese, Mn....mg	0.024		0		1		0.020	0.060	
Selenium, Se....µg	27.4		0	BFYN	4		23.3	69.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.227	
Riboflavin....mg	0.250		0		1		0.213	0.630	
Niacin....mg	6.380		0		1		5.423	16.078	
Pantothenic acid....mg	0.670		0		1		0.570	1.688	
Vitamin B-6....mg	0.150		0		1		0.128	0.378	
Folate, total....µg	18		0		1		15	45	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	45	
Folate, DFE....µg	18		0	NC	4		15	45	
Choline, total....mg	89.3		0	BFNN	4		75.9	225.0	
Betaine....mg	11.7		0	BFNN	4		10.0	29.6	
Vitamin B-12....µg	2.73		0		1		2.32	6.88	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0		1		0.13	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	6	
Vitamin K (phylloquinone)....µg	4.4		0	BFSN	4		3.7	11.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	8.180		0		1		6.953	20.614	
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	0.050		0		1		0.043	0.126	
12:0....g	0.080		0		1		0.068	0.202	
13:0....g									
14:0....g	0.750		0		1		0.638	1.890	
15:0....g									
16:0....g	4.190		0		1		3.562	10.559	
17:0....g									
18:0....g	2.660		0		1		2.261	6.703	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.460		0		1		7.191	21.319	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.580		0		1		0.493	1.462	
17:1....g									
18:1 undifferentiated....g	7.700		0		1		6.545	19.404	
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		1.207	3.578	
18:2 undifferentiated....g	1.080		0		1		0.918	2.722	
18:3 undifferentiated....g	0.260		0		1		0.221	0.655	
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		0.068	0.202	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		81	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0		1		0.230	0.680	
Threonine....g	0.988		0		1		0.840	2.490	
Isoleucine....g	1.113		0		1		0.946	2.805	
Leucine....g	1.795		0		1		1.526	4.523	
Lysine....g	2.038		0		1		1.732	5.136	
Methionine....g	0.592		0		1		0.503	1.492	
Cystine....g	0.275		0		1		0.234	0.693	
Phenylalanine....g	0.940		0		1		0.799	2.369	
Tyrosine....g	0.776		0		1		0.660	1.956	
Valine....g	1.245		0		1		1.058	3.137	
Arginine....g	1.371		0		1		1.165	3.455	
Histidine....g	0.731		0		1		0.621	1.842	
Alanine....g	1.388		0		1		1.180	3.498	
Aspartic acid....g	2.031		0		1		1.726	5.118	
Glutamic acid....g	3.349		0		1		2.847	8.439	
Glycine....g	1.127		0		1		0.958	2.840	
Proline....g	0.968		0		1		0.823	2.439	
Serine....g	0.858		0		1		0.729	2.162	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		47.47	144.09	
Energy....kcal	281		0	NC	4		239	725	
Energy....kJ	1176				4		999	3033	
Protein (N x 6.25)....g	22.25		0		1		18.91	57.41	
Total lipid (fat)....g	20.61		0		1		17.52	53.17	
Ash....g	1.19		0		1		1.01	3.07	
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	21		0		1		18	54	
Iron, Fe....mg	1.92		0		1		1.63	4.95	
Magnesium, Mg....mg	22		0		1		19	57	
Phosphorus, P....mg	183		0		1		156	472	
Potassium, K....mg	246		0		1		209	635	
Sodium, Na....mg	66		0		1		56	170	
Zinc, Zn....mg	5.58		0		1		4.74	14.40	
Copper, Cu....mg	0.106		0		1		0.090	0.273	
Manganese, Mn....mg	0.022		0		1		0.019	0.057	
Selenium, Se....µg	25.2		0	BFYN	4		21.4	65.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.232	
Riboflavin....mg	0.230		0		1		0.196	0.593	
Niacin....mg	5.910		0		1		5.024	15.248	
Pantothenic acid....mg	0.690		0		1		0.587	1.780	
Vitamin B-6....mg	0.110		0		1		0.094	0.284	
Folate, total....µg	21		0		1		18	54	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		18	54	
Folate, DFE....µg	21		0	NC	4		18	54	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.67		0		1		2.27	6.89	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.12	0.36	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.640		0		1		7.344	22.291	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0		1		0.043	0.129	
12:0....g	0.080		0		1		0.068	0.206	
13:0....g									
14:0....g	0.760		0		1		0.646	1.961	
15:0....g									
16:0....g	4.410		0		1		3.749	11.378	
17:0....g									
18:0....g	2.750		0		1		2.338	7.095	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.420		0		1		7.157	21.724	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600		0		1		0.510	1.548	
17:1....g									
18:1 undifferentiated....g	7.570		0		1		6.435	19.531	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.680		0		1		1.428	4.334	
18:2 undifferentiated....g	1.240		0		1		1.054	3.199	
18:3 undifferentiated....g	0.350		0		1		0.298	0.903	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	0.258	
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	92		0		1		78	237	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0		1		0.221	0.671	
Threonine....g	0.952		0		1		0.809	2.456	
Isoleucine....g	1.073		0		1		0.912	2.768	
Leucine....g	1.730		0		1		1.471	4.463	
Lysine....g	1.964		0		1		1.669	5.067	
Methionine....g	0.571		0		1		0.485	1.473	
Cystine....g	0.266		0		1		0.226	0.686	
Phenylalanine....g	0.906		0		1		0.770	2.337	
Tyrosine....g	0.748		0		1		0.636	1.930	
Valine....g	1.200		0		1		1.020	3.096	
Arginine....g	1.322		0		1		1.124	3.411	
Histidine....g	0.705		0		1		0.599	1.819	
Alanine....g	1.338		0		1		1.137	3.452	
Aspartic acid....g	1.958		0		1		1.664	5.052	
Glutamic acid....g	3.228		0		1		2.744	8.328	
Glycine....g	1.086		0		1		0.923	2.802	
Proline....g	0.933		0		1		0.793	2.407	
Serine....g	0.827		0		1		0.703	2.134	
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.

NDB No. 17054

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	61.90		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....µg	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....µg	19		0		1		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.59		0		1		0.73	11.75	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.930		0		1		2.532	40.506	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17051

Lamb, domestic, shoulder, 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 27 (2014)

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		38.80	94.50	
Energy....kcal	339		0	NC	4		288	702	
Energy....kJ	1418				4		1206	2936	
Protein (N x 6.25)....g	28.92		0	PAE	4		24.58	59.86	
Total lipid (fat)....g	23.88		0	PAE	4		20.30	49.43	
Ash....g	1.55		0	PAE	4		1.32	3.21	
Carbohydrate, by difference....g	0.00		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		23	56	
Iron, Fe....mg	2.38		0	PAE	4		2.02	4.93	
Magnesium, Mg....mg	24		0	PAE	4		20	50	
Phosphorus, P....mg	187		0	PAE	4		159	387	
Potassium, K....mg	244		0	PAE	4		207	505	
Sodium, Na....mg	75		0	PAE	4		64	155	
Zinc, Zn....mg	6.98		0	PAE	4		5.93	14.45	
Copper, Cu....mg	0.121		0	PAE	4		0.103	0.250	
Manganese, Mn....mg	0.027		0	PAE	4		0.023	0.056	
Selenium, Se....µg	33.5		0	BFNN	4		28.5	69.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0	PAE	4		0.051	0.124	
Riboflavin....mg	0.210		0	PAE	4		0.179	0.435	
Niacin....mg	6.000		0	PAE	4		5.100	12.420	
Pantothenic acid....mg	0.610		0	PAE	4		0.519	1.263	
Vitamin B-6....mg	0.110		0	PAE	4		0.094	0.228	
Folate, total....µg	18		0	PAE	4		15	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	PAE	4		15	37	
Folate, DFE....µg	18		0	NC	4		15	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.84		0	PAE	4		2.41	5.88	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.880		0	PAE	4		8.398	20.452	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.104	
12:0....g	0.090		0	PAE	4		0.077	0.186	
13:0....g									
14:0....g	0.860		0	PAE	4		0.731	1.780	
15:0....g									
16:0....g	5.070		0	PAE	4		4.310	10.495	
17:0....g									
18:0....g	3.160		0	PAE	4		2.686	6.541	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.740		0	PAE	4		8.279	20.162	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.700		0	PAE	4		0.595	1.449	
17:1....g									
18:1 undifferentiated....g	8.770		0	PAE	4		7.455	18.154	
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		1.675	4.078	
18:2 undifferentiated....g	1.450		0	PAE	4		1.233	3.002	
18:3 undifferentiated....g	0.400		0	PAE	4		0.340	0.828	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0	PAE	4		0.102	0.248	
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	116		0	PAE	4		99	240	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.338		0	PAE	4		0.287	0.700	
Threonine....g	1.238		0	PAE	4		1.052	2.563	
Isoleucine....g	1.395		0	PAE	4		1.186	2.888	
Leucine....g	2.249		0	PAE	4		1.912	4.655	
Lysine....g	2.554		0	PAE	4		2.171	5.287	
Methionine....g	0.742		0	PAE	4		0.631	1.536	
Cystine....g	0.345		0	PAE	4		0.293	0.714	
Phenylalanine....g	1.177		0	PAE	4		1.000	2.436	
Tyrosine....g	0.972		0	PAE	4		0.826	2.012	
Valine....g	1.560		0	PAE	4		1.326	3.229	
Arginine....g	1.718		0	PAE	4		1.460	3.556	
Histidine....g	0.916		0	PAE	4		0.779	1.896	
Alanine....g	1.739		0	PAE	4		1.478	3.600	
Aspartic acid....g	2.545		0	PAE	4		2.163	5.268	
Glutamic acid....g	4.196		0	PAE	4		3.567	8.686	
Glycine....g	1.412		0	PAE	4		1.200	2.923	
Proline....g	1.213		0	PAE	4		1.031	2.511	
Serine....g	1.075		0	PAE	4		0.914	2.225	
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.

NDB No. 17251

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	57.01		0	PAE	4		48.46	142.53	
Energy....kcal	267		0	NC	4		227	668	
Energy....kJ	1117				4		950	2793	
Protein (N x 6.25)....g	23.48		0	PAE	4		19.96	58.70	
Total lipid (fat)....g	18.50		0	PAE	4		15.73	46.25	
Ash....g	1.17		0	PAE	4		0.99	2.93	
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	24		0	PAE	4		20	60	
Iron, Fe....mg	1.73		0	PAE	4		1.47	4.33	
Magnesium, Mg....mg	24		0	PAE	4		20	60	
Phosphorus, P....mg	201		0	PAE	4		171	503	
Potassium, K....mg	341		0	PAE	4		290	853	
Sodium, Na....mg	83		0	PAE	4		71	208	
Zinc, Zn....mg	5.77		0	PAE	4		4.90	14.43	
Copper, Cu....mg	0.123		0	PAE	4		0.105	0.308	
Manganese, Mn....mg	0.024		0	PAE	4		0.020	0.060	
Selenium, Se....µg	27.8		0	BFNN	4		23.6	69.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.077	0.225	
Riboflavin....mg	0.250		0	PAE	4		0.213	0.625	
Niacin....mg	6.330		0	PAE	4		5.381	15.825	
Pantothenic acid....mg	0.670		0	PAE	4		0.570	1.675	
Vitamin B-6....mg	0.150		0	PAE	4		0.128	0.375	
Folate, total....µg	18		0	PAE	4		15	45	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	PAE	4		15	45	
Folate, DFE....µg	18		0	NC	4		15	45	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.74		0	PAE	4		2.33	6.85	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.490		0	PAE	4		6.367	18.725	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.125	
12:0....g	0.070		0	PAE	4		0.060	0.175	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.725	
15:0....g									
16:0....g	3.860		0	PAE	4		3.281	9.650	
17:0....g									
18:0....g	2.450		0	PAE	4		2.083	6.125	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.880		0	PAE	4		6.698	19.700	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540		0	PAE	4		0.459	1.350	
17:1....g									
18:1 undifferentiated....g	7.190		0	PAE	4		6.112	17.975	
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		1.105	3.250	
18:2 undifferentiated....g	1.000		0	PAE	4		0.850	2.500	
18:3 undifferentiated....g	0.230		0	PAE	4		0.196	0.575	
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	0.200	
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	95		0	PAE	4		81	238	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		0	PAE	4		0.233	0.685	
Threonine....g	1.005		0	PAE	4		0.854	2.513	
Isoleucine....g	1.133		0	PAE	4		0.963	2.833	
Leucine....g	1.826		0	PAE	4		1.552	4.565	
Lysine....g	2.073		0	PAE	4		1.762	5.183	
Methionine....g	0.603		0	PAE	4		0.513	1.508	
Cystine....g	0.280		0	PAE	4		0.238	0.700	
Phenylalanine....g	0.956		0	PAE	4		0.813	2.390	
Tyrosine....g	0.789		0	PAE	4		0.671	1.973	
Valine....g	1.267		0	PAE	4		1.077	3.168	
Arginine....g	1.395		0	PAE	4		1.186	3.488	
Histidine....g	0.744		0	PAE	4		0.632	1.860	
Alanine....g	1.412		0	PAE	4		1.200	3.530	
Aspartic acid....g	2.067		0	PAE	4		1.757	5.168	
Glutamic acid....g	3.407		0	PAE	4		2.896	8.518	
Glycine....g	1.147		0	PAE	4		0.975	2.868	
Proline....g	0.985		0	PAE	4		0.837	2.463	
Serine....g	0.873		0	PAE	4		0.742	2.183	
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.

NDB No. 17252

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		48.41	145.79	
Energy....kcal	270		0	NC	4		230	691	
Energy....kJ	1130				4		960	2892	
Protein (N x 6.25)....g	22.62		0	PAE	4		19.23	57.91	
Total lipid (fat)....g	19.19		0	PAE	4		16.31	49.13	
Ash....g	1.21		0	PAE	4		1.03	3.10	
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	21		0	PAE	4		18	54	
Iron, Fe....mg	1.95		0	PAE	4		1.66	4.99	
Magnesium, Mg....mg	23		0	PAE	4		20	59	
Phosphorus, P....mg	185		0	PAE	4		157	474	
Potassium, K....mg	248		0	PAE	4		211	635	
Sodium, Na....mg	67		0	PAE	4		57	172	
Zinc, Zn....mg	5.72		0	PAE	4		4.86	14.64	
Copper, Cu....mg	0.107		0	PAE	4		0.091	0.274	
Manganese, Mn....mg	0.022		0	PAE	4		0.019	0.056	
Selenium, Se....µg	25.6		0	BFNN	4		21.8	65.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.077	0.230	
Riboflavin....mg	0.240		0	PAE	4		0.204	0.614	
Niacin....mg	5.840		0	PAE	4		4.964	14.950	
Pantothenic acid....mg	0.700		0	PAE	4		0.595	1.792	
Vitamin B-6....mg	0.130		0	PAE	4		0.111	0.333	
Folate, total....µg	21		0	PAE	4		18	54	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0	PAE	4		18	54	
Folate, DFE....µg	21		0	NC	4		18	54	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.68		0	PAE	4		2.28	6.86	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.960		0	PAE	4		6.766	20.378	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		0	PAE	4		0.034	0.102	
12:0....g	0.070		0	PAE	4		0.060	0.179	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.766	
15:0....g									
16:0....g	4.080		0	PAE	4		3.468	10.445	
17:0....g									
18:0....g	2.540		0	PAE	4		2.159	6.502	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.830		0	PAE	4		6.656	20.045	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0	PAE	4		0.476	1.434	
17:1....g									
18:1 undifferentiated....g	7.050		0	PAE	4		5.993	18.048	
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		1.343	4.045	
18:2 undifferentiated....g	1.170		0	PAE	4		0.995	2.995	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.819	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0	PAE	4		0.085	0.256	
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	92		0	PAE	4		78	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0	PAE	4		0.224	0.676	
Threonine....g	0.968		0	PAE	4		0.823	2.478	
Isoleucine....g	1.091		0	PAE	4		0.927	2.793	
Leucine....g	1.759		0	PAE	4		1.495	4.503	
Lysine....g	1.997		0	PAE	4		1.697	5.112	
Methionine....g	0.580		0	PAE	4		0.493	1.485	
Cystine....g	0.270		0	PAE	4		0.230	0.691	
Phenylalanine....g	0.921		0	PAE	4		0.783	2.358	
Tyrosine....g	0.760		0	PAE	4		0.646	1.946	
Valine....g	1.221		0	PAE	4		1.038	3.126	
Arginine....g	1.344		0	PAE	4		1.142	3.441	
Histidine....g	0.717		0	PAE	4		0.609	1.836	
Alanine....g	1.360		0	PAE	4		1.156	3.482	
Aspartic acid....g	1.991		0	PAE	4		1.692	5.097	
Glutamic acid....g	3.282		0	PAE	4		2.790	8.402	
Glycine....g	1.105		0	PAE	4		0.939	2.829	
Proline....g	0.949		0	PAE	4		0.807	2.429	
Serine....g	0.841		0	PAE	4		0.715	2.153	
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.

NDB No. 17253

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 256g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	20		0	PAE	4		6	91	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0	PAE	4		6	91	
Folate, DFE....µg	20		0	NC	4		6	91	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.62		0	PAE	4		0.74	11.88	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.040		0	PAE	4		2.279	36.469	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17250

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		42.19	83.40	
Energy....kcal	288		0	NC	4		245	484	
Energy....kJ	1205				4		1024	2024	
Protein (N x 6.25)....g	32.35		0		1		27.50	54.35	
Total lipid (fat)....g	16.64		0		1		14.14	27.96	
Ash....g	1.73		0		1		1.47	2.91	
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	28		0		1		24	47	
Iron, Fe....mg	2.60		0		1		2.21	4.37	
Magnesium, Mg....mg	26		0		1		22	44	
Phosphorus, P....mg	202		0		1		172	339	
Potassium, K....mg	254		0		1		216	427	
Sodium, Na....mg	79		0		1		67	133	
Zinc, Zn....mg	8.06		0		1		6.85	13.54	
Copper, Cu....mg	0.128		0		1		0.109	0.215	
Manganese, Mn....mg	0.032		0		1		0.027	0.054	
Selenium, Se....µg	36.6		0	BFYN	4		31.1	61.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.101	
Riboflavin....mg	0.220		0		1		0.187	0.370	
Niacin....mg	5.630		0		1		4.786	9.458	
Pantothenic acid....mg	0.610		0		1		0.519	1.025	
Vitamin B-6....mg	0.120		0		1		0.102	0.202	
Folate, total....µg	21		0		1		18	35	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		18	35	
Folate, DFE....µg	21		0	NC	4		18	35	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.94		0		1		2.50	4.94	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.34	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.370		0		1		5.415	10.702	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		0		1		0.026	0.050	
12:0....g	0.050		0		1		0.043	0.084	
13:0....g									
14:0....g	0.500		0		1		0.425	0.840	
15:0....g									
16:0....g	3.370		0		1		2.865	5.662	
17:0....g									
18:0....g	2.080		0		1		1.768	3.494	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.740		0		1		5.729	11.323	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.500		0		1		0.425	0.840	
17:1....g									
18:1 undifferentiated....g	6.080		0		1		5.168	10.214	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.460		0		1		1.241	2.453	
18:2 undifferentiated....g	1.090		0		1		0.927	1.831	
18:3 undifferentiated....g	0.250		0		1		0.213	0.420	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.130		0		1		0.111	0.218	
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	117		0		1		99	197	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.378		0		1		0.321	0.635	
Threonine....g	1.385		0		1		1.177	2.327	
Isoleucine....g	1.561		0		1		1.327	2.622	
Leucine....g	2.516		0		1		2.139	4.227	
Lysine....g	2.857		0		1		2.428	4.800	
Methionine....g	0.830		0		1		0.706	1.394	
Cystine....g	0.386		0		1		0.328	0.648	
Phenylalanine....g	1.317		0		1		1.119	2.213	
Tyrosine....g	1.087		0		1		0.924	1.826	
Valine....g	1.746		0		1		1.484	2.933	
Arginine....g	1.922		0		1		1.634	3.229	
Histidine....g	1.025		0		1		0.871	1.722	
Alanine....g	1.946		0		1		1.654	3.269	
Aspartic acid....g	2.847		0		1		2.420	4.783	
Glutamic acid....g	4.694		0		1		3.990	7.886	
Glycine....g	1.580		0		1		1.343	2.654	
Proline....g	1.357		0		1		1.153	2.280	
Serine....g	1.203		0		1		1.023	2.021	
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.

NDB No. 17056

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.09	129.29	
Energy....kcal	211		0	NC	4		179	437	
Energy....kJ	883				4		750	1827	
Protein (N x 6.25)....g	25.48	0.515	16		1		21.66	52.74	
Total lipid (fat)....g	11.32	0.554	15		1		9.62	23.43	
Ash....g	1.26	0.012	16		1		1.07	2.61	
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	24	1.062	16		1		20	50	
Iron, Fe....mg	1.81	0.061	16		1		1.54	3.75	
Magnesium, Mg....mg	26	0.281	16		1		22	54	
Phosphorus, P....mg	216	5.071	16		1		184	447	
Potassium, K....mg	368	4.713	16		1		313	762	
Sodium, Na....mg	88	2.777	16		1		75	182	
Zinc, Zn....mg	6.48	0.152	16		1		5.51	13.41	
Copper, Cu....mg	0.129	0.007	16		1		0.110	0.267	
Manganese, Mn....mg	0.028		0		1		0.024	0.058	
Selenium, Se....µg	30.9		0	BFYN	4		26.3	64.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100	0.005	16		1		0.085	0.207	
Riboflavin....mg	0.260	0.016	16		1		0.221	0.538	
Niacin....mg	6.070	0.259	16		1		5.160	12.565	
Pantothenic acid....mg	0.690	0.031	16		1		0.587	1.428	
Vitamin B-6....mg	0.170		0		1		0.145	0.352	
Folate, total....µg	21	1.196	15		1		18	43	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21	1.196	15		1		18	43	
Folate, DFE....µg	21		0	NC	4		18	43	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.81	0.154	16		1		2.39	5.82	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.14	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.040		0		1		3.434	8.363	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		107		1		0.017	0.041	
12:0....g	0.030		107		1		0.026	0.062	
13:0....g									
14:0....g	0.350		107		1		0.298	0.725	
15:0....g									
16:0....g	2.180		107		1		1.853	4.513	
17:0....g									
18:0....g	1.390		107		1		1.182	2.877	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.960		0		1		4.216	10.267	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		107		1		0.289	0.704	
17:1....g									
18:1 undifferentiated....g	4.590		107		1		3.902	9.501	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.740		0		1		0.629	1.532	
18:2 undifferentiated....g	0.600		107		1		0.510	1.242	
18:3 undifferentiated....g	0.070		107		1		0.060	0.145	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		107		1		0.060	0.145	
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	91	2.320	16		1		77	188	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0		1		0.253	0.617	
Threonine....g	1.090		0		1		0.927	2.256	
Isoleucine....g	1.229		0		1		1.045	2.544	
Leucine....g	1.982		0		1		1.685	4.103	
Lysine....g	2.250		0		1		1.913	4.658	
Methionine....g	0.654		0		1		0.556	1.354	
Cystine....g	0.304		0		1		0.258	0.629	
Phenylalanine....g	1.037		0		1		0.881	2.147	
Tyrosine....g	0.856		0		1		0.728	1.772	
Valine....g	1.375		0		1		1.169	2.846	
Arginine....g	1.514		0		1		1.287	3.134	
Histidine....g	0.807		0		1		0.686	1.670	
Alanine....g	1.532		0		1		1.302	3.171	
Aspartic acid....g	2.243		0		1		1.907	4.643	
Glutamic acid....g	3.697		0		1		3.142	7.653	
Glycine....g	1.244		0		1		1.057	2.575	
Proline....g	1.069		0		1		0.909	2.213	
Serine....g	0.947		0		1		0.805	1.960	
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.

NDB No. 17057

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.40	131.92	
Energy....kcal	209		0	NC	4		178	439	
Energy....kJ	874				4		743	1836	
Protein (N x 6.25)....g	24.61		0		1		20.92	51.68	
Total lipid (fat)....g	11.57		0		1		9.83	24.30	
Ash....g	1.31		0		1		1.11	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	21		0		1		18	44	
Iron, Fe....mg	2.07		0		1		1.76	4.35	
Magnesium, Mg....mg	25		0		1		21	53	
Phosphorus, P....mg	199		0		1		169	418	
Potassium, K....mg	258		0		1		219	542	
Sodium, Na....mg	68		0		1		58	143	
Zinc, Zn....mg	6.48		0		1		5.51	13.61	
Copper, Cu....mg	0.110		0		1		0.094	0.231	
Manganese, Mn....mg	0.026		0		1		0.022	0.055	
Selenium, Se....µg	28.1		0	BFYN	4		23.9	59.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.189	
Riboflavin....mg	0.250		0		1		0.213	0.525	
Niacin....mg	5.470		0		1		4.650	11.487	
Pantothenic acid....mg	0.720		0		1		0.612	1.512	
Vitamin B-6....mg	0.150		0		1		0.128	0.315	
Folate, total....µg	25		0		1		21	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	25		0		1		21	53	
Folate, DFE....µg	25		0	NC	4		21	53	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.74		0		1		2.33	5.75	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.17		0		1		0.14	0.36	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.340		0		1		3.689	9.114	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.020		0		1		0.017	0.042	
12:0....g	0.030		0		1		0.026	0.063	
13:0....g									
14:0....g	0.330		0		1		0.281	0.693	
15:0....g									
16:0....g	2.310		0		1		1.964	4.851	
17:0....g									
18:0....g	1.420		0		1		1.207	2.982	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.680		0		1		3.978	9.828	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.298	0.735	
17:1....g									
18:1 undifferentiated....g	4.220		0		1		3.587	8.862	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.030		0		1		0.876	2.163	
18:2 undifferentiated....g	0.770		0		1		0.655	1.617	
18:3 undifferentiated....g	0.170		0		1		0.145	0.357	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.189	
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	87		0		1		74	183	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.245	0.605	
Threonine....g	1.053		0		1		0.895	2.211	
Isoleucine....g	1.187		0		1		1.009	2.493	
Leucine....g	1.914		0		1		1.627	4.019	
Lysine....g	2.174		0		1		1.848	4.565	
Methionine....g	0.632		0		1		0.537	1.327	
Cystine....g	0.294		0		1		0.250	0.617	
Phenylalanine....g	1.002		0		1		0.852	2.104	
Tyrosine....g	0.827		0		1		0.703	1.737	
Valine....g	1.328		0		1		1.129	2.789	
Arginine....g	1.462		0		1		1.243	3.070	
Histidine....g	0.780		0		1		0.663	1.638	
Alanine....g	1.480		0		1		1.258	3.108	
Aspartic acid....g	2.166		0		1		1.841	4.549	
Glutamic acid....g	3.572		0		1		3.036	7.501	
Glycine....g	1.202		0		1		1.022	2.524	
Proline....g	1.032		0		1		0.877	2.167	
Serine....g	0.915		0		1		0.778	1.922	
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.

NDB No. 17058

Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 210g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	23	1.266	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.266	16		1		7	104	
Folate, DFE....µg	23		0	NC	4		7	104	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.83	0.166	16		1		0.80	12.84	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.22		0		1		0.06	1.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.730		0		1		0.774	12.383	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17055

Lamb, domestic, shoulder, 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 27 (2014)

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		38.42	98.54	
Energy....kcal	344		0	NC	4		292	750	
Energy....kJ	1439				4		1223	3138	
Protein (N x 6.25)....g	28.68		0		1		24.38	62.52	
Total lipid (fat)....g	24.55		0		1		20.87	53.52	
Ash....g	1.54		0		1		1.31	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	25		0		1		21	55	
Iron, Fe....mg	2.40		0		1		2.04	5.23	
Magnesium, Mg....mg	24		0		1		20	52	
Phosphorus, P....mg	186		0		1		158	405	
Potassium, K....mg	248		0		1		211	541	
Sodium, Na....mg	75		0		1		64	164	
Zinc, Zn....mg	6.37		0		1		5.41	13.89	
Copper, Cu....mg	0.123		0		1		0.105	0.268	
Manganese, Mn....mg	0.026		0		1		0.022	0.057	
Selenium, Se....µg	33.0		0	BFYN	4		28.1	71.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.153	
Riboflavin....mg	0.220		0		1		0.187	0.480	
Niacin....mg	6.330		0		1		5.381	13.799	
Pantothenic acid....mg	0.610		0		1		0.519	1.330	
Vitamin B-6....mg	0.100		0		1		0.085	0.218	
Folate, total....µg	17		0		1		14	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		14	37	
Folate, DFE....µg	17		0	NC	4		14	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.80		0		1		2.38	6.10	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	10.340		0		1		8.789	22.541	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		0		1		0.051	0.131	
12:0....g	0.100		0		1		0.085	0.218	
13:0....g									
14:0....g	0.910		0		1		0.774	1.984	
15:0....g									
16:0....g	5.270		0		1		4.480	11.489	
17:0....g									
18:0....g	3.290		0		1		2.797	7.172	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.040		0		1		8.534	21.887	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.720		0		1		0.612	1.570	
17:1....g									
18:1 undifferentiated....g	9.020		0		1		7.667	19.664	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.000		0		1		1.700	4.360	
18:2 undifferentiated....g	1.470		0		1		1.250	3.205	
18:3 undifferentiated....g	0.420		0		1		0.357	0.916	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.240	
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	116		0		1		99	253	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.335		0		1		0.285	0.730	
Threonine....g	1.227		0		1		1.043	2.675	
Isoleucine....g	1.384		0		1		1.176	3.017	
Leucine....g	2.231		0		1		1.896	4.864	
Lysine....g	2.532		0		1		2.152	5.520	
Methionine....g	0.736		0		1		0.626	1.604	
Cystine....g	0.342		0		1		0.291	0.746	
Phenylalanine....g	1.167		0		1		0.992	2.544	
Tyrosine....g	0.964		0		1		0.819	2.102	
Valine....g	1.547		0		1		1.315	3.372	
Arginine....g	1.704		0		1		1.448	3.715	
Histidine....g	0.908		0		1		0.772	1.979	
Alanine....g	1.725		0		1		1.466	3.761	
Aspartic acid....g	2.524		0		1		2.145	5.502	
Glutamic acid....g	4.161		0		1		3.537	9.071	
Glycine....g	1.401		0		1		1.191	3.054	
Proline....g	1.203		0		1		1.023	2.623	
Serine....g	1.066		0		1		0.906	2.324	
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.

NDB No. 17036

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	55.03		0		1		46.78	136.47	
Energy....kcal	278		0	NC	4		236	689	
Energy....kJ	1163				4		989	2885	
Protein (N x 6.25)....g	24.42		0		1		20.76	60.56	
Total lipid (fat)....g	19.26		0		1		16.37	47.76	
Ash....g	1.31		0		1		1.11	3.25	
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	21		0		1		18	52	
Iron, Fe....mg	2.03		0		1		1.73	5.03	
Magnesium, Mg....mg	26		0		1		22	64	
Phosphorus, P....mg	198		0		1		168	491	
Potassium, K....mg	301		0		1		256	746	
Sodium, Na....mg	78		0		1		66	193	
Zinc, Zn....mg	5.72		0		1		4.86	14.19	
Copper, Cu....mg	0.128		0		1		0.109	0.317	
Manganese, Mn....mg	0.024		0		1		0.020	0.060	
Selenium, Se....µg	27.4		0	BFYN	4		23.3	68.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.223	
Riboflavin....mg	0.260		0		1		0.221	0.645	
Niacin....mg	6.450		0		1		5.483	15.996	
Pantothenic acid....mg	0.670		0		1		0.570	1.662	
Vitamin B-6....mg	0.120		0		1		0.102	0.298	
Folate, total....µg	19		0		1		16	47	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		16	47	
Folate, DFE....µg	19		0	NC	4		16	47	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.97		0		1		2.52	7.37	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.16		0		1		0.14	0.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.040		0		1		6.834	19.939	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0		1		0.043	0.124	
12:0....g	0.080		0		1		0.068	0.198	
13:0....g									
14:0....g	0.700		0		1		0.595	1.736	
15:0....g									
16:0....g	4.110		0		1		3.494	10.193	
17:0....g									
18:0....g	2.560		0		1		2.176	6.349	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.870		0		1		6.690	19.518	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0		1		0.485	1.414	
17:1....g									
18:1 undifferentiated....g	7.080		0		1		6.018	17.558	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.580		0		1		1.343	3.918	
18:2 undifferentiated....g	1.160		0		1		0.986	2.877	
18:3 undifferentiated....g	0.320		0		1		0.272	0.794	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.223	
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	97		0		1		82	241	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0		1		0.242	0.707	
Threonine....g	1.045		0		1		0.888	2.592	
Isoleucine....g	1.178		0		1		1.001	2.921	
Leucine....g	1.900		0		1		1.615	4.712	
Lysine....g	2.157		0		1		1.833	5.349	
Methionine....g	0.627		0		1		0.533	1.555	
Cystine....g	0.292		0		1		0.248	0.724	
Phenylalanine....g	0.994		0		1		0.845	2.465	
Tyrosine....g	0.821		0		1		0.698	2.036	
Valine....g	1.318		0		1		1.120	3.269	
Arginine....g	1.451		0		1		1.233	3.598	
Histidine....g	0.774		0		1		0.658	1.920	
Alanine....g	1.469		0		1		1.249	3.643	
Aspartic acid....g	2.150		0		1		1.828	5.332	
Glutamic acid....g	3.544		0		1		3.012	8.789	
Glycine....g	1.193		0		1		1.014	2.959	
Proline....g	1.024		0		1		0.870	2.540	
Serine....g	0.908		0		1		0.772	2.252	
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.

NDB No. 17037

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		47.82	151.34	
Energy....kcal	276		0	NC	4		235	742	
Energy....kJ	1155		0		4		982	3106	
Protein (N x 6.25)....g	22.51		0		1		19.13	60.55	
Total lipid (fat)....g	19.97		0		1		16.97	53.72	
Ash....g	1.21		0		1		1.03	3.25	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0		1		17	54	
Iron, Fe....mg	1.97		0		1		1.67	5.30	
Magnesium, Mg....mg	23		0		1		20	62	
Phosphorus, P....mg	184		0		1		156	495	
Potassium, K....mg	251		0		1		213	675	
Sodium, Na....mg	66		0		1		56	178	
Zinc, Zn....mg	5.23		0		1		4.45	14.07	
Copper, Cu....mg	0.108		0		1		0.092	0.291	
Manganese, Mn....mg	0.022		0		1		0.019	0.059	
Selenium, Se....µg	26.2		0	BFYN	4		22.3	70.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.242	
Riboflavin....mg	0.240		0		1		0.204	0.646	
Niacin....mg	6.150		0		1		5.228	16.544	
Pantothenic acid....mg	0.700		0		1		0.595	1.883	
Vitamin B-6....mg	0.130		0		1		0.111	0.350	
Folate, total....µg	21		0		1		18	56	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		18	56	
Folate, DFE....µg	21		0	NC	4		18	56	
Choline, total....mg	87.9		0	BFNN	4		74.7	236.5	
Betaine....mg	11.6		0	BFNN	4		9.8	31.1	
Vitamin B-12....µg	2.64		0		1		2.24	7.10	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.14		0		1		0.12	0.38	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.2	
Vitamin D....IU	2		40	A	1		2	6	
Vitamin K (phylloquinone)....µg	4.6		0	BFYN	4		3.9	12.4	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	8.440		0		1		7.174	22.704	
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	0.050		0		1		0.043	0.135	
12:0....g	0.080		0		1		0.068	0.215	
13:0....g									
14:0....g	0.750		0		1		0.638	2.018	
15:0....g									
16:0....g	4.300		0		1		3.655	11.567	
17:0....g									
18:0....g	2.680		0		1		2.278	7.209	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.170		0		1		6.945	21.977	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.580		0		1		0.493	1.560	
17:1....g									
18:1 undifferentiated....g	7.340		0		1		6.239	19.745	
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		1.377	4.358	
18:2 undifferentiated....g	1.190		0		1		1.012	3.201	
18:3 undifferentiated....g	0.340		0		1		0.289	0.915	
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		0.077	0.242	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		78	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.224	0.707	
Threonine....g	0.963		0		1		0.819	2.590	
Isoleucine....g	1.086		0		1		0.923	2.921	
Leucine....g	1.751		0		1		1.488	4.710	
Lysine....g	1.988		0		1		1.690	5.348	
Methionine....g	0.578		0		1		0.491	1.555	
Cystine....g	0.269		0		1		0.229	0.724	
Phenylalanine....g	0.916		0		1		0.779	2.464	
Tyrosine....g	0.756		0		1		0.643	2.034	
Valine....g	1.215		0		1		1.033	3.268	
Arginine....g	1.337		0		1		1.136	3.597	
Histidine....g	0.713		0		1		0.606	1.918	
Alanine....g	1.354		0		1		1.151	3.642	
Aspartic acid....g	1.981		0		1		1.684	5.329	
Glutamic acid....g	3.266		0		1		2.776	8.786	
Glycine....g	1.099		0		1		0.934	2.956	
Proline....g	0.944		0		1		0.802	2.539	
Serine....g	0.837		0		1		0.711	2.252	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0		1		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0		1		5	86	
Folate, DFE....µg	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....µg	2.53		0		1		0.72	11.48	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.0	0.2	
Vitamin D....IU	2		40	A	1		1	10	
Vitamin K (phylloquinone)....µg	3.4		0	BFYN	4		1.0	15.4	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		38.64	96.83	
Energy ... kcal	338		0	NC	4		287	720	
Energy ... kJ	1414				4		1202	3012	
Protein (N x 6.25) ... g	29.46		0	PAE	4		25.04	62.75	
Total lipid (fat) ... g	23.57		0	PAE	4		20.03	50.20	
Ash ... g	1.44		0	PAE	4		1.22	3.07	
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	27		0	PAE	4		23	58	
Iron, Fe ... mg	2.39		0	PAE	4		2.03	5.09	
Magnesium, Mg ... mg	25		0	PAE	4		21	53	
Phosphorus, P ... mg	193		0	PAE	4		164	411	
Potassium, K ... mg	261		0	PAE	4		222	556	
Sodium, Na ... mg	74		0	PAE	4		63	158	
Zinc, Zn ... mg	6.80		0	PAE	4		5.78	14.48	
Copper, Cu ... mg	0.126		0	PAE	4		0.107	0.268	
Manganese, Mn ... mg	0.026		0	PAE	4		0.022	0.055	
Selenium, Se ... µg	33.8		0	BFNN	4		28.7	72.0	
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	0.149	
Riboflavin ... mg	0.220		0	PAE	4		0.187	0.469	
Niacin ... mg	6.150		0	PAE	4		5.228	13.100	
Pantothenic acid ... mg	0.610		0	PAE	4		0.519	1.299	
Vitamin B-6 ... mg	0.110		0	PAE	4		0.094	0.234	
Folate, total ... µg	18		0	PAE	4		15	38	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	18		0	PAE	4		15	38	
Folate, DFE ... µg	18		0	NC	4		15	38	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.78		0	PAE	4		2.36	5.92	
Vitamin A, RAE ... µg	0		0	PAE	4		0	0	
Retinol ... µg	0		0	PAE	4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	9.710		0	PAE	4		8.254	20.682	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.060		0	PAE	4		0.051	0.128	
12:0....g	0.090		0	PAE	4		0.077	0.192	
13:0....g									
14:0....g	0.850		0	PAE	4		0.723	1.811	
15:0....g									
16:0....g	4.980		0	PAE	4		4.233	10.607	
17:0....g									
18:0....g	3.120		0	PAE	4		2.652	6.646	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.720		0	PAE	4		8.262	20.704	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.690		0	PAE	4		0.587	1.470	
17:1....g									
18:1 undifferentiated....g	8.770		0	PAE	4		7.455	18.680	
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		1.598	4.004	
18:2 undifferentiated....g	1.400		0	PAE	4		1.190	2.982	
18:3 undifferentiated....g	0.370		0	PAE	4		0.315	0.788	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0	PAE	4		0.094	0.234	
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	117		0	PAE	4		99	249	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	PAE	4		0.292	0.733	
Threonine....g	1.261		0	PAE	4		1.072	2.686	
Isoleucine....g	1.421		0	PAE	4		1.208	3.027	
Leucine....g	2.292		0	PAE	4		1.948	4.882	
Lysine....g	2.602		0	PAE	4		2.212	5.542	
Methionine....g	0.756		0	PAE	4		0.643	1.610	
Cystine....g	0.352		0	PAE	4		0.299	0.750	
Phenylalanine....g	1.199		0	PAE	4		1.019	2.554	
Tyrosine....g	0.990		0	PAE	4		0.842	2.109	
Valine....g	1.590		0	PAE	4		1.352	3.387	
Arginine....g	1.750		0	PAE	4		1.488	3.728	
Histidine....g	0.933		0	PAE	4		0.793	1.987	
Alanine....g	1.772		0	PAE	4		1.506	3.774	
Aspartic acid....g	2.593		0	PAE	4		2.204	5.523	
Glutamic acid....g	4.275		0	PAE	4		3.634	9.106	
Glycine....g	1.439		0	PAE	4		1.223	3.065	
Proline....g	1.236		0	PAE	4		1.051	2.633	
Serine....g	1.095		0	PAE	4		0.931	2.332	
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.

NDB No. 17243

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		48.20	137.21	
Energy....kcal	268		0	NC	4		228	649	
Energy....kJ	1121				4		953	2714	
Protein (N x 6.25)....g	23.84		0	PAE	4		20.26	57.69	
Total lipid (fat)....g	18.39		0	PAE	4		15.63	44.50	
Ash....g	1.21		0	PAE	4		1.03	2.93	
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	23		0	PAE	4		20	56	
Iron, Fe....mg	1.83		0	PAE	4		1.56	4.43	
Magnesium, Mg....mg	25		0	PAE	4		21	61	
Phosphorus, P....mg	201		0	PAE	4		171	486	
Potassium, K....mg	335		0	PAE	4		285	811	
Sodium, Na....mg	82		0	PAE	4		70	198	
Zinc, Zn....mg	5.58		0	PAE	4		4.74	13.50	
Copper, Cu....mg	0.126		0	PAE	4		0.107	0.305	
Manganese, Mn....mg	0.024		0	PAE	4		0.020	0.058	
Selenium, Se....µg	26.5		0	BFNN	4		22.5	64.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0	PAE	4		0.085	0.242	
Riboflavin....mg	0.260		0	PAE	4		0.221	0.629	
Niacin....mg	6.490		0	PAE	4		5.517	15.706	
Pantothenic acid....mg	0.680		0	PAE	4		0.578	1.646	
Vitamin B-6....mg	0.140		0	PAE	4		0.119	0.339	
Folate, total....µg	18		0	PAE	4		15	44	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0	PAE	4		15	44	
Folate, DFE....µg	18		0	NC	4		15	44	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.78		0	PAE	4		2.36	6.73	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.530		0	PAE	4		6.401	18.223	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.121	
12:0....g	0.070		0	PAE	4		0.060	0.169	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.670	
15:0....g									
16:0....g	3.860		0	PAE	4		3.281	9.341	
17:0....g									
18:0....g	2.440		0	PAE	4		2.074	5.905	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.750		0	PAE	4		6.588	18.755	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540		0	PAE	4		0.459	1.307	
17:1....g									
18:1 undifferentiated....g	7.050		0	PAE	4		5.993	17.061	
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		1.139	3.243	
18:2 undifferentiated....g	1.020		0	PAE	4		0.867	2.468	
18:3 undifferentiated....g	0.250		0	PAE	4		0.213	0.605	
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	0.194	
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	95		0	PAE	4		81	230	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	PAE	4		0.237	0.675	
Threonine....g	1.020		0	PAE	4		0.867	2.468	
Isoleucine....g	1.150		0	PAE	4		0.978	2.783	
Leucine....g	1.854		0	PAE	4		1.576	4.487	
Lysine....g	2.105		0	PAE	4		1.789	5.094	
Methionine....g	0.612		0	PAE	4		0.520	1.481	
Cystine....g	0.285		0	PAE	4		0.242	0.690	
Phenylalanine....g	0.970		0	PAE	4		0.825	2.347	
Tyrosine....g	0.801		0	PAE	4		0.681	1.938	
Valine....g	1.286		0	PAE	4		1.093	3.112	
Arginine....g	1.416		0	PAE	4		1.204	3.427	
Histidine....g	0.755		0	PAE	4		0.642	1.827	
Alanine....g	1.434		0	PAE	4		1.219	3.470	
Aspartic acid....g	2.098		0	PAE	4		1.783	5.077	
Glutamic acid....g	3.459		0	PAE	4		2.940	8.371	
Glycine....g	1.164		0	PAE	4		0.989	2.817	
Proline....g	1.000		0	PAE	4		0.850	2.420	
Serine....g	0.886		0	PAE	4		0.753	2.144	
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.

NDB No. 17244

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		48.43	149.86	
Energy....kcal	269		0	NC	4		229	707	
Energy....kJ	1125				4		957	2960	
Protein (N x 6.25)....g	22.70		0	PAE	4		19.30	59.70	
Total lipid (fat)....g	19.08		0	PAE	4		16.22	50.18	
Ash....g	1.22		0	PAE	4		1.04	3.21	
Carbohydrate, by difference....g	0.00		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	53	
Iron, Fe....mg	1.97		0	PAE	4		1.67	5.18	
Magnesium, Mg....mg	23		0	PAE	4		20	60	
Phosphorus, P....mg	185		0	PAE	4		157	487	
Potassium, K....mg	251		0	PAE	4		213	660	
Sodium, Na....mg	66		0	PAE	4		56	174	
Zinc, Zn....mg	5.44		0	PAE	4		4.62	14.31	
Copper, Cu....mg	0.108		0	PAE	4		0.092	0.284	
Manganese, Mn....mg	0.022		0	PAE	4		0.019	0.058	
Selenium, Se....µg	26.4		0	BFNN	4		22.4	69.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0	PAE	4		0.077	0.237	
Riboflavin....mg	0.240		0	PAE	4		0.204	0.631	
Niacin....mg	6.040		0	PAE	4		5.134	15.885	
Pantothenic acid....mg	0.700		0	PAE	4		0.595	1.841	
Vitamin B-6....mg	0.130		0	PAE	4		0.111	0.342	
Folate, total....µg	21		0	PAE	4		18	55	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0	PAE	4		18	55	
Folate, DFE....µg	21		0	NC	4		18	55	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.65		0	PAE	4		2.25	6.97	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.980		0	PAE	4		6.783	20.987	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.132	
12:0....g	0.080		0	PAE	4		0.068	0.210	
13:0....g									
14:0....g	0.700		0	PAE	4		0.595	1.841	
15:0....g									
16:0....g	4.080		0	PAE	4		3.468	10.730	
17:0....g									
18:0....g	2.540		0	PAE	4		2.159	6.680	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.790		0	PAE	4		6.622	20.488	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0	PAE	4		0.476	1.473	
17:1....g									
18:1 undifferentiated....g	7.010		0	PAE	4		5.959	18.436	
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		1.326	4.103	
18:2 undifferentiated....g	1.150		0	PAE	4		0.978	3.025	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.842	
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	0.237	
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	91		0	PAE	4		77	239	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	PAE	4		0.225	0.697	
Threonine....g	0.971		0	PAE	4		0.825	2.554	
Isoleucine....g	1.095		0	PAE	4		0.931	2.880	
Leucine....g	1.765		0	PAE	4		1.500	4.642	
Lysine....g	2.004		0	PAE	4		1.703	5.271	
Methionine....g	0.582		0	PAE	4		0.495	1.531	
Cystine....g	0.271		0	PAE	4		0.230	0.713	
Phenylalanine....g	0.924		0	PAE	4		0.785	2.430	
Tyrosine....g	0.763		0	PAE	4		0.649	2.007	
Valine....g	1.225		0	PAE	4		1.041	3.222	
Arginine....g	1.348		0	PAE	4		1.146	3.545	
Histidine....g	0.719		0	PAE	4		0.611	1.891	
Alanine....g	1.365		0	PAE	4		1.160	3.590	
Aspartic acid....g	1.998		0	PAE	4		1.698	5.255	
Glutamic acid....g	3.294		0	PAE	4		2.800	8.663	
Glycine....g	1.109		0	PAE	4		0.943	2.917	
Proline....g	0.952		0	PAE	4		0.809	2.504	
Serine....g	0.844		0	PAE	4		0.717	2.220	
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.

NDB No. 17245

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 263g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	19		0	PAE	4		5	86	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		0	PAE	4		5	86	
Folate, DFE....µg	19		0	NC	4		5	86	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.57		0	PAE	4		0.73	11.66	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.100		0	PAE	4		2.296	36.742	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17242

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		42.47	86.93	
Energy....kcal	283		0	NC	4		241	492	
Energy....kJ	1184				4		1006	2060	
Protein (N x 6.25)....g	32.81		0		1		27.89	57.09	
Total lipid (fat)....g	15.89		0		1		13.51	27.65	
Ash....g	1.75		0		1		1.49	3.05	
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	26		0		1		22	45	
Iron, Fe....mg	2.67		0		1		2.27	4.65	
Magnesium, Mg....mg	27		0		1		23	47	
Phosphorus, P....mg	204		0		1		173	355	
Potassium, K....mg	261		0		1		222	454	
Sodium, Na....mg	79		0		1		67	137	
Zinc, Zn....mg	7.52		0		1		6.39	13.08	
Copper, Cu....mg	0.132		0		1		0.112	0.230	
Manganese, Mn....mg	0.032		0		1		0.027	0.056	
Selenium, Se....µg	37.0		0	BFYN	4		31.5	64.4	
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	0.230		0		1		0.196	0.400	
Niacin....mg	5.960		0		1		5.066	10.370	
Pantothenic acid....mg	0.620		0		1		0.527	1.079	
Vitamin B-6....mg	0.120		0		1		0.102	0.209	
Folate, total....µg	21		0		1		18	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		0		1		18	37	
Folate, DFE....µg	21		0	NC	4		18	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.91		0		1		2.47	5.06	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.35	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.170		0		1		5.245	10.736	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		0		1		0.026	0.052	
12:0....g	0.050		0		1		0.043	0.087	
13:0....g									
14:0....g	0.500		0		1		0.425	0.870	
15:0....g									
16:0....g	3.240		0		1		2.754	5.638	
17:0....g									
18:0....g	2.000		0		1		1.700	3.480	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.450		0		1		5.483	11.223	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		0		1		0.400	0.818	
17:1....g									
18:1 undifferentiated....g	5.810		0		1		4.939	10.109	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.380		0		1		1.173	2.401	
18:2 undifferentiated....g	1.020		0		1		0.867	1.775	
18:3 undifferentiated....g	0.240		0		1		0.204	0.418	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.191	
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	117		0		1		99	204	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.383		0		1		0.326	0.666	
Threonine....g	1.404		0		1		1.193	2.443	
Isoleucine....g	1.583		0		1		1.346	2.754	
Leucine....g	2.552		0		1		2.169	4.440	
Lysine....g	2.897		0		1		2.462	5.041	
Methionine....g	0.842		0		1		0.716	1.465	
Cystine....g	0.392		0		1		0.333	0.682	
Phenylalanine....g	1.336		0		1		1.136	2.325	
Tyrosine....g	1.103		0		1		0.938	1.919	
Valine....g	1.770		0		1		1.505	3.080	
Arginine....g	1.949		0		1		1.657	3.391	
Histidine....g	1.039		0		1		0.883	1.808	
Alanine....g	1.973		0		1		1.677	3.433	
Aspartic acid....g	2.888		0		1		2.455	5.025	
Glutamic acid....g	4.761		0		1		4.047	8.284	
Glycine....g	1.602		0		1		1.362	2.787	
Proline....g	1.376		0		1		1.170	2.394	
Serine....g	1.220		0		1		1.037	2.123	
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.

NDB No. 17040

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		52.17	123.99	
Energy....kcal	210		0	NC	4		179	424	
Energy....kJ	879		0		4		747	1775	
Protein (N x 6.25)....g	27.12		0		1		23.05	54.78	
Total lipid (fat)....g	10.50		0		1		8.93	21.21	
Ash....g	1.45		0		1		1.23	2.93	
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	21		0		1		18	42	
Iron, Fe....mg	2.19		0		1		1.86	4.42	
Magnesium, Mg....mg	29		0		1		25	59	
Phosphorus, P....mg	217		0		1		184	438	
Potassium, K....mg	324		0		1		275	654	
Sodium, Na....mg	83		0		1		71	168	
Zinc, Zn....mg	6.60		0		1		5.61	13.33	
Copper, Cu....mg	0.137		0		1		0.116	0.277	
Manganese, Mn....mg	0.028		0		1		0.024	0.057	
Selenium, Se....µg	31.3		0	BFYN	4		26.6	63.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		1		0.085	0.202	
Riboflavin....mg	0.280		0		1		0.238	0.566	
Niacin....mg	6.150		0		1		5.228	12.423	
Pantothenic acid....mg	0.690		0		1		0.587	1.394	
Vitamin B-6....mg	0.140		0		1		0.119	0.283	
Folate, total....µg	23		0		1		20	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23		0		1		20	46	
Folate, DFE....µg	23		0	NC	4		20	46	
Choline, total....mg	104.0		0	BFNN	4		88.4	210.1	
Betaine....mg	13.7		0	BFNN	4		11.6	27.6	
Vitamin B-12....µg	3.11		0		1		2.64	6.28	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0		1		0.17	0.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		2	5	
Vitamin K (phylloquinone)....µg	5.7		0	BFYN	4		4.8	11.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.880		0		1		3.298	7.838	
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	0.020		0		1		0.017	0.040	
12:0....g	0.030		0		1		0.026	0.061	
13:0....g									
14:0....g	0.290		0		1		0.247	0.586	
15:0....g									
16:0....g	2.080		0		1		1.768	4.202	
17:0....g									
18:0....g	1.280		0		1		1.088	2.586	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.240		0		1		3.604	8.565	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0		1		0.272	0.646	
17:1....g									
18:1 undifferentiated....g	3.830		0		1		3.256	7.737	
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		0.799	1.899	
18:2 undifferentiated....g	0.700		0		1		0.595	1.414	
18:3 undifferentiated....g	0.150		0		1		0.128	0.303	
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		0.077	0.182	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		79	188	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0		1		0.269	0.640	
Threonine....g	1.161		0		1		0.987	2.345	
Isoleucine....g	1.308		0		1		1.112	2.642	
Leucine....g	2.109		0		1		1.793	4.260	
Lysine....g	2.395		0		1		2.036	4.838	
Methionine....g	0.696		0		1		0.592	1.406	
Cystine....g	0.324		0		1		0.275	0.654	
Phenylalanine....g	1.104		0		1		0.938	2.230	
Tyrosine....g	0.911		0		1		0.774	1.840	
Valine....g	1.463		0		1		1.244	2.955	
Arginine....g	1.611		0		1		1.369	3.254	
Histidine....g	0.859		0		1		0.730	1.735	
Alanine....g	1.631		0		1		1.386	3.295	
Aspartic acid....g	2.387		0		1		2.029	4.822	
Glutamic acid....g	3.935		0		1		3.345	7.949	
Glycine....g	1.324		0		1		1.125	2.674	
Proline....g	1.137		0		1		0.966	2.297	
Serine....g	1.008		0		1		0.857	2.036	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 202g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.82	137.40	
Energy....kcal	204		0	NC	4		173	443	
Energy....kJ	854		0		4		726	1852	
Protein (N x 6.25)....g	24.94		0		1		21.20	54.12	
Total lipid (fat)....g	10.77		0		1		9.15	23.37	
Ash....g	1.33		0		1		1.13	2.89	
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	19		0		1		16	41	
Iron, Fe....mg	2.13		0		1		1.81	4.62	
Magnesium, Mg....mg	25		0		1		21	54	
Phosphorus, P....mg	200		0		1		170	434	
Potassium, K....mg	265		0		1		225	575	
Sodium, Na....mg	68		0		1		58	148	
Zinc, Zn....mg	6.04		0		1		5.13	13.11	
Copper, Cu....mg	0.113		0		1		0.096	0.245	
Manganese, Mn....mg	0.026		0		1		0.022	0.056	
Selenium, Se....µg	28.5		0	BFYN	4		24.2	61.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		1		0.077	0.195	
Riboflavin....mg	0.260		0		1		0.221	0.564	
Niacin....mg	5.760		0		1		4.896	12.499	
Pantothenic acid....mg	0.730		0		1		0.621	1.584	
Vitamin B-6....mg	0.150		0		1		0.128	0.326	
Folate, total....µg	25		0		1		21	54	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	25		0		1		21	54	
Folate, DFE....µg	25		0	NC	4		21	54	
Choline, total....mg	95.8		0	BFNN	4		81.5	208.0	
Betaine....mg	12.6		0	BFNN	4		10.7	27.3	
Vitamin B-12....µg	2.70		0		1		2.30	5.86	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.18		0		1		0.15	0.39	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.1	0.1	
Vitamin D....IU	2		40	A	1		2	5	
Vitamin K (phylloquinone)....µg	4.5		0	BFYN	4		3.9	9.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	4.080		0		1		3.468	8.854	
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	0.020		0		1		0.017	0.043	
12:0....g	0.030		0		1		0.026	0.065	
13:0....g									
14:0....g	0.320		0		1		0.272	0.694	
15:0....g									
16:0....g	2.170		0		1		1.845	4.709	
17:0....g									
18:0....g	1.330		0		1		1.131	2.886	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.360		0		1		3.706	9.461	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0		1		0.272	0.694	
17:1....g									
18:1 undifferentiated....g	3.930		0		1		3.341	8.528	
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		0.808	2.062	
18:2 undifferentiated....g	0.710		0		1		0.604	1.541	
18:3 undifferentiated....g	0.160		0		1		0.136	0.347	
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		0.068	0.174	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		74	189	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0		1		0.247	0.631	
Threonine....g	1.067		0		1		0.907	2.315	
Isoleucine....g	1.203		0		1		1.023	2.611	
Leucine....g	1.940		0		1		1.649	4.210	
Lysine....g	2.202		0		1		1.872	4.778	
Methionine....g	0.640		0		1		0.544	1.389	
Cystine....g	0.298		0		1		0.253	0.647	
Phenylalanine....g	1.015		0		1		0.863	2.203	
Tyrosine....g	0.838		0		1		0.712	1.818	
Valine....g	1.346		0		1		1.144	2.921	
Arginine....g	1.482		0		1		1.260	3.216	
Histidine....g	0.790		0		1		0.672	1.714	
Alanine....g	1.500		0		1		1.275	3.255	
Aspartic acid....g	2.195		0		1		1.866	4.763	
Glutamic acid....g	3.619		0		1		3.076	7.853	
Glycine....g	1.218		0		1		1.035	2.643	
Proline....g	1.046		0		1		0.889	2.270	
Serine....g	0.927		0		1		0.788	2.012	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	23	1.182	16		1		7	104	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	23	1.182	16		1		7	104	
Folate, DFE....µg	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....µg	2.78	0.141	16		1		0.79	12.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.0	0.2	
Vitamin D....IU	2		40	A	1		1	10	
Vitamin K (phylloquinone)....µg	3.4		0	BFYN	4		1.0	15.4	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		46.83	172.43	
Energy	kcal	283		0	NC	4		241	886	
Energy	kJ	1184		0		4		1006	3706	
Protein (N x 6.25)	g	24.75		0		1		21.04	77.47	
Total lipid (fat)	g	19.65		0		1		16.70	61.50	
Ash	g	1.14		0		1		0.97	3.57	
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	22		0		1		19	69	
Iron, Fe	mg	1.79		0		1		1.52	5.60	
Magnesium, Mg	mg	24		0		1		20	75	
Phosphorus, P	mg	201		0		1		171	629	
Potassium, K	mg	339		0		1		288	1061	
Sodium, Na	mg	81		0		1		69	254	
Zinc, Zn	mg	4.67		0		1		3.97	14.62	
Copper, Cu	mg	0.128		0		1		0.109	0.401	
Manganese, Mn	mg	0.024		0		1		0.020	0.075	
Selenium, Se	µg	27.7		0	BFNN	4		23.5	86.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.085	0.313	
Riboflavin	mg	0.250		0		1		0.213	0.783	
Niacin	mg	6.700		0		1		5.695	20.971	
Pantothenic acid	mg	0.660		0		1		0.561	2.066	
Vitamin B-6	mg	0.140		0		1		0.119	0.438	
Folate, total	µg	19		0		1		16	59	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	19		0		1		16	59	
Folate, DFE	µg	19		0	NC	4		16	59	
Choline, total	mg	93.4		0	BFNN	4		79.4	292.4	
Betaine	mg	12.3		0	BFNN	4		10.4	38.4	
Vitamin B-12	µg	2.61		0		1		2.22	8.17	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0		0	NC	4		0	0	
Retinol	µg	0		0	NR	4		0	0	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0		1		0.12	0.44	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		80	AS	1		0.1	0.2	
Vitamin D	IU	2		40	A	1		2	8	
Vitamin K (phylloquinone)	µg	5.3		0	BFYN	4		4.5	16.4	
Dihydrophylloquinone	µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4	µg									

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
Lipids:									
Fatty acids, total saturated....g	8.120		0		1		6.902	25.416	
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	0.050		0		1		0.043	0.157	
12:0....g	0.080		0		1		0.068	0.250	
13:0....g									
14:0....g	0.750		0		1		0.638	2.348	
15:0....g									
16:0....g	4.150		0		1		3.528	12.990	
17:0....g									
18:0....g	2.630		0		1		2.236	8.232	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.320		0		1		7.072	26.042	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.570		0		1		0.485	1.784	
17:1....g									
18:1 undifferentiated....g	7.570		0		1		6.435	23.694	
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		1.190	4.382	
18:2 undifferentiated....g	1.070		0		1		0.910	3.349	
18:3 undifferentiated....g	0.260		0		1		0.221	0.814	
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	0.219	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		82	304	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0		1		0.246	0.905	
Threonine....g	1.059		0		1		0.900	3.315	
Isoleucine....g	1.194		0		1		1.015	3.737	
Leucine....g	1.925		0		1		1.636	6.025	
Lysine....g	2.186		0		1		1.858	6.842	
Methionine....g	0.635		0		1		0.540	1.988	
Cystine....g	0.295		0		1		0.251	0.923	
Phenylalanine....g	1.008		0		1		0.857	3.155	
Tyrosine....g	0.832		0		1		0.707	2.604	
Valine....g	1.335		0		1		1.135	4.179	
Arginine....g	1.470		0		1		1.250	4.601	
Histidine....g	0.784		0		1		0.666	2.454	
Alanine....g	1.488		0		1		1.265	4.657	
Aspartic acid....g	2.178		0		1		1.851	6.817	
Glutamic acid....g	3.591		0		1		3.052	11.240	
Glycine....g	1.209		0		1		1.028	3.784	
Proline....g	1.038		0		1		0.882	3.249	
Serine....g	0.920		0		1		0.782	2.880	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 313g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

NDB No. 17224
Lamb, 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	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....µg	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....µg	18		0		1		5	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		5	20	
Folate, DFE....µg	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....µg	2.31		0		1		0.65	2.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		80	AS	1		0.0	0.1	
Vitamin D....IU	2		40	A	1		1	2	
Vitamin K (phylloquinone)....µg	3.6		0	BFSN	4		1.0	4.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 27 (2014)

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						Amount in edible portion 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	54.80		0	PAE	4		46.58	132.62	
Energy	kcal	270		0	NC	4		230	653	
Energy	kJ	1130				4		960	2734	
Protein (N x 6.25)	g	25.26		0	PAE	4		21.47	61.13	
Total lipid (fat)	g	17.98		0	PAE	4		15.28	43.51	
Ash	g	1.40		0	PAE	4		1.19	3.39	
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	15		0	PAE	4		13	36	
Iron, Fe	mg	2.08		0	PAE	4		1.77	5.03	
Magnesium, Mg	mg	19		0	PAE	4		16	46	
Phosphorus, P	mg	211		0	PAE	4		179	511	
Potassium, K	mg	161		0	PAE	4		137	390	
Sodium, Na	mg	46		0	PAE	4		39	111	
Zinc, Zn	mg	3.61		0	PAE	4		3.07	8.74	
Copper, Cu	mg	0.102		0	PAE	4		0.087	0.247	
Manganese, Mn	mg	0.023		0	PAE	4		0.020	0.056	
Selenium, Se	µg	2.0		0	BFNN	4		1.7	4.8	
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	0.266	
Riboflavin	mg	0.410		0	PAE	4		0.349	0.992	
Niacin	mg	7.310		0	PAE	4		6.214	17.690	
Pantothenic acid	mg	0.530		0	PAE	4		0.451	1.283	
Vitamin B-6	mg	0.110		0	PAE	4		0.094	0.266	
Folate, total	µg	1		0	PAE	4		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0	PAE	4		1	2	
Folate, DFE	µg	1		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.71		0	PAE	4		2.30	6.56	
Vitamin A, RAE	µg	0		0	PAE	4		0	0	
Retinol	µg	0		0	PAE	4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	8.760		0	PAE	4		7.446	21.199	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.121	
12:0....g	0.070		0	PAE	4		0.060	0.169	
13:0....g									
14:0....g	0.690		0	PAE	4		0.587	1.670	
15:0....g									
16:0....g	3.920		0	PAE	4		3.332	9.486	
17:0....g									
18:0....g	3.350		0	PAE	4		2.848	8.107	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.960		0	PAE	4		5.916	16.843	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0	PAE	4		0.289	0.823	
17:1....g									
18:1 undifferentiated....g	6.490		0	PAE	4		5.517	15.706	
20:1....g	0.020		0	PAE	4		0.017	0.048	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.880		0	PAE	4		0.748	2.130	
18:2 undifferentiated....g	0.530		0	PAE	4		0.451	1.283	
18:3 undifferentiated....g	0.320		0	PAE	4		0.272	0.774	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.073	
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	106		0	PAE	4		90	257	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	PAE	4		0.251	0.714	
Threonine....g	1.081		0	PAE	4		0.919	2.616	
Isoleucine....g	1.218		0	PAE	4		1.035	2.948	
Leucine....g	1.964		0	PAE	4		1.669	4.753	
Lysine....g	2.230		0	PAE	4		1.896	5.397	
Methionine....g	0.648		0	PAE	4		0.551	1.568	
Cystine....g	0.301		0	PAE	4		0.256	0.728	
Phenylalanine....g	1.028		0	PAE	4		0.874	2.488	
Tyrosine....g	0.849		0	PAE	4		0.722	2.055	
Valine....g	1.363		0	PAE	4		1.159	3.298	
Arginine....g	1.500		0	PAE	4		1.275	3.630	
Histidine....g	0.800		0	PAE	4		0.680	1.936	
Alanine....g	1.519		0	PAE	4		1.291	3.676	
Aspartic acid....g	2.223		0	PAE	4		1.890	5.380	
Glutamic acid....g	3.665		0	PAE	4		3.115	8.869	
Glycine....g	1.233		0	PAE	4		1.048	2.984	
Proline....g	1.059		0	PAE	4		0.900	2.563	
Serine....g	0.939		0	PAE	4		0.798	2.272	
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.

NDB No. 17255

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.50		0	PAE	4		0.71	11.34	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.640		0	PAE	4		2.449	39.191	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17254

Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		48.25	95.36	
Energy....kcal	258		0	NC	4		219	433	
Energy....kJ	1079				4		918	1814	
Protein (N x 6.25)....g	26.97		0	PAE	4		22.92	45.31	
Total lipid (fat)....g	15.83		0	PAE	4		13.46	26.59	
Ash....g	1.61		0	PAE	4		1.37	2.70	
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		12	24	
Iron, Fe....mg	2.07		0	PAE	4		1.76	3.48	
Magnesium, Mg....mg	15		0	PAE	4		13	25	
Phosphorus, P....mg	175		0	PAE	4		149	294	
Potassium, K....mg	118		0	PAE	4		100	198	
Sodium, Na....mg	47		0	PAE	4		40	79	
Zinc, Zn....mg	4.80		0	PAE	4		4.08	8.06	
Copper, Cu....mg	0.102		0	PAE	4		0.087	0.171	
Manganese, Mn....mg	0.024		0	PAE	4		0.020	0.040	
Selenium, Se....µg	5.3		0	BFZN	4		4.5	8.9	
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	0.118	
Riboflavin....mg	0.330		0	PAE	4		0.281	0.554	
Niacin....mg	6.070		0	PAE	4		5.160	10.198	
Pantothenic acid....mg	0.410		0	PAE	4		0.349	0.689	
Vitamin B-6....mg	0.080		0	PAE	4		0.068	0.134	
Folate, total....µg	1		0	PAE	4		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		1	2	
Folate, DFE....µg	1		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.44		0	PAE	4		2.07	4.10	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.820		0	PAE	4		6.647	13.138	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.050		0	PAE	4		0.043	0.084	
12:0....g	0.060		0	PAE	4		0.051	0.101	
13:0....g									
14:0....g	0.620		0	PAE	4		0.527	1.042	
15:0....g									
16:0....g	3.460		0	PAE	4		2.941	5.813	
17:0....g									
18:0....g	3.040		0	PAE	4		2.584	5.107	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.100		0	PAE	4		5.185	10.248	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0	PAE	4		0.238	0.470	
17:1....g									
18:1 undifferentiated....g	5.700		0	PAE	4		4.845	9.576	
20:1....g	0.020		0	PAE	4		0.017	0.034	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.730		0	PAE	4		0.621	1.226	
18:2 undifferentiated....g	0.430		0	PAE	4		0.366	0.722	
18:3 undifferentiated....g	0.280		0	PAE	4		0.238	0.470	
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	0.034	
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	102		0	PAE	4		87	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.315		0	PAE	4		0.268	0.529	
Threonine....g	1.154		0	PAE	4		0.981	1.939	
Isoleucine....g	1.301		0	PAE	4		1.106	2.186	
Leucine....g	2.098		0	PAE	4		1.783	3.525	
Lysine....g	2.382		0	PAE	4		2.025	4.002	
Methionine....g	0.692		0	PAE	4		0.588	1.163	
Cystine....g	0.322		0	PAE	4		0.274	0.541	
Phenylalanine....g	1.098		0	PAE	4		0.933	1.845	
Tyrosine....g	0.906		0	PAE	4		0.770	1.522	
Valine....g	1.455		0	PAE	4		1.237	2.444	
Arginine....g	1.602		0	PAE	4		1.362	2.691	
Histidine....g	0.854		0	PAE	4		0.726	1.435	
Alanine....g	1.622		0	PAE	4		1.379	2.725	
Aspartic acid....g	2.374		0	PAE	4		2.018	3.988	
Glutamic acid....g	3.914		0	PAE	4		3.327	6.576	
Glycine....g	1.317		0	PAE	4		1.119	2.213	
Proline....g	1.131		0	PAE	4		0.961	1.900	
Serine....g	1.003		0	PAE	4		0.853	1.685	
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.

NDB No. 17257

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.53		0	PAE	4		0.72	11.48	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	8.180		0	PAE	4		2.319	37.104	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17256

Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		50.16	149.30	
Energy ... kcal	234		0	NC	4		199	592	
Energy ... kJ	979				4		832	2477	
Protein (N x 6.25) ... g	25.34		0	PAE	4		21.54	64.11	
Total lipid (fat) ... g	13.95		0	PAE	4		11.86	35.29	
Ash ... g	1.41		0	PAE	4		1.20	3.57	
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	9		0	PAE	4		8	23	
Iron, Fe ... mg	2.13		0	PAE	4		1.81	5.39	
Magnesium, Mg ... mg	20		0	PAE	4		17	51	
Phosphorus, P ... mg	221		0	PAE	4		188	559	
Potassium, K ... mg	170		0	PAE	4		145	430	
Sodium, Na ... mg	44		0	PAE	4		37	111	
Zinc, Zn ... mg	3.67		0	PAE	4		3.12	9.29	
Copper, Cu ... mg	0.105		0	PAE	4		0.089	0.266	
Manganese, Mn ... mg	0.024		0	PAE	4		0.020	0.061	
Selenium, Se ... µg	4.1		0	BFNN	4		3.5	10.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.120		0	PAE	4		0.102	0.304	
Riboflavin ... mg	0.460		0	PAE	4		0.391	1.164	
Niacin ... mg	7.570		0	PAE	4		6.435	19.152	
Pantothenic acid ... mg	0.550		0	PAE	4		0.468	1.392	
Vitamin B-6 ... mg	0.130		0	PAE	4		0.111	0.329	
Folate, total ... µg	1		0	PAE	4		1	3	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	1		0	PAE	4		1	3	
Folate, DFE ... µg	1		0	NC	4		1	3	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.61		0	PAE	4		2.22	6.60	
Vitamin A, RAE ... µg	0		0	PAE	4		0	0	
Retinol ... µg	0		0	PAE	4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

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
Lipids:									
Fatty acids, total saturated....g	6.750		0	PAE	4		5.738	17.078	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.040		0	PAE	4		0.034	0.101	
12:0....g	0.050		0	PAE	4		0.043	0.127	
13:0....g									
14:0....g	0.530		0	PAE	4		0.451	1.341	
15:0....g									
16:0....g	3.030		0	PAE	4		2.576	7.666	
17:0....g									
18:0....g	2.590		0	PAE	4		2.202	6.553	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.400		0	PAE	4		4.590	13.662	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.260		0	PAE	4		0.221	0.658	
17:1....g									
18:1 undifferentiated....g	5.040		0	PAE	4		4.284	12.751	
20:1....g	0.010		0	PAE	4		0.009	0.025	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.680		0	PAE	4		0.578	1.720	
18:2 undifferentiated....g	0.410		0	PAE	4		0.349	1.037	
18:3 undifferentiated....g	0.250		0	PAE	4		0.213	0.633	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		0	PAE	4		0.017	0.051	
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	101		0	PAE	4		86	256	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0	PAE	4		0.252	0.749	
Threonine....g	1.085		0	PAE	4		0.922	2.745	
Isoleucine....g	1.223		0	PAE	4		1.040	3.094	
Leucine....g	1.971		0	PAE	4		1.675	4.987	
Lysine....g	2.238		0	PAE	4		1.902	5.662	
Methionine....g	0.650		0	PAE	4		0.553	1.645	
Cystine....g	0.302		0	PAE	4		0.257	0.764	
Phenylalanine....g	1.032		0	PAE	4		0.877	2.611	
Tyrosine....g	0.852		0	PAE	4		0.724	2.156	
Valine....g	1.367		0	PAE	4		1.162	3.459	
Arginine....g	1.506		0	PAE	4		1.280	3.810	
Histidine....g	0.803		0	PAE	4		0.683	2.032	
Alanine....g	1.524		0	PAE	4		1.295	3.856	
Aspartic acid....g	2.231		0	PAE	4		1.896	5.644	
Glutamic acid....g	3.678		0	PAE	4		3.126	9.305	
Glycine....g	1.238		0	PAE	4		1.052	3.132	
Proline....g	1.063		0	PAE	4		0.904	2.689	
Serine....g	0.942		0	PAE	4		0.801	2.383	
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.

NDB No. 17259

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was 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 = 253g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.47		0	PAE	4		0.70	11.20	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.670		0	PAE	4		1.891	30.255	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17258

Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" 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 27 (2014)

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						Amount in edible portion 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	52.17		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....µg	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....µg	1		0	PAE	4		1	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		1	0	
Folate, DFE....µg	1		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.54		0	PAE	4		2.16	1.07	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	10.560		0	PAE	4		8.976	4.435	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17261

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 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 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	1	
Folate, DFE....µg	1		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.13		0	PAE	4		0.60	1.34	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	11.230		0	PAE	4		3.184	7.075	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17260

Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		44.60	122.26	
Energy	kcal	317		0	NC	4		269	739	
Energy	kJ	1326				4		1127	3090	
Protein (N x 6.25)	g	19.86		0	PAE	4		16.88	46.27	
Total lipid (fat)	g	25.74		0	PAE	4		21.88	59.97	
Ash	g	1.11		0	PAE	4		0.94	2.59	
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	18		0	PAE	4		15	42	
Iron, Fe	mg	1.74		0	PAE	4		1.48	4.05	
Magnesium, Mg	mg	15		0	PAE	4		13	35	
Phosphorus, P	mg	173		0	PAE	4		147	403	
Potassium, K	mg	128		0	PAE	4		109	298	
Sodium, Na	mg	44		0	PAE	4		37	103	
Zinc, Zn	mg	2.73		0	PAE	4		2.32	6.36	
Copper, Cu	mg	0.072		0	PAE	4		0.061	0.168	
Manganese, Mn	mg	0.018		0	PAE	4		0.015	0.042	
Selenium, Se	µg	1.8		0	BFNN	4		1.5	4.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0	PAE	4		0.085	0.233	
Riboflavin	mg	0.280		0	PAE	4		0.238	0.652	
Niacin	mg	6.720		0	PAE	4		5.712	15.658	
Pantothenic acid	mg	0.500		0	PAE	4		0.425	1.165	
Vitamin B-6	mg	0.080		0	PAE	4		0.068	0.186	
Folate, total	µg	1		0	PAE	4		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0	PAE	4		1	2	
Folate, DFE	µg	1		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.32		0	PAE	4		1.97	5.41	
Vitamin A, RAE	µg	0		0	PAE	4		0	0	
Retinol	µg	0		0	PAE	4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	12.820		0	PAE	4		10.897	29.871	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.163	
12:0....g	0.100		0	PAE	4		0.085	0.233	
13:0....g									
14:0....g	1.050		0	PAE	4		0.893	2.447	
15:0....g									
16:0....g	5.650		0	PAE	4		4.803	13.165	
17:0....g									
18:0....g	4.970		0	PAE	4		4.225	11.580	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.930		0	PAE	4		8.441	23.137	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		0	PAE	4		0.400	1.095	
17:1....g									
18:1 undifferentiated....g	9.260		0	PAE	4		7.871	21.576	
20:1....g	0.040		0	PAE	4		0.034	0.093	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.190		0	PAE	4		1.012	2.773	
18:2 undifferentiated....g	0.700		0	PAE	4		0.595	1.631	
18:3 undifferentiated....g	0.470		0	PAE	4		0.400	1.095	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	PAE	4		0.026	0.070	
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	99		0	PAE	4		84	231	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0	PAE	4		0.197	0.541	
Threonine....g	0.850		0	PAE	4		0.723	1.981	
Isoleucine....g	0.958		0	PAE	4		0.814	2.232	
Leucine....g	1.545		0	PAE	4		1.313	3.600	
Lysine....g	1.754		0	PAE	4		1.491	4.087	
Methionine....g	0.510		0	PAE	4		0.434	1.188	
Cystine....g	0.237		0	PAE	4		0.201	0.552	
Phenylalanine....g	0.808		0	PAE	4		0.687	1.883	
Tyrosine....g	0.667		0	PAE	4		0.567	1.554	
Valine....g	1.072		0	PAE	4		0.911	2.498	
Arginine....g	1.180		0	PAE	4		1.003	2.749	
Histidine....g	0.629		0	PAE	4		0.535	1.466	
Alanine....g	1.194		0	PAE	4		1.015	2.782	
Aspartic acid....g	1.748		0	PAE	4		1.486	4.073	
Glutamic acid....g	2.882		0	PAE	4		2.450	6.715	
Glycine....g	0.970		0	PAE	4		0.825	2.260	
Proline....g	0.833		0	PAE	4		0.708	1.941	
Serine....g	0.738		0	PAE	4		0.627	1.720	
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.

NDB No. 17263

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.22		0	PAE	4		0.63	10.07	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	13.700		0	PAE	4		3.884	62.143	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17262

Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		37.17	101.89	
Energy ... kcal	342		0	NC	4		291	797	
Energy ... kJ	1431				4		1216	3334	
Protein (N x 6.25) ... g	29.43		0	PAE	4		25.02	68.57	
Total lipid (fat) ... g	24.03		0	PAE	4		20.43	55.99	
Ash ... g	1.63		0	PAE	4		1.39	3.80	
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	27		0	PAE	4		23	63	
Iron, Fe ... mg	2.16		0	PAE	4		1.84	5.03	
Magnesium, Mg ... mg	18		0	PAE	4		15	42	
Phosphorus, P ... mg	200		0	PAE	4		170	466	
Potassium, K ... mg	151		0	PAE	4		128	352	
Sodium, Na ... mg	52		0	PAE	4		44	121	
Zinc, Zn ... mg	4.76		0	PAE	4		4.05	11.09	
Copper, Cu ... mg	0.106		0	PAE	4		0.090	0.247	
Manganese, Mn ... mg	0.026		0	PAE	4		0.022	0.061	
Selenium, Se ... µg	4.4		0	BFNN	4		3.7	10.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.080		0	PAE	4		0.068	0.186	
Riboflavin ... mg	0.330		0	PAE	4		0.281	0.769	
Niacin ... mg	6.260		0	PAE	4		5.321	14.586	
Pantothenic acid ... mg	0.520		0	PAE	4		0.442	1.212	
Vitamin B-6 ... mg	0.070		0	PAE	4		0.060	0.163	
Folate, total ... µg	1		0	PAE	4		1	2	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	1		0	PAE	4		1	2	
Folate, DFE ... µg	1		0	NC	4		1	2	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.47		0	PAE	4		2.95	8.09	
Vitamin A, RAE ... µg	0		0	PAE	4		0	0	
Retinol ... µg	0		0	PAE	4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0	PAE	4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

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
Lipids:									
Fatty acids, total saturated....g	11.500		0	PAE	4		9.775	26.795	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.070		0	PAE	4		0.060	0.163	
12:0....g	0.090		0	PAE	4		0.077	0.210	
13:0....g									
14:0....g	0.910		0	PAE	4		0.774	2.120	
15:0....g									
16:0....g	5.240		0	PAE	4		4.454	12.209	
17:0....g									
18:0....g	4.320		0	PAE	4		3.672	10.066	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.370		0	PAE	4		7.965	21.832	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		0	PAE	4		0.408	1.118	
17:1....g									
18:1 undifferentiated....g	8.700		0	PAE	4		7.395	20.271	
20:1....g	0.020		0	PAE	4		0.017	0.047	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0	PAE	4		1.063	2.913	
18:2 undifferentiated....g	0.780		0	PAE	4		0.663	1.817	
18:3 undifferentiated....g	0.430		0	PAE	4		0.366	1.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		0	PAE	4		0.034	0.093	
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	123		0	PAE	4		105	287	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0	PAE	4		0.292	0.802	
Threonine....g	1.260		0	PAE	4		1.071	2.936	
Isoleucine....g	1.420		0	PAE	4		1.207	3.309	
Leucine....g	2.289		0	PAE	4		1.946	5.333	
Lysine....g	2.599		0	PAE	4		2.209	6.056	
Methionine....g	0.755		0	PAE	4		0.642	1.759	
Cystine....g	0.351		0	PAE	4		0.298	0.818	
Phenylalanine....g	1.198		0	PAE	4		1.018	2.791	
Tyrosine....g	0.989		0	PAE	4		0.841	2.304	
Valine....g	1.588		0	PAE	4		1.350	3.700	
Arginine....g	1.748		0	PAE	4		1.486	4.073	
Histidine....g	0.932		0	PAE	4		0.792	2.172	
Alanine....g	1.770		0	PAE	4		1.505	4.124	
Aspartic acid....g	2.590		0	PAE	4		2.202	6.035	
Glutamic acid....g	4.271		0	PAE	4		3.630	9.951	
Glycine....g	1.437		0	PAE	4		1.221	3.348	
Proline....g	1.234		0	PAE	4		1.049	2.875	
Serine....g	1.094		0	PAE	4		0.930	2.549	
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.

NDB No. 17265

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was 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 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	1		0	PAE	4		0	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0	PAE	4		0	5	
Folate, DFE....µg	1		0	NC	4		0	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.14		0	PAE	4		0.89	14.24	
Vitamin A, RAE....µg	0		0	PAE	4		0	0	
Retinol....µg	0		0	PAE	4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	PAE	4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	9.900		0	PAE	4		2.807	44.906	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17264

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" 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 27 (2014)

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		64.37	262.78	
Energy....kcal	145		0	NC	4		123	503	
Energy....kJ	607				4		516	2105	
Protein (N x 6.25)....g	12.55	0.192	6		1		10.67	43.55	
Total lipid (fat)....g	10.17	1.015	6		1		8.64	35.29	
Ash....g	1.36	0.049	5		1		1.16	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	12		2		1		10	42	
Iron, Fe....mg	1.68	0.147	3		1		1.43	5.83	
Magnesium, Mg....mg	14	1.017	3		1		12	49	
Phosphorus, P....mg	337		2		1		286	1169	
Potassium, K....mg	205	39.435	3		1		174	711	
Sodium, Na....mg	134	39.074	3		1		114	465	
Zinc, Zn....mg	1.36	0.086	3		1		1.16	4.72	
Copper, Cu....mg	0.210		1		1		0.179	0.729	
Manganese, Mn....mg	0.059		1		1		0.050	0.205	
Selenium, Se....µg	12.0	1.638	3	A	1		10.2	41.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		2		1		10.2	41.6	
Thiamin....mg	0.110	0.010	3		1		0.094	0.382	
Riboflavin....mg	0.240	0.032	3		1		0.204	0.833	
Niacin....mg	2.470	0.578	3		1		2.100	8.571	
Pantothenic acid....mg	0.990		2		1		0.842	3.435	
Vitamin B-6....mg	0.110		2		1		0.094	0.382	
Folate, total....µg	5		2		1		4	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		2		1		4	17	
Folate, DFE....µg	5		0	NC	4		4	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.25		2		1		7.86	32.10	
Vitamin A, RAE....µg	0		1		4		0	0	
Retinol....µg	0		1		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.600		0		1		2.210	9.022	
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	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.040		2		1		0.034	0.139	
15:0....g									
16:0....g	1.250		2		1		1.063	4.338	
17:0....g									
18:0....g	1.270		2		1		1.080	4.407	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.840		0		1		1.564	6.385	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		2		1		0.051	0.208	
17:1....g									
18:1 undifferentiated....g	1.530		2		1		1.301	5.309	
20:1....g	0.150		2		1		0.128	0.521	
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		0.884	3.609	
18:2 undifferentiated....g	0.030		2		1		0.026	0.104	
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		0.230	0.937	
20:5 n-3 (EPA)....g	0.000		2		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.150		2		1		0.128	0.521	
22:6 n-3 (DHA)....g	0.590		2		1		0.502	2.047	
Fatty acids, total trans....g									
Cholesterol....mg	2043		2		1		1737	7089	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.110	0.448	
Threonine....g	0.562		0		1		0.478	1.950	
Isoleucine....g	0.499		0		1		0.424	1.732	
Leucine....g	0.980		0		1		0.833	3.401	
Lysine....g	0.805		0		1		0.684	2.793	
Methionine....g	0.250		0		1		0.213	0.868	
Cystine....g	0.131		0		1		0.111	0.455	
Phenylalanine....g	0.605		0		1		0.514	2.099	
Tyrosine....g	0.459		0		1		0.390	1.593	
Valine....g	0.598		0		1		0.508	2.075	
Arginine....g	0.846		0		1		0.719	2.936	
Histidine....g	0.333		0		1		0.283	1.156	
Alanine....g	0.711		0		1		0.604	2.467	
Aspartic acid....g	1.047		0		1		0.890	3.633	
Glutamic acid....g	1.487		0		1		1.264	5.160	
Glycine....g	0.594		0		1		0.505	2.061	
Proline....g	0.540		0		1		0.459	1.874	
Serine....g	0.653		0		1		0.555	2.266	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 347g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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						Amount in edible portion 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	60.71		1		1		51.60	145.70	
Energy....kcal	273		0	NC	4		232	655	
Energy....kJ	1142				4		971	2741	
Protein (N x 6.25)....g	16.97		1		1		14.42	40.73	
Total lipid (fat)....g	22.19		1		1		18.86	53.26	
Ash....g	1.82		1		1		1.55	4.37	
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	21		1		1		18	50	
Iron, Fe....mg	2.04		1		1		1.73	4.90	
Magnesium, Mg....mg	22		1		1		19	53	
Phosphorus, P....mg	495		1		1		421	1188	
Potassium, K....mg	358		1		1		304	859	
Sodium, Na....mg	157		1		1		133	377	
Zinc, Zn....mg	2.00		1		1		1.70	4.80	
Copper, Cu....mg	0.480		1		1		0.408	1.152	
Manganese, Mn....mg	0.067		1		1		0.057	0.161	
Selenium, Se....µg	12.0	3.845	4	A	1		10.2	28.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	23.0		1		1		19.6	55.2	
Thiamin....mg	0.170		1		1		0.145	0.408	
Riboflavin....mg	0.370		1		1		0.315	0.888	
Niacin....mg	4.550		1		1		3.868	10.920	
Pantothenic acid....mg	1.560		1		1		1.326	3.744	
Vitamin B-6....mg	0.230		1		1		0.196	0.552	
Folate, total....µg	7		1		1		6	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		1		1		6	17	
Folate, DFE....µg	7		0	NC	4		6	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	24.10		1		1		20.49	57.84	
Vitamin A, RAE....µg	0		1		4		0	0	
Retinol....µg	0		1		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.670		0		1		4.820	13.608	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.090		2		1		0.077	0.216	
15:0....g									
16:0....g	2.740		2		1		2.329	6.576	
17:0....g									
18:0....g	2.780		2		1		2.363	6.672	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.020		0		1		3.417	9.648	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		2		1		0.111	0.312	
17:1....g									
18:1 undifferentiated....g	3.330		2		1		2.831	7.992	
20:1....g	0.320		2		1		0.272	0.768	
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		1.938	5.472	
18:2 undifferentiated....g	0.070		2		1		0.060	0.168	
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		0.510	1.440	
20:5 n-3 (EPA)....g	0.000		2		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.330		2		1		0.281	0.792	
22:6 n-3 (DHA)....g	1.280		2		1		1.088	3.072	
Fatty acids, total trans....g									
Cholesterol....mg	2504		1		1		2128	6010	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.175		6		1		0.149	0.420	
Threonine....g	0.760		7		1		0.646	1.824	
Isoleucine....g	0.675		7		1		0.574	1.620	
Leucine....g	1.326		7		1		1.127	3.182	
Lysine....g	1.088		7		1		0.925	2.611	
Methionine....g	0.338		7		1		0.287	0.811	
Cystine....g	0.177		6		1		0.150	0.425	
Phenylalanine....g	0.818		7		1		0.695	1.963	
Tyrosine....g	0.621		7		1		0.528	1.490	
Valine....g	0.808		7		1		0.687	1.939	
Arginine....g	1.144		7		1		0.972	2.746	
Histidine....g	0.450		7		1		0.383	1.080	
Alanine....g	0.962		7		1		0.818	2.309	
Aspartic acid....g	1.416		7		1		1.204	3.398	
Glutamic acid....g	2.012		7		1		1.710	4.829	
Glycine....g	0.804		7		1		0.683	1.930	
Proline....g	0.731		7		1		0.621	1.754	
Serine....g	0.883		7		1		0.751	2.119	
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.

NDB No. 17187

Lamb, variety meats and by-products, brain, cooked, pan-fried

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 240g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	3		1		1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		1		1	3	
Folate, DFE....µg	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	11.30		1		1		3.20	12.77	
Vitamin A, RAE....µg	0	0.000	9		1		0	0	
Retinol....µg	0	0.000	9		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		9		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.190		0		1		0.621	2.475	
4:0....g									
6:0....g									
8:0....g									
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	
21:5....g									
22:4....g									
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.

NDB No. 17185

Lamb, variety meats and by-products, brain, 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 27 (2014)

NDB No. 17192

Lamb, 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	64.20	0.762	6		1		54.57	122.62	
Energy....kcal	185		0	NC	4		157	353	
Energy....kJ	774				4		658	1478	
Protein (N x 6.25)....g	24.97		1		1		21.22	47.69	
Total lipid (fat)....g	7.91	0.578	6		1		6.72	15.11	
Ash....g	0.99		1		1		0.84	1.89	
Carbohydrate, by difference....g	1.93		0	NC	4		1.64	3.69	
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		12	27	
Iron, Fe....mg	5.52		1		1		4.69	10.54	
Magnesium, Mg....mg	24		1		1		20	46	
Phosphorus, P....mg	254		1		1		216	485	
Potassium, K....mg	188		1		1		160	359	
Sodium, Na....mg	63		1		1		54	120	
Zinc, Zn....mg	3.68		1		1		3.13	7.03	
Copper, Cu....mg	0.610		1		1		0.519	1.165	
Manganese, Mn....mg	0.055		1		1		0.047	0.105	
Selenium, Se....µg	47.0	5.783	3	A	1		40.0	89.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1		1		6.0	13.4	
Thiamin....mg	0.170		1		1		0.145	0.325	
Riboflavin....mg	1.190		1		1		1.012	2.273	
Niacin....mg	4.360		1		1		3.706	8.328	
Pantothenic acid....mg	1.370		1		1		1.165	2.617	
Vitamin B-6....mg	0.300		1		1		0.255	0.573	
Folate, total....µg	2		1		1		2	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		1		1		2	4	
Folate, DFE....µg	2		0	NC	4		2	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	11.20		1		1		9.52	21.39	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.140		0		1		2.669	5.997	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020		3		1		0.017	0.038	
13:0....g									
14:0....g	0.180		3		1		0.153	0.344	
15:0....g									
16:0....g	1.200		3		1		1.020	2.292	
17:0....g									
18:0....g	1.620		3		1		1.377	3.094	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.220		0		1		1.887	4.240	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		3		1		0.085	0.191	
17:1....g									
18:1 undifferentiated....g	1.920		3		1		1.632	3.667	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.060		3		1		0.051	0.115	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.770		0		1		0.655	1.471	
18:2 undifferentiated....g	0.330		3		1		0.281	0.630	
18:3 undifferentiated....g	0.180		3		1		0.153	0.344	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		3		1		0.102	0.229	
20:5 n-3 (EPA)....g	0.060		3		1		0.051	0.115	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040	0.000	3		1		0.034	0.076	
22:6 n-3 (DHA)....g	0.040		3		1		0.034	0.076	
Fatty acids, total trans....g									
Cholesterol....mg	249		1		1		212	476	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.230	0.518	
Threonine....g	1.178		0		1		1.001	2.250	
Isoleucine....g	1.082		0		1		0.920	2.067	
Leucine....g	2.124		0		1		1.805	4.057	
Lysine....g	1.881		0		1		1.599	3.593	
Methionine....g	0.547		0		1		0.465	1.045	
Cystine....g	0.209		0		1		0.178	0.399	
Phenylalanine....g	1.080		0		1		0.918	2.063	
Tyrosine....g	0.778		0		1		0.661	1.486	
Valine....g	1.243		0		1		1.057	2.374	
Arginine....g	1.633		0		1		1.388	3.119	
Histidine....g	0.571		0		1		0.485	1.091	
Alanine....g	1.516		0		1		1.289	2.896	
Aspartic acid....g	2.152		0		1		1.829	4.110	
Glutamic acid....g	3.188		0		1		2.710	6.089	
Glycine....g	1.205		0		1		1.024	2.302	
Proline....g	1.133		0		1		0.963	2.164	
Serine....g	0.965		0		1		0.820	1.843	
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.

NDB No. 17192

Lamb, variety meats and by-products, heart, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 191g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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	µg	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	µg	2		2		1		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		2		1		1	2	
Folate, DFE	µg	2		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	10.25		2		1		2.91	11.58	
Vitamin A, RAE	µg	0	0.000	9		1		0	0	
Retinol	µg	0	0.000	9		1		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		9		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
Fatty acids, total saturated....g	2.250		0		1		0.638	2.543	
4:0....g									
6:0....g									
8:0....g									
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	
21:5....g									
22:4....g									
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.

NDB No. 17191

Lamb, variety meats and by-products, heart, 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 27 (2014)

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		59.88	179.65	
Energy....kcal	137		0	NC	4		116	349	
Energy....kJ	573				4		487	1462	
Protein (N x 6.25)....g	23.65	0.805	5		1		20.10	60.31	
Total lipid (fat)....g	3.62	0.177	5		1		3.08	9.23	
Ash....g	1.29	0.077	5		1		1.10	3.29	
Carbohydrate, by difference....g	0.99		0	NC	4		0.84	2.52	
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		15	46	
Iron, Fe....mg	12.40		2		1		10.54	31.62	
Magnesium, Mg....mg	20		2		1		17	51	
Phosphorus, P....mg	290		1		1		247	740	
Potassium, K....mg	178		2		1		151	454	
Sodium, Na....mg	151		2		1		128	385	
Zinc, Zn....mg	3.80		2		1		3.23	9.69	
Copper, Cu....mg	0.370		1		1		0.315	0.944	
Manganese, Mn....mg	0.144		1		1		0.122	0.367	
Selenium, Se....µg	218.8		0	BFYN	4		186.0	557.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.0		2		1		10.2	30.6	
Thiamin....mg	0.350		2		1		0.298	0.893	
Riboflavin....mg	2.070		2		1		1.760	5.279	
Niacin....mg	5.990		2		1		5.092	15.275	
Pantothenic acid....mg	2.040		1		1		1.734	5.202	
Vitamin B-6....mg	0.120		1		1		0.102	0.306	
Folate, total....µg	81		1		1		69	207	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	81		1		1		69	207	
Folate, DFE....µg	81		0	NC	4		69	207	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	78.90	9.204	6		1		67.07	201.20	
Vitamin A, RAE....µg	137		2		1		116	348	
Retinol....µg	137		2		1		116	348	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	455		2		1		387	1160	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.230		0		1		1.046	3.137	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		3		1		0.009	0.026	
13:0....g									
14:0....g	0.040		3		1		0.034	0.102	
15:0....g									
16:0....g	0.510		3		1		0.434	1.301	
17:0....g									
18:0....g	0.630		3		1		0.536	1.607	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.770		0		1		0.655	1.964	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		3		1		0.043	0.128	
17:1....g									
18:1 undifferentiated....g	0.680		3		1		0.578	1.734	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.010		3		1		0.009	0.026	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	1.709	
18:2 undifferentiated....g	0.260		3		1		0.221	0.663	
18:3 undifferentiated....g	0.090		3		1		0.077	0.230	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		3		1		0.145	0.434	
20:5 n-3 (EPA)....g	0.060		3		1		0.051	0.153	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.050	0.000	3		1		0.043	0.128	
22:6 n-3 (DHA)....g	0.040		3		1		0.034	0.102	
Fatty acids, total trans....g									
Cholesterol....mg	565		2		1		480	1441	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.319		0		1		0.271	0.813	
Threonine....g	1.113		0		1		0.946	2.838	
Isoleucine....g	0.941		0		1		0.800	2.400	
Leucine....g	1.775		0		1		1.509	4.526	
Lysine....g	1.533		0		1		1.303	3.909	
Methionine....g	0.480		0		1		0.408	1.224	
Cystine....g	0.270		0		1		0.230	0.689	
Phenylalanine....g	1.095		0		1		0.931	2.792	
Tyrosine....g	0.833		0		1		0.708	2.124	
Valine....g	1.387		0		1		1.179	3.537	
Arginine....g	1.365		0		1		1.160	3.481	
Histidine....g	0.595		0		1		0.506	1.517	
Alanine....g	1.282		0		1		1.090	3.269	
Aspartic acid....g	2.037		0		1		1.731	5.194	
Glutamic acid....g	2.565		0		1		2.180	6.541	
Glycine....g	1.375		0		1		1.169	3.506	
Proline....g	1.209		0		1		1.028	3.083	
Serine....g	1.103		0		1		0.938	2.813	
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.

NDB No. 17196

Lamb, variety meats and by-products, kidneys, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 255g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	28	1.778	3		1		8	32	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	28	1.778	3		1		8	32	
Folate, DFE....µg	28		0	NC	4		8	32	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	52.41	9.038	4		1		14.86	59.22	
Vitamin A, RAE....µg	95	7.037	18		1		27	107	
Retinol....µg	95	7.037	18		1		27	107	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	316	23.433	18		1		90	357	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.000		0		1		0.284	1.130	
4:0....g									
6:0....g									
8:0....g									
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	
21:5....g									
22:4....g									
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.

NDB No. 17195

Lamb, 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 27 (2014)

NDB No. 17200
Lamb, variety meats and by-products, liver, 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	56.67		1		1		48.17	190.41	
Energy....kcal	220		0	NC	4		187	739	
Energy....kJ	920				4		782	3093	
Protein (N x 6.25)....g	30.57		1		1		25.98	102.72	
Total lipid (fat)....g	8.81		1		1		7.49	29.60	
Ash....g	1.42		1		1		1.21	4.77	
Carbohydrate, by difference....g	2.53		0	NC	4		2.15	8.50	
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		7	27	
Iron, Fe....mg	8.28		1		1		7.04	27.82	
Magnesium, Mg....mg	22		1		1		19	74	
Phosphorus, P....mg	420		1		1		357	1411	
Potassium, K....mg	221		1		1		188	743	
Sodium, Na....mg	56		1		1		48	188	
Zinc, Zn....mg	7.89		1		1		6.71	26.51	
Copper, Cu....mg	7.074		1		1		6.013	23.769	
Manganese, Mn....mg	0.520		1		1		0.442	1.747	
Selenium, Se....µg	111.4		0	BFYN	4		94.7	374.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		3.4	13.4	
Thiamin....mg	0.230		1		1		0.196	0.773	
Riboflavin....mg	4.030		1		1		3.426	13.541	
Niacin....mg	12.150		1		1		10.328	40.824	
Pantothenic acid....mg	3.960		1		1		3.366	13.306	
Vitamin B-6....mg	0.490		1		1		0.417	1.646	
Folate, total....µg	73		1		1		62	245	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	73		1		1		62	245	
Folate, DFE....µg	73		0	NC	4		62	245	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	76.50		1		1		65.03	257.04	
Vitamin A, RAE....µg	7491		1		1		6367	25170	
Retinol....µg	7491		1		1		6367	25170	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	24945		1		1		21203	83815	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.410		0		1		2.899	11.458	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.100		21		1		0.085	0.336	
15:0....g									
16:0....g	1.200		21		1		1.020	4.032	
17:0....g									
18:0....g	1.960		21		1		1.666	6.586	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.840		0		1		1.564	6.182	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		21		1		0.187	0.739	
17:1....g									
18:1 undifferentiated....g	1.620		21		1		1.377	5.443	
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		1.114	4.402	
18:2 undifferentiated....g	0.570		21		1		0.485	1.915	
18:3 undifferentiated....g	0.120		21		1		0.102	0.403	
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		0.536	2.117	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		426	1683	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.355		0		1		0.302	1.193	
Threonine....g	1.322		0		1		1.124	4.442	
Isoleucine....g	1.316		0		1		1.119	4.422	
Leucine....g	2.497		0		1		2.122	8.390	
Lysine....g	1.653		0		1		1.405	5.554	
Methionine....g	0.664		0		1		0.564	2.231	
Cystine....g	0.320		0		1		0.272	1.075	
Phenylalanine....g	1.365		0		1		1.160	4.586	
Tyrosine....g	1.090		0		1		0.927	3.662	
Valine....g	1.683		0		1		1.431	5.655	
Arginine....g	1.714		0		1		1.457	5.759	
Histidine....g	0.718		0		1		0.610	2.412	
Alanine....g	1.533		0		1		1.303	5.151	
Aspartic acid....g	2.636		0		1		2.241	8.857	
Glutamic acid....g	3.297		0		1		2.802	11.078	
Glycine....g	1.478		0		1		1.256	4.966	
Proline....g	1.462		0		1		1.243	4.912	
Serine....g	1.316		0		1		1.119	4.422	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 336g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		47.77	180.96	
Energy....kcal	238		0	NC	4		202	766	
Energy....kJ	996				4		846	3206	
Protein (N x 6.25)....g	25.53	1.312	3		1		21.70	82.21	
Total lipid (fat)....g	12.65	1.200	3		1		10.75	40.73	
Ash....g	1.83		2		1		1.56	5.89	
Carbohydrate, by difference....g	3.78		0	NC	4		3.21	12.17	
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		8	29	
Iron, Fe....mg	10.20	0.473	3		1		8.67	32.84	
Magnesium, Mg....mg	23	0.393	3		1		20	74	
Phosphorus, P....mg	427		2		1		363	1375	
Potassium, K....mg	352	26.407	3		1		299	1133	
Sodium, Na....mg	124	33.617	3		1		105	399	
Zinc, Zn....mg	5.63	0.949	3		1		4.79	18.13	
Copper, Cu....mg	9.830		1		1		8.356	31.653	
Manganese, Mn....mg	0.594		1		1		0.505	1.913	
Selenium, Se....µg	116.1		0	BFYN	4		98.7	373.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.0	5.401	3		1		11.1	41.9	
Thiamin....mg	0.350	0.092	3		1		0.298	1.127	
Riboflavin....mg	4.590	0.146	3		1		3.902	14.780	
Niacin....mg	16.680	1.841	3		1		14.178	53.710	
Pantothenic acid....mg	6.330		2		1		5.381	20.383	
Vitamin B-6....mg	0.950		2		1		0.808	3.059	
Folate, total....µg	400		2		1		340	1288	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	400		2		1		340	1288	
Folate, DFE....µg	400		0	NC	4		340	1288	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	85.70		2		1		72.85	275.95	
Vitamin A, RAE....µg	7782		0	NC	4		6615	25058	
Retinol....µg	7777		0	NC	4		6610	25042	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	25998		1		1		22098	83714	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.900		0		1		4.165	15.778	
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	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.140		21		1		0.119	0.451	
15:0....g									
16:0....g	1.720		21		1		1.462	5.538	
17:0....g									
18:0....g	2.820		21		1		2.397	9.080	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.640		0		1		2.244	8.501	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		21		1		0.272	1.030	
17:1....g									
18:1 undifferentiated....g	2.330		21		1		1.981	7.503	
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		1.607	6.086	
18:2 undifferentiated....g	0.810		21		1		0.689	2.608	
18:3 undifferentiated....g	0.170		21		1		0.145	0.547	
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		0.765	2.898	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		419	1587	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0		1		0.252	0.953	
Threonine....g	1.104		0		1		0.938	3.555	
Isoleucine....g	1.100		0		1		0.935	3.542	
Leucine....g	2.086		0		1		1.773	6.717	
Lysine....g	1.381		0		1		1.174	4.447	
Methionine....g	0.554		0		1		0.471	1.784	
Cystine....g	0.268		0		1		0.228	0.863	
Phenylalanine....g	1.140		0		1		0.969	3.671	
Tyrosine....g	0.910		0		1		0.774	2.930	
Valine....g	1.405		0		1		1.194	4.524	
Arginine....g	1.432		0		1		1.217	4.611	
Histidine....g	0.600		0		1		0.510	1.932	
Alanine....g	1.281		0		1		1.089	4.125	
Aspartic acid....g	2.202		0		1		1.872	7.090	
Glutamic acid....g	2.754		0		1		2.341	8.868	
Glycine....g	1.234		0		1		1.049	3.973	
Proline....g	1.221		0		1		1.038	3.932	
Serine....g	1.100		0		1		0.935	3.542	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 322g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	230	19.068	4		1		65	260	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	230	19.068	4		1		65	260	
Folate, DFE....µg	230		0	NC	4		65	260	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	90.05	5.464	19		1		25.53	101.76	
Vitamin A, RAE....µg	7391		2		1		2095	8352	
Retinol....µg	7391		2		1		2095	8352	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	24612		2		1		6978	27812	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.940		0		1		0.550	2.192	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17199

Lamb, variety meats and by-products, liver, 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 27 (2014)

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		64.46	288.91	
Energy....kcal	113		0	NC	4		96	431	
Energy....kJ	473				4		402	1801	
Protein (N x 6.25)....g	19.88		0		1		16.90	75.74	
Total lipid (fat)....g	3.10		0		1		2.64	11.81	
Ash....g	1.31		0		1		1.11	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	12		0		1		10	46	
Iron, Fe....mg	4.57		0		1		3.88	17.41	
Magnesium, Mg....mg	11		0		1		9	42	
Phosphorus, P....mg	188		0		1		160	716	
Potassium, K....mg	127		0		1		108	484	
Sodium, Na....mg	84		0		1		71	320	
Zinc, Zn....mg	1.93		0		1		1.64	7.35	
Copper, Cu....mg	0.234		0		1		0.199	0.892	
Manganese, Mn....mg	0.016		0		1		0.014	0.061	
Selenium, Se....µg	21.1		0	BFYN	4		17.9	80.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	28.0		0		1		23.8	106.7	
Thiamin....mg	0.034		0		1		0.029	0.130	
Riboflavin....mg	0.139		0		1		0.118	0.530	
Niacin....mg	2.428		0		1		2.064	9.251	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		1		0.051	0.229	
Folate, total....µg	8		0		1		7	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		7	30	
Folate, DFE....µg	8		0	NC	4		7	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.52		0		1		2.14	9.60	
Vitamin A, RAE....µg	32		0		1		27	121	
Retinol....µg	32		0		1		27	121	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	106		0		1		90	404	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.060		0		1		0.901	4.039	
Fatty acids, total monounsaturated....g	0.800		0		1		0.680	3.048	
Fatty acids, total polyunsaturated....g	0.430		0		1		0.366	1.638	
Fatty acids, total trans....g									
Cholesterol....mg	284		0		1		241	1082	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0		1		0.173	0.777	
Threonine....g	0.731		0		1		0.621	2.785	
Isoleucine....g	0.628		0		1		0.534	2.393	
Leucine....g	1.591		0		1		1.352	6.062	
Lysine....g	1.286		0		1		1.093	4.900	
Methionine....g	0.359		0		1		0.305	1.368	
Cystine....g	0.312		0		1		0.265	1.189	
Phenylalanine....g	0.819		0		1		0.696	3.120	
Tyrosine....g	0.560		0		1		0.476	2.134	
Valine....g	1.095		0		1		0.931	4.172	
Arginine....g	1.196		0		1		1.017	4.557	
Histidine....g	0.500		0		1		0.425	1.905	
Alanine....g	1.253		0		1		1.065	4.774	
Aspartic acid....g	1.569		0		1		1.334	5.978	
Glutamic acid....g	2.137		0		1		1.816	8.142	
Glycine....g	1.677		0		1		1.425	6.389	
Proline....g	1.269		0		1		1.079	4.835	
Serine....g	0.793		0		1		0.674	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 = 85g: 3 oz

Measure 2 = 381g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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						Amount in edible portion 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	79.70	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....µg	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....µg	12		0		1		3	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		1		3	14	
Folate, DFE....µg	12		0	NC	4		3	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.93		0		1		1.11	4.44	
Vitamin A, RAE....µg	27	3.056	8		1		8	30	
Retinol....µg	27	3.056	8		1		8	30	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	89	10.175	8		1		25	101	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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 27 (2014)

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....µg	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....µg	5		0		1		1	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		1	11	
Folate, DFE....µg	5		0	NC	4		1	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.56		0		1		0.73	5.81	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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 27 (2014)

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		50.70	137.79	
Energy....kcal	234		0	NC	4		199	541	
Energy....kJ	979				4		832	2262	
Protein (N x 6.25)....g	22.83		0		1		19.41	52.74	
Total lipid (fat)....g	15.12		0		1		12.85	34.93	
Ash....g	2.15		0		1		1.83	4.97	
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	12		0		1		10	28	
Iron, Fe....mg	2.12		0		1		1.80	4.90	
Magnesium, Mg....mg	19		0		1		16	44	
Phosphorus, P....mg	431		0		1		366	996	
Potassium, K....mg	291		0		1		247	672	
Sodium, Na....mg	52		0		1		44	120	
Zinc, Zn....mg	2.68		0		1		2.28	6.19	
Copper, Cu....mg	0.083		0		1		0.071	0.192	
Manganese, Mn....mg	0.043		0		1		0.037	0.099	
Selenium, Se....µg	64.8		0	BFYN	4		55.1	149.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.0		0		1		17.0	46.2	
Thiamin....mg	0.020		0		1		0.017	0.046	
Riboflavin....mg	0.210		0		1		0.179	0.485	
Niacin....mg	2.560		0		1		2.176	5.914	
Pantothenic acid....mg	0.850		0		1		0.723	1.964	
Vitamin B-6....mg	0.050		0		1		0.043	0.116	
Folate, total....µg	13		0		1		11	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0		1		11	30	
Folate, DFE....µg	13		0	NC	4		11	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.54		0		1		4.71	12.80	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.840		0		1		5.814	15.800	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.090		0		1		0.077	0.208	
13:0....g									
14:0....g	0.650		0		1		0.553	1.502	
15:0....g									
16:0....g	2.890		0		1		2.457	6.676	
17:0....g									
18:0....g	2.980		0		1		2.533	6.884	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.450		0		1		4.633	12.590	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.350		0		1		0.298	0.809	
17:1....g									
18:1 undifferentiated....g	4.930		0		1		4.191	11.388	
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		0.629	1.709	
18:2 undifferentiated....g	0.280		0		1		0.238	0.647	
18:3 undifferentiated....g	0.290		0		1		0.247	0.670	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		0		1		0.145	0.393	
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	400		0		1		340	924	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.292		0		1		0.248	0.675	
Threonine....g	0.840		0		1		0.714	1.940	
Isoleucine....g	0.804		0		1		0.683	1.857	
Leucine....g	1.461		0		1		1.242	3.375	
Lysine....g	1.972		0		1		1.676	4.555	
Methionine....g	0.329		0		1		0.280	0.760	
Cystine....g	0.292		0		1		0.248	0.675	
Phenylalanine....g	0.767		0		1		0.652	1.772	
Tyrosine....g	0.548		0		1		0.466	1.266	
Valine....g	0.986		0		1		0.838	2.278	
Arginine....g	1.351		0		1		1.148	3.121	
Histidine....g	0.657		0		1		0.558	1.518	
Alanine....g	1.169		0		1		0.994	2.700	
Aspartic acid....g	1.570		0		1		1.335	3.627	
Glutamic acid....g	3.178		0		1		2.701	7.341	
Glycine....g	1.424		0		1		1.210	3.289	
Proline....g	1.169		0		1		0.994	2.700	
Serine....g	0.913		0		1		0.776	2.109	
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.

NDB No. 17211

Lamb, variety meats and by-products, pancreas, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 231g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

NDB No. 17210
Lamb, 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	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....µg	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....µg	13		1		1		4	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		1		1		4	15	
Folate, DFE....µg	13		0	NC	4		4	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.00		1		1		1.70	6.78	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.440		0		1		1.259	5.017	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17210

Lamb, variety meats and by-products, pancreas, 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 27 (2014)

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		56.42	195.82	
Energy....kcal	156		0	NC	4		133	460	
Energy....kJ	653				4		555	1925	
Protein (N x 6.25)....g	26.46		0		1		22.49	78.06	
Total lipid (fat)....g	4.77		0		1		4.05	14.07	
Ash....g	2.00		0		1		1.70	5.90	
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	13		0		1		11	38	
Iron, Fe....mg	38.67		0		1		32.87	114.08	
Magnesium, Mg....mg	21		0		1		18	62	
Phosphorus, P....mg	341		0		1		290	1006	
Potassium, K....mg	248		0		1		211	732	
Sodium, Na....mg	58		0		1		49	171	
Zinc, Zn....mg	3.94		0		1		3.35	11.62	
Copper, Cu....mg	0.139		0		1		0.118	0.410	
Manganese, Mn....mg	0.062		0		1		0.053	0.183	
Selenium, Se....µg	49.8		0	BFYN	4		42.3	146.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	26.0		0		1		22.1	76.7	
Thiamin....mg	0.051		0		1		0.043	0.150	
Riboflavin....mg	0.316		0		1		0.269	0.932	
Niacin....mg	5.868		0		1		4.988	17.311	
Pantothenic acid....mg									
Vitamin B-6....mg	0.080		0		1		0.068	0.236	
Folate, total....µg	4		0		1		3	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		3	12	
Folate, DFE....µg	4		0	NC	4		3	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.29		0		1		4.50	15.61	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.580		0		1		1.343	4.661	
Fatty acids, total monounsaturated.....g	1.270		0		1		1.080	3.747	
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.298	1.033	
Fatty acids, total trans.....g									
Cholesterol.....mg	385		0		1		327	1136	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.292		0		1		0.248	0.861	
Threonine.....g	1.080		0		1		0.918	3.186	
Isoleucine.....g	1.677		0		1		1.425	4.947	
Leucine.....g	2.354		0		1		2.001	6.944	
Lysine.....g	2.049		0		1		1.742	6.045	
Methionine.....g	0.504		0		1		0.428	1.487	
Cystine.....g	0.339		0		1		0.288	1.000	
Phenylalanine.....g	1.202		0		1		1.022	3.546	
Tyrosine.....g	0.771		0		1		0.655	2.274	
Valine.....g	1.727		0		1		1.468	5.095	
Arginine.....g	1.672		0		1		1.421	4.932	
Histidine.....g	0.881		0		1		0.749	2.599	
Alanine.....g	1.710		0		1		1.454	5.045	
Aspartic acid.....g	2.295		0		1		1.951	6.770	
Glutamic acid.....g	3.082		0		1		2.620	9.092	
Glycine.....g	1.719		0		1		1.461	5.071	
Proline.....g	1.473		0		1		1.252	4.345	
Serine.....g	1.156		0		1		0.983	3.410	
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 = 295g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	4		0		1		1	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		1	5	
Folate, DFE....µg	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.34		0		1		1.51	6.03	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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 27 (2014)

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		49.18	147.54	
Energy....kcal	275		0	NC	4		234	701	
Energy....kJ	1151				4		978	2934	
Protein (N x 6.25)....g	21.57	0.643	5		1		18.33	55.00	
Total lipid (fat)....g	20.28	0.320	5		1		17.24	51.71	
Ash....g	0.73	0.081	5		1		0.62	1.86	
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	10		2		1		9	26	
Iron, Fe....mg	2.63		2		1		2.24	6.71	
Magnesium, Mg....mg	16		2		1		14	41	
Phosphorus, P....mg	134		1		1		114	342	
Potassium, K....mg	158		2		1		134	403	
Sodium, Na....mg	67		2		1		57	171	
Zinc, Zn....mg	2.99		2		1		2.54	7.62	
Copper, Cu....mg	0.210		1		1		0.179	0.536	
Manganese, Mn....mg	0.033		1		1		0.028	0.084	
Selenium, Se....µg	28.0	2.603	3	A	1		23.8	71.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1		1		6.0	17.9	
Thiamin....mg	0.080		2		1		0.068	0.204	
Riboflavin....mg	0.420		2		1		0.357	1.071	
Niacin....mg	3.690		2		1		3.137	9.410	
Pantothenic acid....mg	0.340		1		1		0.289	0.867	
Vitamin B-6....mg	0.170		1		1		0.145	0.434	
Folate, total....µg	3		1		1		3	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		1		3	8	
Folate, DFE....µg	3		0	NC	4		3	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.30		1		1		5.36	16.07	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.830		0		1		6.656	19.967	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.040		1		1		0.034	0.102	
13:0....g									
14:0....g	0.570		1		1		0.485	1.454	
15:0....g									
16:0....g	3.890		1		1		3.307	9.920	
17:0....g									
18:0....g	2.980		1		1		2.533	7.599	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.000		0		1		8.500	25.500	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.510		1		1		0.434	1.301	
17:1....g									
18:1 undifferentiated....g	9.240		1		1		7.854	23.562	
20:1....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated....g	0.230		1		1		0.196	0.587	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		1.063	3.188	
18:2 undifferentiated....g	0.570		0		1		0.485	1.454	
18:3 undifferentiated....g	0.610		1		1		0.519	1.556	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		1		1		0.068	0.204	
20:5 n-3 (EPA)....g	0.000		1		1		0.000	0.000	
21:5....g									
22:4....g									
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		161	482	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0		1		0.185	0.556	
Threonine....g	0.975		0		1		0.829	2.486	
Isoleucine....g	0.843		0		1		0.717	2.150	
Leucine....g	1.535		0		1		1.305	3.914	
Lysine....g	1.527		0		1		1.298	3.894	
Methionine....g	0.457		0		1		0.388	1.165	
Cystine....g	0.236		0		1		0.201	0.602	
Phenylalanine....g	0.805		0		1		0.684	2.053	
Tyrosine....g	0.639		0		1		0.543	1.629	
Valine....g	1.033		0		1		0.878	2.634	
Arginine....g	1.421		0		1		1.208	3.624	
Histidine....g	0.477		0		1		0.405	1.216	
Alanine....g	1.237		0		1		1.051	3.154	
Aspartic acid....g	1.928		0		1		1.639	4.916	
Glutamic acid....g	2.783		0		1		2.366	7.097	
Glycine....g	1.404		0		1		1.193	3.580	
Proline....g	1.135		0		1		0.965	2.894	
Serine....g	0.849		0		1		0.722	2.165	
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.

NDB No. 17221

Lamb, variety meats and by-products, tongue, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

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 27 (2014)

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....µg	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....µg	4		2		1		1	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		2		1		1	5	
Folate, DFE....µg	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	7.20		2		1		2.04	8.14	
Vitamin A, RAE....µg	0	0.000	9		1		0	0	
Retinol....µg	0	0.000	9		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	9		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	6.630		0		1		1.880	7.492	
4:0....g									
6:0....g									
8:0....g									
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	
21:5....g									
22:4....g									
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.

NDB No. 17220

Lamb, variety meats and by-products, tongue, raw

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 27 (2014)

NDB No. 17155
Veal, Australian, rib, rib roast, separable lean and fat, raw

Refuse: 22% Bone and connective tissue 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	65.35		0	PAK	1		55.55	212.39	
Energy....kcal	201		0	PIK	4		171	653	
Energy....kJ	841		0	PIK	4		715	2732	
Protein....g	19.60		0	PAK	1		16.66	63.69	
Total lipid (fat)....g	13.10		0	PAK	1		11.14	42.59	
Ash....g	0.92		0	PAK	1		0.78	2.98	
Carbohydrate, by difference....g	1.15		0	PIK	4		0.98	3.74	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.00		0	PAK	1		0.00	0.00	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	PAK	1		7	28	
Iron, Fe....mg	1.46		0	PAK	1		1.24	4.75	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	76		0	PAK	1		65	248	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PAK	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	8		0	PAK	1		6	24	
Vitamin A, IU....IU	25		0	PAK	1		21	82	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17155

Veal, Australian, rib, rib roast, 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
Fatty acids, total saturated....g	5.886		0	PIK	4		5.003	19.128	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g									
10:0....g	0.010		0	PAK	1		0.008	0.031	
12:0....g	0.019		0	PAK	1		0.016	0.061	
13:0....g									
14:0....g	0.522		0	PAK	1		0.443	1.695	
15:0....g	0.091		0	PAK	1		0.078	0.297	
16:0....g	3.093		0	PAK	1		2.629	10.052	
17:0....g	0.155		0	PAK	1		0.132	0.505	
18:0....g	1.964		0	PAK	1		1.669	6.382	
20:0....g	0.017		0	PAK	1		0.014	0.054	
22:0....g	0.014		0	PAK	1		0.012	0.045	
24:0....g	0.001		0	PAK	1		0.001	0.004	
Fatty acids, total monounsaturated....g	5.192		0	PIK	4		4.414	16.875	
14:1....g	0.126		0	PAK	1		0.107	0.408	
15:1....g									
16:1 undifferentiated....g	0.367		0	PAK	1		0.312	1.193	
17:1....g									
18:1 undifferentiated....g	4.686		0	PAK	1		3.983	15.231	
20:1....g	0.013		0	PAK	1		0.011	0.043	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.588		0	PIK	4		0.500	1.911	
18:2 undifferentiated....g	0.304		0	PAK	1		0.259	0.989	
18:3 undifferentiated....g	0.085		0	PAK	1		0.073	0.277	
18:4....g	0.005		0	PIK	4		0.004	0.015	
20:2 n-6 c,c....g	0.001		0	PAK	1		0.001	0.004	
20:3 undifferentiated....g	0.001		0	PAK	1		0.001	0.004	
20:4 undifferentiated....g	0.153		0	PAK	1		0.130	0.498	
20:5 n-3 (EPA)....g	0.011		0	PAK	1		0.009	0.035	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.027		0	PAK	1		0.023	0.089	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.773		0	PIK	4		0.657	2.514	
Cholesterol....mg	60		0	PAK	1		51	194	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	PAK	1		0.153	0.586	
Threonine....g	0.779		0	PAK	1		0.662	2.531	
Isoleucine....g	0.878		0	PAK	1		0.746	2.853	
Leucine....g	1.420		0	PAK	1		1.207	4.614	
Lysine....g	1.469		0	PAK	1		1.249	4.775	
Methionine....g	0.416		0	PAK	1		0.354	1.353	
Cystine....g	0.202		0	PAK	1		0.171	0.655	
Phenylalanine....g	0.720		0	PAK	1		0.612	2.339	
Tyrosine....g	0.568		0	PAK	1		0.483	1.847	
Valine....g	0.986		0	PAK	1		0.838	3.203	
Arginine....g	1.049		0	PAK	1		0.892	3.410	
Histidine....g	0.647		0	PAK	1		0.550	2.103	
Alanine....g	1.061		0	PAK	1		0.902	3.448	
Aspartic acid....g	1.538		0	PAK	1		1.307	4.999	
Glutamic acid....g	2.821		0	PAK	1		2.398	9.168	
Glycine....g	0.917		0	PAK	1		0.779	2.979	
Proline....g	0.744		0	PAK	1		0.633	2.419	
Serine....g	0.668		0	PAK	1		0.568	2.172	
Hydroxyproline....g	0.099		0	PAK	1		0.084	0.322	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 17155

Veal, Australian, rib, rib roast, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 325g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17000
Veal, Australian, rib, rib roast, separable lean only, raw

Refuse: 36% Bone and connective tissue 22%, 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	71.26		1	A	1		60.57	231.59	
Energy....kcal	134		0	NC	4		114	436	
Energy....kJ	561		0	NC	4		477	1823	
Protein (N x 6.25)....g	21.70		1	A	1		18.44	70.52	
Total lipid (fat)....g	4.63		1	A	1		3.94	15.06	
Ash....g	1.01		1	A	1		0.86	3.27	
Carbohydrate, by difference....g	1.40		0	NC	4		1.19	4.56	
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	A	1		9	33	
Iron, Fe....mg	1.58		1	A	1		1.34	5.12	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	83		1	A	1		71	270	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.053		0	NC	4		1.745	6.671	
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									
10:0....g	0.005		1	A	1		0.004	0.017	
12:0....g	0.006		1	A	1		0.005	0.019	

NDB No. 17000
Veal, Australian, rib, rib roast, 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
13:0....g									
14:0....g	0.163		1	A	1		0.139	0.530	
15:0....g	0.026		1	A	1		0.022	0.085	
16:0....g	1.089		1	A	1		0.926	3.541	
17:0....g	0.052		1	A	1		0.044	0.168	
18:0....g	0.699		1	A	1		0.594	2.272	
20:0....g	0.006		1	A	1		0.005	0.019	
22:0....g	0.006		1	A	1		0.005	0.020	
24:0....g									
Fatty acids, total monounsaturated....g	1.813		0	NC	4		1.541	5.893	
14:1....g	0.036		1	A	1		0.031	0.117	
15:1....g									
16:1 undifferentiated....g	0.118		1	A	1		0.100	0.384	
17:1....g									
18:1 undifferentiated....g	1.654		0	AS	1		1.406	5.377	
18:1 c....g	1.462		1	A	1		1.243	4.752	
18:1 t....g	0.192		1	A	1		0.163	0.625	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.004	0.015	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.357		0	NC	4		0.304	1.161	
18:2 undifferentiated....g	0.117		0	AS	1		0.099	0.379	
18:2 n-6 c,c....g	0.069		1	A	1		0.058	0.223	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.048		1	A	1		0.041	0.155	
18:3 undifferentiated....g	0.033		0	AS	1		0.028	0.106	
18:3 n-3 c,c,c (ALA)....g	0.028		1	A	1		0.024	0.091	
18:3 n-6 c,c,c....g									
18:3i....g	0.005		1	A	1		0.004	0.015	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.181		1	A	1		0.154	0.587	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009		1	A	1		0.008	0.030	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		1	A	1		0.015	0.059	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.245		0	NC	4		0.208	0.795	
Fatty acids, total trans-monoenoic....g	0.192		0	NC	4		0.163	0.625	
Fatty acids, total trans-polyenoic....g	0.052		0	NC	4		0.045	0.170	
Cholesterol....mg	58		1	A	1		50	190	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.187	0.713	
Threonine....g	0.948		0	A	1		0.806	3.080	
Isoleucine....g	1.068		0	A	1		0.908	3.471	
Leucine....g	1.728		0	A	1		1.468	5.614	
Lysine....g	1.788		0	A	1		1.520	5.810	
Methionine....g	0.507		0	A	1		0.431	1.647	
Cystine....g	0.245		0	A	1		0.208	0.797	
Phenylalanine....g	0.876		0	A	1		0.744	2.846	
Tyrosine....g	0.692		0	A	1		0.588	2.248	
Valine....g	1.199		0	A	1		1.019	3.898	
Arginine....g	1.277		0	A	1		1.085	4.150	
Histidine....g	0.787		0	A	1		0.669	2.559	
Alanine....g	1.291		0	A	1		1.097	4.195	

NDB No. 17000
Veal, Australian, rib, rib roast, 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
Aspartic acid.....g	1.872		0	A	1		1.591	6.083	
Glutamic acid.....g	3.432		0	A	1		2.918	11.155	
Glycine.....g	1.115		0	A	1		0.948	3.625	
Proline.....g	0.906		0	A	1		0.770	2.944	
Serine.....g	0.813		0	A	1		0.691	2.643	
Hydroxyproline.....g	0.110		0	A	1		0.093	0.356	
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 = 85g: 3 oz

Measure 2 = 325g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17154
Veal, Australian, 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	38.10		1	A	1		10.67		
Energy	kcal	509		0	NC	4		143		
Energy	kJ	2130		0	NC	4		596		
Protein (N x 6.25)	g	9.91		1	A	1		2.77		
Total lipid (fat)	g	52.17		1	A	1		14.61		
Ash	g	0.50		1	A	1		0.14		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.00		1	A	1		0.00		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.00		1	A	1		0.00		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		1	A	1		0		
Iron, Fe	mg	0.93		1	A	1		0.26		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	44		1	A	1		12		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	µg	42		0	AS	1		12		
Vitamin A, IU	IU	141		0	AS	1		39		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 17154
Veal, Australian, 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
Fatty acids, total saturated....g	23.564		0	NC	4		6.598		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.030		1	A	1		0.008		
12:0....g	0.079		1	A	1		0.022		
13:0....g									
14:0....g	2.175		1	A	1		0.609		
15:0....g	0.393		1	A	1		0.110		
16:0....g	12.334		1	A	1		3.453		
17:0....g	0.634		1	A	1		0.177		
18:0....g	7.796		1	A	1		2.183		
20:0....g	0.068		1	A	1		0.019		
22:0....g	0.049		1	A	1		0.014		
24:0....g	0.007		1	A	1		0.002		
Fatty acids, total monounsaturated....g	20.777		0	NC	4		5.818		
14:1....g	0.539		1	A	1		0.151		
15:1....g									
16:1 undifferentiated....g	1.516		1	A	1		0.424		
17:1....g									
18:1 undifferentiated....g	18.670		0	AS	1		5.228		
18:1 c....g	16.288		1	A	1		4.561		
18:1 t....g	2.382		1	A	1		0.667		
18:1-11 t (18:1t n-7)....g	1.939		1	A	1		0.543		
20:1....g	0.053		1	A	1		0.015		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.652		0	NC	4		0.463		
18:2 undifferentiated....g	1.171		0	AS	1		0.328		
18:2 n-6 c,c....g	0.430		1	A	1		0.120		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.741		1	A	1		0.207		
18:3 undifferentiated....g	0.328		0	AS	1		0.092		
18:3 n-3 c,c,c (ALA)....g	0.239		1	A	1		0.067		
18:3 n-6 c,c,c....g									
18:3i....g	0.089		1	A	1		0.025		
18:4....g	0.025		1	A	1		0.007		
20:2 n-6 c,c....g	0.007		1	A	1		0.002		
20:3 undifferentiated....g	0.007		1	A	1		0.002		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.026		1	A	1		0.007		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.017		1	A	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.070		1	A	1		0.020		
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	3.212		0	NC	4		0.899		
Fatty acids, total trans-monoenoic....g	2.382		0	NC	4		0.667		
Fatty acids, total trans-polyenoic....g	0.830		0	NC	4		0.232		
Cholesterol....mg	66		1	A	1		18		
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 = 28g: 1 oz

NDB No. 17154
Veal, Australian, separable fat, raw

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17350

Veal, Australian, shank, fore, bone-in, separable lean and fat, raw

Refuse: 39% Bone and connective tissue 39%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	72.57		0	PAK	1		61.68	170.53	
Energy....kcal	145		0	PIK	4		123	341	
Energy....kJ	607		0	PIK	4		516	1427	
Protein....g	19.58		0	PAK	1		16.65	46.02	
Total lipid (fat)....g	7.42		0	PAK	1		6.31	17.44	
Ash....g	1.00		0	PAK	1		0.85	2.34	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.00		0	PAK	1		0.00	0.00	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	PAK	1		13	36	
Iron, Fe....mg	0.99		0	PAK	1		0.84	2.33	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	108		0	PAK	1		92	254	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PAK	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	2		0	PAK	1		2	6	
Vitamin A, IU....IU	8		0	PAK	1		7	19	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17350

Veal, Australian, shank, fore, bone-in, 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
Fatty acids, total saturated....g	2.948		0	PIK	4		2.506	6.928	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g									
10:0....g	0.007		0	PAK	1		0.006	0.016	
12:0....g	0.010		0	PAK	1		0.008	0.022	
13:0....g									
14:0....g	0.234		0	PAK	1		0.199	0.550	
15:0....g	0.043		0	PAK	1		0.037	0.101	
16:0....g	1.551		0	PAK	1		1.318	3.645	
17:0....g	0.075		0	PAK	1		0.064	0.177	
18:0....g	1.011		0	PAK	1		0.860	2.376	
20:0....g	0.009		0	PAK	1		0.008	0.021	
22:0....g	0.008		0	PAK	1		0.007	0.018	
24:0....g	0.000		0	PAK	1		0.000	0.001	
Fatty acids, total monounsaturated....g	3.040		0	PIK	4		2.584	7.145	
14:1....g	0.056		0	PAK	1		0.047	0.131	
15:1....g									
16:1 undifferentiated....g	0.226		0	PAK	1		0.192	0.531	
17:1....g									
18:1 undifferentiated....g	2.751		0	PAK	1		2.338	6.464	
20:1....g	0.008		0	PAK	1		0.007	0.019	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.526		0	PIK	4		0.447	1.236	
18:2 undifferentiated....g	0.261		0	PAK	1		0.222	0.613	
18:3 undifferentiated....g	0.068		0	PAK	1		0.058	0.161	
18:4....g	0.001		0	PIK	4		0.001	0.003	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.001	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	
20:4 undifferentiated....g	0.093		0	PAK	1		0.079	0.218	
20:5 n-3 (EPA)....g	0.037		0	PAK	1		0.032	0.088	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.065		0	PAK	1		0.055	0.152	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.330		0	PIK	4		0.280	0.775	
Cholesterol....mg	65		0	PAK	1		56	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	PAK	1		0.163	0.452	
Threonine....g	0.830		0	PAK	1		0.705	1.950	
Isoleucine....g	0.936		0	PAK	1		0.795	2.198	
Leucine....g	1.513		0	PAK	1		1.286	3.556	
Lysine....g	1.566		0	PAK	1		1.331	3.680	
Methionine....g	0.444		0	PAK	1		0.377	1.043	
Cystine....g	0.215		0	PAK	1		0.183	0.505	
Phenylalanine....g	0.767		0	PAK	1		0.652	1.802	
Tyrosine....g	0.606		0	PAK	1		0.515	1.424	
Valine....g	1.050		0	PAK	1		0.893	2.469	
Arginine....g	1.118		0	PAK	1		0.951	2.628	
Histidine....g	0.690		0	PAK	1		0.586	1.621	
Alanine....g	1.131		0	PAK	1		0.961	2.657	
Aspartic acid....g	1.639		0	PAK	1		1.393	3.852	
Glutamic acid....g	3.006		0	PAK	1		2.555	7.065	
Glycine....g	0.977		0	PAK	1		0.830	2.296	
Proline....g	0.793		0	PAK	1		0.674	1.864	
Serine....g	0.712		0	PAK	1		0.605	1.674	
Hydroxyproline....g	0.099		0	PAK	1		0.084	0.232	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 17350

Veal, Australian, shank, fore, bone-in, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 235g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17349

Veal, Australian, shank, fore, bone-in, separable lean only, raw

Refuse: 42% Bone and connective tissue 39%, 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	74.70		1	A	1		63.50	175.55	
Energy....kcal	123		0	NC	4		104	288	
Energy....kJ	513		0	NC	4		436	1206	
Protein (N x 6.25)....g	20.18		1	A	1		17.15	47.43	
Total lipid (fat)....g	4.65		1	A	1		3.96	10.94	
Ash....g	1.03		1	A	1		0.87	2.41	
Carbohydrate, by difference....g	0.00		0	NC	4		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		1	A	1		14	38	
Iron, Fe....mg	1.00		1	A	1		0.85	2.34	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	112		1	A	1		95	263	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.672		0	NC	4		1.421	3.930	
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									
10:0....g	0.005		1	A	1		0.004	0.012	
12:0....g	0.005		1	A	1		0.004	0.012	

NDB No. 17349

Veal, Australian, shank, fore, bone-in, 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
13:0....g									
14:0....g	0.114		1	A	1		0.097	0.268	
15:0....g	0.022		1	A	1		0.018	0.051	
16:0....g	0.884		1	A	1		0.751	2.077	
17:0....g	0.041		1	A	1		0.035	0.096	
18:0....g	0.591		1	A	1		0.503	1.390	
20:0....g	0.005		1	A	1		0.004	0.012	
22:0....g	0.005		1	A	1		0.004	0.012	
24:0....g									
Fatty acids, total monounsaturated....g	1.943		0	NC	4		1.651	4.565	
14:1....g	0.026		1	A	1		0.022	0.061	
15:1....g									
16:1 undifferentiated....g	0.146		1	A	1		0.124	0.344	
17:1....g									
18:1 undifferentiated....g	1.766		0	AS	1		1.501	4.149	
18:1 c....g	1.647		1	A	1		1.400	3.871	
18:1 t....g	0.118		1	A	1		0.100	0.278	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.004	0.012	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.456		0	NC	4		0.388	1.073	
18:2 undifferentiated....g	0.204		0	AS	1		0.174	0.480	
18:2 n-6 c,c....g	0.176		1	A	1		0.150	0.414	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.028		1	A	1		0.024	0.066	
18:3 undifferentiated....g	0.052		0	AS	1		0.045	0.123	
18:3 n-3 c,c,c (ALA)....g	0.047		1	A	1		0.040	0.111	
18:3 n-6 c,c,c....g									
18:3i....g	0.005		1	A	1		0.004	0.012	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.097		1	A	1		0.082	0.227	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.039		1	A	1		0.033	0.091	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.064		1	A	1		0.055	0.151	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.151		0	NC	4		0.129	0.356	
Fatty acids, total trans-monoenoic....g	0.118		0	NC	4		0.100	0.278	
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.028	0.078	
Cholesterol....mg	65		1	A	1		56	154	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	A	1		0.173	0.480	
Threonine....g	0.881		0	A	1		0.749	2.071	
Isoleucine....g	0.993		0	A	1		0.844	2.334	
Leucine....g	1.607		0	A	1		1.366	3.776	
Lysine....g	1.663		0	A	1		1.413	3.907	
Methionine....g	0.471		0	A	1		0.401	1.107	
Cystine....g	0.228		0	A	1		0.194	0.536	
Phenylalanine....g	0.814		0	A	1		0.692	1.914	
Tyrosine....g	0.643		0	A	1		0.547	1.512	
Valine....g	1.115		0	A	1		0.948	2.621	
Arginine....g	1.187		0	A	1		1.009	2.791	
Histidine....g	0.732		0	A	1		0.622	1.721	
Alanine....g	1.200		0	A	1		1.020	2.821	

NDB No. 17349

Veal, Australian, shank, fore, bone-in, 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
Aspartic acid....g	1.741		0	A	1		1.480	4.091	
Glutamic acid....g	3.192		0	A	1		2.713	7.502	
Glycine....g	1.037		0	A	1		0.882	2.438	
Proline....g	0.842		0	A	1		0.716	1.979	
Serine....g	0.756		0	A	1		0.643	1.777	
Hydroxyproline....g	0.102		0	A	1		0.087	0.239	
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 = 85g: 3 oz

Measure 2 = 235g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17352

Veal, Australian, shank, hind, bone-in, separable lean and fat

Refuse: 31% Bone and connective tissue 31%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	73.25		0	PAK	1		62.26	241.72	
Energy....kcal	144		0	PIK	4		122	475	
Energy....kJ	602		0	PIK	4		512	1987	
Protein....g	19.78		0	PAK	1		16.81	65.26	
Total lipid (fat)....g	7.20		0	PAK	1		6.12	23.77	
Ash....g	0.98		0	PAK	1		0.83	3.24	
Carbohydrate, by difference....g	0.00		0	PIK	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	PIK	4		0.0	0.0	
Sugars, total....g	0.00		0	PIK	4		0.00	0.00	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.00		0	PAK	1		0.00	0.00	
Fructose....g	0.00		0	PAK	1		0.00	0.00	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.00		0	PAK	1		0.00	0.00	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	PAK	1		14	53	
Iron, Fe....mg	2.95		0	PAK	1		2.51	9.75	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	95		0	PAK	1		81	313	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	PAK	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	2		0	PAK	1		2	8	
Vitamin A, IU....IU	8		0	PAK	1		7	27	
Lycopene....µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin....µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17352

Veal, Australian, shank, hind, bone-in, separable lean and 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
Fatty acids, total saturated....g	2.951		0	PIK	4		2.508	9.738	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.000		0	PIK	4		0.000	0.000	
8:0....g									
10:0....g	0.007		0	PAK	1		0.006	0.022	
12:0....g	0.009		0	PAK	1		0.008	0.031	
13:0....g									
14:0....g	0.281		0	PAK	1		0.239	0.927	
15:0....g	0.046		0	PAK	1		0.039	0.152	
16:0....g	1.608		0	PAK	1		1.366	5.305	
17:0....g	0.077		0	PAK	1		0.065	0.253	
18:0....g	0.902		0	PAK	1		0.767	2.978	
20:0....g	0.009		0	PAK	1		0.007	0.029	
22:0....g	0.012		0	PAK	1		0.010	0.040	
24:0....g	0.000		0	PAK	1		0.000	0.001	
Fatty acids, total monounsaturated....g	2.798		0	PIK	4		2.379	9.235	
14:1....g	0.075		0	PAK	1		0.063	0.246	
15:1....g									
16:1 undifferentiated....g	0.210		0	PAK	1		0.178	0.693	
17:1....g									
18:1 undifferentiated....g	2.506		0	PAK	1		2.130	8.270	
20:1....g	0.008		0	PAK	1		0.007	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.662		0	PIK	4		0.563	2.185	
18:2 undifferentiated....g	0.183		0	PAK	1		0.156	0.604	
18:3 undifferentiated....g	0.379		0	PAK	1		0.322	1.252	
18:4....g	0.001		0	PIK	4		0.001	0.005	
20:2 n-6 c,c....g	0.000		0	PAK	1		0.000	0.001	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	
20:4 undifferentiated....g	0.037		0	PAK	1		0.031	0.122	
20:5 n-3 (EPA)....g	0.025		0	PAK	1		0.021	0.081	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.036		0	PAK	1		0.031	0.119	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.318		0	PIK	4		0.270	1.049	
Cholesterol....mg	60		0	PAK	1		51	197	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	PAK	1		0.165	0.641	
Threonine....g	0.839		0	PAK	1		0.713	2.768	
Isoleucine....g	0.946		0	PAK	1		0.804	3.120	
Leucine....g	1.529		0	PAK	1		1.300	5.047	
Lysine....g	1.583		0	PAK	1		1.345	5.222	
Methionine....g	0.448		0	PAK	1		0.381	1.480	
Cystine....g	0.217		0	PAK	1		0.185	0.716	
Phenylalanine....g	0.775		0	PAK	1		0.659	2.558	
Tyrosine....g	0.612		0	PAK	1		0.520	2.020	
Valine....g	1.062		0	PAK	1		0.902	3.504	
Arginine....g	1.130		0	PAK	1		0.961	3.730	
Histidine....g	0.697		0	PAK	1		0.592	2.300	
Alanine....g	1.143		0	PAK	1		0.971	3.771	
Aspartic acid....g	1.657		0	PAK	1		1.408	5.468	
Glutamic acid....g	3.039		0	PAK	1		2.583	10.027	
Glycine....g	0.987		0	PAK	1		0.839	3.259	
Proline....g	0.802		0	PAK	1		0.681	2.646	
Serine....g	0.720		0	PAK	1		0.612	2.376	
Hydroxyproline....g	0.100		0	BFPN	4		0.085	0.330	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

NDB No. 17352

Veal, Australian, shank, hind, bone-in, separable lean and 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 330g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17351

Veal, Australian, shank, hind, bone-in, separable lean only, raw

Refuse: 35% Bone and connective tissue 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	75.38		1	A	1		64.07	248.75	
Energy....kcal	122		0	NC	4		104	402	
Energy....kJ	509		0	NC	4		433	1680	
Protein (N x 6.25)....g	20.37		1	A	1		17.32	67.24	
Total lipid (fat)....g	4.47		1	A	1		3.80	14.77	
Ash....g	1.01		1	A	1		0.86	3.33	
Carbohydrate, by difference....g	0.00		0	NC	4		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		1	A	1		15	56	
Iron, Fe....mg	3.08		1	A	1		2.61	10.15	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	98		1	A	1		83	323	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.700		0	NC	4		1.445	5.611	
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									
10:0....g	0.005		1	A	1		0.004	0.017	
12:0....g	0.005		1	A	1		0.004	0.017	

NDB No. 17351
Veal, Australian, shank, hind, bone-in, 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
13:0....g									
14:0....g	0.166		1	A	1		0.141	0.547	
15:0....g	0.025		1	A	1		0.021	0.083	
16:0....g	0.957		1	A	1		0.813	3.158	
17:0....g	0.043		1	A	1		0.036	0.141	
18:0....g	0.484		1	A	1		0.411	1.598	
20:0....g	0.005		1	A	1		0.004	0.017	
22:0....g	0.010		1	A	1		0.009	0.033	
24:0....g									
Fatty acids, total monounsaturated....g	1.708		0	NC	4		1.452	5.636	
14:1....g	0.047		1	A	1		0.040	0.153	
15:1....g									
16:1 undifferentiated....g	0.131		1	A	1		0.111	0.431	
17:1....g									
18:1 undifferentiated....g	1.525		0	AS	1		1.297	5.034	
18:1 c....g	1.421		1	A	1		1.208	4.689	
18:1 t....g	0.104		1	A	1		0.089	0.345	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.004	0.017	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.602		0	NC	4		0.512	1.987	
18:2 undifferentiated....g	0.123		0	AS	1		0.105	0.406	
18:2 n-6 c,c....g	0.090		1	A	1		0.077	0.298	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033		1	A	1		0.028	0.108	
18:3 undifferentiated....g	0.382		0	AS	1		0.325	1.262	
18:3 n-3 c,c,c (ALA)....g	0.377		1	A	1		0.321	1.245	
18:3 n-6 c,c,c....g									
18:3i....g	0.005		1	A	1		0.004	0.017	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.038		1	A	1		0.032	0.124	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.025		1	A	1		0.021	0.083	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.034		1	A	1		0.029	0.112	
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.142		0	NC	4		0.121	0.469	
Fatty acids, total trans-monoenoic....g	0.104		0	NC	4		0.089	0.345	
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.032	0.125	
Cholesterol....mg	59		1	A	1		50	195	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0	A	1		0.175	0.680	
Threonine....g	0.890		0	A	1		0.756	2.936	
Isoleucine....g	1.003		0	A	1		0.852	3.310	
Leucine....g	1.622		0	A	1		1.379	5.353	
Lysine....g	1.679		0	A	1		1.427	5.539	
Methionine....g	0.476		0	A	1		0.404	1.570	
Cystine....g	0.230		0	A	1		0.196	0.760	
Phenylalanine....g	0.822		0	A	1		0.699	2.713	
Tyrosine....g	0.649		0	A	1		0.552	2.143	
Valine....g	1.126		0	A	1		0.957	3.716	
Arginine....g	1.199		0	A	1		1.019	3.956	
Histidine....g	0.739		0	A	1		0.628	2.440	
Alanine....g	1.212		0	A	1		1.030	4.000	

NDB No. 17351

Veal, Australian, shank, hind, bone-in, 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
Aspartic acid....g	1.757		0	A	1		1.494	5.799	
Glutamic acid....g	3.223		0	A	1		2.739	10.635	
Glycine....g	1.047		0	A	1		0.890	3.456	
Proline....g	0.850		0	A	1		0.723	2.806	
Serine....g	0.764		0	A	1		0.649	2.520	
Hydroxyproline....g	0.103		0	BFPN	4		0.087	0.340	
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 = 85g: 3 oz

Measure 2 = 330g: 1 roast with bone

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	54.77		0	PAK	1		46.55	159.38	
Energy....kcal	282		0	NC	4		240	821	
Energy....kJ	1180				4		1003	3433	
Protein (N x 6.25)....g	25.93		0	PAK	1		22.04	75.46	
Total lipid (fat)....g	18.95		0	PAK	1		16.11	55.14	
Ash....g	0.86		0	PAK	1		0.73	2.50	
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		7	23	
Iron, Fe....mg	0.75		0	PAK	1		0.64	2.18	
Magnesium, Mg....mg	19		0	PAK	1		16	55	
Phosphorus, P....mg	186		0	PAK	1		158	541	
Potassium, K....mg	266		0	PAK	1		226	774	
Sodium, Na....mg	64		0	PAK	1		54	186	
Zinc, Zn....mg	3.47		0	PAK	1		2.95	10.10	
Copper, Cu....mg	0.069		0	PAK	1		0.059	0.201	
Manganese, Mn....mg	0.008		0	PAK	1		0.007	0.023	
Selenium, Se....µg	10.6		0	BFNN	4		9.0	30.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.053		0	PAK	1		0.045	0.154	
Riboflavin....mg	0.296		0	PAK	1		0.252	0.861	
Niacin....mg	7.895		0	PAK	1		6.711	22.974	
Pantothenic acid....mg	1.031		0	PAK	1		0.876	3.000	
Vitamin B-6....mg	0.261		0	PAK	1		0.222	0.760	
Folate, total....µg	13		0	PAK	1		11	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0	PAK	1		11	38	
Folate, DFE....µg	13		0	NC	4		11	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.33		0	PAK	1		1.13	3.87	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	7.434		0	PAK	1		6.319	21.633	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.125		0	PAK	1		0.106	0.364	
13:0....g									
14:0....g	1.113		0	PAK	1		0.946	3.239	
15:0....g									
16:0....g	4.309		0	PAK	1		3.663	12.539	
17:0....g									
18:0....g	1.780		0	PAK	1		1.513	5.180	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.107		0	PAK	1		7.741	26.501	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.843		0	PAK	1		0.717	2.453	
17:1....g									
18:1 undifferentiated....g	7.872		0	PAK	1		6.691	22.908	
20:1....g	0.076		0	PAK	1		0.065	0.221	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.224		0	PAK	1		1.040	3.562	
18:2 undifferentiated....g	1.046		0	PAK	1		0.889	3.044	
18:3 undifferentiated....g	0.061		0	PAK	1		0.052	0.178	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	0.224	
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	112		0	PAK	1		95	326	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	PAK	1		0.223	0.762	
Threonine....g	1.132		0	PAK	1		0.962	3.294	
Isoleucine....g	1.277		0	PAK	1		1.085	3.716	
Leucine....g	2.062		0	PAK	1		1.753	6.000	
Lysine....g	2.136		0	PAK	1		1.816	6.216	
Methionine....g	0.606		0	PAK	1		0.515	1.763	
Cystine....g	0.294		0	PAK	1		0.250	0.856	
Phenylalanine....g	1.045		0	PAK	1		0.888	3.041	
Tyrosine....g	0.825		0	PAK	1		0.701	2.401	
Valine....g	1.431		0	PAK	1		1.216	4.164	
Arginine....g	1.526		0	PAK	1		1.297	4.441	
Histidine....g	0.941		0	PAK	1		0.800	2.738	
Alanine....g	1.543		0	PAK	1		1.312	4.490	
Aspartic acid....g	2.236		0	PAK	1		1.901	6.507	
Glutamic acid....g	4.103		0	PAK	1		3.488	11.940	
Glycine....g	1.331		0	PAK	1		1.131	3.873	
Proline....g	1.083		0	PAK	1		0.921	3.152	
Serine....g	0.971		0	PAK	1		0.825	2.826	
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.

NDB No. 17273

Veal, breast, plate half, boneless, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 291g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

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						Amount in edible portion 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	57.36		0	PAK	1		48.76	157.17	
Energy....kcal	248		0	NC	4		211	680	
Energy....kJ	1038				4		882	2843	
Protein (N x 6.25)....g	28.23		0	PAK	1		24.00	77.35	
Total lipid (fat)....g	14.16		0	PAK	1		12.04	38.80	
Ash....g	0.92		0	PAK	1		0.78	2.52	
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		8	25	
Iron, Fe....mg	0.79		0	PAK	1		0.67	2.16	
Magnesium, Mg....mg	21		0	PAK	1		18	58	
Phosphorus, P....mg	197		0	PAK	1		167	540	
Potassium, K....mg	278		0	PAK	1		236	762	
Sodium, Na....mg	66		0	PAK	1		56	181	
Zinc, Zn....mg	3.85		0	PAK	1		3.27	10.55	
Copper, Cu....mg	0.073		0	PAK	1		0.062	0.200	
Manganese, Mn....mg	0.008		0	PAK	1		0.007	0.022	
Selenium, Se....µg	11.5		0	BFNN	4		9.8	31.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.056		0	PAK	1		0.048	0.153	
Riboflavin....mg	0.309		0	PAK	1		0.263	0.847	
Niacin....mg	8.352		0	PAK	1		7.099	22.884	
Pantothenic acid....mg	1.071		0	PAK	1		0.910	2.935	
Vitamin B-6....mg	0.272		0	PAK	1		0.231	0.745	
Folate, total....µg	14		0	PAK	1		12	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0	PAK	1		12	38	
Folate, DFE....µg	14		0	NC	4		12	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.39		0	PAK	1		1.18	3.81	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.489		0	PAK	1		4.666	15.040	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.094		0	PAK	1		0.080	0.258	
13:0....g									
14:0....g	0.806		0	PAK	1		0.685	2.208	
15:0....g									
16:0....g	3.169		0	PAK	1		2.694	8.683	
17:0....g									
18:0....g	1.340		0	PAK	1		1.139	3.672	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.698		0	PAK	1		5.693	18.353	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.621		0	PAK	1		0.528	1.702	
17:1....g									
18:1 undifferentiated....g	5.791		0	PAK	1		4.922	15.867	
20:1....g	0.056		0	PAK	1		0.048	0.153	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.996		0	PAK	1		0.847	2.729	
18:2 undifferentiated....g	0.825		0	PAK	1		0.701	2.261	
18:3 undifferentiated....g	0.047		0	PAK	1		0.040	0.129	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.088		0	PAK	1		0.075	0.241	
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	114		0	PAK	1		97	312	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0	PAK	1		0.242	0.781	
Threonine....g	1.233		0	PAK	1		1.048	3.378	
Isoleucine....g	1.391		0	PAK	1		1.182	3.811	
Leucine....g	2.245		0	PAK	1		1.908	6.151	
Lysine....g	2.326		0	PAK	1		1.977	6.373	
Methionine....g	0.659		0	PAK	1		0.560	1.806	
Cystine....g	0.320		0	PAK	1		0.272	0.877	
Phenylalanine....g	1.138		0	PAK	1		0.967	3.118	
Tyrosine....g	0.898		0	PAK	1		0.763	2.461	
Valine....g	1.559		0	PAK	1		1.325	4.272	
Arginine....g	1.662		0	PAK	1		1.413	4.554	
Histidine....g	1.025		0	PAK	1		0.871	2.809	
Alanine....g	1.680		0	PAK	1		1.428	4.603	
Aspartic acid....g	2.435		0	PAK	1		2.070	6.672	
Glutamic acid....g	4.467		0	PAK	1		3.797	12.240	
Glycine....g	1.450		0	PAK	1		1.233	3.973	
Proline....g	1.179		0	PAK	1		1.002	3.230	
Serine....g	1.057		0	PAK	1		0.898	2.896	
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.

NDB No. 17274

Veal, breast, point half, boneless, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

NDB No. 17270

Veal, breast, separable fat, cooked

Bos taurus

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	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....µg	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....µg	5		0	BFPN	4		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	5		0	BFPN	4		1		
Folate, DFE....µg	5		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0	BFPN	4		0.16		
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17270
Veal, breast, separable fat, cooked

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
Fatty acids, total saturated....g	21.407		0		1		6.069		
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17270

Veal, breast, separable fat, cooked

Common Measures:

Measure 1 = 28.35g: 1 oz

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 27 (2014)

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						Amount in edible portion 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	55.95		0	PAK	1		47.56	158.34	
Energy ... kcal	266		0	NC	4		226	753	
Energy ... kJ	1113				4		946	3150	
Protein (N x 6.25) ... g	26.97		0	PAK	1		22.92	76.33	
Total lipid (fat) ... g	16.77		0	PAK	1		14.25	47.46	
Ash ... g	0.89		0	PAK	1		0.76	2.52	
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		8	25	
Iron, Fe ... mg	0.77		0	PAK	1		0.65	2.18	
Magnesium, Mg ... mg	20		0	PAK	1		17	57	
Phosphorus, P ... mg	191		0	PAK	1		162	541	
Potassium, K ... mg	272		0	PAK	1		231	770	
Sodium, Na ... mg	65		0	PAK	1		55	184	
Zinc, Zn ... mg	3.64		0	PAK	1		3.09	10.30	
Copper, Cu ... mg	0.071		0	PAK	1		0.060	0.201	
Manganese, Mn ... mg	0.008		0	PAK	1		0.007	0.023	
Selenium, Se ... µg	11.0		0	PAK	1		9.4	31.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.054		0	PAK	1		0.046	0.153	
Riboflavin ... mg	0.296		0	PAK	1		0.252	0.838	
Niacin ... mg	7.981		0	PAK	1		6.784	22.586	
Pantothenic acid ... mg	1.030		0	PAK	1		0.876	2.915	
Vitamin B-6 ... mg	0.261		0	PAK	1		0.222	0.739	
Folate, total ... µg	13		0	PAK	1		11	37	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	13		0	PAK	1		11	37	
Folate, DFE ... µg	13		0	NC	4		11	37	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.33		0	PAK	1		1.13	3.76	
Vitamin A, RAE ... µg									
Retinol ... µg									
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	6.550		0	PAK	1		5.568	18.537	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.111		0	PAK	1		0.094	0.314	
13:0....g									
14:0....g	0.974		0	PAK	1		0.828	2.756	
15:0....g									
16:0....g	3.790		0	PAK	1		3.222	10.726	
17:0....g									
18:0....g	1.580		0	PAK	1		1.343	4.471	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.012		0	PAK	1		6.810	22.674	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.742		0	PAK	1		0.631	2.100	
17:1....g									
18:1 undifferentiated....g	6.926		0	PAK	1		5.887	19.601	
20:1....g	0.067		0	PAK	1		0.057	0.190	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.120		0	PAK	1		0.952	3.170	
18:2 undifferentiated....g	0.945		0	PAK	1		0.803	2.674	
18:3 undifferentiated....g	0.055		0	PAK	1		0.047	0.156	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.082		0	PAK	1		0.070	0.232	
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	113		0	PAK	1		96	320	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAK	1		0.231	0.770	
Threonine....g	1.178		0	PAK	1		1.001	3.334	
Isoleucine....g	1.329		0	PAK	1		1.130	3.761	
Leucine....g	2.145		0	PAK	1		1.823	6.070	
Lysine....g	2.222		0	PAK	1		1.889	6.288	
Methionine....g	0.630		0	PAK	1		0.536	1.783	
Cystine....g	0.306		0	PAK	1		0.260	0.866	
Phenylalanine....g	1.087		0	PAK	1		0.924	3.076	
Tyrosine....g	0.858		0	PAK	1		0.729	2.428	
Valine....g	1.489		0	PAK	1		1.266	4.214	
Arginine....g	1.588		0	PAK	1		1.350	4.494	
Histidine....g	0.979		0	PAK	1		0.832	2.771	
Alanine....g	1.606		0	PAK	1		1.365	4.545	
Aspartic acid....g	2.326		0	PAK	1		1.977	6.583	
Glutamic acid....g	4.268		0	PAK	1		3.628	12.078	
Glycine....g	1.385		0	PAK	1		1.177	3.920	
Proline....g	1.126		0	PAK	1		0.957	3.187	
Serine....g	1.010		0	PAK	1		0.859	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.

NDB No. 17272

Veal, breast, whole, boneless, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

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						Amount in edible portion 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	1.260	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....µg	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									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									

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
Fatty acids, total trans....g									
Cholesterol....mg	71		2	A	1		20	322	
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 27 (2014)

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		50.76	141.54	
Energy....kcal	218		0	NC	4		185	517	
Energy....kJ	912				4		775	2162	
Protein (N x 6.25)....g	30.32	0.280	6	A	1		25.77	71.86	
Total lipid (fat)....g	9.80	0.560	6	A	1		8.33	23.23	
Ash....g	0.97	0.030	6	A	1		0.82	2.30	
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		8	21	
Iron, Fe....mg	0.83		2	A	1		0.71	1.97	
Magnesium, Mg....mg	22		2	A	1		19	52	
Phosphorus, P....mg	208		2	A	1		177	493	
Potassium, K....mg	289		2	A	1		246	685	
Sodium, Na....mg	68		2	A	1		58	161	
Zinc, Zn....mg	4.19		2	A	1		3.56	9.93	
Copper, Cu....mg	0.076		2	A	1		0.065	0.180	
Manganese, Mn....mg	0.008		2	A	1		0.007	0.019	
Selenium, Se....µg	12.5		2	A	1		10.6	29.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.060		0	BFPN	4		0.051	0.142	
Riboflavin....mg	0.330		0	BFPN	4		0.281	0.782	
Niacin....mg	8.970		0	BFPN	4		7.625	21.259	
Pantothenic acid....mg	1.140		0	BFPN	4		0.969	2.702	
Vitamin B-6....mg	0.290		0	BFPN	4		0.247	0.687	
Folate, total....µg	15		0	BFPN	4		13	36	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0	BFPN	4		13	36	
Folate, DFE....µg	15		0	NC	4		13	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.48		0	BFPN	4		1.26	3.51	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.720		0		1		3.162	8.816	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.065		0		1		0.055	0.154	
13:0....g									
14:0....g	0.527		0		1		0.448	1.249	
15:0....g									
16:0....g	2.132		0		1		1.812	5.053	
17:0....g									
18:0....g	0.941		0		1		0.800	2.230	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.508		0		1		3.832	10.684	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.419		0		1		0.356	0.993	
17:1....g									
18:1 undifferentiated....g	3.899		0		1		3.314	9.241	
20:1....g	0.038		0		1		0.032	0.090	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.788		0		1		0.670	1.868	
18:2 undifferentiated....g	0.624		0		1		0.530	1.479	
18:3 undifferentiated....g	0.033		0		1		0.028	0.078	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.098		0		1		0.083	0.232	
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	116		2	A	1		99	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0		1		0.260	0.725	
Threonine....g	1.324		0		1		1.125	3.138	
Isoleucine....g	1.494		0		1		1.270	3.541	
Leucine....g	2.411		0		1		2.049	5.714	
Lysine....g	2.498		0		1		2.123	5.920	
Methionine....g	0.708		0		1		0.602	1.678	
Cystine....g	0.344		0		1		0.292	0.815	
Phenylalanine....g	1.222		0		1		1.039	2.896	
Tyrosine....g	0.965		0		1		0.820	2.287	
Valine....g	1.674		0		1		1.423	3.967	
Arginine....g	1.785		0		1		1.517	4.230	
Histidine....g	1.101		0		1		0.936	2.609	
Alanine....g	1.805		0		1		1.534	4.278	
Aspartic acid....g	2.615		0		1		2.223	6.198	
Glutamic acid....g	4.798		0		1		4.078	11.371	
Glycine....g	1.557		0		1		1.323	3.690	
Proline....g	1.266		0		1		1.076	3.000	
Serine....g	1.135		0		1		0.965	2.690	
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.

NDB No. 17275

Veal, breast, whole, boneless, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 237g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

NDB No. 17093

Veal, 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	21.65	1.708	10		1		18.40	62.79	
Energy....kcal	642		0	NC	4		546	1862	
Energy....kJ	2686				4		2283	7790	
Protein (N x 6.25)....g	9.42	1.239	10		1		8.01	27.32	
Total lipid (fat)....g	66.74	2.990	10		1		56.73	193.55	
Ash....g	0.82	0.086	10		1		0.70	2.38	
Carbohydrate, by difference....g	0.00		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		3	12	
Iron, Fe....mg	1.00		0		1		0.85	2.90	
Magnesium, Mg....mg	10	0.676	8		1		9	29	
Phosphorus, P....mg	116	8.620	8		1		99	336	
Potassium, K....mg	173		0		1		147	502	
Sodium, Na....mg	57		0		1		48	165	
Zinc, Zn....mg	0.87		0		1		0.74	2.52	
Copper, Cu....mg	0.044		0		1		0.037	0.128	
Manganese, Mn....mg	0.012		0		1		0.010	0.035	
Selenium, Se....µg	5.5		2	A	1		4.7	16.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020		0		1		0.017	0.058	
Riboflavin....mg	0.120		0		1		0.102	0.348	
Niacin....mg	2.790		0		1		2.372	8.091	
Pantothenic acid....mg	0.450		0		1		0.383	1.305	
Vitamin B-6....mg	0.110		0		1		0.094	0.319	
Folate, total....µg	5		0		1		4	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		1		4	15	
Folate, DFE....µg	5		0	NC	4		4	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.55		0		1		0.47	1.60	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.25		0		1		0.21	0.73	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	32.390		0		1		27.532	93.931	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.090		67		1		0.077	0.261	
12:0....g	0.260		67		1		0.221	0.754	
13:0....g									
14:0....g	3.640		67		1		3.094	10.556	
15:0....g									
16:0....g	16.610		67		1		14.119	48.169	
17:0....g									
18:0....g	10.460		67		1		8.891	30.334	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	27.980		0		1		23.783	81.142	
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.400		67		1		2.890	9.860	
17:1....g									
18:1 undifferentiated....g	23.660		67		1		20.111	68.614	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.230		0		1		2.746	9.367	
18:2 undifferentiated....g	2.660		67		1		2.261	7.714	
18:3 undifferentiated....g	0.570		67		1		0.485	1.653	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....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	73		2		1		62	212	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.095		0		1		0.081	0.276	
Threonine....g	0.412		0		1		0.350	1.195	
Isoleucine....g	0.464		0		1		0.394	1.346	
Leucine....g	0.750		0		1		0.638	2.175	
Lysine....g	0.776		0		1		0.660	2.250	
Methionine....g	0.220		0		1		0.187	0.638	
Cystine....g	0.106		0		1		0.090	0.307	
Phenylalanine....g	0.380		0		1		0.323	1.102	
Tyrosine....g	0.300		0		1		0.255	0.870	
Valine....g	0.521		0		1		0.443	1.511	
Arginine....g	0.554		0		1		0.471	1.607	
Histidine....g	0.342		0		1		0.291	0.992	
Alanine....g	0.560		0		1		0.476	1.624	
Aspartic acid....g	0.813		0		1		0.691	2.358	
Glutamic acid....g	1.490		0		1		1.267	4.321	
Glycine....g	0.484		0		1		0.411	1.404	
Proline....g	0.393		0		1		0.334	1.140	
Serine....g	0.353		0		1		0.300	1.024	
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.

NDB No. 17093

Veal, composite of trimmed retail cuts, separable fat, cooked

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 290g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

NDB No. 17092

Veal, 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	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....µg	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....µg	4		0		1		1	18	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		1	18	
Folate, DFE....µg	4		0	NC	4		1	18	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.43		0		1		0.12	1.95	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.31		0		1		0.09	1.41	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	32.920		0		1		9.333	149.325	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17092

Veal, composite of trimmed retail cuts, separable 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 27 (2014)

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		48.52	119.30	
Energy....kcal	231		0	NC	4		196	483	
Energy....kJ	967		0		4		822	2020	
Protein (N x 6.25)....g	30.10		0		1		25.59	62.91	
Total lipid (fat)....g	11.39		0		1		9.68	23.81	
Ash....g	1.20		0		1		1.02	2.51	
Carbohydrate, by difference....g	0.00		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		19	46	
Iron, Fe....mg	1.15		0		1		0.98	2.40	
Magnesium, Mg....mg	26		0		1		22	54	
Phosphorus, P....mg	239		0		1		203	500	
Potassium, K....mg	325		0		1		276	679	
Sodium, Na....mg	87		0		1		74	182	
Zinc, Zn....mg	4.76		0		1		4.05	9.95	
Copper, Cu....mg	0.114		0		1		0.097	0.238	
Manganese, Mn....mg	0.036		0		1		0.031	0.075	
Selenium, Se....µg	12.3		0	PIE	4		10.5	25.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.125	
Riboflavin....mg	0.320		0		1		0.272	0.669	
Niacin....mg	7.970		0		1		6.775	16.657	
Pantothenic acid....mg	1.260		0		1		1.071	2.633	
Vitamin B-6....mg	0.310		0		1		0.264	0.648	
Folate, total....µg	15		0		1		13	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	31	
Folate, DFE....µg	15		0	NC	4		13	31	
Choline, total....mg	116.6		0	BFNN	4		99.1	243.7	
Betaine....mg	15.3		0	BFNN	4		13.0	32.0	
Vitamin B-12....µg	1.57		0		1		1.33	3.28	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0		1		0.34	0.84	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	6.6		0	BFZN	4		5.6	13.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	4.280		0		1		3.638	8.945	
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	0.010		0		1		0.009	0.021	
12:0....g	0.030		0		1		0.026	0.063	
13:0....g									
14:0....g	0.410		0		1		0.349	0.857	
15:0....g									
16:0....g	2.320		0		1		1.972	4.849	
17:0....g									
18:0....g	1.410		0		1		1.199	2.947	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.400		0		1		3.740	9.196	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		0		1		0.400	0.982	
17:1....g									
18:1 undifferentiated....g	3.840		0		1		3.264	8.026	
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		0.680	1.672	
18:2 undifferentiated....g	0.630		0		1		0.536	1.317	
18:3 undifferentiated....g	0.070		0		1		0.060	0.146	
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		0.085	0.209	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		97	238	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.305		0		1		0.259	0.637	
Threonine....g	1.315		0		1		1.118	2.748	
Isoleucine....g	1.482		0		1		1.260	3.097	
Leucine....g	2.395		0		1		2.036	5.006	
Lysine....g	2.480		0		1		2.108	5.183	
Methionine....g	0.702		0		1		0.597	1.467	
Cystine....g	0.340		0		1		0.289	0.711	
Phenylalanine....g	1.215		0		1		1.033	2.539	
Tyrosine....g	0.960		0		1		0.816	2.006	
Valine....g	1.663		0		1		1.414	3.476	
Arginine....g	1.770		0		1		1.505	3.699	
Histidine....g	1.092		0		1		0.928	2.282	
Alanine....g	1.790		0		1		1.522	3.741	
Aspartic acid....g	2.596		0		1		2.207	5.426	
Glutamic acid....g	4.761		0		1		4.047	9.950	
Glycine....g	1.547		0		1		1.315	3.233	
Proline....g	1.257		0		1		1.068	2.627	
Serine....g	1.128		0		1		0.959	2.358	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	µg	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	µg	13		0		1		4	59	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	13		0		1		4	59	
Folate, DFE	µg	13		0	NC	4		4	59	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.34		0		1		0.38	6.08	
Vitamin A, RAE	µg	0		0		4		0	0	
Retinol	µg	0		0		4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	1.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
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	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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		51.14	115.51	
Energy....kcal	196		0	NC	4		167	376	
Energy....kJ	820		0		4		697	1575	
Protein (N x 6.25)....g	31.90	0.233	12		1		27.12	61.25	
Total lipid (fat)....g	6.58	0.160	12		1		5.59	12.63	
Ash....g	1.23	0.015	12		1		1.05	2.36	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	2.144	12		1		20	46	
Iron, Fe....mg	1.16	0.029	12		1		0.99	2.23	
Magnesium, Mg....mg	28	0.614	12		1		24	54	
Phosphorus, P....mg	250	5.241	12		1		213	480	
Potassium, K....mg	338	2.458	12		1		287	649	
Sodium, Na....mg	89	3.319	12		1		76	171	
Zinc, Zn....mg	5.10	0.063	12		1		4.34	9.79	
Copper, Cu....mg	0.120	0.009	12		1		0.102	0.230	
Manganese, Mn....mg	0.038		0		1		0.032	0.073	
Selenium, Se....µg	13.0	1.355	5	A	1		11.1	25.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.005	12		1		0.051	0.115	
Riboflavin....mg	0.340	0.015	12		1		0.289	0.653	
Niacin....mg	8.420	0.708	12		1		7.157	16.166	
Pantothenic acid....mg	1.330	0.224	12		1		1.131	2.554	
Vitamin B-6....mg	0.330	0.046	12		1		0.281	0.634	
Folate, total....µg	16	2.334	12		1		14	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	2.334	12		1		14	31	
Folate, DFE....µg	16		0	NC	4		14	31	
Choline, total....mg	123.0		0	BFNN	4		104.6	236.2	
Betaine....mg	16.2		0	BFNN	4		13.7	31.0	
Vitamin B-12....µg	1.65	0.247	12		1		1.40	3.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36	0.81	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	6.6		0	BFZN	4		5.6	12.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		1.564	3.533	
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		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.019	
13:0....g									
14:0....g	0.120		73		1		0.102	0.230	
15:0....g									
16:0....g	1.070		73		1		0.910	2.054	
17:0....g									
18:0....g	0.630		73		1		0.536	1.210	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.350		0		1		1.998	4.512	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		73		1		0.179	0.403	
17:1....g									
18:1 undifferentiated....g	2.110		73		1		1.794	4.051	
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		0.502	1.133	
18:2 undifferentiated....g	0.450		73		1		0.383	0.864	
18:3 undifferentiated....g	0.030		73		1		0.026	0.058	
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		0.094	0.211	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		100	227	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.275	0.620	
Threonine....g	1.393		0		1		1.184	2.675	
Isoleucine....g	1.571		0		1		1.335	3.016	
Leucine....g	2.539		0		1		2.158	4.875	
Lysine....g	2.628		0		1		2.234	5.046	
Methionine....g	0.744		0		1		0.632	1.428	
Cystine....g	0.360		0		1		0.306	0.691	
Phenylalanine....g	1.287		0		1		1.094	2.471	
Tyrosine....g	1.017		0		1		0.864	1.953	
Valine....g	1.763		0		1		1.499	3.385	
Arginine....g	1.876		0		1		1.595	3.602	
Histidine....g	1.158		0		1		0.984	2.223	
Alanine....g	1.897		0		1		1.612	3.642	
Aspartic acid....g	2.752		0		1		2.339	5.284	
Glutamic acid....g	5.045		0		1		4.288	9.686	
Glycine....g	1.639		0		1		1.393	3.147	
Proline....g	1.332		0		1		1.132	2.557	
Serine....g	1.196		0		1		1.017	2.296	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	75.91	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....µg	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....µg	13	2.223	12		1		4	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13	2.223	12		1		4	59	
Folate, DFE....µg	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.40	0.179	12		1		0.40	6.35	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.07	1.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.860		0		1		0.244	3.901	
4:0....g									
6:0....g									
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	0.040		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									
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	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.

NDB No. 17090

Veal, composite of trimmed retail cuts, separable lean only, 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 27 (2014)

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		50.40	155.93	
Energy....kcal	188		0	NC	4		160	494	
Energy....kJ	787				4		669	2069	
Protein (N x 6.25)....g	34.94		0		1		29.70	91.89	
Total lipid (fat)....g	4.31		0		1		3.66	11.34	
Ash....g	1.89		0		1		1.61	4.97	
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	29		0		1		25	76	
Iron, Fe....mg	1.44		0		1		1.22	3.79	
Magnesium, Mg....mg	28		0		1		24	74	
Phosphorus, P....mg	239		0		1		203	629	
Potassium, K....mg	342		0		1		291	899	
Sodium, Na....mg	93		0		1		79	245	
Zinc, Zn....mg	6.01		0		1		5.11	15.81	
Copper, Cu....mg	0.153		0		1		0.130	0.402	
Manganese, Mn....mg	0.040		0		1		0.034	0.105	
Selenium, Se....µg	15.2		0	PIE	4		12.9	40.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.184	
Riboflavin....mg	0.400		0		1		0.340	1.052	
Niacin....mg	8.300		0		1		7.055	21.829	
Pantothenic acid....mg	1.190		0		1		1.012	3.130	
Vitamin B-6....mg	0.380		0		1		0.323	0.999	
Folate, total....µg	16		0		1		14	42	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	42	
Folate, DFE....µg	16		0	NC	4		14	42	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.67		0		1		1.42	4.39	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		0.38	1.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.300		0		1		1.105	3.419	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.009	0.026	
13:0....g									
14:0....g	0.070		0		1		0.060	0.184	
15:0....g									
16:0....g	0.740		0		1		0.629	1.946	
17:0....g									
18:0....g	0.450		0		1		0.383	1.184	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.390		0		1		1.182	3.656	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.140		0		1		0.119	0.368	
17:1....g									
18:1 undifferentiated....g	1.230		0		1		1.046	3.235	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0		1		0.383	1.184	
18:2 undifferentiated....g	0.320		0		1		0.272	0.842	
18:3 undifferentiated....g	0.020		0		1		0.017	0.053	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.289	
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	145		0		1		123	381	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.354		0		1		0.301	0.931	
Threonine....g	1.527		0		1		1.298	4.016	
Isoleucine....g	1.721		0		1		1.463	4.526	
Leucine....g	2.781		0		1		2.364	7.314	
Lysine....g	2.879		0		1		2.447	7.572	
Methionine....g	0.815		0		1		0.693	2.143	
Cystine....g	0.394		0		1		0.335	1.036	
Phenylalanine....g	1.410		0		1		1.199	3.708	
Tyrosine....g	1.114		0		1		0.947	2.930	
Valine....g	1.931		0		1		1.641	5.079	
Arginine....g	2.055		0		1		1.747	5.405	
Histidine....g	1.268		0		1		1.078	3.335	
Alanine....g	2.078		0		1		1.766	5.465	
Aspartic acid....g	3.015		0		1		2.563	7.929	
Glutamic acid....g	5.527		0		1		4.698	14.536	
Glycine....g	1.796		0		1		1.527	4.723	
Proline....g	1.459		0		1		1.240	3.837	
Serine....g	1.310		0		1		1.114	3.445	
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.

NDB No. 17141

Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 263g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	13	2.351	12		1		4	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13	2.351	12		1		4	59	
Folate, DFE....µg	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.49	0.192	12		1		0.42	6.76	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	1.22	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.750		0		1		0.213	3.402	
4:0....g									
6:0....g									
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	0.040		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									
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	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.

NDB No. 17140

Veal, cubed for stew (leg and shoulder), separable lean only, 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 27 (2014)

NDB No. 17432
Veal, external fat only, cooked

Refuse:

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	32.69		1	A	1				
Energy....kcal	540		0	NC	4				
Energy....kJ	2260		0	NC	4				
Protein....g	15.28		1	A	1				
Total lipid (fat)....g	53.23		1	A	1				
Ash....g	0.60		1	A	1				
Carbohydrate, by difference....g	0.00		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	58		2	A	1				
Iron, Fe....mg	1.09		2	A	1				
Magnesium, Mg....mg	26		2	A	1				
Phosphorus, P....mg	168		2	A	1				
Potassium, K....mg	152		2	A	1				
Sodium, Na....mg	103		2	A	1				
Zinc, Zn....mg	1.42		2	A	1				
Copper, Cu....mg	0.074		2	A	1				
Manganese, Mn....mg	0.044		2	A	1				
Selenium, Se....µg	9.8		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.053		1	A	1				
Riboflavin....mg	0.160		1	A	1				
Niacin....mg	4.160		1	A	1				
Pantothenic acid....mg	0.390		1	A	1				
Vitamin B-6....mg	0.214		1	A	1				
Folate, total....µg	0		0	BFPN	4				
Folic acid....µg	0		0	BFPN	4				
Folate, food....µg	0		0	BFPN	4				
Folate, DFE....µg	0		0	NC	4				
Choline, total....mg	41.9		0	AS	1				
Betaine....mg	15.3		1	A	1				
Vitamin B-12....µg	1.61		1	A	1				
Vitamin B-12, added....µg	0.00		0	Z	7				
Vitamin A, RAE....µg	0		0	AS	1				
Retinol....µg	0		0	BFSN	4				
Carotene, beta....µg	0		0	Z	7				
Carotene, alpha....µg	0		0	Z	7				
Cryptoxanthin, beta....µg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	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	0.00		1	A	1				
Tocopherol, gamma....mg	0.07		1	A	1				
Tocopherol, delta....mg	0.04		1	A	1				
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.6		0	AS	1				
Vitamin D....IU	142		1	A	1				
Vitamin K (phylloquinone)....µg	2.4		0	BFSN	4				
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17432
Veal, external fat only, cooked

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
Lipids:									
Fatty acids, total saturated....g	17.754		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.014		2	A	1				
12:0....g	0.033		2	A	1				
13:0....g									
14:0....g	1.247		2	A	1				
15:0....g									
16:0....g	11.167		2	A	1				
17:0....g	0.494		2	A	1				
18:0....g	4.765		2	A	1				
20:0....g	0.019		2	A	1				
22:0....g									
24:0....g	0.014		2	A	1				
Fatty acids, total monounsaturated....g	23.864		0	NC	4				
14:1....g	0.471		2	A	1				
15:1....g									
16:1 undifferentiated....g	1.998		0	AS	1				
16:1 c....g	1.998		2	A	1				
16:1 t....g									
17:1....g	0.476		2	A	1				
18:1 undifferentiated....g	20.822		0	AS	1				
18:1 c....g	18.772		2	A	1				
18:1 t....g	2.051		2	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.098		2	A	1				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.709		0	NC	4				
18:2 undifferentiated....g	1.609		0	AS	1				
18:2 n-6 c,c....g	1.298		2	A	1				
18:2 CLAs....g	0.312		2	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.048		2	A	1				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.005		2	A	1				
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		2	A	1				
20:5 n-3 (EPA)....g	0.000		2	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g	2.051		0	NC	4				
Fatty acids, total trans-monoenoic....g	2.051		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	85		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1				
Threonine....g	0.668		0	A	1				
Isoleucine....g	0.753		0	A	1				
Leucine....g	1.216		0	A	1				
Lysine....g	1.259		0	A	1				
Methionine....g	0.357		0	A	1				
Cystine....g	0.172		0	A	1				
Phenylalanine....g	0.617		0	A	1				
Tyrosine....g	0.487		0	A	1				
Valine....g	0.845		0	A	1				

NDB No. 17432
Veal, external fat 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
Arginine.....g	0.899		0	A	1				
Histidine.....g	0.555		0	A	1				
Alanine.....g	0.909		0	A	1				
Aspartic acid.....g	1.318		0	A	1				
Glutamic acid.....g	2.417		0	A	1				
Glycine.....g	0.785		0	A	1				
Proline.....g	0.638		0	A	1				
Serine.....g	0.573		0	A	1				
Hydroxyproline.....g	0.084		0	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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17431
Veal, external fat only, raw

Refuse:

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	38.19		1	A	1				
Energy....kcal	503		0	NC	4				
Energy....kJ	2106		0	NC	4				
Protein....g	8.85		1	A	1				
Total lipid (fat)....g	51.60		1	A	1				
Ash....g	0.47		1	A	1				
Carbohydrate, by difference....g	0.89		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	31		2	A	1				
Iron, Fe....mg	0.73		2	A	1				
Magnesium, Mg....mg	19		2	A	1				
Phosphorus, P....mg	133		2	A	1				
Potassium, K....mg	107		2	A	1				
Sodium, Na....mg	89		2	A	1				
Zinc, Zn....mg	0.83		2	A	1				
Copper, Cu....mg	0.045		2	A	1				
Manganese, Mn....mg	0.008		2	A	1				
Selenium, Se....µg	5.2		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.035		1	A	1				
Riboflavin....mg	0.090		1	A	1				
Niacin....mg	2.780		1	A	1				
Pantothenic acid....mg	0.260		1	A	1				
Vitamin B-6....mg	0.154		1	A	1				
Folate, total....µg	0		0	BFPN	4				
Folic acid....µg	0		0	BFPN	4				
Folate, food....µg	0		0	BFPN	4				
Folate, DFE....µg	0		0	NC	4				
Choline, total....mg	32.0		0	AS	1				
Betaine....mg	10.9		1	A	1				
Vitamin B-12....µg	1.35		1	A	1				
Vitamin B-12, added....µg	0.00		0	Z	7				
Vitamin A, RAE....µg	0		0	AS	1				
Retinol....µg	0		0	BFSN	4				
Carotene, beta....µg	0		0	Z	7				
Carotene, alpha....µg	0		0	Z	7				
Cryptoxanthin, beta....µg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.30		1	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		1	A	1				
Tocopherol, gamma....mg	0.05		1	A	1				
Tocopherol, delta....mg	0.04		1	A	1				
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	5.5		0	AS	1				
Vitamin D....IU	220		1	A	1				
Vitamin K (phylloquinone)....µg	2.8		0	BFSN	4				
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17431
Veal, external fat 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
Lipids:									
Fatty acids, total saturated....g	19.082		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.030		2	A	1				
12:0....g	0.033		2	A	1				
13:0....g									
14:0....g	1.430		2	A	1				
15:0....g									
16:0....g	10.880		2	A	1				
17:0....g	0.559		2	A	1				
18:0....g	6.112		2	A	1				
20:0....g	0.026		2	A	1				
22:0....g									
24:0....g	0.014		2	A	1				
Fatty acids, total monounsaturated....g	24.815		0	NC	4				
14:1....g	0.377		2	A	1				
15:1....g									
16:1 undifferentiated....g	1.748		0	AS	1				
16:1 c....g	1.748		2	A	1				
16:1 t....g									
17:1....g	0.405		2	A	1				
18:1 undifferentiated....g	22.194		0	AS	1				
18:1 c....g	19.951		2	A	1				
18:1 t....g	2.243		2	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.090		2	A	1				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.631		0	NC	4				
18:2 undifferentiated....g	1.528		0	AS	1				
18:2 n-6 c,c....g	1.289		2	A	1				
18:2 CLAs....g	0.240		2	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.060		2	A	1				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.003		2	A	1				
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		2	A	1				
20:5 n-3 (EPA)....g	0.000		2	A	1				
21:5....g									
22:4....g									
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	2.243		0	NC	4				
Fatty acids, total trans-monoenoic....g	2.243		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	86		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		0	A	1				
Threonine....g	0.387		0	A	1				
Isoleucine....g	0.436		0	A	1				
Leucine....g	0.704		0	A	1				
Lysine....g	0.729		0	A	1				
Methionine....g	0.206		0	A	1				
Cystine....g	0.100		0	A	1				
Phenylalanine....g	0.357		0	A	1				
Tyrosine....g	0.282		0	A	1				
Valine....g	0.489		0	A	1				

NDB No. 17431
Veal, external fat 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
Arginine....g	0.520		0	A	1				
Histidine....g	0.321		0	A	1				
Alanine....g	0.526		0	A	1				
Aspartic acid....g	0.763		0	A	1				
Glutamic acid....g	1.399		0	A	1				
Glycine....g	0.455		0	A	1				
Proline....g	0.369		0	A	1				
Serine....g	0.331		0	A	1				
Hydroxyproline....g	0.060		0	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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17436

Veal, foreshank, osso buco, separable lean and fat, cooked, braised

IMPS# 1312

Refuse: 47% Bone and connective tissue 47%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	61.30		0	RKA	1		52.10	114.63	
Energy....kcal	182		0	RKI	6		155	341	
Energy....kJ	762		0	RKI	6		648	1425	
Protein....g	27.94		0	RKA	1		23.75	52.25	
Total lipid (fat)....g	7.77		0	RKA	1		6.60	14.53	
Ash....g	0.94		0	RKA	1		0.80	1.76	
Carbohydrate, by difference....g	0.11		0	RKI	6		0.09	0.20	
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	RKA	1		19	42	
Iron, Fe....mg	2.00		0	RKA	1		1.70	3.74	
Magnesium, Mg....mg	34		0	RKA	1		29	63	
Phosphorus, P....mg	214		0	RKA	1		182	400	
Potassium, K....mg	201		0	RKA	1		171	377	
Sodium, Na....mg	90		0	RKA	1		77	169	
Zinc, Zn....mg	5.08		0	RKA	1		4.32	9.50	
Copper, Cu....mg	0.116		0	RKA	1		0.099	0.217	
Manganese, Mn....mg	0.013		0	RKA	1		0.011	0.024	
Selenium, Se....µg	19.9		0	RKA	1		16.9	37.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin....mg	0.081		0	RKA	1		0.069	0.151	
Riboflavin....mg	0.337		0	RKA	1		0.286	0.629	
Niacin....mg	3.731		0	RKA	1		3.172	6.977	
Pantothenic acid....mg	0.476		0	RKA	1		0.405	0.890	
Vitamin B-6....mg	0.179		0	RKA	1		0.152	0.335	
Folate, total....µg	4		0	RKI	6		4	8	
Folic acid....µg	0		0	RKI	6		0	0	
Folate, food....µg	4		0	RKI	6		4	8	
Folate, DFE....µg	4		0	NC	4		4	8	
Choline, total....mg	140.0		0	RKI	6		119.0	261.9	
Betaine....mg	26.1		0	RKI	6		22.1	48.7	
Vitamin B-12....µg	1.86		0	RKA	1		1.58	3.48	
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	
Vitamin A, RAE....µg	0		0	RKA	1		0	0	
Retinol....µg	0		0	RKI	6		0	0	
Carotene, beta....µg	0		0	RKI	6		0	0	
Carotene, alpha....µg	0		0	RKI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	
Vitamin A, IU....IU	0		0	RKA	1		0	0	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	RKI	6		0.33	0.73	
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	RKA	1		0.01	0.01	
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.01	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	RKA	1		0.9	2.0	
Vitamin D....IU	42		0	RKI	6		36	79	
Vitamin K (phylloquinone)....µg	1.5		0	RKI	6		1.2	2.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17436

Veal, foreshank, osso buco, 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
Lipids:									
Fatty acids, total saturated....g	2.712		0	RKI	6		2.306	5.072	
4:0....g	0.000		0	RKI	6		0.000	0.000	
6:0....g	0.000		0	RKI	6		0.000	0.000	
8:0....g	0.000		0	RKI	6		0.000	0.000	
10:0....g	0.004		0	RKA	1		0.004	0.008	
12:0....g	0.004		0	RKA	1		0.004	0.008	
13:0....g									
14:0....g	0.167		0	RKA	1		0.142	0.312	
15:0....g									
16:0....g	1.586		0	RKA	1		1.348	2.966	
17:0....g	0.075		0	RKA	1		0.064	0.141	
18:0....g	0.861		0	RKA	1		0.732	1.610	
20:0....g	0.003		0	RKA	1		0.002	0.005	
22:0....g									
24:0....g	0.012		0	RKA	1		0.010	0.023	
Fatty acids, total monounsaturated....g	3.547		0	RKI	6		3.015	6.634	
14:1....g	0.048		0	RKA	1		0.041	0.089	
15:1....g									
16:1 undifferentiated....g	0.273		0	RKA	1		0.232	0.510	
17:1....g	0.070		0	RKA	1		0.060	0.131	
18:1 undifferentiated....g	3.155		0	RKA	1		2.682	5.900	
20:1....g	0.002		0	RKA	1		0.002	0.004	
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.455		0	RKI	6		0.386	0.850	
18:2 undifferentiated....g	0.369		0	RKA	1		0.314	0.691	
18:3 undifferentiated....g	0.011		0	RKA	1		0.009	0.021	
18:4....g	0.000		0	RKI	6		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.074		0	RKA	1		0.063	0.139	
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	RKI	6		0.001	0.001	
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	
Fatty acids, total trans....g	0.276		0	RKI	6		0.235	0.517	
Cholesterol....mg	92		0	RKA	1		78	171	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	RKA	1		0.240	0.529	
Threonine....g	1.221		0	RKA	1		1.038	2.283	
Isoleucine....g	1.376		0	RKA	1		1.170	2.574	
Leucine....g	2.224		0	RKA	1		1.890	4.159	
Lysine....g	2.303		0	RKA	1		1.957	4.306	
Methionine....g	0.652		0	RKA	1		0.554	1.220	
Cystine....g	0.315		0	RKA	1		0.268	0.590	
Phenylalanine....g	1.127		0	RKA	1		0.958	2.108	
Tyrosine....g	0.891		0	RKA	1		0.757	1.666	
Valine....g	1.545		0	RKA	1		1.313	2.889	
Arginine....g	1.644		0	RKA	1		1.397	3.074	
Histidine....g	1.015		0	RKA	1		0.862	1.897	
Alanine....g	1.662		0	RKA	1		1.413	3.108	
Aspartic acid....g	2.411		0	RKA	1		2.049	4.509	
Glutamic acid....g	4.420		0	RKA	1		3.757	8.266	
Glycine....g	1.436		0	RKA	1		1.220	2.685	
Proline....g	1.167		0	RKA	1		0.992	2.182	
Serine....g	1.047		0	RKA	1		0.890	1.958	
Hydroxyproline....g	0.141		0	RKA	1		0.120	0.264	
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	

NDB No. 17436

Veal, foreshank, osso buco, 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
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		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: 3 oz

Measure 2 = 187g: 1 shank cross cut

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17429

Veal, foreshank, osso buco, separable lean only, cooked, braised

IMPS # 1312

Refuse: 51% Bone and connective tissue 47%, 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	63.28		6	A	1		53.78	118.33	
Energy....kcal	157		0	NC	4		134	294	
Energy....kJ	657		0	NC	4		558	1229	
Protein....g	29.12		6	A	1		24.75	54.45	
Total lipid (fat)....g	4.51		6	A	1		3.84	8.44	
Ash....g	0.97		6	A	1		0.82	1.81	
Carbohydrate, by difference....g	0.00		0	BFZN	4		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		6	A	1		18	39	
Iron, Fe....mg	2.06		6	A	1		1.75	3.86	
Magnesium, Mg....mg	34		6	A	1		29	64	
Phosphorus, P....mg	218		6	A	1		185	408	
Potassium, K....mg	205		6	A	1		174	383	
Sodium, Na....mg	90		6	A	1		77	169	
Zinc, Zn....mg	5.32		6	A	1		4.53	9.96	
Copper, Cu....mg	0.119		6	A	1		0.101	0.222	
Manganese, Mn....mg	0.011		6	A	1		0.009	0.021	
Selenium, Se....µg	20.7		1	A	1		17.6	38.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.083		1	A	1		0.071	0.156	
Riboflavin....mg	0.350		1	A	1		0.297	0.654	
Niacin....mg	3.770		1	A	1		3.204	7.050	
Pantothenic acid....mg	0.480		1	A	1		0.408	0.897	
Vitamin B-6....mg	0.177		1	A	1		0.150	0.331	
Folate, total....µg	5		0	BFPN	4		4	9	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	5		0	BFPN	4		4	9	
Folate, DFE....µg	5		0	NC	4		4	9	
Choline, total....mg	146.8		0	BFPN	4		124.8	274.5	
Betaine....mg	26.9		0	BFPN	4		22.8	50.2	
Vitamin B-12....µg	1.88		1	A	1		1.60	3.52	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.38		0	BFFN	4		0.32	0.71	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7	1.5	
Vitamin D....IU	33		0	BFFN	4		28	61	
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.2	2.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17429

Veal, foreshank, osso buco, 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
Lipids:									
Fatty acids, total saturated....g	1.658		0	NC	4		1.409	3.100	
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	
10:0....g	0.002		6	A	1		0.002	0.005	
12:0....g	0.004		6	A	1		0.003	0.007	
13:0....g									
14:0....g	0.102		6	A	1		0.087	0.191	
15:0....g									
16:0....g	0.961		6	A	1		0.817	1.798	
17:0....g	0.046		6	A	1		0.039	0.085	
18:0....g	0.533		6	A	1		0.453	0.996	
20:0....g	0.001		6	A	1		0.001	0.002	
22:0....g									
24:0....g	0.008		6	A	1		0.007	0.015	
Fatty acids, total monounsaturated....g	2.194		0	NC	4		1.865	4.103	
14:1....g	0.029		6	A	1		0.025	0.055	
15:1....g									
16:1 undifferentiated....g	0.175		6	AS	1		0.149	0.328	
16:1 c....g	0.175		6	A	1		0.149	0.328	
16:1 t....g									
17:1....g	0.043		6	A	1		0.037	0.081	
18:1 undifferentiated....g	1.946		6	AS	1		1.654	3.640	
18:1 c....g	1.783		6	A	1		1.516	3.335	
18:1 t....g	0.163		6	A	1		0.139	0.305	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		6	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0	NC	4		0.248	0.547	
18:2 undifferentiated....g	0.236		6	AS	1		0.201	0.441	
18:2 n-6 c,c....g	0.222		6	A	1		0.189	0.416	
18:2 CLAs....g	0.014		6	A	1		0.011	0.025	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		6	A	1		0.006	0.012	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		6	A	1		0.042	0.093	
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.163		0	NC	4		0.139	0.305	
Fatty acids, total trans-monoenoic....g	0.163		0	NC	4		0.139	0.305	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	92		6	A	1		78	172	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.295		0	A	1		0.251	0.551	
Threonine....g	1.272		0	A	1		1.081	2.379	
Isoleucine....g	1.434		0	A	1		1.219	2.682	
Leucine....g	2.317		0	A	1		1.970	4.334	
Lysine....g	2.400		0	A	1		2.040	4.487	
Methionine....g	0.680		0	A	1		0.578	1.271	
Cystine....g	0.329		0	A	1		0.279	0.614	
Phenylalanine....g	1.175		0	A	1		0.999	2.197	
Tyrosine....g	0.928		0	A	1		0.789	1.736	
Valine....g	1.610		0	A	1		1.368	3.010	

NDB No. 17429

Veal, foreshank, osso buco, 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
Arginine....g	1.713		0	A	1		1.456	3.203	
Histidine....g	1.057		0	A	1		0.899	1.977	
Alanine....g	1.732		0	A	1		1.472	3.239	
Aspartic acid....g	2.512		0	A	1		2.136	4.698	
Glutamic acid....g	4.606		0	A	1		3.915	8.613	
Glycine....g	1.496		0	A	1		1.272	2.798	
Proline....g	1.216		0	A	1		1.034	2.274	
Serine....g	1.091		0	A	1		0.927	2.040	
Hydroxyproline....g	0.147		0	A	1		0.125	0.275	
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 = 85g: 3 oz

Measure 2 = 187g: 1 shank cross cut

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17143
Veal, ground, 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	66.76		0		1		56.75	199.61	
Energy ... kcal	172		0	NC	4		146	514	
Energy ... kJ	720		0		4		612	2152	
Protein (N x 6.25) ... g	24.38		0		1		20.72	72.90	
Total lipid (fat) ... g	7.56		0		1		6.43	22.60	
Ash ... g	1.31		0		1		1.11	3.92	
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	17		0		1		14	51	
Iron, Fe ... mg	0.99		0		1		0.84	2.96	
Magnesium, Mg ... mg	24		0		1		20	72	
Phosphorus, P ... mg	217		0		1		184	649	
Potassium, K ... mg	337		0		1		286	1008	
Sodium, Na ... mg	83		0		1		71	248	
Zinc, Zn ... mg	3.87		0		1		3.29	11.57	
Copper, Cu ... mg	0.103		0		1		0.088	0.308	
Manganese, Mn ... mg	0.035		0		1		0.030	0.105	
Selenium, Se ... µg	13.7		0	BFNN	4		11.6	41.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070		0		1		0.060	0.209	
Riboflavin ... mg	0.270		0		1		0.230	0.807	
Niacin ... mg	8.030		0		1		6.826	24.010	
Pantothenic acid ... mg	1.160		0		1		0.986	3.468	
Vitamin B-6 ... mg	0.390		0		1		0.332	1.166	
Folate, total ... µg	11		0		1		9	33	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	11		0		1		9	33	
Folate, DFE ... µg	11		0	NC	4		9	33	
Choline, total ... mg	95.0		0	BFNN	4		80.7	284.0	
Betaine ... mg	12.5		0	BFNN	4		10.6	37.3	
Vitamin B-12 ... µg	1.27		0		1		1.08	3.80	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	0		0	NC	4		0	0	
Retinol ... µg	0		0	NR	4		0	0	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0		7		0	0	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.15		0	NR	4		0.13	0.45	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	AS	1		0.0	0.0	
Vitamin D ... IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone) ... µg	1.2		0	BFYN	4		1.0	3.5	
Dihydrophylloquinone ... µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 ... µg									

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
Lipids:									
Fatty acids, total saturated....g	3.040		0		1		2.584	9.090	
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	0.010		0		1		0.009	0.030	
12:0....g	0.020		0		1		0.017	0.060	
13:0....g									
14:0....g	0.280		0		1		0.238	0.837	
15:0....g									
16:0....g	1.620		0		1		1.377	4.844	
17:0....g									
18:0....g	1.010		0		1		0.859	3.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.840		0		1		2.414	8.492	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.320		0		1		0.272	0.957	
17:1....g									
18:1 undifferentiated....g	2.450		0		1		2.083	7.326	
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		0.468	1.645	
18:2 undifferentiated....g	0.420		0		1		0.357	1.256	
18:3 undifferentiated....g	0.050		0		1		0.043	0.150	
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		0.077	0.269	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		88	308	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.247		0		1		0.210	0.739	
Threonine....g	1.065		0		1		0.905	3.184	
Isoleucine....g	1.201		0		1		1.021	3.591	
Leucine....g	1.940		0		1		1.649	5.801	
Lysine....g	2.009		0		1		1.708	6.007	
Methionine....g	0.569		0		1		0.484	1.701	
Cystine....g	0.275		0		1		0.234	0.822	
Phenylalanine....g	0.984		0		1		0.836	2.942	
Tyrosine....g	0.777		0		1		0.660	2.323	
Valine....g	1.347		0		1		1.145	4.028	
Arginine....g	1.434		0		1		1.219	4.288	
Histidine....g	0.885		0		1		0.752	2.646	
Alanine....g	1.450		0		1		1.233	4.336	
Aspartic acid....g	2.103		0		1		1.788	6.288	
Glutamic acid....g	3.856		0		1		3.278	11.529	
Glycine....g	1.253		0		1		1.065	3.746	
Proline....g	1.018		0		1		0.865	3.044	
Serine....g	0.914		0		1		0.777	2.733	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 299g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

NDB No. 17424
Veal, ground, cooked, pan-fried

IMPS 396
Refuse:

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		6	A	1		50.89		
Energy....kcal	215		0	NC	4		183		
Energy....kJ	901		0	NC	4		766		
Protein....g	25.83		6	A	1		21.95		
Total lipid (fat)....g	11.78		6	A	1		10.01		
Ash....g	1.02		6	A	1		0.87		
Carbohydrate, by difference....g	1.51		0	NC	4		1.28		
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	18		6	A	1		15		
Iron, Fe....mg	1.50		6	A	1		1.28		
Magnesium, Mg....mg	34		6	A	1		29		
Phosphorus, P....mg	231		6	A	1		196		
Potassium, K....mg	245		6	A	1		208		
Sodium, Na....mg	146		6	A	1		125		
Zinc, Zn....mg	2.95		6	A	1		2.51		
Copper, Cu....mg	0.116		6	A	1		0.099		
Manganese, Mn....mg	0.009		6	A	1		0.007		
Selenium, Se....µg	18.5		1	A	1		15.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.095		1	A	1		0.081		
Riboflavin....mg	0.430		1	A	1		0.366		
Niacin....mg	7.900		1	A	1		6.715		
Pantothenic acid....mg	0.880		1	A	1		0.748		
Vitamin B-6....mg	0.508		1	A	1		0.432		
Folate, total....µg	6		0	BFPN	4		5		
Folic acid....µg	0		0	BFPN	4		0		
Folate, food....µg	6		0	BFPN	4		5		
Folate, DFE....µg	6		0	NC	4		5		
Choline, total....mg	119.6		0	AS	1		101.7		
Betaine....mg	33.9		1	A	1		28.8		
Vitamin B-12....µg	3.53		1	A	1		3.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		0	BFSN	4		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.26		1	A	1		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		1	A	1		0.00		
Tocopherol, gamma....mg	0.07		1	A	1		0.06		
Tocopherol, delta....mg	0.05		1	A	1		0.04		
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.4		0	AS	1		1.2		
Vitamin D....IU	55		1	A	1		47		
Vitamin K (phylloquinone)....µg	1.5		0	BFSN	4		1.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17424
Veal, ground, 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
Lipids:									
Fatty acids, total saturated....g	4.368		0	NC	4		3.712		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.009		6	A	1		0.007		
12:0....g	0.010		6	A	1		0.008		
13:0....g									
14:0....g	0.266		6	A	1		0.226		
15:0....g									
16:0....g	2.517		6	A	1		2.139		
17:0....g	0.123		6	A	1		0.105		
18:0....g	1.418		6	A	1		1.205		
20:0....g	0.003		6	A	1		0.003		
22:0....g									
24:0....g	0.022		6	A	1		0.019		
Fatty acids, total monounsaturated....g	5.665		0	NC	4		4.816		
14:1....g	0.071		6	A	1		0.060		
15:1....g									
16:1 undifferentiated....g	0.436		6	AS	1		0.371		
16:1 c....g	0.436		6	A	1		0.371		
16:1 t....g									
17:1....g	0.113		6	A	1		0.096		
18:1 undifferentiated....g	5.045		6	AS	1		4.289		
18:1 c....g	4.597		6	A	1		3.908		
18:1 t....g	0.448		6	A	1		0.381		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		6	A	1		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.784		0	NC	4		0.667		
18:2 undifferentiated....g	0.637		6	AS	1		0.541		
18:2 n-6 c,c....g	0.599		6	A	1		0.510		
18:2 CLAs....g	0.037		6	A	1		0.032		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.017		6	A	1		0.015		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		6	A	1		0.000		
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.130		6	A	1		0.111		
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000		
21:5....g									
22:4....g									
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	0.448		0	NC	4		0.381		
Fatty acids, total trans-monoenoic....g	0.448		0	NC	4		0.381		
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	77		5	A	1		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	A	1		0.222		
Threonine....g	1.129		0	A	1		0.959		
Isoleucine....g	1.272		0	A	1		1.081		
Leucine....g	2.056		0	A	1		1.747		
Lysine....g	2.129		0	A	1		1.809		
Methionine....g	0.603		0	A	1		0.512		
Cystine....g	0.291		0	A	1		0.248		
Phenylalanine....g	1.042		0	A	1		0.886		
Tyrosine....g	0.824		0	A	1		0.700		
Valine....g	1.428		0	A	1		1.214		

NDB No. 17424
Veal, ground, 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
Arginine.....g	1.519		0	A	1		1.291		
Histidine.....g	0.938		0	A	1		0.797		
Alanine.....g	1.536		0	A	1		1.306		
Aspartic acid.....g	2.229		0	A	1		1.894		
Glutamic acid.....g	4.086		0	A	1		3.473		
Glycine.....g	1.327		0	A	1		1.128		
Proline.....g	1.079		0	A	1		0.917		
Serine.....g	0.968		0	A	1		0.823		
Hydroxyproline.....g	0.176		0	A	1		0.150		
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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17142
Veal, ground, raw

IMPS 396
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	66.16		6	A	1		56.24	18.76	74.76
Energy....kcal	197		0	NC	4		168	56	223
Energy....kJ	825		0	NC	4		701	234	932
Protein (N x 6.25)....g	18.58		6	A	1		15.79	5.27	20.99
Total lipid (fat)....g	13.06		6	A	1		11.10	3.70	14.76
Ash....g	0.93		6	A	1		0.79	0.26	1.05
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12		6	A	1		10	4	14
Iron, Fe....mg	1.37		6	A	1		1.16	0.39	1.54
Magnesium, Mg....mg	31		6	A	1		26	9	35
Phosphorus, P....mg	197		6	A	1		167	56	223
Potassium, K....mg	198		6	A	1		169	56	224
Sodium, Na....mg	103		6	A	1		88	29	117
Zinc, Zn....mg	2.51		6	A	1		2.14	0.71	2.84
Copper, Cu....mg	0.088		6	A	1		0.074	0.025	0.099
Manganese, Mn....mg	0.008		6	A	1		0.007	0.002	0.009
Selenium, Se....µg	13.1		1	A	1		11.1	3.7	14.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.113		1	A	1		0.096	0.032	0.128
Riboflavin....mg	0.280		1	A	1		0.238	0.079	0.316
Niacin....mg	5.520		1	A	1		4.692	1.565	6.237
Pantothenic acid....mg	0.670		1	A	1		0.570	0.190	0.757
Vitamin B-6....mg	0.446		1	A	1		0.379	0.126	0.504
Folate, total....µg	3		0	BFPN	4		3	1	3
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	3		0	BFPN	4		3	1	3
Folate, DFE....µg	3		0	NC	4		3	1	3
Choline, total....mg	96.5		0	AS	1		82.0	27.4	109.1
Betaine....mg	25.6		1	A	1		21.7	7.3	28.9
Vitamin B-12....µg	2.28		1	A	1		1.94	0.65	2.58
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	BFSN	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.49		1	A	1		0.42	0.14	0.56
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.06		1	A	1		0.05	0.02	0.07
Tocopherol, delta....mg	0.04		1	A	1		0.03	0.01	0.04
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	AS	1		1.1	0.4	1.4
Vitamin D....IU	51		1	A	1		44	15	58
Vitamin K (phylloquinone)....µg	1.4		0	BFSN	4		1.2	0.4	1.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	5.108		0	NC	4		4.342	1.448	5.772
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.007		6	A	1		0.006	0.002	0.008
12:0....g	0.009		6	A	1		0.008	0.003	0.010
13:0....g									
14:0....g	0.300		6	A	1		0.255	0.085	0.339
15:0....g									
16:0....g	2.766		6	A	1		2.351	0.784	3.125
17:0....g	0.171		6	A	1		0.146	0.049	0.194
18:0....g	1.834		6	A	1		1.559	0.520	2.073
20:0....g	0.004		6	A	1		0.004	0.001	0.005
22:0....g									
24:0....g	0.016		6	A	1		0.014	0.005	0.018
Fatty acids, total monounsaturated....g	6.159		0	NC	4		5.235	1.746	6.960
14:1....g	0.061		6	A	1		0.052	0.017	0.069
15:1....g									
16:1 undifferentiated....g	0.374		6	AS	1		0.318	0.106	0.422
16:1 c....g	0.374		6	A	1		0.318	0.106	0.422
16:1 t....g									
17:1....g	0.124		6	A	1		0.105	0.035	0.140
18:1 undifferentiated....g	5.592		6	AS	1		4.753	1.585	6.319
18:1 c....g	4.896		6	A	1		4.161	1.388	5.532
18:1 t....g	0.696		6	A	1		0.592	0.197	0.787
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		6	A	1		0.008	0.003	0.010
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.732		0	NC	4		0.623	0.208	0.828
18:2 undifferentiated....g	0.616		6	AS	1		0.523	0.175	0.696
18:2 n-6 c,c....g	0.578		6	A	1		0.491	0.164	0.653
18:2 CLAs....g	0.038		6	A	1		0.032	0.011	0.043
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.020		6	A	1		0.017	0.006	0.023
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.094		6	A	1		0.080	0.027	0.106
20:5 n-3 (EPA)....g	0.002		6	A	1		0.002	0.001	0.003
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.696		0	NC	4		0.592	0.197	0.787
Fatty acids, total trans-monoenoic....g	0.696		0	NC	4		0.592	0.197	0.787
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	49		6	A	1		42	14	55
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	A	1		0.160	0.053	0.212
Threonine....g	0.812		0	A	1		0.690	0.230	0.917
Isoleucine....g	0.915		0	A	1		0.778	0.259	1.034
Leucine....g	1.478		0	A	1		1.257	0.419	1.671
Lysine....g	1.531		0	A	1		1.301	0.434	1.730
Methionine....g	0.434		0	A	1		0.369	0.123	0.490
Cystine....g	0.210		0	A	1		0.178	0.059	0.237
Phenylalanine....g	0.749		0	A	1		0.637	0.212	0.847
Tyrosine....g	0.592		0	A	1		0.503	0.168	0.669
Valine....g	1.027		0	A	1		0.873	0.291	1.160

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
Arginine....g	1.093		0	A	1		0.929	0.310	1.235
Histidine....g	0.674		0	A	1		0.573	0.191	0.762
Alanine....g	1.105		0	A	1		0.939	0.313	1.249
Aspartic acid....g	1.603		0	A	1		1.362	0.454	1.811
Glutamic acid....g	2.938		0	A	1		2.498	0.833	3.320
Glycine....g	0.954		0	A	1		0.811	0.271	1.079
Proline....g	0.776		0	A	1		0.659	0.220	0.877
Serine....g	0.696		0	A	1		0.592	0.197	0.787
Hydroxyproline....g	0.127		0	A	1		0.108	0.036	0.143
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	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: 3 oz

Measure 2 = 28.35g: 1 oz

Measure 3 = 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 27 (2014)

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		47.17	150.93	
Energy....kcal	211		0	NC	4		179	574	
Energy....kJ	883		0		4		750	2401	
Protein (N x 6.25)....g	36.16		0		1		30.74	98.36	
Total lipid (fat)....g	6.33		0		1		5.38	17.22	
Ash....g	1.95		0		1		1.66	5.30	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		7	22	
Iron, Fe....mg	1.32		0		1		1.12	3.59	
Magnesium, Mg....mg	29		0		1		25	79	
Phosphorus, P....mg	249		0		1		212	677	
Potassium, K....mg	383		0		1		326	1042	
Sodium, Na....mg	67		0		1		57	182	
Zinc, Zn....mg	3.96		0		1		3.37	10.77	
Copper, Cu....mg	0.140		0		1		0.119	0.381	
Manganese, Mn....mg	0.039		0		1		0.033	0.106	
Selenium, Se....µg	15.4		0	PIE	4		13.1	41.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.163	
Riboflavin....mg	0.350		0		1		0.298	0.952	
Niacin....mg	10.560		0		1		8.976	28.723	
Pantothenic acid....mg	1.020		0		1		0.867	2.774	
Vitamin B-6....mg	0.360		0		1		0.306	0.979	
Folate, total....µg	18		0		1		15	49	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	49	
Folate, DFE....µg	18		0	NC	4		15	49	
Choline, total....mg	141.2		0	BFNN	4		120.0	384.1	
Betaine....mg	18.6		0	BFNN	4		15.8	50.5	
Vitamin B-12....µg	1.17		0		1		0.99	3.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		0.42	1.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	BFYN	4		6.0	19.2	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.530		0		1		2.151	6.882	
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	0.010		0		1		0.009	0.027	
12:0....g	0.020		0		1		0.017	0.054	
13:0....g									
14:0....g	0.230		0		1		0.196	0.626	
15:0....g									
16:0....g	1.350		0		1		1.148	3.672	
17:0....g									
18:0....g	0.840		0		1		0.714	2.285	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.360		0		1		2.006	6.419	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.734	
17:1....g									
18:1 undifferentiated....g	2.040		0		1		1.734	5.549	
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		0.400	1.278	
18:2 undifferentiated....g	0.350		0		1		0.298	0.952	
18:3 undifferentiated....g	0.040		0		1		0.034	0.109	
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		0.068	0.218	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		114	364	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.366		0		1		0.311	0.996	
Threonine....g	1.580		0		1		1.343	4.298	
Isoleucine....g	1.781		0		1		1.514	4.844	
Leucine....g	2.878		0		1		2.446	7.828	
Lysine....g	2.980		0		1		2.533	8.106	
Methionine....g	0.844		0		1		0.717	2.296	
Cystine....g	0.408		0		1		0.347	1.110	
Phenylalanine....g	1.459		0		1		1.240	3.968	
Tyrosine....g	1.153		0		1		0.980	3.136	
Valine....g	1.999		0		1		1.699	5.437	
Arginine....g	2.127		0		1		1.808	5.785	
Histidine....g	1.313		0		1		1.116	3.571	
Alanine....g	2.151		0		1		1.828	5.851	
Aspartic acid....g	3.120		0		1		2.652	8.486	
Glutamic acid....g	5.720		0		1		4.862	15.558	
Glycine....g	1.858		0		1		1.579	5.054	
Proline....g	1.510		0		1		1.284	4.107	
Serine....g	1.355		0		1		1.152	3.686	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 272g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		43.61	151.36	
Energy....kcal	238		0	NC	4		202	701	
Energy....kJ	994		0	NC	4		845	2934	
Protein (N x 6.25)....g	27.29		0		1		23.20	80.51	
Total lipid (fat)....g	9.18		0		1		7.80	27.08	
Ash....g	2.31		0		1		1.96	6.81	
Carbohydrate, by difference....g	9.91		0	NC	4		8.42	29.23	
Fiber, total dietary....g	0.3		0		4		0.3	0.9	
Sugars, total....g	0.57		0	PIK	4		0.48	1.68	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.17		0	PAK	1		0.14	0.49	
Fructose....g	0.23		0	PAK	1		0.19	0.67	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.18		0	PAK	1		0.15	0.52	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g	5.49		0	PAK	1		4.67	16.19	
Minerals:									
Calcium, Ca....mg	39		0		1		33	115	
Iron, Fe....mg	1.64		0		1		1.39	4.84	
Magnesium, Mg....mg	31		0		1		26	91	
Phosphorus, P....mg	250		0		1		213	738	
Potassium, K....mg	371		0		1		315	1094	
Sodium, Na....mg	454		0		1		386	1339	
Zinc, Zn....mg	2.75		0		1		2.34	8.11	
Copper, Cu....mg	0.073		0		1		0.062	0.215	
Manganese, Mn....mg	0.135		0		1		0.115	0.398	
Selenium, Se....µg	16.5		0	PIE	4		14.0	48.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		0		1		0.136	0.472	
Riboflavin....mg	0.350		0		1		0.298	1.033	
Niacin....mg	10.340		0		1		8.789	30.503	
Pantothenic acid....mg	1.070		0		1		0.910	3.157	
Vitamin B-6....mg	0.400		0		1		0.340	1.180	
Folate, total....µg	27		0	RA	4		23	80	
Folic acid....µg	8		0	NC	4		7	24	
Folate, food....µg	19		0		1		16	56	
Folate, DFE....µg	33		0	NC	4		28	96	
Choline, total....mg	113.2		0	PIE	4		96.2	334.0	
Betaine....mg									
Vitamin B-12....µg	1.24		0		1		1.05	3.66	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	10		0	NC	4		9	30	
Retinol....µg	10		0	NR	4		9	30	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	34		0		1		29	100	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0		1		0.45	1.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma....mg	0.07		0	PAK	1		0.06	0.21	
Tocopherol, delta....mg	0.02		0	PAK	1		0.01	0.05	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.10		0	PAK	1		0.08	0.28	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.1		0	PIK	4		4.3	15.1	
Dihydrophylloquinone....µg	0.1		0	PIK	4		0.1	0.3	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.060		0		1		2.601	9.027	
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		0.017	0.059	
13:0....g									
14:0....g	0.240		0		1		0.204	0.708	
15:0....g									
16:0....g	1.750		0		1		1.488	5.163	
17:0....g									
18:0....g	0.980		0		1		0.833	2.891	
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		2.882	10.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.300		0		1		0.255	0.885	
17:1....g									
18:1 undifferentiated....g	3.040		0		1		2.584	8.968	
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		1.267	4.396	
18:2 undifferentiated....g	1.280		0		1		1.088	3.776	
18:3 undifferentiated....g	0.140		0		1		0.119	0.413	
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		0.051	0.177	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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	330	
Phytosterols....mg	3		0		1		3	9	
Amino Acids:									
Tryptophan....g	0.284		0		1		0.241	0.838	
Threonine....g	1.172		0		1		0.996	3.457	
Isoleucine....g	1.339		0		1		1.138	3.950	
Leucine....g	2.161		0		1		1.837	6.375	
Lysine....g	2.144		0		1		1.822	6.325	
Methionine....g	0.631		0		1		0.536	1.861	
Cystine....g	0.328		0		1		0.279	0.968	
Phenylalanine....g	1.129		0		1		0.960	3.331	
Tyrosine....g	0.864		0		1		0.734	2.549	
Valine....g	1.512		0		1		1.285	4.460	
Arginine....g	1.578		0		1		1.341	4.655	
Histidine....g	0.956		0		1		0.813	2.820	
Alanine....g	1.582		0		1		1.345	4.667	

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
Aspartic acid.....g	2.307		0		1		1.961	6.806	
Glutamic acid.....g	4.547		0		1		3.865	13.414	
Glycine.....g	1.368		0		1		1.163	4.036	
Proline.....g	1.247		0		1		1.060	3.679	
Serine.....g	1.075		0		1		0.914	3.171	
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.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 295g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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						Amount in edible portion 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	58.34		0		1		49.59		177.35
Energy....kcal	211		0	NC	4		179		641
Energy....kJ	883		0		4		750		2684
Protein (N x 6.25)....g	31.75		0		1		26.99		96.52
Total lipid (fat)....g	8.35		0		1		7.10		25.38
Ash....g	1.40		0		1		1.19		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	0.00		0	Z	7		0.00		0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		5		18
Iron, Fe....mg	0.88		0		1		0.75		2.68
Magnesium, Mg....mg	31		0		1		26		94
Phosphorus, P....mg	279		0		1		237		848
Potassium, K....mg	425		0		1		361		1292
Sodium, Na....mg	76		0		1		65		231
Zinc, Zn....mg	3.23		0		1		2.75		9.82
Copper, Cu....mg	0.062		0		1		0.053		0.188
Manganese, Mn....mg	0.031		0		1		0.026		0.094
Selenium, Se....µg	13.4		0	PIE	4		11.4		40.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		0.0
Thiamin....mg	0.070		0		1		0.060		0.213
Riboflavin....mg	0.350		0		1		0.298		1.064
Niacin....mg	12.050		0		1		10.243		36.632
Pantothenic acid....mg	1.170		0		1		0.995		3.557
Vitamin B-6....mg	0.490		0		1		0.417		1.490
Folate, total....µg	15		0		1		13		46
Folic acid....µg	0		0	Z	7		0		0
Folate, food....µg	15		0		1		13		46
Folate, DFE....µg	15		0	NC	4		13		46
Choline, total....mg	123.2		0	BFNN	4		104.7		374.6
Betaine....mg	16.2		0	BFNN	4		13.8		49.2
Vitamin B-12....µg	1.45		0		1		1.23		4.41
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		0.00
Vitamin A, RAE....µg	0		0	NC	4		0		0
Retinol....µg	0		0	NR	4		0		0
Carotene, beta....µg	0		0	Z	7		0		0
Carotene, alpha....µg	0		0	Z	7		0		0
Cryptoxanthin, beta....µg	0		0	Z	7		0		0
Vitamin A, IU....IU	0		0		4		0		0
Lycopene....µg	0		0	Z	7		0		0
Lutein + zeaxanthin....µg	0		0	Z	7		0		0
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36		1.28
Vitamin E, added....mg	0.00		0	Z	7		0.00		0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		0.0
Vitamin D....IU	0		0	AI	13		0		0
Vitamin K (phylloquinone)....µg	5.0		0	BFYN	4		4.2		15.1
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		0.0
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.160		0		1		2.686		9.606
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	0.010		0		1		0.009		0.030
12:0....g	0.020		0		1		0.017		0.061
13:0....g									
14:0....g	0.300		0		1		0.255		0.912
15:0....g									
16:0....g	1.700		0		1		1.445		5.168
17:0....g									
18:0....g	1.040		0		1		0.884		3.162
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.230		0		1		2.746		9.819
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0		1		0.289		1.034
17:1....g									
18:1 undifferentiated....g	2.820		0		1		2.397		8.573
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		0.493		1.763
18:2 undifferentiated....g	0.460		0		1		0.391		1.398
18:3 undifferentiated....g	0.050		0		1		0.043		0.152
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		0.213
20:5 n-3 (EPA)....g	0.000		0		1		0.000		0.000
21:5....g									
22:4....g									
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		89		319
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0		1		0.273		0.976
Threonine....g	1.387		0		1		1.179		4.216
Isoleucine....g	1.564		0		1		1.329		4.755
Leucine....g	2.527		0		1		2.148		7.682
Lysine....g	2.616		0		1		2.224		7.953
Methionine....g	0.741		0		1		0.630		2.253
Cystine....g	0.358		0		1		0.304		1.088
Phenylalanine....g	1.281		0		1		1.089		3.894
Tyrosine....g	1.012		0		1		0.860		3.076
Valine....g	1.755		0		1		1.492		5.335
Arginine....g	1.867		0		1		1.587		5.676
Histidine....g	1.152		0		1		0.979		3.502
Alanine....g	1.888		0		1		1.605		5.740
Aspartic acid....g	2.739		0		1		2.328		8.327
Glutamic acid....g	5.022		0		1		4.269		15.267
Glycine....g	1.632		0		1		1.387		4.961
Proline....g	1.326		0		1		1.127		4.031
Serine....g	1.190		0		1		1.012		3.618
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		0.0
Caffeine....mg	0		0	Z	7		0		0

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
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: 3 oz

Measure 3 = 304g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		56.19	236.64	
Energy....kcal	160		0	NC	4		136	573	
Energy....kJ	669		0		4		569	2397	
Protein (N x 6.25)....g	27.70		0		1		23.55	99.17	
Total lipid (fat)....g	4.65		0		1		3.95	16.65	
Ash....g	1.49		0		1		1.27	5.33	
Carbohydrate, by difference....g	0.00		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		5	21	
Iron, Fe....mg	0.91		0		1		0.77	3.26	
Magnesium, Mg....mg	28		0		1		24	100	
Phosphorus, P....mg	234		0		1		199	838	
Potassium, K....mg	389		0		1		331	1393	
Sodium, Na....mg	68		0		1		58	243	
Zinc, Zn....mg	3.04		0		1		2.58	10.88	
Copper, Cu....mg	0.129		0		1		0.110	0.462	
Manganese, Mn....mg	0.030		0		1		0.026	0.107	
Selenium, Se....µg	11.2		0	PIE	4		9.5	40.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.215	
Riboflavin....mg	0.320		0		1		0.272	1.146	
Niacin....mg	9.930		0		1		8.441	35.549	
Pantothenic acid....mg	0.990		0		1		0.842	3.544	
Vitamin B-6....mg	0.310		0		1		0.264	1.110	
Folate, total....µg	16		0		1		14	57	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	57	
Folate, DFE....µg	16		0	NC	4		14	57	
Choline, total....mg	108.2		0	BFNN	4		92.0	387.3	
Betaine....mg	14.2		0	BFNN	4		12.1	50.9	
Vitamin B-12....µg	1.17		0		1		0.99	4.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		0.42	1.75	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.5		0	BFYN	4		4.7	19.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		1.564	6.587	
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		0.009	0.036	
13:0....g									
14:0....g	0.170		0		1		0.145	0.609	
15:0....g									
16:0....g	0.980		0		1		0.833	3.508	
17:0....g									
18:0....g	0.610		0		1		0.519	2.184	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.730		0		1		1.471	6.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		0		1		0.162	0.680	
17:1....g									
18:1 undifferentiated....g	1.490		0		1		1.267	5.334	
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		0.298	1.253	
18:2 undifferentiated....g	0.260		0		1		0.221	0.931	
18:3 undifferentiated....g	0.030		0		1		0.026	0.107	
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		0.051	0.215	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		88	369	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.280		0		1		0.238	1.002	
Threonine....g	1.210		0		1		1.029	4.332	
Isoleucine....g	1.364		0		1		1.159	4.883	
Leucine....g	2.205		0		1		1.874	7.894	
Lysine....g	2.282		0		1		1.940	8.170	
Methionine....g	0.646		0		1		0.549	2.313	
Cystine....g	0.313		0		1		0.266	1.121	
Phenylalanine....g	1.118		0		1		0.950	4.002	
Tyrosine....g	0.883		0		1		0.751	3.161	
Valine....g	1.531		0		1		1.301	5.481	
Arginine....g	1.629		0		1		1.385	5.832	
Histidine....g	1.005		0		1		0.854	3.598	
Alanine....g	1.647		0		1		1.400	5.896	
Aspartic acid....g	2.390		0		1		2.032	8.556	
Glutamic acid....g	4.381		0		1		3.724	15.684	
Glycine....g	1.423		0		1		1.210	5.094	
Proline....g	1.156		0		1		0.983	4.138	
Serine....g	1.038		0		1		0.882	3.716	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 358g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

NDB No. 17094
Veal, leg (top round), separable lean and 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	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....µg	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....µg	14		0		1		4	64	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		1		4	64	
Folate, DFE....µg	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....µg	1.04		0		1		0.29	4.72	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	3.9		0	BFSN	4		1.1	17.6	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		47.75	150.00	
Energy....kcal	203		0	NC	4		173	542	
Energy....kJ	849				4		722	2268	
Protein (N x 6.25)....g	36.71		0		1		31.20	98.02	
Total lipid (fat)....g	5.09		0		1		4.33	13.59	
Ash....g	1.97		0		1		1.67	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	9		0		1		8	24	
Iron, Fe....mg	1.32		0		1		1.12	3.52	
Magnesium, Mg....mg	30		0		1		26	80	
Phosphorus, P....mg	252		0		1		214	673	
Potassium, K....mg	387		0		1		329	1033	
Sodium, Na....mg	67		0		1		57	179	
Zinc, Zn....mg	4.03		0		1		3.43	10.76	
Copper, Cu....mg	0.142		0		1		0.121	0.379	
Manganese, Mn....mg	0.040		0		1		0.034	0.107	
Selenium, Se....µg	15.6		0	BFYN	4		13.3	41.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.160	
Riboflavin....mg	0.360		0		1		0.306	0.961	
Niacin....mg	10.720		0		1		9.112	28.622	
Pantothenic acid....mg	1.040		0		1		0.884	2.777	
Vitamin B-6....mg	0.370		0		1		0.315	0.988	
Folate, total....µg	18		0		1		15	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	18		0		1		15	48	
Folate, DFE....µg	18		0	NC	4		15	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.19		0		1		1.01	3.18	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		0.43	1.34	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.920		0		1		1.632	5.126	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.009	0.027	
13:0....g									
14:0....g	0.160		0		1		0.136	0.427	
15:0....g									
16:0....g	1.040		0		1		0.884	2.777	
17:0....g									
18:0....g	0.640		0		1		0.544	1.709	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.840		0		1		1.564	4.913	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		0		1		0.170	0.534	
17:1....g									
18:1 undifferentiated....g	1.600		0		1		1.360	4.272	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		1		0.349	1.095	
18:2 undifferentiated....g	0.300		0		1		0.255	0.801	
18:3 undifferentiated....g	0.030		0		1		0.026	0.080	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.068	0.214	
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	135		0		1		115	360	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.372		0		1		0.316	0.993	
Threonine....g	1.604		0		1		1.363	4.283	
Isoleucine....g	1.808		0		1		1.537	4.827	
Leucine....g	2.922		0		1		2.484	7.802	
Lysine....g	3.025		0		1		2.571	8.077	
Methionine....g	0.857		0		1		0.728	2.288	
Cystine....g	0.414		0		1		0.352	1.105	
Phenylalanine....g	1.481		0		1		1.259	3.954	
Tyrosine....g	1.170		0		1		0.995	3.124	
Valine....g	2.029		0		1		1.725	5.417	
Arginine....g	2.159		0		1		1.835	5.765	
Histidine....g	1.332		0		1		1.132	3.556	
Alanine....g	2.183		0		1		1.856	5.829	
Aspartic acid....g	3.167		0		1		2.692	8.456	
Glutamic acid....g	5.806		0		1		4.935	15.502	
Glycine....g	1.886		0		1		1.603	5.036	
Proline....g	1.533		0		1		1.303	4.093	
Serine....g	1.376		0		1		1.170	3.674	
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.

NDB No. 17100

Veal, leg (top round), separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		45.17	156.76	
Energy....kcal	216		0	NC	4		184	637	
Energy....kJ	904		0	NC	4		768	2666	
Protein (N x 6.25)....g	28.41		0		1		24.15	83.81	
Total lipid (fat)....g	6.27		0		1		5.33	18.50	
Ash....g	2.34		0		1		1.99	6.90	
Carbohydrate, by difference....g	9.84		0	NC	4		8.36	29.03	
Fiber, total dietary....g	0.2		0		4		0.2	0.6	
Sugars, total....g	0.57		0	PIK	4		0.48	1.68	
Sucrose....g	0.00		0	PAK	1		0.00	0.00	
Glucose (dextrose)....g	0.17		0	PAK	1		0.14	0.49	
Fructose....g	0.23		0	PAK	1		0.19	0.67	
Lactose....g	0.00		0	PAK	1		0.00	0.00	
Maltose....g	0.18		0	PAK	1		0.15	0.52	
Galactose....g	0.00		0	PAK	1		0.00	0.00	
Starch....g	5.49		0	PAK	1		4.67	16.19	
Minerals:									
Calcium, Ca....mg	39		0		1		33	115	
Iron, Fe....mg	1.64		0		1		1.39	4.84	
Magnesium, Mg....mg	32		0		1		27	94	
Phosphorus, P....mg	258		0		1		219	761	
Potassium, K....mg	383		0		1		326	1130	
Sodium, Na....mg	455		0		1		387	1342	
Zinc, Zn....mg	2.87		0		1		2.44	8.47	
Copper, Cu....mg	0.074		0		1		0.063	0.218	
Manganese, Mn....mg	0.137		0		1		0.116	0.404	
Selenium, Se....µg	13.5	0.627	28	A	1		11.5	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		0		1		0.136	0.472	
Riboflavin....mg	0.360		0		1		0.306	1.062	
Niacin....mg	10.800		0		1		9.180	31.860	
Pantothenic acid....mg	1.110		0		1		0.944	3.275	
Vitamin B-6....mg	0.420		0		1		0.357	1.239	
Folate, total....µg	28		0	RA	4		24	83	
Folic acid....µg	8		0	NC	4		7	24	
Folate, food....µg	20		0		1		17	59	
Folate, DFE....µg	34		0	NC	4		29	99	
Choline, total....mg	117.9		0	PIE	4		100.2	347.8	
Betaine....mg									
Vitamin B-12....µg	1.28		0		1		1.09	3.78	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	10		0	NC	4		9	30	
Retinol....µg	10		0	NR	4		9	30	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	34		0		1		29	100	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.53		0		1		0.45	1.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma....mg	0.07		0	PAK	1		0.06	0.21	
Tocopherol, delta....mg	0.02		0	PAK	1		0.01	0.05	
Tocotrienol, alpha....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		0	PAK	1		0.00	0.00	

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
Tocotrienol, gamma....mg	0.10		0	PAK	1		0.08	0.28	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	AI	13		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.1		0	PIK	4		4.3	15.1	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.600		0		1		1.360	4.720	
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		0.009	0.030	
13:0....g									
14:0....g	0.070		0		1		0.060	0.207	
15:0....g									
16:0....g	1.000		0		1		0.850	2.950	
17:0....g									
18:0....g	0.510		0		1		0.434	1.505	
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		1.836	6.372	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.128	0.443	
17:1....g									
18:1 undifferentiated....g	2.000		0		1		1.700	5.900	
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		1.148	3.983	
18:2 undifferentiated....g	1.170		0		1		0.995	3.452	
18:3 undifferentiated....g	0.110		0		1		0.094	0.325	
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	0.207	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		96	333	
Phytosterols....mg	3		0		1		3	9	
Amino Acids:									
Tryptophan....g	0.295		0		1		0.251	0.870	
Threonine....g	1.221		0		1		1.038	3.602	
Isoleucine....g	1.394		0		1		1.185	4.112	
Leucine....g	2.249		0		1		1.912	6.635	
Lysine....g	2.235		0		1		1.900	6.593	
Methionine....g	0.657		0		1		0.558	1.938	
Cystine....g	0.340		0		1		0.289	1.003	
Phenylalanine....g	1.174		0		1		0.998	3.463	
Tyrosine....g	0.899		0		1		0.764	2.652	
Valine....g	1.573		0		1		1.337	4.640	
Arginine....g	1.644		0		1		1.397	4.850	
Histidine....g	0.996		0		1		0.847	2.938	
Alanine....g	1.648		0		1		1.401	4.862	

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
Aspartic acid....g	2.403		0		1		2.043	7.089	
Glutamic acid....g	4.724		0		1		4.015	13.936	
Glycine....g	1.425		0		1		1.211	4.204	
Proline....g	1.294		0		1		1.100	3.817	
Serine....g	1.116		0		1		0.949	3.292	
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.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 295g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		51.58	175.37	
Energy....kcal	183		0	NC	4		156	529	
Energy....kJ	766		0		4		651	2213	
Protein (N x 6.25)....g	33.17	0.234	12		1		28.19	95.86	
Total lipid (fat)....g	4.62	0.201	12		1		3.93	13.35	
Ash....g	1.44	0.009	12		1		1.22	4.16	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.506	11		1		6	20	
Iron, Fe....mg	0.87	0.048	12		1		0.74	2.51	
Magnesium, Mg....mg	32	0.735	12		1		27	92	
Phosphorus, P....mg	290	6.770	12		1		247	838	
Potassium, K....mg	442	8.714	12		1		376	1277	
Sodium, Na....mg	77	2.498	12		1		65	223	
Zinc, Zn....mg	3.38	0.080	12		1		2.87	9.77	
Copper, Cu....mg	0.063	0.010	12		1		0.054	0.182	
Manganese, Mn....mg	0.032		0		1		0.027	0.092	
Selenium, Se....µg	10.4		0	PIE	4		8.8	30.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070	0.007	11		1		0.060	0.202	
Riboflavin....mg	0.370	0.022	12		1		0.315	1.069	
Niacin....mg	12.640	1.435	12		1		10.744	36.530	
Pantothenic acid....mg	1.220	0.182	12		1		1.037	3.526	
Vitamin B-6....mg	0.510	0.061	12		1		0.434	1.474	
Folate, total....µg	16	2.496	12		1		14	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	2.496	12		1		14	46	
Folate, DFE....µg	16		0	NC	4		14	46	
Choline, total....mg	128.4		0	BFNN	4		109.1	370.9	
Betaine....mg	16.9		0	BFNN	4		14.3	48.7	
Vitamin B-12....µg	1.51	0.240	12		1		1.28	4.36	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36	1.21	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.0		0	BFYN	4		4.2	14.4	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.290		0		1		1.097	3.728	
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		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.029	
13:0....g									
14:0....g	0.090		73		1		0.077	0.260	
15:0....g									
16:0....g	0.750		73		1		0.638	2.168	
17:0....g									
18:0....g	0.440		73		1		0.374	1.272	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.650		0		1		1.403	4.769	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		73		1		0.128	0.434	
17:1....g									
18:1 undifferentiated....g	1.480		73		1		1.258	4.277	
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		0.349	1.185	
18:2 undifferentiated....g	0.320		73		1		0.272	0.925	
18:3 undifferentiated....g	0.020		73		1		0.017	0.058	
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		0.068	0.231	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		91	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.336		0		1		0.286	0.971	
Threonine....g	1.449		0		1		1.232	4.188	
Isoleucine....g	1.634		0		1		1.389	4.722	
Leucine....g	2.640		0		1		2.244	7.630	
Lysine....g	2.734		0		1		2.324	7.901	
Methionine....g	0.774		0		1		0.658	2.237	
Cystine....g	0.374		0		1		0.318	1.081	
Phenylalanine....g	1.339		0		1		1.138	3.870	
Tyrosine....g	1.058		0		1		0.899	3.058	
Valine....g	1.834		0		1		1.559	5.300	
Arginine....g	1.951		0		1		1.658	5.638	
Histidine....g	1.204		0		1		1.023	3.480	
Alanine....g	1.973		0		1		1.677	5.702	
Aspartic acid....g	2.862		0		1		2.433	8.271	
Glutamic acid....g	5.247		0		1		4.460	15.164	
Glycine....g	1.705		0		1		1.449	4.927	
Proline....g	1.385		0		1		1.177	4.003	
Serine....g	1.243		0		1		1.057	3.592	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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		1		56.96	235.21	
Energy....kcal	150		0	NC	4		128	527	
Energy....kJ	628				4		533	2203	
Protein (N x 6.25)....g	28.07		0		1		23.86	98.53	
Total lipid (fat)....g	3.39		0		1		2.88	11.90	
Ash....g	1.50		0		1		1.28	5.27	
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		5	21	
Iron, Fe....mg	0.90		0		1		0.77	3.16	
Magnesium, Mg....mg	28		0		1		24	98	
Phosphorus, P....mg	236		0		1		201	828	
Potassium, K....mg	393		0		1		334	1379	
Sodium, Na....mg	68		0		1		58	239	
Zinc, Zn....mg	3.08		0		1		2.62	10.81	
Copper, Cu....mg	0.130		0		1		0.111	0.456	
Manganese, Mn....mg	0.031		0		1		0.026	0.109	
Selenium, Se....µg	11.9		0	BFYN	4		10.1	41.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.211	
Riboflavin....mg	0.330		0		1		0.281	1.158	
Niacin....mg	10.080		0		1		8.568	35.381	
Pantothenic acid....mg	1.000		0		1		0.850	3.510	
Vitamin B-6....mg	0.310		0		1		0.264	1.088	
Folate, total....µg	16		0		1		14	56	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	56	
Folate, DFE....µg	16		0	NC	4		14	56	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.18		0		1		1.00	4.14	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.55		0		1		0.47	1.93	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.220		0		1		1.037	4.282	
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		0.009	0.035	
13:0....g									
14:0....g	0.090		0		1		0.077	0.316	
15:0....g									
16:0....g	0.660		0		1		0.561	2.317	
17:0....g									
18:0....g	0.410		0		1		0.349	1.439	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.190		0		1		1.012	4.177	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.111	0.456	
17:1....g									
18:1 undifferentiated....g	1.040		0		1		0.884	3.650	
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		0.247	1.018	
18:2 undifferentiated....g	0.210		0		1		0.179	0.737	
18:3 undifferentiated....g	0.020		0		1		0.017	0.070	
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		0.051	0.211	
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	103		0		1		88	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.284		0		1		0.241	0.997	
Threonine....g	1.226		0		1		1.042	4.303	
Isoleucine....g	1.382		0		1		1.175	4.851	
Leucine....g	2.234		0		1		1.899	7.841	
Lysine....g	2.313		0		1		1.966	8.119	
Methionine....g	0.655		0		1		0.557	2.299	
Cystine....g	0.317		0		1		0.269	1.113	
Phenylalanine....g	1.133		0		1		0.963	3.977	
Tyrosine....g	0.895		0		1		0.761	3.141	
Valine....g	1.552		0		1		1.319	5.448	
Arginine....g	1.651		0		1		1.403	5.795	
Histidine....g	1.019		0		1		0.866	3.577	
Alanine....g	1.670		0		1		1.420	5.862	
Aspartic acid....g	2.422		0		1		2.059	8.501	
Glutamic acid....g	4.440		0		1		3.774	15.584	
Glycine....g	1.443		0		1		1.227	5.065	
Proline....g	1.172		0		1		0.996	4.114	
Serine....g	1.052		0		1		0.894	3.693	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	75.82	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....µg	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....µg	14	3.038	12		1		4	64	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14	3.038	12		1		4	64	
Folate, DFE....µg	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.05	0.146	12		1		0.30	4.76	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.29		0		1		0.08	1.32	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
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		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									
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	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.

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

Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 17425

Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled

IMPS#1336

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	65.32		6	A	1		55.53	28.74	
Energy....kcal	151		0	NC	4		129	67	
Energy....kJ	633		0	NC	4		538	279	
Protein....g	31.89		6	A	1		27.11	14.03	
Total lipid (fat)....g	2.63		6	A	1		2.23	1.16	
Ash....g	1.45		6	A	1		1.23	0.64	
Carbohydrate, by difference....g	0.00		0	NC	4		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		6	A	1		5	3	
Iron, Fe....mg	1.39		6	A	1		1.18	0.61	
Magnesium, Mg....mg	38		6	A	1		32	17	
Phosphorus, P....mg	277		6	A	1		235	122	
Potassium, K....mg	323		6	A	1		275	142	
Sodium, Na....mg	88		6	A	1		75	39	
Zinc, Zn....mg	3.29		6	A	1		2.80	1.45	
Copper, Cu....mg	0.112		6	A	1		0.095	0.049	
Manganese, Mn....mg	0.017		6	A	1		0.014	0.007	
Selenium, Se....µg	21.6		1	A	1		18.4	9.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.093		1	A	1		0.079	0.041	
Riboflavin....mg	0.470		1	A	1		0.399	0.207	
Niacin....mg	10.100		1	A	1		8.585	4.444	
Pantothenic acid....mg	0.650		1	A	1		0.552	0.286	
Vitamin B-6....mg	0.761		1	A	1		0.647	0.335	
Folate, total....µg	8		0	BFPN	4		7	3	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	8		0	BFPN	4		7	3	
Folate, DFE....µg	8		0	NC	4		7	3	
Choline, total....mg	159.9		0	AS	1		135.9	70.3	
Betaine....mg	29.2		1	A	1		24.8	12.9	
Vitamin B-12....µg	2.72		1	A	1		2.31	1.20	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.43		1	A	1		0.37	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.04		1	A	1		0.04	0.02	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	0.3	
Vitamin D....IU	23		1	A	1		20	10	
Vitamin K (phylloquinone)....µg	1.3		0	BFSN	4		1.1	0.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17425

Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.012		0	NC	4		0.861	0.445	
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	
10:0....g	0.001		6	A	1		0.001	0.000	
12:0....g	0.002		6	A	1		0.002	0.001	
13:0....g									
14:0....g	0.067		6	A	1		0.057	0.029	
15:0....g									
16:0....g	0.572		6	A	1		0.486	0.252	
17:0....g	0.029		6	A	1		0.025	0.013	
18:0....g	0.337		6	A	1		0.287	0.148	
20:0....g	0.001		6	A	1		0.001	0.000	
22:0....g									
24:0....g	0.003		6	A	1		0.003	0.001	
Fatty acids, total monounsaturated....g	1.274		0	NC	4		1.083	0.560	
14:1....g	0.017		6	A	1		0.014	0.007	
15:1....g									
16:1 undifferentiated....g	0.093		6	AS	1		0.079	0.041	
16:1 c....g	0.093		6	A	1		0.079	0.041	
16:1 t....g									
17:1....g	0.024		6	A	1		0.020	0.011	
18:1 undifferentiated....g	1.135		6	AS	1		0.965	0.500	
18:1 c....g	1.022		6	A	1		0.868	0.450	
18:1 t....g	0.114		6	A	1		0.097	0.050	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		6	A	1		0.004	0.002	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0	NC	4		0.108	0.056	
18:2 undifferentiated....g	0.107		6	AS	1		0.091	0.047	
18:2 n-6 c,c....g	0.098		6	A	1		0.083	0.043	
18:2 CLAs....g	0.009		6	A	1		0.008	0.004	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		6	A	1		0.003	0.002	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		6	A	1		0.013	0.007	
20:5 n-3 (EPA)....g	0.001		6	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.114		0	NC	4		0.097	0.050	
Fatty acids, total trans-monoenoic....g	0.114		0	NC	4		0.097	0.050	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	72		6	A	1		61	32	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0	A	1		0.274	0.142	
Threonine....g	1.393		0	A	1		1.184	0.613	
Isoleucine....g	1.571		0	A	1		1.335	0.691	
Leucine....g	2.538		0	A	1		2.157	1.117	
Lysine....g	2.628		0	A	1		2.234	1.156	
Methionine....g	0.744		0	A	1		0.633	0.328	
Cystine....g	0.360		0	A	1		0.306	0.158	
Phenylalanine....g	1.287		0	A	1		1.094	0.566	
Tyrosine....g	1.017		0	A	1		0.864	0.447	
Valine....g	1.763		0	A	1		1.498	0.776	

NDB No. 17425

Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	1.876		0	A	1		1.594	0.825	
Histidine....g	1.158		0	A	1		0.984	0.509	
Alanine....g	1.897		0	A	1		1.612	0.835	
Aspartic acid....g	2.752		0	A	1		2.339	1.211	
Glutamic acid....g	5.044		0	A	1		4.288	2.220	
Glycine....g	1.639		0	A	1		1.393	0.721	
Proline....g	1.332		0	A	1		1.132	0.586	
Serine....g	1.195		0	A	1		1.016	0.526	
Hydroxyproline....g	0.161		0	A	1		0.137	0.071	
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 = 85g: 3 oz

Measure 2 = 44g: 1 cutlet

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17426
Veal, leg, top round, cap off, cutlet, boneless, raw

IMPS# 1336
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	75.20		6	A	1		63.92	41.36	84.98
Energy....kcal	107		0	NC	4		91	59	121
Energy....kJ	447		0	NC	4		380	246	505
Protein....g	22.07		6	A	1		18.76	12.14	24.94
Total lipid (fat)....g	2.07		6	A	1		1.76	1.14	2.34
Ash....g	1.09		6	A	1		0.93	0.60	1.23
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	4		6	A	1		4	2	5
Iron, Fe....mg	0.81		6	A	1		0.69	0.45	0.91
Magnesium, Mg....mg	30		6	A	1		26	17	34
Phosphorus, P....mg	212		6	A	1		180	117	239
Potassium, K....mg	273		6	A	1		232	150	309
Sodium, Na....mg	86		6	A	1		73	47	97
Zinc, Zn....mg	1.97		6	A	1		1.67	1.08	2.22
Copper, Cu....mg	0.089		6	A	1		0.076	0.049	0.101
Manganese, Mn....mg	0.017		6	A	1		0.014	0.009	0.019
Selenium, Se....µg	16.0		1	A	1		13.6	8.8	18.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.100		1	A	1		0.085	0.055	0.113
Riboflavin....mg	0.340		1	A	1		0.289	0.187	0.384
Niacin....mg	9.280		1	A	1		7.888	5.104	10.486
Pantothenic acid....mg	0.580		1	A	1		0.493	0.319	0.655
Vitamin B-6....mg	0.599		1	A	1		0.509	0.329	0.677
Folate, total....µg	4		0	BFPN	4		3	2	4
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	4		0	BFPN	4		3	2	4
Folate, DFE....µg	4		0	NC	4		3	2	4
Choline, total....mg	120.0		0	AS	1		102.0	66.0	135.5
Betaine....mg	28.4		1	A	1		24.1	15.6	32.1
Vitamin B-12....µg	2.08		1	A	1		1.77	1.14	2.35
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	BFSN	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.31		1	A	1		0.26	0.17	0.34
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.02		1	A	1		0.02	0.01	0.03
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1		0.5	0.3	0.6
Vitamin D....IU	23		1	A	1		20	13	26
Vitamin K (phylloquinone)....µg	1.1		0	BFSN	4		0.9	0.6	1.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17426

Veal, leg, top round, cap off, cutlet, boneless, 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
Lipids:									
Fatty acids, total saturated....g	0.805		0	NC	4		0.684	0.443	0.910
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.001		6	A	1		0.001	0.000	0.001
12:0....g	0.001		6	A	1		0.001	0.001	0.002
13:0....g									
14:0....g	0.051		6	A	1		0.043	0.028	0.057
15:0....g									
16:0....g	0.454		6	A	1		0.386	0.250	0.513
17:0....g	0.024		6	A	1		0.020	0.013	0.027
18:0....g	0.271		6	A	1		0.231	0.149	0.307
20:0....g	0.001		6	A	1		0.001	0.001	0.001
22:0....g									
24:0....g	0.002		6	A	1		0.002	0.001	0.003
Fatty acids, total monounsaturated....g	0.986		0	NC	4		0.838	0.542	1.114
14:1....g	0.011		6	A	1		0.009	0.006	0.012
15:1....g									
16:1 undifferentiated....g	0.069		6	AS	1		0.058	0.038	0.078
16:1 c....g	0.069		6	A	1		0.058	0.038	0.078
16:1 t....g									
17:1....g	0.019		6	A	1		0.016	0.010	0.021
18:1 undifferentiated....g	0.885		6	AS	1		0.752	0.487	1.000
18:1 c....g	0.795		6	A	1		0.675	0.437	0.898
18:1 t....g	0.090		6	A	1		0.077	0.050	0.102
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		6	A	1		0.003	0.002	0.004
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.107		0	NC	4		0.091	0.059	0.121
18:2 undifferentiated....g	0.090		6	AS	1		0.076	0.049	0.101
18:2 n-6 c,c....g	0.083		6	A	1		0.070	0.046	0.094
18:2 CLAs....g	0.007		6	A	1		0.006	0.004	0.008
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		6	A	1		0.003	0.002	0.004
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		6	A	1		0.011	0.007	0.015
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.090		0	NC	4		0.077	0.050	0.102
Fatty acids, total trans-monoenoic....g	0.090		0	NC	4		0.077	0.050	0.102
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	56		6	A	1		47	31	63
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.223		0	A	1		0.190	0.123	0.252
Threonine....g	0.964		0	A	1		0.820	0.530	1.090
Isoleucine....g	1.087		0	A	1		0.924	0.598	1.228
Leucine....g	1.757		0	A	1		1.493	0.966	1.985
Lysine....g	1.819		0	A	1		1.546	1.000	2.055
Methionine....g	0.515		0	A	1		0.438	0.283	0.582
Cystine....g	0.249		0	A	1		0.212	0.137	0.281
Phenylalanine....g	0.890		0	A	1		0.757	0.490	1.006
Tyrosine....g	0.704		0	A	1		0.598	0.387	0.795
Valine....g	1.220		0	A	1		1.037	0.671	1.379

NDB No. 17426
Veal, leg, top round, cap off, cutlet, boneless, 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
Arginine....g	1.298		0	A	1		1.103	0.714	1.467
Histidine....g	0.801		0	A	1		0.681	0.441	0.906
Alanine....g	1.313		0	A	1		1.116	0.722	1.483
Aspartic acid....g	1.904		0	A	1		1.619	1.047	2.152
Glutamic acid....g	3.491		0	A	1		2.967	1.920	3.945
Glycine....g	1.134		0	A	1		0.964	0.624	1.281
Proline....g	0.922		0	A	1		0.783	0.507	1.041
Serine....g	0.827		0	A	1		0.703	0.455	0.934
Hydroxyproline....g	0.111		0	A	1		0.095	0.061	0.126
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	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: 3 oz

Measure 2 = 55g: 1 cutlet

Measure 3 = 113g: 1 serving

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17437
Veal, loin, chop, separable lean and fat, cooked, grilled

IMPS # 1332
Refuse: 30% Bone and connective tissue 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	61.41		0	RKA	1		52.20	93.95	
Energy....kcal	198		0	RKI	6		168	303	
Energy....kJ	829		0	RKI	6		704	1268	
Protein....g	28.04		0	RKA	1		23.83	42.90	
Total lipid (fat)....g	9.48		0	RKA	1		8.06	14.50	
Ash....g	1.03		0	RKA	1		0.88	1.58	
Carbohydrate, by difference....g	0.16		0	RKI	6		0.13	0.24	
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0	RKA	1		14	26	
Iron, Fe....mg	0.82		0	RKA	1		0.70	1.26	
Magnesium, Mg....mg	32		0	RKA	1		28	50	
Phosphorus, P....mg	208		0	RKA	1		177	319	
Potassium, K....mg	229		0	RKA	1		195	351	
Sodium, Na....mg	86		0	RKA	1		73	132	
Zinc, Zn....mg	1.81		0	RKA	1		1.54	2.77	
Copper, Cu....mg	0.119		0	RKA	1		0.101	0.181	
Manganese, Mn....mg	0.015		0	RKA	1		0.013	0.023	
Selenium, Se....µg	24.4		0	RKA	1		20.7	37.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin....mg	0.068		0	RKA	1		0.058	0.104	
Riboflavin....mg	0.312		0	RKA	1		0.265	0.477	
Niacin....mg	7.483		0	RKA	1		6.360	11.448	
Pantothenic acid....mg	0.535		0	RKA	1		0.455	0.819	
Vitamin B-6....mg	0.640		0	RKA	1		0.544	0.979	
Folate, total....µg	6		0	RKI	6		5	10	
Folic acid....µg	0		0	RKI	6		0	0	
Folate, food....µg	6		0	RKI	6		5	10	
Folate, DFE....µg	6		0	NC	4		5	10	
Choline, total....mg	139.0		0	RKA	1		118.2	212.7	
Betaine....mg	26.2		0	RKA	1		22.2	40.0	
Vitamin B-12....µg	2.75		0	RKA	1		2.34	4.21	
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	
Vitamin A, RAE....µg	0		0	RKA	1		0	0	
Retinol....µg	0		0	RKI	6		0	0	
Carotene, beta....µg	0		0	RKI	6		0	0	
Carotene, alpha....µg	0		0	RKI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	
Vitamin A, IU....IU	0		0	RKA	1		0	0	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.39		0	RKA	1		0.33	0.59	
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	RKA	1		0.01	0.01	
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.01	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.1		0	RKA	1		1.0	1.7	
Vitamin D....IU	45		0	RKA	1		39	70	
Vitamin K (phylloquinone)....µg	1.5		0	RKI	6		1.2	2.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17437

Veal, loin, chop, separable lean and fat, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.378		0	RKI	6		2.871	5.168	
4:0....g	0.000		0	RKI	6		0.000	0.000	
6:0....g	0.000		0	RKI	6		0.000	0.000	
8:0....g	0.000		0	RKI	6		0.000	0.000	
10:0....g	0.004		0	RKA	1		0.003	0.006	
12:0....g	0.006		0	RKA	1		0.005	0.009	
13:0....g									
14:0....g	0.214		0	RKA	1		0.182	0.328	
15:0....g									
16:0....g	1.979		0	RKA	1		1.682	3.028	
17:0....g	0.098		0	RKA	1		0.083	0.150	
18:0....g	1.063		0	RKA	1		0.904	1.627	
20:0....g	0.003		0	RKA	1		0.003	0.005	
22:0....g									
24:0....g	0.010		0	RKA	1		0.009	0.016	
Fatty acids, total monounsaturated....g	4.246		0	RKI	6		3.609	6.496	
14:1....g	0.058		0	RKA	1		0.049	0.089	
15:1....g									
16:1 undifferentiated....g	0.311		0	RKA	1		0.264	0.475	
17:1....g	0.084		0	RKA	1		0.071	0.128	
18:1 undifferentiated....g	3.786		0	RKA	1		3.218	5.792	
20:1....g	0.008		0	RKA	1		0.007	0.012	
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.465		0	RKI	6		0.395	0.711	
18:2 undifferentiated....g	0.393		0	RKA	1		0.334	0.601	
18:3 undifferentiated....g	0.012		0	RKA	1		0.010	0.019	
18:4....g	0.000		0	RKI	6		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.059		0	RKA	1		0.050	0.090	
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	RKI	6		0.001	0.002	
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	
Fatty acids, total trans....g	0.369		0	RKI	6		0.314	0.564	
Cholesterol....mg	79		0	RKA	1		67	121	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.284		0	RKA	1		0.241	0.434	
Threonine....g	1.225		0	RKA	1		1.041	1.874	
Isoleucine....g	1.381		0	RKA	1		1.174	2.113	
Leucine....g	2.231		0	RKA	1		1.897	3.414	
Lysine....g	2.311		0	RKA	1		1.964	3.535	
Methionine....g	0.654		0	RKA	1		0.556	1.001	
Cystine....g	0.316		0	RKA	1		0.269	0.484	
Phenylalanine....g	1.131		0	RKA	1		0.962	1.731	
Tyrosine....g	0.894		0	RKA	1		0.760	1.368	
Valine....g	1.550		0	RKA	1		1.317	2.371	
Arginine....g	1.649		0	RKA	1		1.402	2.523	
Histidine....g	1.018		0	RKA	1		0.865	1.558	
Alanine....g	1.668		0	RKA	1		1.418	2.552	
Aspartic acid....g	2.419		0	RKA	1		2.056	3.701	
Glutamic acid....g	4.435		0	RKA	1		3.770	6.786	
Glycine....g	1.441		0	RKA	1		1.225	2.204	
Proline....g	1.171		0	RKA	1		0.995	1.791	
Serine....g	1.051		0	RKA	1		0.893	1.607	
Hydroxyproline....g	0.142		0	RKA	1		0.121	0.217	
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	

NDB No. 17437

Veal, loin, chop, separable lean and fat, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		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: 3 oz

Measure 2 = 153g: 1 chop

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17427
Veal, loin, chop, separable lean only, cooked, grilled

IMPS #1332
Refuse: 38% Bone and connective tissue 30%, 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	64.65		6	A	1		54.95	98.92	
Energy ... kcal	159		0	NC	4		135	244	
Energy ... kJ	666		0	NC	4		566	1019	
Protein ... g	29.75		6	A	1		25.29	45.51	
Total lipid (fat) ... g	4.44		6	A	1		3.77	6.79	
Ash ... g	1.09		6	A	1		0.92	1.66	
Carbohydrate, by difference ... g	0.07		0	NC	4		0.06	0.11	
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		6	A	1		11	20	
Iron, Fe ... mg	0.79		6	A	1		0.67	1.20	
Magnesium, Mg ... mg	33		6	A	1		28	51	
Phosphorus, P ... mg	214		6	A	1		182	327	
Potassium, K ... mg	239		6	A	1		203	365	
Sodium, Na ... mg	85		6	A	1		72	130	
Zinc, Zn ... mg	1.83		6	A	1		1.55	2.80	
Copper, Cu ... mg	0.124		6	A	1		0.105	0.189	
Manganese, Mn ... mg	0.012		6	A	1		0.010	0.018	
Selenium, Se ... µg	26.1		1	A	1		22.2	39.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070		1	A	1		0.060	0.107	
Riboflavin ... mg	0.330		1	A	1		0.281	0.505	
Niacin ... mg	7.940		1	A	1		6.749	12.148	
Pantothenic acid ... mg	0.550		1	A	1		0.468	0.842	
Vitamin B-6 ... mg	0.691		1	A	1		0.587	1.057	
Folate, total ... µg	7		0	BFPN	4		6	11	
Folic acid ... µg	0		0	BFPN	4		0	0	
Folate, food ... µg	7		0	BFPN	4		6	11	
Folate, DFE ... µg	7		0	NC	4		6	11	
Choline, total ... mg	150.0		0	AS	1		127.5	229.4	
Betaine ... mg	27.4		1	A	1		23.3	42.0	
Vitamin B-12 ... µg	2.89		1	A	1		2.46	4.42	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... µg	0		0	AS	1		0	0	
Retinol ... µg	0		0	BFSN	4		0	0	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	0		0	AS	1		0	0	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.38		1	A	1		0.32	0.57	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma ... mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.8		0	AS	1		0.7	1.2	
Vitamin D ... IU	32		1	A	1		27	49	
Vitamin K (phylloquinone) ... µg	1.3		0	BFSN	4		1.1	2.1	
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

NDB No. 17427
Veal, loin, chop, separable lean only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.742		0	NC	4		1.481	2.666	
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	
10:0....g	0.002		6	A	1		0.002	0.003	
12:0....g	0.004		6	A	1		0.003	0.006	
13:0....g									
14:0....g	0.107		6	A	1		0.091	0.163	
15:0....g									
16:0....g	0.975		6	A	1		0.829	1.492	
17:0....g	0.053		6	A	1		0.045	0.081	
18:0....g	0.594		6	A	1		0.505	0.908	
20:0....g	0.001		6	A	1		0.001	0.002	
22:0....g									
24:0....g	0.007		6	A	1		0.006	0.010	
Fatty acids, total monounsaturated....g	2.077		0	NC	4		1.766	3.179	
14:1....g	0.021		6	A	1		0.018	0.032	
15:1....g									
16:1 undifferentiated....g	0.140		6	AS	1		0.119	0.214	
16:1 c....g	0.140		6	A	1		0.119	0.214	
16:1 t....g									
17:1....g	0.041		6	A	1		0.035	0.062	
18:1 undifferentiated....g	1.874		6	AS	1		1.593	2.867	
18:1 c....g	1.686		6	A	1		1.433	2.580	
18:1 t....g	0.188		6	A	1		0.160	0.287	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		6	A	1		0.002	0.003	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.257		0	NC	4		0.218	0.392	
18:2 undifferentiated....g	0.213		6	AS	1		0.181	0.325	
18:2 n-6 c,c....g	0.199		6	A	1		0.169	0.305	
18:2 CLAs....g	0.014		6	A	1		0.012	0.021	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.007		6	A	1		0.006	0.010	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.037		6	A	1		0.031	0.056	
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.188		0	NC	4		0.160	0.287	
Fatty acids, total trans-monoenoic....g	0.188		0	NC	4		0.160	0.287	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	78		6	A	1		66	120	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0	A	1		0.256	0.461	
Threonine....g	1.300		0	A	1		1.105	1.989	
Isoleucine....g	1.465		0	A	1		1.245	2.242	
Leucine....g	2.368		0	A	1		2.012	3.622	
Lysine....g	2.452		0	A	1		2.084	3.751	
Methionine....g	0.694		0	A	1		0.590	1.062	
Cystine....g	0.336		0	A	1		0.285	0.514	
Phenylalanine....g	1.200		0	A	1		1.020	1.836	
Tyrosine....g	0.949		0	A	1		0.806	1.451	
Valine....g	1.645		0	A	1		1.398	2.516	

NDB No. 17427
Veal, loin, chop, separable lean only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine....g	1.750		0	A	1		1.487	2.677	
Histidine....g	1.080		0	A	1		0.918	1.653	
Alanine....g	1.770		0	A	1		1.504	2.707	
Aspartic acid....g	2.567		0	A	1		2.182	3.927	
Glutamic acid....g	4.706		0	A	1		4.000	7.200	
Glycine....g	1.529		0	A	1		1.299	2.339	
Proline....g	1.242		0	A	1		1.056	1.901	
Serine....g	1.115		0	A	1		0.948	1.706	
Hydroxyproline....g	0.150		0	A	1		0.128	0.230	
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 = 85g: 3 oz

Measure 2 = 153g: 1 chop

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17105
Veal, loin, separable lean and fat, cooked, braised

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	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....µg	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....µg	14		0		1		12	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		1		12	11	
Folate, DFE....µg	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....µg	1.21		0		1		1.03	0.97	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	BFYN	4		6.0	5.6	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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: 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 27 (2014)

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		51.62	139.07	
Energy....kcal	217		0	NC	4		184	497	
Energy....kJ	908		0		4		772	2079	
Protein (N x 6.25)....g	24.80		0		1		21.08	56.79	
Total lipid (fat)....g	12.32		0		1		10.47	28.21	
Ash....g	1.38		0		1		1.17	3.16	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		16	44	
Iron, Fe....mg	0.87		0		1		0.74	1.99	
Magnesium, Mg....mg	25		0		1		21	57	
Phosphorus, P....mg	212		0		1		180	485	
Potassium, K....mg	325		0		1		276	744	
Sodium, Na....mg	93		0		1		79	213	
Zinc, Zn....mg	3.03		0		1		2.58	6.94	
Copper, Cu....mg	0.110		0		1		0.094	0.252	
Manganese, Mn....mg	0.029		0		1		0.025	0.066	
Selenium, Se....µg	11.0		0	PIE	4		9.4	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.043	0.115	
Riboflavin....mg	0.280		0		1		0.238	0.641	
Niacin....mg	8.860		0		1		7.531	20.289	
Pantothenic acid....mg	1.200		0		1		1.020	2.748	
Vitamin B-6....mg	0.340		0		1		0.289	0.779	
Folate, total....µg	15		0		1		13	34	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	34	
Folate, DFE....µg	15		0	NC	4		13	34	
Choline, total....mg	99.7		0	BFNN	4		84.7	228.3	
Betaine....mg	13.1		0	BFNN	4		11.1	30.0	
Vitamin B-12....µg	1.24		0		1		1.05	2.84	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0		1		0.37	1.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.5		0	BFYN	4		4.7	12.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	5.260		0		1		4.471	12.045	
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	0.010		0		1		0.009	0.023	
12:0....g	0.040		0		1		0.034	0.092	
13:0....g									
14:0....g	0.520		0		1		0.442	1.191	
15:0....g									
16:0....g	2.760		0		1		2.346	6.320	
17:0....g									
18:0....g	1.730		0		1		1.471	3.962	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.780		0		1		4.063	10.946	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0		1		0.476	1.282	
17:1....g									
18:1 undifferentiated....g	4.100		0		1		3.485	9.389	
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		0.689	1.855	
18:2 undifferentiated....g	0.620		0		1		0.527	1.420	
18:3 undifferentiated....g	0.090		0		1		0.077	0.206	
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		0.085	0.229	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		88	236	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.213	0.575	
Threonine....g	1.083		0		1		0.921	2.480	
Isoleucine....g	1.221		0		1		1.038	2.796	
Leucine....g	1.974		0		1		1.678	4.520	
Lysine....g	2.044		0		1		1.737	4.681	
Methionine....g	0.579		0		1		0.492	1.326	
Cystine....g	0.280		0		1		0.238	0.641	
Phenylalanine....g	1.001		0		1		0.851	2.292	
Tyrosine....g	0.791		0		1		0.672	1.811	
Valine....g	1.371		0		1		1.165	3.140	
Arginine....g	1.459		0		1		1.240	3.341	
Histidine....g	0.900		0		1		0.765	2.061	
Alanine....g	1.475		0		1		1.254	3.378	
Aspartic acid....g	2.139		0		1		1.818	4.898	
Glutamic acid....g	3.923		0		1		3.335	8.984	
Glycine....g	1.275		0		1		1.084	2.920	
Proline....g	1.035		0		1		0.880	2.370	
Serine....g	0.930		0		1		0.791	2.130	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17104
Veal, loin, separable lean and fat, raw

IMPS# 332
Refuse: 29% Bone and connective tissue 29%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	69.44		0	RKA	1		59.02	1038.08	
Energy....kcal	177		0	NC	4		150	2643	
Energy....kJ	740		0	NC	4		629	11063	
Protein (N x 6.25)....g	20.07		0	RKA	1		17.06	299.98	
Total lipid (fat)....g	10.07		0	RKA	1		8.56	150.50	
Ash....g	0.96		0	RKA	1		0.82	14.38	
Carbohydrate, by difference....g	0.07		0	RKI	6		0.06	1.06	
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	RKA	1		12	205	
Iron, Fe....mg	0.84		0	RKA	1		0.71	12.55	
Magnesium, Mg....mg	43		0	RKA	1		36	638	
Phosphorus, P....mg	222		0	RKA	1		188	3314	
Potassium, K....mg	241		0	RKA	1		205	3605	
Sodium, Na....mg	98		0	RKA	1		83	1461	
Zinc, Zn....mg	2.01		0	RKA	1		1.71	30.12	
Copper, Cu....mg	0.082		0	RKA	1		0.070	1.230	
Manganese, Mn....mg	0.013		0	RKA	1		0.011	0.199	
Selenium, Se....µg	16.2		0	RKA	1		13.7	241.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin....mg	0.078		0	RKA	1		0.066	1.166	
Riboflavin....mg	0.280		0	RKA	1		0.238	4.180	
Niacin....mg	6.617		0	RKA	1		5.625	98.927	
Pantothenic acid....mg	0.629		0	RKA	1		0.535	9.405	
Vitamin B-6....mg	0.604		0	RKA	1		0.514	9.033	
Folate, total....µg	3		0	RKI	6		2	44	
Folic acid....µg	0		0	RKI	6		0	0	
Folate, food....µg	3		0	RKI	6		2	44	
Folate, DFE....µg	3		0	NC	4		2	44	
Choline, total....mg	98.9		0	RKA	1		84.1	1479.1	
Betaine....mg	21.4		0	RKA	1		18.2	320.3	
Vitamin B-12....µg	2.46		0	RKA	1		2.09	36.76	
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	
Vitamin A, RAE....µg	0		0	RKA	1		0	0	
Retinol....µg	0		0	RKI	6		0	0	
Carotene, beta....µg	0		0	RKI	6		0	0	
Carotene, alpha....µg	0		0	RKI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	
Vitamin A, IU....IU	0		0	RKA	1		0	0	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	RKA	1		0.26	4.52	
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	
Tocopherol, gamma....mg	0.05		0	RKA	1		0.04	0.77	
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.05	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.7		0	RKA	1		1.5	25.8	
Vitamin D....IU	69		0	RKA	1		59	1031	
Vitamin K (phylloquinone)....µg	1.3		0	RKI	6		1.1	19.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.607		0	RKI	6		3.066	53.929	
4:0....g	0.000		0	RKI	6		0.000	0.000	
6:0....g	0.000		0	RKI	6		0.000	0.000	
8:0....g	0.000		0	RKI	6		0.000	0.000	
10:0....g	0.005		0	RKA	1		0.004	0.076	
12:0....g	0.007		0	RKA	1		0.006	0.103	
13:0....g									
14:0....g	0.253		0	RKA	1		0.215	3.783	
15:0....g									
16:0....g	2.083		0	RKA	1		1.771	31.145	
17:0....g	0.106		0	RKA	1		0.090	1.590	
18:0....g	1.141		0	RKA	1		0.970	17.064	
20:0....g	0.004		0	RKA	1		0.004	0.066	
22:0....g									
24:0....g	0.007		0	RKA	1		0.006	0.101	
Fatty acids, total monounsaturated....g	4.808		0	RKI	6		4.087	71.875	
14:1....g	0.074		0	RKA	1		0.063	1.100	
15:1....g									
16:1 undifferentiated....g	0.348		0	RKA	1		0.296	5.205	
17:1....g	0.086		0	RKA	1		0.073	1.290	
18:1 undifferentiated....g	4.285		0	RKA	1		3.642	64.063	
20:1....g	0.015		0	RKA	1		0.012	0.217	
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.404		0	RKI	6		0.343	6.035	
18:2 undifferentiated....g	0.358		0	RKA	1		0.304	5.353	
18:3 undifferentiated....g	0.012		0	RKA	1		0.010	0.176	
18:4....g	0.000		0	RKI	6		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	RKA	1		0.001	0.010	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.032		0	RKA	1		0.027	0.478	
20:5 n-3 (EPA)....g	0.001		0	RKA	1		0.001	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	
Fatty acids, total trans....g	0.413		0	RKI	6		0.351	6.182	
Cholesterol....mg	59		0	RKA	1		50	888	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0	RKA	1		0.173	3.036	
Threonine....g	0.877		0	RKA	1		0.745	13.108	
Isoleucine....g	0.988		0	RKA	1		0.840	14.775	
Leucine....g	1.597		0	RKA	1		1.357	23.876	
Lysine....g	1.654		0	RKA	1		1.406	24.722	
Methionine....g	0.468		0	RKA	1		0.398	7.002	
Cystine....g	0.226		0	RKA	1		0.192	3.385	
Phenylalanine....g	0.810		0	RKA	1		0.688	12.104	
Tyrosine....g	0.640		0	RKA	1		0.544	9.565	
Valine....g	1.109		0	RKA	1		0.943	16.583	
Arginine....g	1.180		0	RKA	1		1.003	17.645	
Histidine....g	0.729		0	RKA	1		0.619	10.893	
Alanine....g	1.194		0	RKA	1		1.015	17.844	
Aspartic acid....g	1.731		0	RKA	1		1.472	25.883	
Glutamic acid....g	3.174		0	RKA	1		2.698	47.453	
Glycine....g	1.031		0	RKA	1		0.876	15.414	
Proline....g	0.838		0	RKA	1		0.712	12.527	
Serine....g	0.752		0	RKA	1		0.639	11.241	
Hydroxyproline....g	0.102		0	RKA	1		0.087	1.528	
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	

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
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		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: 3 oz

Measure 2 = 1495g: 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 27 (2014)

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....µg	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....µg	15	2.485	12		1		13	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15	2.485	12		1		13	10	
Folate, DFE....µg	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....µg	1.32	0.237	11		1		1.12	0.91	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	BFYN	4		6.0	4.9	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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: 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 27 (2014)

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		54.90	134.35	
Energy....kcal	175		0	NC	4		149	364	
Energy....kJ	732		0		4		622	1523	
Protein (N x 6.25)....g	26.32		0		1		22.37	54.75	
Total lipid (fat)....g	6.94		0		1		5.90	14.44	
Ash....g	1.43		0		1		1.22	2.97	
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	21		0		1		18	44	
Iron, Fe....mg	0.85		0		1		0.72	1.77	
Magnesium, Mg....mg	26		0		1		22	54	
Phosphorus, P....mg	222		0		1		189	462	
Potassium, K....mg	340		0		1		289	707	
Sodium, Na....mg	96		0		1		82	200	
Zinc, Zn....mg	3.24		0		1		2.75	6.74	
Copper, Cu....mg	0.117		0		1		0.099	0.243	
Manganese, Mn....mg	0.030		0		1		0.026	0.062	
Selenium, Se....µg	11.6		0	BFYN	4		9.9	24.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.125	
Riboflavin....mg	0.300		0		1		0.255	0.624	
Niacin....mg	9.460		0		1		8.041	19.677	
Pantothenic acid....mg	1.270		0		1		1.080	2.642	
Vitamin B-6....mg	0.370		0		1		0.315	0.770	
Folate, total....µg	16		0		1		14	33	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	33	
Folate, DFE....µg	16		0	NC	4		14	33	
Choline, total....mg	105.3		0	BFNN	4		89.5	219.0	
Betaine....mg	13.8		0	BFNN	4		11.8	28.8	
Vitamin B-12....µg	1.31		0		1		1.11	2.72	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.49		0		1		0.42	1.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.5		0	BFYN	4		4.7	11.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.580		0		1		2.193	5.366	
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		0.017	0.042	
13:0....g									
14:0....g	0.210		0		1		0.179	0.437	
15:0....g									
16:0....g	1.390		0		1		1.182	2.891	
17:0....g									
18:0....g	0.870		0		1		0.740	1.810	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.490		0		1		2.117	5.179	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.562	
17:1....g									
18:1 undifferentiated....g	2.160		0		1		1.836	4.493	
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		0.485	1.186	
18:2 undifferentiated....g	0.420		0		1		0.357	0.874	
18:3 undifferentiated....g	0.040		0		1		0.034	0.083	
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		0.094	0.229	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		90	220	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.226	0.553	
Threonine....g	1.150		0		1		0.978	2.392	
Isoleucine....g	1.296		0		1		1.102	2.696	
Leucine....g	2.095		0		1		1.781	4.358	
Lysine....g	2.169		0		1		1.844	4.512	
Methionine....g	0.614		0		1		0.522	1.277	
Cystine....g	0.297		0		1		0.252	0.618	
Phenylalanine....g	1.062		0		1		0.903	2.209	
Tyrosine....g	0.839		0		1		0.713	1.745	
Valine....g	1.455		0		1		1.237	3.026	
Arginine....g	1.548		0		1		1.316	3.220	
Histidine....g	0.955		0		1		0.812	1.986	
Alanine....g	1.565		0		1		1.330	3.255	
Aspartic acid....g	2.271		0		1		1.930	4.724	
Glutamic acid....g	4.163		0		1		3.539	8.659	
Glycine....g	1.353		0		1		1.150	2.814	
Proline....g	1.099		0		1		0.934	2.286	
Serine....g	0.987		0		1		0.839	2.053	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17107
Veal, loin, separable lean only, raw

IMPS # 332
Refuse: 40% Bone 30%, 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	74.79		6	A	1		63.57	1118.12	21.20
Energy....kcal	114		0	NC	4		97	1697	32
Energy....kJ	475		0	NC	4		404	7101	135
Protein....g	21.85		6	A	1		18.57	326.68	6.19
Total lipid (fat)....g	2.90		6	A	1		2.47	43.41	0.82
Ash....g	1.04		6	A	1		0.88	15.51	0.29
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11		6	A	1		9	158	3
Iron, Fe....mg	0.85		6	A	1		0.72	12.65	0.24
Magnesium, Mg....mg	47		6	A	1		40	699	13
Phosphorus, P....mg	237		6	A	1		201	3543	67
Potassium, K....mg	260		6	A	1		221	3884	74
Sodium, Na....mg	99		6	A	1		84	1486	28
Zinc, Zn....mg	2.15		6	A	1		1.83	32.15	0.61
Copper, Cu....mg	0.088		6	A	1		0.075	1.320	0.025
Manganese, Mn....mg	0.014		6	A	1		0.012	0.206	0.004
Selenium, Se....µg	18.0		1	A	1		15.3	269.1	5.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.086		1	A	1		0.073	1.280	0.024
Riboflavin....mg	0.310		1	A	1		0.264	4.635	0.088
Niacin....mg	7.250		1	A	1		6.163	108.388	2.055
Pantothenic acid....mg	0.690		1	A	1		0.586	10.314	0.196
Vitamin B-6....mg	0.683		1	A	1		0.581	10.211	0.194
Folate, total....µg	3		0	BFPN	4		3	52	1
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	3		0	BFPN	4		3	52	1
Folate, DFE....µg	3		0	NC	4		3	52	1
Choline, total....mg	110.5		0	AS	1		93.9	1651.3	31.3
Betaine....mg	23.4		1	A	1		19.9	349.3	6.6
Vitamin B-12....µg	2.65		1	A	1		2.25	39.62	0.75
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	BFSN	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		1	A	1		0.23	3.99	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.04		1	A	1		0.03	0.58	0.01
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		1.0	17.8	0.3
Vitamin D....IU	48		1	A	1		40	712	13
Vitamin K (phylloquinone)....µg	1.1		0	BFSN	4		0.9	16.0	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.121		0	NC	4		0.953	16.764	0.318
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.002		6	A	1		0.002	0.031	0.001
12:0....g	0.002		6	A	1		0.002	0.036	0.001
13:0....g									
14:0....g	0.064		6	A	1		0.055	0.959	0.018
15:0....g									
16:0....g	0.621		6	A	1		0.528	9.291	0.176
17:0....g	0.033		6	A	1		0.028	0.499	0.009
18:0....g	0.391		6	A	1		0.332	5.845	0.111
20:0....g	0.001		6	A	1		0.001	0.018	0.000
22:0....g									
24:0....g	0.006		6	A	1		0.005	0.084	0.002
Fatty acids, total monounsaturated....g	1.353		0	NC	4		1.150	20.224	0.384
14:1....g	0.014		6	A	1		0.012	0.203	0.004
15:1....g									
16:1 undifferentiated....g	0.086		6	AS	1		0.073	1.289	0.024
16:1 c....g	0.086		6	A	1		0.073	1.289	0.024
16:1 t....g									
17:1....g	0.026		6	A	1		0.022	0.383	0.007
18:1 undifferentiated....g	1.227		6	AS	1		1.043	18.337	0.348
18:1 c....g	1.113		6	A	1		0.946	16.642	0.316
18:1 t....g	0.113		6	A	1		0.096	1.696	0.032
18:1-11 t (18:1t n-7)....g									
20:1....g	0.001		6	A	1		0.001	0.011	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.193		0	NC	4		0.164	2.878	0.055
18:2 undifferentiated....g	0.156		6	AS	1		0.133	2.333	0.044
18:2 n-6 c,c....g	0.147		6	A	1		0.125	2.198	0.042
18:2 CLAs....g	0.009		6	A	1		0.008	0.135	0.003
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		6	A	1		0.004	0.067	0.001
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.003	0.000
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		6	A	1		0.026	0.455	0.009
20:5 n-3 (EPA)....g	0.001		6	A	1		0.001	0.020	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.113		0	NC	4		0.096	1.696	0.032
Fatty acids, total trans-monoenoic....g	0.113		0	NC	4		0.096	1.696	0.032
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	55		6	A	1		46	817	15
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	A	1		0.188	3.307	0.063
Threonine....g	0.955		0	A	1		0.812	14.274	0.271
Isoleucine....g	1.076		0	A	1		0.915	16.090	0.305
Leucine....g	1.739		0	A	1		1.478	26.001	0.493
Lysine....g	1.801		0	A	1		1.531	26.923	0.511
Methionine....g	0.510		0	A	1		0.434	7.625	0.145
Cystine....g	0.247		0	A	1		0.210	3.686	0.070
Phenylalanine....g	0.882		0	A	1		0.749	13.181	0.250
Tyrosine....g	0.697		0	A	1		0.592	10.417	0.198
Valine....g	1.208		0	A	1		1.027	18.060	0.342

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
Arginine....g	1.285		0	A	1		1.093	19.216	0.364
Histidine....g	0.793		0	A	1		0.674	11.862	0.225
Alanine....g	1.300		0	A	1		1.105	19.433	0.369
Aspartic acid....g	1.885		0	A	1		1.603	28.187	0.535
Glutamic acid....g	3.457		0	A	1		2.938	51.677	0.980
Glycine....g	1.123		0	A	1		0.954	16.786	0.318
Proline....g	0.913		0	A	1		0.776	13.642	0.259
Serine....g	0.819		0	A	1		0.696	12.242	0.232
Hydroxyproline....g	0.110		0	A	1		0.094	1.650	0.031
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	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: 3 oz

Measure 2 = 1495g: 1 roast

Measure 3 = 28.35g: 1 oz

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		45.33	94.39	
Energy....kcal	251		0	NC	4		213	444	
Energy....kJ	1050		0		4		893	1859	
Protein (N x 6.25)....g	32.43		0		1		27.57	57.40	
Total lipid (fat)....g	12.53		0		1		10.65	22.18	
Ash....g	1.68		0		1		1.43	2.97	
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		19	39	
Iron, Fe....mg	1.41		0		1		1.20	2.50	
Magnesium, Mg....mg	25		0		1		21	44	
Phosphorus, P....mg	210		0		1		179	372	
Potassium, K....mg	306		0		1		260	542	
Sodium, Na....mg	95		0		1		81	168	
Zinc, Zn....mg	5.57		0		1		4.73	9.86	
Copper, Cu....mg	0.132		0		1		0.112	0.234	
Manganese, Mn....mg	0.038		0		1		0.032	0.067	
Selenium, Se....µg	13.9		0	PIE	4		11.8	24.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.043	0.089	
Riboflavin....mg	0.290		0		1		0.247	0.513	
Niacin....mg	7.500		0		1		6.375	13.275	
Pantothenic acid....mg	1.070		0		1		0.910	1.894	
Vitamin B-6....mg	0.320		0		1		0.272	0.566	
Folate, total....µg	16		0		1		14	28	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	28	
Folate, DFE....µg	16		0	NC	4		14	28	
Choline, total....mg	126.3		0	BFNN	4		107.3	223.5	
Betaine....mg	16.6		0	BFNN	4		14.1	29.4	
Vitamin B-12....µg	1.45		0		1		1.23	2.57	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0		1		0.29	0.60	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	BFYN	4		6.0	12.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	4.950		0		1		4.208	8.762	
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	0.010		0		1		0.009	0.018	
12:0....g	0.030		0		1		0.026	0.053	
13:0....g									
14:0....g	0.440		0		1		0.374	0.779	
15:0....g									
16:0....g	2.640		0		1		2.244	4.673	
17:0....g									
18:0....g	1.650		0		1		1.403	2.921	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.650		0		1		3.953	8.231	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.520		0		1		0.442	0.920	
17:1....g									
18:1 undifferentiated....g	4.020		0		1		3.417	7.115	
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		0.799	1.664	
18:2 undifferentiated....g	0.710		0		1		0.604	1.257	
18:3 undifferentiated....g	0.080		0		1		0.068	0.142	
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		0.136	0.283	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		118	246	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0		1		0.279	0.581	
Threonine....g	1.417		0		1		1.204	2.508	
Isoleucine....g	1.597		0		1		1.357	2.827	
Leucine....g	2.581		0		1		2.194	4.568	
Lysine....g	2.673		0		1		2.272	4.731	
Methionine....g	0.757		0		1		0.643	1.340	
Cystine....g	0.366		0		1		0.311	0.648	
Phenylalanine....g	1.309		0		1		1.113	2.317	
Tyrosine....g	1.034		0		1		0.879	1.830	
Valine....g	1.793		0		1		1.524	3.174	
Arginine....g	1.908		0		1		1.622	3.377	
Histidine....g	1.177		0		1		1.000	2.083	
Alanine....g	1.929		0		1		1.640	3.414	
Aspartic acid....g	2.798		0		1		2.378	4.952	
Glutamic acid....g	5.130		0		1		4.361	9.080	
Glycine....g	1.667		0		1		1.417	2.951	
Proline....g	1.354		0		1		1.151	2.397	
Serine....g	1.216		0		1		1.034	2.152	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17112
Veal, rib, separable lean and fat, cooked, roasted

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	59.91		0		1		50.92	143.78	
Energy....kcal	228		0	NC	4		194	547	
Energy....kJ	954				4		811	2289	
Protein (N x 6.25)....g	23.96		0		1		20.37	57.50	
Total lipid (fat)....g	13.96		0		1		11.87	33.50	
Ash....g	1.05		0		1		0.89	2.52	
Carbohydrate, by difference....g	0.00		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		9	26	
Iron, Fe....mg	0.97		0		1		0.82	2.33	
Magnesium, Mg....mg	22		0		1		19	53	
Phosphorus, P....mg	197		0		1		167	473	
Potassium, K....mg	295		0		1		251	708	
Sodium, Na....mg	92		0		1		78	221	
Zinc, Zn....mg	4.09		0		1		3.48	9.82	
Copper, Cu....mg	0.099		0		1		0.084	0.238	
Manganese, Mn....mg	0.030		0		1		0.026	0.072	
Selenium, Se....µg	10.5		0	PIE	4		8.9	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.043	0.120	
Riboflavin....mg	0.270		0		1		0.230	0.648	
Niacin....mg	6.980		0		1		5.933	16.752	
Pantothenic acid....mg	1.280		0		1		1.088	3.072	
Vitamin B-6....mg	0.250		0		1		0.213	0.600	
Folate, total....µg	13		0		1		11	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0		1		11	31	
Folate, DFE....µg	13		0	NC	4		11	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.46		0		1		1.24	3.50	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.35		0		1		0.30	0.84	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.410		0		1		4.599	12.984	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.024	
12:0....g	0.040		0		1		0.034	0.096	
13:0....g									
14:0....g	0.530		0		1		0.451	1.272	
15:0....g									
16:0....g	2.910		0		1		2.474	6.984	
17:0....g									
18:0....g	1.780		0		1		1.513	4.272	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.440		0		1		4.624	13.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.590		0		1		0.502	1.416	
17:1....g									
18:1 undifferentiated....g	4.730		0		1		4.021	11.352	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.950		0		1		0.808	2.280	
18:2 undifferentiated....g	0.750		0		1		0.638	1.800	
18:3 undifferentiated....g	0.090		0		1		0.077	0.216	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.264	
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	110		0		1		94	264	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.243		0		1		0.207	0.583	
Threonine....g	1.047		0		1		0.890	2.513	
Isoleucine....g	1.180		0		1		1.003	2.832	
Leucine....g	1.907		0		1		1.621	4.577	
Lysine....g	1.974		0		1		1.678	4.738	
Methionine....g	0.559		0		1		0.475	1.342	
Cystine....g	0.270		0		1		0.230	0.648	
Phenylalanine....g	0.967		0		1		0.822	2.321	
Tyrosine....g	0.764		0		1		0.649	1.834	
Valine....g	1.324		0		1		1.125	3.178	
Arginine....g	1.409		0		1		1.198	3.382	
Histidine....g	0.870		0		1		0.740	2.088	
Alanine....g	1.425		0		1		1.211	3.420	
Aspartic acid....g	2.067		0		1		1.757	4.961	
Glutamic acid....g	3.790		0		1		3.222	9.096	
Glycine....g	1.231		0		1		1.046	2.954	
Proline....g	1.000		0		1		0.850	2.400	
Serine....g	0.898		0		1		0.763	2.155	
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.

NDB No. 17112

Veal, rib, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 240g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	µg	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	µg	12		0		1		3	54	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	12		0		1		3	54	
Folate, DFE	µg	12		0	NC	4		3	54	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.29		0		1		0.37	5.85	
Vitamin A, RAE	µg	0		0		4		0	0	
Retinol	µg	0		0		4		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.21		0		1		0.06	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

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
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	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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		47.67	91.41	
Energy....kcal	218		0	NC	4		185	355	
Energy....kJ	912		0		4		775	1487	
Protein (N x 6.25)....g	34.44		0		1		29.27	56.14	
Total lipid (fat)....g	7.81		0		1		6.64	12.73	
Ash....g	1.76		0		1		1.50	2.87	
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	24		0		1		20	39	
Iron, Fe....mg	1.45		0		1		1.23	2.36	
Magnesium, Mg....mg	26		0		1		22	42	
Phosphorus, P....mg	218		0		1		185	355	
Potassium, K....mg	318		0		1		270	518	
Sodium, Na....mg	99		0		1		84	161	
Zinc, Zn....mg	5.98		0		1		5.08	9.75	
Copper, Cu....mg	0.140		0		1		0.119	0.228	
Manganese, Mn....mg	0.040		0		1		0.034	0.065	
Selenium, Se....µg	14.6		0	BFYN	4		12.4	23.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.098	
Riboflavin....mg	0.310		0		1		0.264	0.505	
Niacin....mg	7.910		0		1		6.724	12.893	
Pantothenic acid....mg	1.130		0		1		0.961	1.842	
Vitamin B-6....mg	0.340		0		1		0.289	0.554	
Folate, total....µg	16		0		1		14	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	26	
Folate, DFE....µg	16		0	NC	4		14	26	
Choline, total....mg	133.6		0	BFNN	4		113.5	217.7	
Betaine....mg	17.5		0	BFNN	4		14.9	28.6	
Vitamin B-12....µg	1.53		0		1		1.30	2.49	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0		1		0.30	0.57	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	7.0		0	BFYN	4		6.0	11.5	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	2.560		0		1		2.176	4.173	
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		0.009	0.016	
13:0....g									
14:0....g	0.160		0		1		0.136	0.261	
15:0....g									
16:0....g	1.430		0		1		1.216	2.331	
17:0....g									
18:0....g	0.880		0		1		0.748	1.434	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.620		0		1		2.227	4.271	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.440	
17:1....g									
18:1 undifferentiated....g	2.310		0		1		1.964	3.765	
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		0.629	1.206	
18:2 undifferentiated....g	0.540		0		1		0.459	0.880	
18:3 undifferentiated....g	0.030		0		1		0.026	0.049	
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		0.145	0.277	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		122	235	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0		1		0.297	0.569	
Threonine....g	1.504		0		1		1.278	2.452	
Isoleucine....g	1.696		0		1		1.442	2.764	
Leucine....g	2.741		0		1		2.330	4.468	
Lysine....g	2.838		0		1		2.412	4.626	
Methionine....g	0.804		0		1		0.683	1.311	
Cystine....g	0.389		0		1		0.331	0.634	
Phenylalanine....g	1.390		0		1		1.182	2.266	
Tyrosine....g	1.098		0		1		0.933	1.790	
Valine....g	1.903		0		1		1.618	3.102	
Arginine....g	2.025		0		1		1.721	3.301	
Histidine....g	1.250		0		1		1.063	2.038	
Alanine....g	2.048		0		1		1.741	3.338	
Aspartic acid....g	2.971		0		1		2.525	4.843	
Glutamic acid....g	5.447		0		1		4.630	8.879	
Glycine....g	1.770		0		1		1.505	2.885	
Proline....g	1.438		0		1		1.222	2.344	
Serine....g	1.291		0		1		1.097	2.104	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 163g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		54.94	138.98	
Energy....kcal	177		0	NC	4		150	381	
Energy....kJ	741				4		629	1592	
Protein (N x 6.25)....g	25.76	0.489	12		1		21.90	55.38	
Total lipid (fat)....g	7.44	0.356	12		1		6.32	16.00	
Ash....g	1.08	0.010	12		1		0.92	2.32	
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	12	0.924	11		1		10	26	
Iron, Fe....mg	0.96	0.022	12		1		0.82	2.06	
Magnesium, Mg....mg	24	0.487	12		1		20	52	
Phosphorus, P....mg	207	5.964	12		1		176	445	
Potassium, K....mg	311	4.110	12		1		264	669	
Sodium, Na....mg	97	2.754	12		1		82	209	
Zinc, Zn....mg	4.49	0.069	12		1		3.82	9.65	
Copper, Cu....mg	0.106	0.004	12		1		0.090	0.228	
Manganese, Mn....mg	0.032		0		1		0.027	0.069	
Selenium, Se....µg	11.1		0	BFYN	4		9.4	23.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.005	12		1		0.051	0.129	
Riboflavin....mg	0.290	0.009	12		1		0.247	0.624	
Niacin....mg	7.500	0.607	12		1		6.375	16.125	
Pantothenic acid....mg	1.380	0.235	12		1		1.173	2.967	
Vitamin B-6....mg	0.270	0.053	13		1		0.230	0.581	
Folate, total....µg	14	2.606	12		1		12	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14	2.606	12		1		12	30	
Folate, DFE....µg	14		0	NC	4		12	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.58	0.217	12		1		1.34	3.40	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.36		0		1		0.31	0.77	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.080		0		1		1.768	4.472	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.022	
13:0....g									
14:0....g	0.140		73		1		0.119	0.301	
15:0....g									
16:0....g	1.210		73		1		1.029	2.602	
17:0....g									
18:0....g	0.710		73		1		0.604	1.527	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.660		0		1		2.261	5.719	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		73		1		0.204	0.516	
17:1....g									
18:1 undifferentiated....g	2.390		73		1		2.032	5.139	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	1.441	
18:2 undifferentiated....g	0.510		73		1		0.434	1.097	
18:3 undifferentiated....g	0.030		73		1		0.026	0.065	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		73		1		0.102	0.258	
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	115	4.148	22		1		98	247	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0		1		0.222	0.561	
Threonine....g	1.125		0		1		0.956	2.419	
Isoleucine....g	1.268		0		1		1.078	2.726	
Leucine....g	2.050		0		1		1.743	4.408	
Lysine....g	2.122		0		1		1.804	4.562	
Methionine....g	0.601		0		1		0.511	1.292	
Cystine....g	0.291		0		1		0.247	0.626	
Phenylalanine....g	1.040		0		1		0.884	2.236	
Tyrosine....g	0.821		0		1		0.698	1.765	
Valine....g	1.424		0		1		1.210	3.062	
Arginine....g	1.515		0		1		1.288	3.257	
Histidine....g	0.935		0		1		0.795	2.010	
Alanine....g	1.532		0		1		1.302	3.294	
Aspartic acid....g	2.222		0		1		1.889	4.777	
Glutamic acid....g	4.074		0		1		3.463	8.759	
Glycine....g	1.324		0		1		1.125	2.847	
Proline....g	1.075		0		1		0.914	2.311	
Serine....g	0.965		0		1		0.820	2.075	
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.

NDB No. 17115

Veal, rib, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 215g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	13	2.848	12		1		4	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13	2.848	12		1		4	59	
Folate, DFE....µg	13		0	NC	4		4	59	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.36	0.168	12		1		0.39	6.17	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.21		0		1		0.06	0.95	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.170		0		1		0.332	5.307	
4:0....g									
6:0....g									
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	0.060		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									
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	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.

NDB No. 17113

Veal, rib, separable lean only, 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 27 (2014)

NDB No. 17434
Veal, seam fat only, cooked

Refuse:

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	35.99		1	A	1				
Energy	kcal	505		0	NC	4				
Energy	kJ	2111		0	NC	4				
Protein	g	11.16		1	A	1				
Total lipid (fat)	g	50.17		1	A	1				
Ash	g	0.57		1	A	1				
Carbohydrate, by difference	g	2.11		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	43		2	A	1				
Iron, Fe	mg	1.15		2	A	1				
Magnesium, Mg	mg	24		2	A	1				
Phosphorus, P	mg	152		2	A	1				
Potassium, K	mg	155		2	A	1				
Sodium, Na	mg	87		2	A	1				
Zinc, Zn	mg	2.00		2	A	1				
Copper, Cu	mg	0.081		2	A	1				
Manganese, Mn	mg	0.034		2	A	1				
Selenium, Se	µg	9.7		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.047		1	A	1				
Riboflavin	mg	0.160		1	A	1				
Niacin	mg	2.840		1	A	1				
Pantothenic acid	mg	0.440		1	A	1				
Vitamin B-6	mg	0.203		1	A	1				
Folate, total	µg	0		0	BFPN	4				
Folic acid	µg	0		0	BFPN	4				
Folate, food	µg	0		0	BFPN	4				
Folate, DFE	µg	0		0	NC	4				
Choline, total	mg	53.8		0	AS	1				
Betaine	mg	15.4		1	A	1				
Vitamin B-12	µg	1.62		1	A	1				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	0		0	AS	1				
Retinol	µg	0		0	BFSN	4				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.52		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	A	1				
Tocopherol, gamma	mg	0.12		1	A	1				
Tocopherol, delta	mg	0.05		1	A	1				
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	4.5		0	AS	1				
Vitamin D	IU	181		1	A	1				
Vitamin K (phylloquinone)	µg	2.4		0	BFSN	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 17434
Veal, seam fat 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
Lipids:									
Fatty acids, total saturated....g	16.316		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.032		2	A	1				
12:0....g	0.007		2	A	1				
13:0....g									
14:0....g	0.936		2	A	1				
15:0....g									
16:0....g	9.380		2	A	1				
17:0....g	0.456		2	A	1				
18:0....g	5.402		2	A	1				
20:0....g	0.020		2	A	1				
22:0....g									
24:0....g	0.083		2	A	1				
Fatty acids, total monounsaturated....g	20.589		0	NC	4				
14:1....g	0.222		2	A	1				
15:1....g									
16:1 undifferentiated....g	1.391		0	AS	1				
16:1 c....g	1.391		2	A	1				
16:1 t....g									
17:1....g	0.407		2	A	1				
18:1 undifferentiated....g	18.568		0	AS	1				
18:1 c....g	16.898		2	A	1				
18:1 t....g	1.671		2	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.972		0	NC	4				
18:2 undifferentiated....g	2.354		0	AS	1				
18:2 n-6 c,c....g	2.248		2	A	1				
18:2 CLAs....g	0.107		2	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.078		2	A	1				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.000		2	A	1				
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.539		2	A	1				
20:5 n-3 (EPA)....g	0.000		2	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4				
22:6 n-3 (DHA)....g	0.000		0	BFFN	4				
Fatty acids, total trans....g	1.671		0	NC	4				
Fatty acids, total trans-monoenoic....g	1.671		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	82		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.113		0	A	1				
Threonine....g	0.487		0	A	1				
Isoleucine....g	0.549		0	A	1				
Leucine....g	0.888		0	A	1				
Lysine....g	0.919		0	A	1				
Methionine....g	0.260		0	A	1				
Cystine....g	0.126		0	A	1				
Phenylalanine....g	0.450		0	A	1				
Tyrosine....g	0.356		0	A	1				
Valine....g	0.617		0	A	1				

NDB No. 17434
Veal, seam fat 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
Arginine.....g	0.656		0	A	1				
Histidine.....g	0.405		0	A	1				
Alanine.....g	0.664		0	A	1				
Aspartic acid.....g	0.963		0	A	1				
Glutamic acid.....g	1.765		0	A	1				
Glycine.....g	0.573		0	A	1				
Proline.....g	0.466		0	A	1				
Serine.....g	0.418		0	A	1				
Hydroxyproline.....g	0.056		0	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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17433
Veal, seam fat only, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	44.47		1	A	1				
Energy....kcal	444		0	NC	4				
Energy....kJ	1857		0	NC	4				
Protein....g	12.53		1	A	1				
Total lipid (fat)....g	43.75		1	A	1				
Ash....g	0.66		1	A	1				
Carbohydrate, by difference....g	0.00		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	30		2	A	1				
Iron, Fe....mg	0.87		2	A	1				
Magnesium, Mg....mg	23		2	A	1				
Phosphorus, P....mg	150		2	A	1				
Potassium, K....mg	179		2	A	1				
Sodium, Na....mg	89		2	A	1				
Zinc, Zn....mg	1.77		2	A	1				
Copper, Cu....mg	0.056		2	A	1				
Manganese, Mn....mg	0.014		2	A	1				
Selenium, Se....µg	8.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.041		1	A	1				
Riboflavin....mg	0.150		1	A	1				
Niacin....mg	3.810		1	A	1				
Pantothenic acid....mg	0.360		1	A	1				
Vitamin B-6....mg	0.227		1	A	1				
Folate, total....µg	0		0	BFPN	4				
Folic acid....µg	0		0	BFPN	4				
Folate, food....µg	0		0	BFPN	4				
Folate, DFE....µg	0		0	NC	4				
Choline, total....mg	44.9		0	AS	1				
Betaine....mg	11.7		1	A	1				
Vitamin B-12....µg	1.56		1	A	1				
Vitamin B-12, added....µg	0.00		0	Z	7				
Vitamin A, RAE....µg	0		0	AS	1				
Retinol....µg	0		0	BFSN	4				
Carotene, beta....µg	0		0	Z	7				
Carotene, alpha....µg	0		0	Z	7				
Cryptoxanthin, beta....µg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.68		1	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		1	A	1				
Tocopherol, gamma....mg	0.18		1	A	1				
Tocopherol, delta....mg	0.00		1	A	1				
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	3.5		0	AS	1				
Vitamin D....IU	142		1	A	1				
Vitamin K (phylloquinone)....µg	2.5		0	BFSN	4				
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17433
Veal, seam fat 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
Lipids:									
Fatty acids, total saturated....g	14.235		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		0	BFFN	4				
10:0....g	0.012		2	A	1				
12:0....g	0.028		2	A	1				
13:0....g									
14:0....g	1.060		2	A	1				
15:0....g									
16:0....g	8.636		2	A	1				
17:0....g	0.420		2	A	1				
18:0....g	4.050		2	A	1				
20:0....g	0.016		2	A	1				
22:0....g									
24:0....g	0.012		2	A	1				
Fatty acids, total monounsaturated....g	21.077		0	NC	4				
14:1....g	0.400		2	A	1				
15:1....g									
16:1 undifferentiated....g	1.698		0	AS	1				
16:1 c....g	1.698		2	A	1				
16:1 t....g									
17:1....g	0.404		2	A	1				
18:1 undifferentiated....g	18.491		0	AS	1				
18:1 c....g	16.757		2	A	1				
18:1 t....g	1.734		2	A	1				
18:1-11 t (18:1t n-7)....g									
20:1....g	0.083		2	A	1				
22:1 undifferentiated....g	0.000		0	BFFN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.393		0	NC	4				
18:2 undifferentiated....g	1.309		0	AS	1				
18:2 n-6 c,c....g	1.044		2	A	1				
18:2 CLAs....g	0.265		2	A	1				
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.041		2	A	1				
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.004		2	A	1				
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.040		2	A	1				
20:5 n-3 (EPA)....g	0.000		2	A	1				
21:5....g									
22:4....g									
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	1.734		0	NC	4				
Fatty acids, total trans-monoenoic....g	1.734		0	NC	4				
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	83		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.127		0	A	1				
Threonine....g	0.547		0	A	1				
Isoleucine....g	0.617		0	A	1				
Leucine....g	0.997		0	A	1				
Lysine....g	1.033		0	A	1				
Methionine....g	0.292		0	A	1				
Cystine....g	0.141		0	A	1				
Phenylalanine....g	0.506		0	A	1				
Tyrosine....g	0.400		0	A	1				
Valine....g	0.693		0	A	1				

NDB No. 17433
Veal, seam fat 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
Arginine....g	0.737		0	A	1				
Histidine....g	0.455		0	A	1				
Alanine....g	0.745		0	A	1				
Aspartic acid....g	1.081		0	A	1				
Glutamic acid....g	1.982		0	A	1				
Glycine....g	0.644		0	A	1				
Proline....g	0.523		0	A	1				
Serine....g	0.469		0	A	1				
Hydroxyproline....g	0.059		0	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 **Fat** **Carbohydrate**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		52.48	119.78	
Energy....kcal	191		0	NC	4		162	371	
Energy....kJ	799				4		679	1550	
Protein (N x 6.25)....g	31.54		0	PAK	1		26.81	61.19	
Total lipid (fat)....g	6.20		0	PAK	1		5.27	12.03	
Ash....g	1.12		0	PAK	1		0.95	2.17	
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		28	64	
Iron, Fe....mg	1.25		0	PAK	1		1.06	2.43	
Magnesium, Mg....mg	25		0	PAK	1		21	49	
Phosphorus, P....mg	225		0	PAK	1		191	437	
Potassium, K....mg	305		0	PAK	1		259	592	
Sodium, Na....mg	93		0	PAK	1		79	180	
Zinc, Zn....mg	6.63		0	PAK	1		5.64	12.86	
Copper, Cu....mg	0.111		0	PAK	1		0.094	0.215	
Manganese, Mn....mg	0.015		0	PAK	1		0.013	0.029	
Selenium, Se....µg	15.3		0	BFNN	4		13.0	29.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.049		0	PAK	1		0.042	0.095	
Riboflavin....mg	0.295		0	PAK	1		0.251	0.572	
Niacin....mg	9.454		0	PAK	1		8.036	18.341	
Pantothenic acid....mg	1.226		0	PAK	1		1.042	2.378	
Vitamin B-6....mg	0.265		0	PAK	1		0.225	0.514	
Folate, total....µg	17		0	PAK	1		14	33	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0	PAK	1		14	33	
Folate, DFE....µg	17		0	NC	4		14	33	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.61		0	PAK	1		1.37	3.12	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.078		0	PAK	1		1.766	4.031	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.003		0	PAK	1		0.003	0.006	
12:0....g	0.023		0	PAK	1		0.020	0.045	
13:0....g									
14:0....g	0.236		0	PAK	1		0.201	0.458	
15:0....g									
16:0....g	1.122		0	PAK	1		0.954	2.177	
17:0....g									
18:0....g	0.636		0	PAK	1		0.541	1.234	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.339		0	PAK	1		1.988	4.538	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.233		0	PAK	1		0.198	0.452	
17:1....g									
18:1 undifferentiated....g	2.023		0	PAK	1		1.720	3.925	
20:1....g	0.012		0	PAK	1		0.010	0.023	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.541		0	PAK	1		0.460	1.050	
18:2 undifferentiated....g	0.415		0	PAK	1		0.353	0.805	
18:3 undifferentiated....g	0.029		0	PAK	1		0.025	0.056	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.089		0	PAK	1		0.076	0.173	
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	124		0	PAK	1		105	241	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0	PAK	1		0.270	0.617	
Threonine....g	1.377		0	PAK	1		1.170	2.671	
Isoleucine....g	1.554		0	PAK	1		1.321	3.015	
Leucine....g	2.508		0	PAK	1		2.132	4.866	
Lysine....g	2.599		0	PAK	1		2.209	5.042	
Methionine....g	0.737		0	PAK	1		0.626	1.430	
Cystine....g	0.258		0	PAK	1		0.219	0.501	
Phenylalanine....g	1.271		0	PAK	1		1.080	2.466	
Tyrosine....g	1.004		0	PAK	1		0.853	1.948	
Valine....g	1.740		0	PAK	1		1.479	3.376	
Arginine....g	1.857		0	PAK	1		1.578	3.603	
Histidine....g	1.145		0	PAK	1		0.973	2.221	
Alanine....g	1.877		0	PAK	1		1.595	3.641	
Aspartic acid....g	2.720		0	PAK	1		2.312	5.277	
Glutamic acid....g	4.990		0	PAK	1		4.242	9.681	
Glycine....g	1.620		0	PAK	1		1.377	3.143	
Proline....g	1.316		0	PAK	1		1.119	2.553	
Serine....g	1.180		0	PAK	1		1.003	2.289	
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.

NDB No. 17277

Veal, shank (fore and hind), separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 194g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

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....µg	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....µg	15		0	PAK	1		4	68	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0	PAK	1		4	68	
Folate, DFE....µg	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.36		0	PAK	1		0.39	6.17	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.060		0	PAK	1		0.301	4.808	
4:0....g									
6:0....g									
8:0....g									
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									
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		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.

NDB No. 17276

Veal, shank (fore and hind), 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**

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.53	140.45	
Energy....kcal	177		0	NC	4		150	395	
Energy....kJ	741				4		629	1651	
Protein (N x 6.25)....g	32.22	0.330	6	A	1		27.39	71.85	
Total lipid (fat)....g	4.33	0.110	6	A	1		3.68	9.66	
Ash....g	1.13	0.020	6	A	1		0.96	2.52	
Carbohydrate, by difference....g	0.00		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		29	76	
Iron, Fe....mg	1.26		2	A	1		1.07	2.81	
Magnesium, Mg....mg	25		2	A	1		21	56	
Phosphorus, P....mg	228		2	A	1		194	508	
Potassium, K....mg	309		2	A	1		263	689	
Sodium, Na....mg	94		2	A	1		80	210	
Zinc, Zn....mg	6.81		2	A	1		5.79	15.19	
Copper, Cu....mg	0.113		2	A	1		0.096	0.252	
Manganese, Mn....mg	0.015		2	A	1		0.013	0.033	
Selenium, Se....µg	13.7		0	BFYN	4		11.6	30.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.050		0	BFPN	4		0.043	0.112	
Riboflavin....mg	0.300		0	BFPN	4		0.255	0.669	
Niacin....mg	9.660		0	BFPN	4		8.211	21.542	
Pantothenic acid....mg	1.250		0	BFPN	4		1.063	2.788	
Vitamin B-6....mg	0.270		0	BFPN	4		0.230	0.602	
Folate, total....µg	17		0	BFPN	4		14	38	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0	BFPN	4		14	38	
Folate, DFE....µg	17		0	NC	4		14	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.64		0	BFPN	4		1.39	3.66	
Vitamin A, RAE....µg	0		0	Z	7		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0	Z	7		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.140		0		1		0.969	2.542	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.016		0		1		0.014	0.036	
13:0....g									
14:0....g	0.131		0		1		0.111	0.292	
15:0....g									
16:0....g	0.643		0		1		0.547	1.434	
17:0....g									
18:0....g	0.332		0		1		0.282	0.740	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.546		0		1		1.314	3.448	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.135		0		1		0.115	0.301	
17:1....g									
18:1 undifferentiated....g	1.354		0		1		1.151	3.019	
20:1....g	0.012		0		1		0.010	0.027	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.458		0		1		0.389	1.021	
18:2 undifferentiated....g	0.346		0		1		0.294	0.772	
18:3 undifferentiated....g	0.012		0		1		0.010	0.027	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.092		0		1		0.078	0.205	
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	126		2	A	1		107	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0		1		0.276	0.725	
Threonine....g	1.407		0		1		1.196	3.138	
Isoleucine....g	1.588		0		1		1.350	3.541	
Leucine....g	2.562		0		1		2.178	5.713	
Lysine....g	2.655		0		1		2.257	5.921	
Methionine....g	0.753		0		1		0.640	1.679	
Cystine....g	0.366		0		1		0.311	0.816	
Phenylalanine....g	1.299		0		1		1.104	2.897	
Tyrosine....g	1.026		0		1		0.872	2.288	
Valine....g	1.778		0		1		1.511	3.965	
Arginine....g	1.897		0		1		1.612	4.230	
Histidine....g	1.170		0		1		0.995	2.609	
Alanine....g	1.918		0		1		1.630	4.277	
Aspartic acid....g	2.779		0		1		2.362	6.197	
Glutamic acid....g	5.098		0		1		4.333	11.369	
Glycine....g	1.655		0		1		1.407	3.691	
Proline....g	1.345		0		1		1.143	2.999	
Serine....g	1.206		0		1		1.025	2.689	
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.

NDB No. 17279

Veal, shank (fore and hind), separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 223g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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 27 (2014)

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....µg	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....µg	15		0	BFPN	4		4	68	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0	BFPN	4		4	68	
Folate, DFE....µg	15		0	NC	4		4	68	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.37		0	BFPN	4		0.39	6.21	
Vitamin A, RAE....µg									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.738		0		1		0.209	3.348	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17278

Veal, shank (fore and hind), separable lean only, raw

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 27 (2014)

NDB No. 17435
Veal, shank, separable lean and fat, raw

IMPS# 312
Refuse:49% Bone and connective tissue 49%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	75.85		0	RKA	1		64.47	85.71	963.24
Energy....kcal	107		0	RKI	6		91	121	1357
Energy....kJ	447		0	RKI	6		380	505	5678
Protein....g	19.28		0	RKA	1		16.39	21.79	244.87
Total lipid (fat)....g	3.30		0	RKA	1		2.81	3.73	41.95
Ash....g	0.96		0	RKA	1		0.81	1.08	12.16
Carbohydrate, by difference....g	0.00		0	RKI	6		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	0.0
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	RKA	1		10	13	151
Iron, Fe....mg	1.17		0	RKA	1		0.99	1.32	14.82
Magnesium, Mg....mg	32		0	RKA	1		27	36	405
Phosphorus, P....mg	207		0	RKA	1		176	234	2631
Potassium, K....mg	162		0	RKA	1		138	183	2057
Sodium, Na....mg	107		0	RKA	1		91	121	1364
Zinc, Zn....mg	3.32		0	RKA	1		2.82	3.75	42.13
Copper, Cu....mg	0.100		0	RKA	1		0.085	0.113	1.266
Manganese, Mn....mg	0.010		0	RKA	1		0.009	0.012	0.133
Selenium, Se....µg	12.7		0	RKA	1		10.8	14.3	160.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin....mg	0.082		0	RKA	1		0.069	0.092	1.037
Riboflavin....mg	0.376		0	RKA	1		0.320	0.425	4.780
Niacin....mg	5.254		0	RKA	1		4.466	5.937	66.723
Pantothenic acid....mg	0.641		0	RKA	1		0.545	0.725	8.146
Vitamin B-6....mg	0.392		0	RKA	1		0.333	0.443	4.976
Folate, total....µg	3		0	RKI	6		3	3	38
Folic acid....µg	0		0	RKI	6		0	0	0
Folate, food....µg	3		0	RKI	6		3	3	38
Folate, DFE....µg	3		0	NC	4		3	3	38
Choline, total....mg	96.7		0	RKI	6		82.2	109.3	1228.4
Betaine....mg	20.5		0	RKI	6		17.5	23.2	260.9
Vitamin B-12....µg	1.89		0	RKA	1		1.60	2.13	23.96
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	RKA	1		0	0	0
Retinol....µg	0		0	RKI	6		0	0	0
Carotene, beta....µg	0		0	RKI	6		0	0	0
Carotene, alpha....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	0
Vitamin A, IU....IU	0		0	RKA	1		0	0	0
Lycopene....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.17		0	RKI	6		0.14	0.19	2.16
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.01		0	RKA	1		0.01	0.01	0.09
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	RKA	1		0.7	0.9	9.9
Vitamin D....IU	31		0	RKI	6		26	35	395
Vitamin K (phylloquinone)....µg	1.0		0	RKI	6		0.8	1.1	12.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17435
Veal, shank, 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
Lipids:									
Fatty acids, total saturated....g	1.176		0	RKI	6		1.000	1.329	14.938
4:0....g	0.000		0	RKI	6		0.000	0.000	0.000
6:0....g	0.000		0	RKI	6		0.000	0.000	0.000
8:0....g	0.000		0	RKI	6		0.000	0.000	0.000
10:0....g	0.001		0	RKA	1		0.001	0.001	0.013
12:0....g	0.002		0	RKA	1		0.002	0.003	0.029
13:0....g									
14:0....g	0.078		0	RKA	1		0.066	0.088	0.990
15:0....g									
16:0....g	0.680		0	RKA	1		0.578	0.768	8.632
17:0....g	0.035		0	RKA	1		0.030	0.040	0.448
18:0....g	0.376		0	RKA	1		0.320	0.425	4.776
20:0....g	0.001		0	RKA	1		0.001	0.002	0.018
22:0....g									
24:0....g	0.003		0	RKA	1		0.002	0.003	0.034
Fatty acids, total monounsaturated....g	1.563		0	RKI	6		1.329	1.766	19.852
14:1....g	0.023		0	RKA	1		0.019	0.026	0.291
15:1....g									
16:1 undifferentiated....g	0.113		0	RKA	1		0.096	0.128	1.434
17:1....g	0.030		0	RKA	1		0.025	0.034	0.378
18:1 undifferentiated....g	1.393		0	RKA	1		1.184	1.574	17.690
20:1....g	0.005		0	RKA	1		0.004	0.005	0.058
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0	RKI	6		0.132	0.175	1.968
18:2 undifferentiated....g	0.136		0	RKA	1		0.115	0.153	1.724
18:3 undifferentiated....g	0.004		0	RKA	1		0.004	0.005	0.053
18:4....g	0.000		0	RKI	6		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.000	0.002
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		0	RKA	1		0.013	0.017	0.187
20:5 n-3 (EPA)....g	0.000		0	RKA	1		0.000	0.000	0.003
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	0.000
Fatty acids, total trans....g	0.139		0	RKI	6		0.119	0.158	1.771
Cholesterol....mg	63		0	RKA	1		53	71	794
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	RKA	1		0.166	0.221	2.478
Threonine....g	0.842		0	RKA	1		0.716	0.952	10.699
Isoleucine....g	0.950		0	RKA	1		0.807	1.073	12.061
Leucine....g	1.535		0	RKA	1		1.304	1.734	19.489
Lysine....g	1.589		0	RKA	1		1.351	1.796	20.180
Methionine....g	0.450		0	RKA	1		0.383	0.509	5.715
Cystine....g	0.218		0	RKA	1		0.185	0.246	2.763
Phenylalanine....g	0.778		0	RKA	1		0.661	0.879	9.880
Tyrosine....g	0.615		0	RKA	1		0.523	0.695	7.808
Valine....g	1.066		0	RKA	1		0.906	1.204	13.537
Arginine....g	1.134		0	RKA	1		0.964	1.282	14.404
Histidine....g	0.700		0	RKA	1		0.595	0.791	8.891
Alanine....g	1.147		0	RKA	1		0.975	1.296	14.566
Aspartic acid....g	1.664		0	RKA	1		1.414	1.880	21.128
Glutamic acid....g	3.050		0	RKA	1		2.592	3.446	38.734
Glycine....g	0.991		0	RKA	1		0.842	1.119	12.582
Proline....g	0.805		0	RKA	1		0.684	0.910	10.225
Serine....g	0.722		0	RKA	1		0.614	0.816	9.176
Hydroxyproline....g	0.097		0	RKA	1		0.083	0.110	1.234
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	0.0

NDB No. 17435
Veal, shank, 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
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		0	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: 3 oz

Measure 2 = 113g: 1 serving

Measure 3 = 1270g: 1 shank whole

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17428
Veal, shank, separable lean only, raw

IMPS #312
Refuse: 51% Bone and connective tissue 48%, 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	77.96		6	A	1		66.27	88.10	990.15
Energy....kcal	94		0	NC	4		80	106	1191
Energy....kJ	392		0	NC	4		333	443	4978
Protein....g	19.77		6	A	1		16.80	22.34	251.05
Total lipid (fat)....g	1.64		6	A	1		1.39	1.85	20.77
Ash....g	0.98		6	A	1		0.83	1.11	12.45
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11		6	A	1		10	13	143
Iron, Fe....mg	1.19		6	A	1		1.01	1.35	15.13
Magnesium, Mg....mg	33		6	A	1		28	37	414
Phosphorus, P....mg	212		6	A	1		180	239	2689
Potassium, K....mg	163		6	A	1		138	184	2069
Sodium, Na....mg	109		6	A	1		93	124	1388
Zinc, Zn....mg	3.42		6	A	1		2.90	3.86	43.40
Copper, Cu....mg	0.103		6	A	1		0.087	0.116	1.303
Manganese, Mn....mg	0.010		6	A	1		0.009	0.012	0.131
Selenium, Se....µg	13.0		1	A	1		11.1	14.7	165.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.084		1	A	1		0.072	0.095	1.069
Riboflavin....mg	0.390		1	A	1		0.331	0.441	4.952
Niacin....mg	5.370		1	A	1		4.564	6.068	68.198
Pantothenic acid....mg	0.660		1	A	1		0.561	0.746	8.382
Vitamin B-6....mg	0.403		1	A	1		0.342	0.455	5.117
Folate, total....µg	3		0	BFPN	4		3	4	40
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	3		0	BFPN	4		3	4	40
Folate, DFE....µg	3		0	NC	4		3	4	40
Choline, total....mg	99.9		0	BFPN	4		84.9	112.9	1269.0
Betaine....mg	21.1		0	BFPN	4		18.0	23.9	268.4
Vitamin B-12....µg	1.92		1	A	1		1.63	2.17	24.38
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	BFSN	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.15		0	BFFN	4		0.13	0.17	1.91
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.6	0.8	8.5
Vitamin D....IU	27		0	BFFN	4		23	30	340
Vitamin K (phylloquinone)....µg	0.9		0	BFSN	4		0.8	1.1	11.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17428
Veal, shank, 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
Lipids:									
Fatty acids, total saturated....g	0.639		0	NC	4		0.543	0.722	8.112
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.001		6	A	1		0.000	0.001	0.007
12:0....g	0.001		6	A	1		0.001	0.001	0.015
13:0....g									
14:0....g	0.037		6	A	1		0.032	0.042	0.476
15:0....g									
16:0....g	0.352		6	A	1		0.299	0.398	4.468
17:0....g	0.019		6	A	1		0.016	0.022	0.246
18:0....g	0.225		6	A	1		0.191	0.255	2.861
20:0....g	0.001		6	A	1		0.001	0.001	0.010
22:0....g									
24:0....g	0.002		6	A	1		0.002	0.003	0.029
Fatty acids, total monounsaturated....g	0.758		0	NC	4		0.644	0.857	9.626
14:1....g	0.007		6	A	1		0.006	0.008	0.093
15:1....g									
16:1 undifferentiated....g	0.047		6	AS	1		0.040	0.054	0.602
16:1 c....g	0.047		6	A	1		0.040	0.054	0.602
16:1 t....g									
17:1....g	0.014		6	A	1		0.012	0.016	0.182
18:1 undifferentiated....g	0.688		6	AS	1		0.585	0.777	8.733
18:1 c....g	0.614		6	A	1		0.522	0.694	7.796
18:1 t....g	0.074		6	A	1		0.063	0.083	0.937
18:1-11 t (18:1t n-7)....g									
20:1....g	0.001		6	A	1		0.001	0.001	0.017
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.104		0	NC	4		0.089	0.118	1.327
18:2 undifferentiated....g	0.088		6	AS	1		0.075	0.099	1.115
18:2 n-6 c,c....g	0.083		6	A	1		0.071	0.094	1.053
18:2 CLAs....g	0.005		6	A	1		0.004	0.005	0.061
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.003		6	A	1		0.002	0.003	0.034
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	0.000
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		6	A	1		0.012	0.016	0.175
20:5 n-3 (EPA)....g	0.000		6	A	1		0.000	0.000	0.003
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.074		0	NC	4		0.063	0.083	0.937
Fatty acids, total trans-monoenoic....g	0.074		0	NC	4		0.063	0.083	0.937
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	62		6	A	1		53	70	792
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	A	1		0.170	0.226	2.541
Threonine....g	0.864		0	A	1		0.734	0.976	10.970
Isoleucine....g	0.974		0	A	1		0.828	1.100	12.365
Leucine....g	1.573		0	A	1		1.337	1.778	19.982
Lysine....g	1.629		0	A	1		1.385	1.841	20.690
Methionine....g	0.461		0	A	1		0.392	0.521	5.860
Cystine....g	0.223		0	A	1		0.190	0.252	2.833
Phenylalanine....g	0.798		0	A	1		0.678	0.901	10.130
Tyrosine....g	0.630		0	A	1		0.536	0.712	8.005
Valine....g	1.093		0	A	1		0.929	1.235	13.879

NDB No. 17428
Veal, shank, 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
Arginine....g	1.163		0	A	1		0.988	1.314	14.768
Histidine....g	0.718		0	A	1		0.610	0.811	9.116
Alanine....g	1.176		0	A	1		1.000	1.329	14.934
Aspartic acid....g	1.706		0	A	1		1.450	1.927	21.662
Glutamic acid....g	3.127		0	A	1		2.658	3.534	39.713
Glycine....g	1.016		0	A	1		0.863	1.148	12.900
Proline....g	0.825		0	A	1		0.702	0.933	10.484
Serine....g	0.741		0	A	1		0.630	0.837	9.408
Hydroxyproline....g	0.100		0	A	1		0.085	0.113	1.268
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	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: 3 oz

Measure 2 = 113g: 1 serving

Measure 3 = 1270g: 1 shank whole

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 ... µg	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 ... µg	18		0		1		15	31	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	18		0		1		15	31	
Folate, DFE ... µg	18		0	NC	4		15	31	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.72		0		1		1.46	2.98	
Vitamin A, RAE ... µg	0		0		4		0	0	
Retinol ... µg	0		0		4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.46		0		1		0.39	0.80	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	3.960		0		1		3.366	6.851	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17123

Veal, shoulder, arm, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 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 27 (2014)

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		54.98	183.04	
Energy....kcal	183		0	NC	4		156	518	
Energy....kJ	766				4		651	2167	
Protein (N x 6.25)....g	25.46		0		1		21.64	72.05	
Total lipid (fat)....g	8.25		0		1		7.01	23.35	
Ash....g	1.44		0		1		1.22	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	26		0		1		22	74	
Iron, Fe....mg	1.15		0		1		0.98	3.25	
Magnesium, Mg....mg	26		0		1		22	74	
Phosphorus, P....mg	221		0		1		188	625	
Potassium, K....mg	348		0		1		296	985	
Sodium, Na....mg	90		0		1		77	255	
Zinc, Zn....mg	4.18		0		1		3.55	11.83	
Copper, Cu....mg	0.141		0		1		0.120	0.399	
Manganese, Mn....mg	0.030		0		1		0.026	0.085	
Selenium, Se....µg	11.1		0	PIE	4		9.4	31.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.170	
Riboflavin....mg	0.320		0		1		0.272	0.906	
Niacin....mg	8.020		0		1		6.817	22.697	
Pantothenic acid....mg	1.160		0		1		0.986	3.283	
Vitamin B-6....mg	0.290		0		1		0.247	0.821	
Folate, total....µg	17		0		1		14	48	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		14	48	
Folate, DFE....µg	17		0	NC	4		14	48	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.53		0		1		1.30	4.33	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		0.39	1.30	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.510		0		1		2.984	9.933	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.028	
12:0....g	0.020		0		1		0.017	0.057	
13:0....g									
14:0....g	0.350		0		1		0.298	0.991	
15:0....g									
16:0....g	1.850		0		1		1.573	5.236	
17:0....g									
18:0....g	1.160		0		1		0.986	3.283	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.200		0		1		2.720	9.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		1		0.315	1.047	
17:1....g									
18:1 undifferentiated....g	2.740		0		1		2.329	7.754	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		0		1		0.459	1.528	
18:2 undifferentiated....g	0.420		0		1		0.357	1.189	
18:3 undifferentiated....g	0.060		0		1		0.051	0.170	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.198	
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	108		0		1		92	306	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.219	0.730	
Threonine....g	1.112		0		1		0.945	3.147	
Isoleucine....g	1.254		0		1		1.066	3.549	
Leucine....g	2.027		0		1		1.723	5.736	
Lysine....g	2.098		0		1		1.783	5.937	
Methionine....g	0.594		0		1		0.505	1.681	
Cystine....g	0.287		0		1		0.244	0.812	
Phenylalanine....g	1.028		0		1		0.874	2.909	
Tyrosine....g	0.812		0		1		0.690	2.298	
Valine....g	1.407		0		1		1.196	3.982	
Arginine....g	1.498		0		1		1.273	4.239	
Histidine....g	0.924		0		1		0.785	2.615	
Alanine....g	1.515		0		1		1.288	4.287	
Aspartic acid....g	2.197		0		1		1.867	6.218	
Glutamic acid....g	4.028		0		1		3.424	11.399	
Glycine....g	1.309		0		1		1.113	3.704	
Proline....g	1.063		0		1		0.904	3.008	
Serine....g	0.954		0		1		0.811	2.700	
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.

NDB No. 17124

Veal, shoulder, arm, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	15		0		1		4	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		4	46	
Folate, DFE....µg	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....µg	1.37		0		1		0.39	4.16	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	4.6		0	BFYN	4		1.3	14.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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....µg	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....µg	19	4.047	11		1		16	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19	4.047	11		1		16	30	
Folate, DFE....µg	19		0	NC	4		16	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.82	0.285	11		1		1.55	2.91	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.47		0		1		0.40	0.75	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.490		0		1		1.267	2.384	
4:0....g									
6:0....g									
8:0....g									
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									
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	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.

NDB No. 17126

Veal, shoulder, arm, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 160g: 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 27 (2014)

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		56.50	180.80	
Energy....kcal	164		0	NC	4		139	446	
Energy....kJ	686				4		583	1866	
Protein (N x 6.25)....g	26.13		0		1		22.21	71.07	
Total lipid (fat)....g	5.81		0		1		4.94	15.80	
Ash....g	1.47		0		1		1.25	4.00	
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									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0		1		23	73	
Iron, Fe....mg	1.16		0		1		0.99	3.16	
Magnesium, Mg....mg	27		0		1		23	73	
Phosphorus, P....mg	226		0		1		192	615	
Potassium, K....mg	356		0		1		303	968	
Sodium, Na....mg	91		0		1		77	248	
Zinc, Zn....mg	4.32		0		1		3.67	11.75	
Copper, Cu....mg	0.146		0		1		0.124	0.397	
Manganese, Mn....mg	0.030		0		1		0.026	0.082	
Selenium, Se....µg	11.3		0	BFYN	4		9.6	30.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.190	
Riboflavin....mg	0.330		0		1		0.281	0.898	
Niacin....mg	8.240		0		1		7.004	22.413	
Pantothenic acid....mg	1.190		0		1		1.012	3.237	
Vitamin B-6....mg	0.300		0		1		0.255	0.816	
Folate, total....µg	17		0		1		14	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		14	46	
Folate, DFE....µg	17		0	NC	4		14	46	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.57		0		1		1.33	4.27	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		0.43	1.36	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.310		0		1		1.964	6.283	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.009	0.027	
13:0....g									
14:0....g	0.210		0		1		0.179	0.571	
15:0....g									
16:0....g	1.230		0		1		1.046	3.346	
17:0....g									
18:0....g	0.770		0		1		0.655	2.094	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.160		0		1		1.836	5.875	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		0		1		0.204	0.653	
17:1....g									
18:1 undifferentiated....g	1.870		0		1		1.590	5.086	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.430		0		1		0.366	1.170	
18:2 undifferentiated....g	0.320		0		1		0.272	0.870	
18:3 undifferentiated....g	0.040		0		1		0.034	0.109	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.190	
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	109		0		1		93	296	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.225	0.721	
Threonine....g	1.142		0		1		0.971	3.106	
Isoleucine....g	1.287		0		1		1.094	3.501	
Leucine....g	2.080		0		1		1.768	5.658	
Lysine....g	2.153		0		1		1.830	5.856	
Methionine....g	0.610		0		1		0.519	1.659	
Cystine....g	0.295		0		1		0.251	0.802	
Phenylalanine....g	1.055		0		1		0.897	2.870	
Tyrosine....g	0.833		0		1		0.708	2.266	
Valine....g	1.444		0		1		1.227	3.928	
Arginine....g	1.537		0		1		1.306	4.181	
Histidine....g	0.949		0		1		0.807	2.581	
Alanine....g	1.554		0		1		1.321	4.227	
Aspartic acid....g	2.254		0		1		1.916	6.131	
Glutamic acid....g	4.133		0		1		3.513	11.242	
Glycine....g	1.343		0		1		1.142	3.653	
Proline....g	1.091		0		1		0.927	2.968	
Serine....g	0.980		0		1		0.833	2.666	
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.

NDB No. 17127

Veal, shoulder, arm, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	16	3.877	12		1		5	46	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	3.877	12		1		5	46	
Folate, DFE....µg	16		0	NC	4		5	46	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.42	0.199	12		1		0.40	4.10	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.27		0		1		0.08	0.78	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.650		0		1		0.184	1.879	
4:0....g									
6:0....g									
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	0.087	
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									
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	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.

NDB No. 17125

Veal, shoulder, arm, separable lean only, raw

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)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17438

Veal, shoulder, blade chop, separable lean and fat, cooked, grilled

IMPS# 1309A

Refuse: 25% Bone and connective tissue 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	62.96		0	RKA	1		53.52	221.63	
Energy....kcal	199		0	RKI	6		169	699	
Energy....kJ	831		0	RKI	6		706	2924	
Protein....g	25.72		0	RKA	1		21.86	90.52	
Total lipid (fat)....g	10.57		0	RKA	1		8.98	37.19	
Ash....g	0.91		0	RKA	1		0.77	3.21	
Carbohydrate, by difference....g	0.15		0	RKI	6		0.13	0.52	
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	RKA	1		20	84	
Iron, Fe....mg	1.59		0	RKA	1		1.35	5.61	
Magnesium, Mg....mg	33		0	RKA	1		28	117	
Phosphorus, P....mg	242		0	RKA	1		206	853	
Potassium, K....mg	235		0	RKA	1		199	825	
Sodium, Na....mg	111		0	RKA	1		94	390	
Zinc, Zn....mg	4.71		0	RKA	1		4.00	16.57	
Copper, Cu....mg	0.142		0	RKA	1		0.121	0.500	
Manganese, Mn....mg	0.013		0	RKA	1		0.011	0.044	
Selenium, Se....µg	17.4		0	RKA	1		14.8	61.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin....mg	0.103		0	RKA	1		0.088	0.363	
Riboflavin....mg	0.445		0	RKA	1		0.378	1.565	
Niacin....mg	4.940		0	RKA	1		4.199	17.388	
Pantothenic acid....mg	1.097		0	RKA	1		0.932	3.860	
Vitamin B-6....mg	0.410		0	RKA	1		0.348	1.443	
Folate, total....µg	6		0	RKI	6		5	21	
Folic acid....µg	0		0	RKI	6		0	0	
Folate, food....µg	6		0	RKI	6		5	21	
Folate, DFE....µg	6		0	NC	4		5	21	
Choline, total....mg	128.1		0	RKI	6		108.9	450.8	
Betaine....mg	24.1		0	RKI	6		20.5	84.9	
Vitamin B-12....µg	3.44		0	RKA	1		2.92	12.09	
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	
Vitamin A, RAE....µg	0		0	RKA	1		0	0	
Retinol....µg	0		0	RKI	6		0	0	
Carotene, beta....µg	0		0	RKI	6		0	0	
Carotene, alpha....µg	0		0	RKI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	
Vitamin A, IU....IU	0		0	RKA	1		0	0	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	RKI	6		0.40	1.66	
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	
Tocopherol, gamma....mg	0.01		0	RKA	1		0.01	0.04	
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.02	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.3		0	RKA	1		1.1	4.7	
Vitamin D....IU	54		0	RKI	6		46	190	
Vitamin K (phylloquinone)....µg	1.4		0	RKI	6		1.2	4.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17438

Veal, shoulder, blade chop, separable lean and fat, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.715		0	RKI	6		3.157	13.075	
4:0....g	0.000		0	RKI	6		0.000	0.000	
6:0....g	0.000		0	RKI	6		0.000	0.000	
8:0....g	0.000		0	RKI	6		0.000	0.000	
10:0....g	0.004		0	RKA	1		0.004	0.016	
12:0....g	0.005		0	RKA	1		0.004	0.018	
13:0....g									
14:0....g	0.232		0	RKA	1		0.197	0.818	
15:0....g									
16:0....g	2.174		0	RKA	1		1.848	7.653	
17:0....g	0.106		0	RKA	1		0.090	0.374	
18:0....g	1.176		0	RKA	1		0.999	4.139	
20:0....g	0.004		0	RKA	1		0.003	0.012	
22:0....g									
24:0....g	0.013		0	RKA	1		0.011	0.047	
Fatty acids, total monounsaturated....g	4.778		0	RKI	6		4.061	16.819	
14:1....g	0.064		0	RKA	1		0.054	0.224	
15:1....g									
16:1 undifferentiated....g	0.360		0	RKA	1		0.306	1.267	
17:1....g	0.095		0	RKA	1		0.081	0.336	
18:1 undifferentiated....g	4.253		0	RKA	1		3.615	14.969	
20:1....g	0.006		0	RKA	1		0.005	0.022	
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.556		0	RKI	6		0.473	1.958	
18:2 undifferentiated....g	0.459		0	RKA	1		0.390	1.617	
18:3 undifferentiated....g	0.015		0	RKA	1		0.013	0.053	
18:4....g	0.000		0	RKI	6		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RKA	1		0.000	0.001	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.081		0	RKA	1		0.069	0.286	
20:5 n-3 (EPA)....g	0.001		0	RKA	1		0.000	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		0	RKI	6		0.001	0.004	
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	
Fatty acids, total trans....g	0.396		0	RKI	6		0.337	1.394	
Cholesterol....mg	78		0	RKA	1		66	274	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	RKA	1		0.221	0.916	
Threonine....g	1.124		0	RKA	1		0.955	3.955	
Isoleucine....g	1.267		0	RKA	1		1.077	4.458	
Leucine....g	2.047		0	RKA	1		1.740	7.205	
Lysine....g	2.119		0	RKA	1		1.801	7.460	
Methionine....g	0.600		0	RKA	1		0.510	2.113	
Cystine....g	0.290		0	RKA	1		0.247	1.021	
Phenylalanine....g	1.038		0	RKA	1		0.882	3.652	
Tyrosine....g	0.820		0	RKA	1		0.697	2.886	
Valine....g	1.422		0	RKA	1		1.208	5.004	
Arginine....g	1.513		0	RKA	1		1.286	5.325	
Histidine....g	0.934		0	RKA	1		0.794	3.287	
Alanine....g	1.530		0	RKA	1		1.300	5.385	
Aspartic acid....g	2.219		0	RKA	1		1.886	7.810	
Glutamic acid....g	4.068		0	RKA	1		3.458	14.319	
Glycine....g	1.321		0	RKA	1		1.123	4.651	
Proline....g	1.074		0	RKA	1		0.913	3.780	
Serine....g	0.964		0	RKA	1		0.819	3.392	
Hydroxyproline....g	0.130		0	RKA	1		0.111	0.458	
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	

NDB No. 17438

Veal, shoulder, blade chop, separable lean and fat, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		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: 3 oz

Measure 2 = 352g: 1 chop

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17128

Veal, shoulder, blade chop, separable lean and fat, raw

IMPS# 1309

Refuse:22% Bone and connective tissue 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	72.60		0	RKA	1		61.71	326.69	
Energy....kcal	148		0	RKI	6		126	667	
Energy....kJ	620		0	RKI	6		527	2791	
Protein (N x 6.25)....g	18.72		0	RKA	1		15.91	84.22	
Total lipid (fat)....g	7.61		0	RKA	1		6.47	34.25	
Ash....g	0.97		0	RKA	1		0.82	4.35	
Carbohydrate, by difference....g	0.03		0	RKI	6		0.02	0.12	
Fiber, total dietary....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total....g	0.00		0	RKI	6		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0	RKA	1		20	106	
Iron, Fe....mg	1.22		0	RKA	1		1.03	5.48	
Magnesium, Mg....mg	32		0	RKA	1		27	142	
Phosphorus, P....mg	202		0	RKA	1		172	908	
Potassium, K....mg	198		0	RKA	1		168	890	
Sodium, Na....mg	91		0	RKA	1		78	411	
Zinc, Zn....mg	3.18		0	RKA	1		2.70	14.29	
Copper, Cu....mg	0.080		0	RKA	1		0.068	0.360	
Manganese, Mn....mg	0.012		0	RKA	1		0.011	0.056	
Selenium, Se....µg	14.9		0	RKA	1		12.6	66.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin....mg	0.101		0	RKA	1		0.086	0.456	
Riboflavin....mg	0.397		0	RKA	1		0.338	1.788	
Niacin....mg	4.491		0	RKA	1		3.817	20.210	
Pantothenic acid....mg	0.971		0	RKA	1		0.825	4.370	
Vitamin B-6....mg	0.437		0	RKA	1		0.372	1.968	
Folate, total....µg	3		0	RKI	6		2	13	
Folic acid....µg	0		0	RKI	6		0	0	
Folate, food....µg	3		0	RKI	6		2	13	
Folate, DFE....µg	3		0	NC	4		2	13	
Choline, total....mg	92.7		0	RKI	6		78.8	417.3	
Betaine....mg	19.9		0	RKI	6		16.9	89.6	
Vitamin B-12....µg	2.73		0	RKA	1		2.32	12.28	
Vitamin B-12, added....µg	0.00		0	RKI	6		0.00	0.00	
Vitamin A, RAE....µg	0		0	RKA	1		0	0	
Retinol....µg	0		0	RKI	6		0	0	
Carotene, beta....µg	0		0	RKI	6		0	0	
Carotene, alpha....µg	0		0	RKI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RKI	6		0	0	
Vitamin A, IU....IU	0		0	RKA	1		0	0	
Lycopene....µg	0		0	RKI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RKI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.30		0	RKI	6		0.25	1.34	
Vitamin E, added....mg	0.00		0	RKI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RKA	1		0.00	0.00	
Tocopherol, gamma....mg	0.02		0	RKA	1		0.01	0.07	
Tocopherol, delta....mg	0.00		0	RKA	1		0.00	0.01	
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.5		0	RKA	1		1.3	6.7	
Vitamin D....IU	60		0	RKI	6		51	270	
Vitamin K (phylloquinone)....µg	1.2		0	RKI	6		1.0	5.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17128

Veal, shoulder, blade chop, 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
Lipids:									
Fatty acids, total saturated....g	2.701		0	RKI	6		2.296	12.157	
4:0....g	0.000		0	RKI	6		0.000	0.000	
6:0....g	0.000		0	RKI	6		0.000	0.000	
8:0....g	0.000		0	RKI	6		0.000	0.000	
10:0....g	0.004		0	RKA	1		0.003	0.016	
12:0....g	0.005		0	RKA	1		0.004	0.023	
13:0....g									
14:0....g	0.185		0	RKA	1		0.157	0.831	
15:0....g									
16:0....g	1.567		0	RKA	1		1.332	7.053	
17:0....g	0.079		0	RKA	1		0.068	0.357	
18:0....g	0.852		0	RKA	1		0.724	3.834	
20:0....g	0.003		0	RKA	1		0.003	0.015	
22:0....g									
24:0....g	0.006		0	RKA	1		0.005	0.027	
Fatty acids, total monounsaturated....g	3.642		0	RKI	6		3.096	16.389	
14:1....g	0.056		0	RKA	1		0.047	0.251	
15:1....g									
16:1 undifferentiated....g	0.266		0	RKA	1		0.226	1.195	
17:1....g	0.067		0	RKA	1		0.057	0.302	
18:1 undifferentiated....g	3.243		0	RKA	1		2.756	14.592	
20:1....g	0.011		0	RKA	1		0.009	0.050	
22:1 undifferentiated....g	0.000		0	RKI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		0	RKI	6		0.266	1.409	
18:2 undifferentiated....g	0.274		0	RKA	1		0.232	1.231	
18:3 undifferentiated....g	0.009		0	RKA	1		0.007	0.039	
18:4....g	0.000		0	RKI	6		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	RKA	1		0.000	0.003	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0	RKA	1		0.025	0.131	
20:5 n-3 (EPA)....g	0.001		0	RKA	1		0.001	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RKI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RKI	6		0.000	0.000	
Fatty acids, total trans....g	0.301		0	RKI	6		0.256	1.353	
Cholesterol....mg	62		0	RKA	1		53	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.189		0	RKA	1		0.161	0.852	
Threonine....g	0.818		0	RKA	1		0.695	3.680	
Isoleucine....g	0.922		0	RKA	1		0.784	4.148	
Leucine....g	1.490		0	RKA	1		1.266	6.703	
Lysine....g	1.542		0	RKA	1		1.311	6.941	
Methionine....g	0.437		0	RKA	1		0.371	1.966	
Cystine....g	0.211		0	RKA	1		0.179	0.950	
Phenylalanine....g	0.755		0	RKA	1		0.642	3.398	
Tyrosine....g	0.597		0	RKA	1		0.507	2.685	
Valine....g	1.035		0	RKA	1		0.879	4.656	
Arginine....g	1.101		0	RKA	1		0.936	4.954	
Histidine....g	0.680		0	RKA	1		0.578	3.058	
Alanine....g	1.113		0	RKA	1		0.946	5.010	
Aspartic acid....g	1.615		0	RKA	1		1.373	7.267	
Glutamic acid....g	2.960		0	RKA	1		2.516	13.322	
Glycine....g	0.962		0	RKA	1		0.817	4.327	
Proline....g	0.782		0	RKA	1		0.664	3.517	
Serine....g	0.701		0	RKA	1		0.596	3.156	
Hydroxyproline....g	0.095		0	RKA	1		0.080	0.426	
Others:									
Alcohol, ethyl....g	0.0		0	RKI	6		0.0	0.0	

NDB No. 17128

Veal, shoulder, blade chop, 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
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		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: 3 oz

Measure 2 = 450g: 1 chop

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17430

Veal, shoulder, blade chop, separable lean only, cooked, grilled

IMPS #1309A

Refuse: 33% Bone and connective tissue 25%, 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	66.44		6	A	1		56.48	233.88	
Energy....kcal	159		0	NC	4		135	560	
Energy....kJ	666		0	NC	4		566	2344	
Protein....g	27.33		6	A	1		23.23	96.20	
Total lipid (fat)....g	5.53		6	A	1		4.70	19.48	
Ash....g	0.95		6	A	1		0.81	3.35	
Carbohydrate, by difference....g	0.00		0	NC	4		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		6	A	1		18	73	
Iron, Fe....mg	1.65		6	A	1		1.40	5.81	
Magnesium, Mg....mg	34		6	A	1		29	120	
Phosphorus, P....mg	253		6	A	1		215	890	
Potassium, K....mg	245		6	A	1		208	861	
Sodium, Na....mg	113		6	A	1		96	398	
Zinc, Zn....mg	5.07		6	A	1		4.31	17.84	
Copper, Cu....mg	0.150		6	A	1		0.127	0.528	
Manganese, Mn....mg	0.009		6	A	1		0.008	0.033	
Selenium, Se....µg	18.4		1	A	1		15.6	64.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		1	A	1		0.093	0.387	
Riboflavin....mg	0.480		1	A	1		0.408	1.689	
Niacin....mg	5.140		1	A	1		4.369	18.092	
Pantothenic acid....mg	1.180		1	A	1		1.003	4.153	
Vitamin B-6....mg	0.435		1	A	1		0.370	1.531	
Folate, total....µg	7		0	BFPN	4		6	23	
Folic acid....µg	0		0	BFPN	4		0	0	
Folate, food....µg	7		0	BFPN	4		6	23	
Folate, DFE....µg	7		0	NC	4		6	23	
Choline, total....mg	137.8		0	BFPN	4		117.1	485.0	
Betaine....mg	25.2		0	BFPN	4		21.4	88.7	
Vitamin B-12....µg	3.66		1	A	1		3.11	12.88	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		0	BFSN	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.47		0	BFFN	4		0.40	1.65	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		0.8	3.5	
Vitamin D....IU	40		0	BFFN	4		34	141	
Vitamin K (phylloquinone)....µg	1.3		0	BFSN	4		1.1	4.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17430

Veal, shoulder, blade chop, separable lean only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.092		0	NC	4		1.779	7.365	
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	
10:0....g	0.002		6	A	1		0.002	0.007	
12:0....g	0.004		6	A	1		0.003	0.013	
13:0....g									
14:0....g	0.131		6	A	1		0.112	0.463	
15:0....g									
16:0....g	1.203		6	A	1		1.023	4.235	
17:0....g	0.061		6	A	1		0.052	0.215	
18:0....g	0.682		6	A	1		0.580	2.401	
20:0....g	0.002		6	A	1		0.001	0.005	
22:0....g									
24:0....g	0.008		6	A	1		0.007	0.028	
Fatty acids, total monounsaturated....g	2.677		0	NC	4		2.275	9.423	
14:1....g	0.033		6	A	1		0.028	0.116	
15:1....g									
16:1 undifferentiated....g	0.205		6	AS	1		0.175	0.723	
16:1 c....g	0.205		6	A	1		0.175	0.723	
16:1 t....g									
17:1....g	0.054		6	A	1		0.046	0.189	
18:1 undifferentiated....g	2.382		6	AS	1		2.025	8.385	
18:1 c....g	2.161		6	A	1		1.837	7.606	
18:1 t....g	0.221		6	A	1		0.188	0.779	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003		6	A	1		0.002	0.010	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.315		0	NC	4		0.267	1.107	
18:2 undifferentiated....g	0.259		6	AS	1		0.220	0.910	
18:2 n-6 c,c....g	0.242		6	A	1		0.206	0.853	
18:2 CLAs....g	0.016		6	A	1		0.014	0.057	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.009		6	A	1		0.007	0.030	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.047		6	A	1		0.040	0.165	
20:5 n-3 (EPA)....g	0.001		6	A	1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.221		0	NC	4		0.188	0.779	
Fatty acids, total trans-monoenoic....g	0.221		0	NC	4		0.188	0.779	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	77		6	A	1		66	272	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0	A	1		0.235	0.974	
Threonine....g	1.194		0	A	1		1.015	4.203	
Isoleucine....g	1.346		0	A	1		1.144	4.738	
Leucine....g	2.175		0	A	1		1.849	7.657	
Lysine....g	2.252		0	A	1		1.914	7.928	
Methionine....g	0.638		0	A	1		0.542	2.245	
Cystine....g	0.308		0	A	1		0.262	1.085	
Phenylalanine....g	1.103		0	A	1		0.937	3.882	
Tyrosine....g	0.871		0	A	1		0.741	3.067	
Valine....g	1.511		0	A	1		1.284	5.318	

NDB No. 17430

Veal, shoulder, blade chop, separable lean only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Arginine.....g	1.608		0	A	1		1.366	5.659	
Histidine.....g	0.992		0	A	1		0.844	3.493	
Alanine.....g	1.626		0	A	1		1.382	5.723	
Aspartic acid.....g	2.358		0	A	1		2.004	8.301	
Glutamic acid.....g	4.323		0	A	1		3.675	15.218	
Glycine.....g	1.404		0	A	1		1.194	4.943	
Proline.....g	1.141		0	A	1		0.970	4.017	
Serine.....g	1.024		0	A	1		0.871	3.605	
Hydroxyproline.....g	0.138		0	A	1		0.117	0.486	
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 = 85g: 3 oz

Measure 2 = 352g: 1 chop

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17131
Veal, shoulder, blade chop, separable lean only, raw

IMPS # 1309A
Refuse:30% Bone and connective tissue 22%, 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	76.29		6	A	1		64.84	343.29	21.63
Energy....kcal	110		0	NC	4		93	494	31
Energy....kJ	459		0	NC	4		390	2066	130
Protein (N x 6.25)....g	19.60		6	A	1		16.66	88.22	5.56
Total lipid (fat)....g	2.88		6	A	1		2.45	12.96	0.82
Ash....g	1.01		6	A	1		0.86	4.55	0.29
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	23		6	A	1		19	102	6
Iron, Fe....mg	1.26		6	A	1		1.07	5.69	0.36
Magnesium, Mg....mg	33		6	A	1		28	148	9
Phosphorus, P....mg	209		6	A	1		178	940	59
Potassium, K....mg	203		6	A	1		172	911	57
Sodium, Na....mg	92		6	A	1		78	413	26
Zinc, Zn....mg	3.38		6	A	1		2.87	15.21	0.96
Copper, Cu....mg	0.083		6	A	1		0.071	0.375	0.024
Manganese, Mn....mg	0.012		6	A	1		0.011	0.056	0.004
Selenium, Se....µg	15.8		1	A	1		13.4	71.1	4.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.109		1	A	1		0.093	0.490	0.031
Riboflavin....mg	0.430		1	A	1		0.366	1.935	0.122
Niacin....mg	4.610		1	A	1		3.919	20.745	1.307
Pantothenic acid....mg	1.050		1	A	1		0.892	4.725	0.298
Vitamin B-6....mg	0.466		1	A	1		0.396	2.097	0.132
Folate, total....µg	3		0	BFPN	4		3	14	1
Folic acid....µg	0		0	BFPN	4		0	0	0
Folate, food....µg	3		0	BFPN	4		3	14	1
Folate, DFE....µg	3		0	NC	4		3	14	1
Choline, total....mg	99.1		0	BFPN	4		84.2	445.9	28.1
Betaine....mg	21.0		0	BFPN	4		17.8	94.3	5.9
Vitamin B-12....µg	2.88		1	A	1		2.45	12.96	0.82
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	0		0	AS	1		0	0	0
Retinol....µg	0		0	BFSN	4		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.26		0	BFFN	4		0.23	1.19	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		1.0	5.3	0.3
Vitamin D....IU	47		0	BFFN	4		40	212	13
Vitamin K (phylloquinone)....µg	1.0		0	BFSN	4		0.9	4.5	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17131

Veal, shoulder, blade chop, 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
Lipids:									
Fatty acids, total saturated....g	1.113		0	NC	4		0.946	5.007	0.315
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.002		6	A	1		0.002	0.009	0.001
12:0....g	0.002		6	A	1		0.002	0.010	0.001
13:0....g									
14:0....g	0.064		6	A	1		0.054	0.288	0.018
15:0....g									
16:0....g	0.618		6	A	1		0.525	2.781	0.175
17:0....g	0.033		6	A	1		0.028	0.147	0.009
18:0....g	0.387		6	A	1		0.329	1.742	0.110
20:0....g	0.001		6	A	1		0.001	0.006	0.000
22:0....g									
24:0....g	0.005		6	A	1		0.005	0.024	0.002
Fatty acids, total monounsaturated....g	1.361		0	NC	4		1.157	6.125	0.386
14:1....g	0.014		6	A	1		0.012	0.063	0.004
15:1....g									
16:1 undifferentiated....g	0.087		6	AS	1		0.074	0.390	0.025
16:1 c....g	0.087		6	A	1		0.074	0.390	0.025
16:1 t....g									
17:1....g	0.025		6	A	1		0.022	0.115	0.007
18:1 undifferentiated....g	1.233		6	AS	1		1.048	5.549	0.350
18:1 c....g	1.127		6	A	1		0.958	5.070	0.319
18:1 t....g	0.106		6	A	1		0.090	0.478	0.030
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		6	A	1		0.002	0.009	0.001
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.171		0	NC	4		0.146	0.772	0.049
18:2 undifferentiated....g	0.138		6	AS	1		0.117	0.622	0.039
18:2 n-6 c,c....g	0.131		6	A	1		0.111	0.588	0.037
18:2 CLAs....g	0.008		6	A	1		0.006	0.034	0.002
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.004		6	A	1		0.003	0.018	0.001
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		6	A	1		0.000	0.001	0.000
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		6	A	1		0.024	0.124	0.008
20:5 n-3 (EPA)....g	0.001		6	A	1		0.001	0.006	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.106		0	NC	4		0.090	0.478	0.030
Fatty acids, total trans-monoenoic....g	0.106		0	NC	4		0.090	0.478	0.030
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	60		6	A	1		51	269	17
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0	A	1		0.169	0.893	0.056
Threonine....g	0.857		0	A	1		0.728	3.855	0.243
Isoleucine....g	0.966		0	A	1		0.821	4.345	0.274
Leucine....g	1.560		0	A	1		1.326	7.021	0.442
Lysine....g	1.616		0	A	1		1.373	7.270	0.458
Methionine....g	0.458		0	A	1		0.389	2.059	0.130
Cystine....g	0.221		0	A	1		0.188	0.995	0.063
Phenylalanine....g	0.791		0	A	1		0.672	3.559	0.224
Tyrosine....g	0.625		0	A	1		0.531	2.813	0.177
Valine....g	1.084		0	A	1		0.921	4.877	0.307

NDB No. 17131
Veal, shoulder, blade chop, 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
Arginine....g	1.153		0	A	1		0.980	5.189	0.327
Histidine....g	0.712		0	A	1		0.605	3.203	0.202
Alanine....g	1.166		0	A	1		0.991	5.248	0.331
Aspartic acid....g	1.691		0	A	1		1.438	7.612	0.480
Glutamic acid....g	3.101		0	A	1		2.636	13.955	0.879
Glycine....g	1.007		0	A	1		0.856	4.533	0.286
Proline....g	0.819		0	A	1		0.696	3.684	0.232
Serine....g	0.735		0	A	1		0.624	3.306	0.208
Hydroxyproline....g	0.099		0	A	1		0.084	0.445	0.028
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	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: 3 oz

Measure 2 = 450g: 1 chop

Measure 3 = 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 27 (2014)

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		48.43	105.98	
Energy....kcal	225		0	NC	4		191	419	
Energy....kJ	941		0		4		800	1751	
Protein (N x 6.25)....g	31.26		0		1		26.57	58.14	
Total lipid (fat)....g	10.09		0		1		8.58	18.77	
Ash....g	1.22		0		1		1.04	2.27	
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	38		0		1		32	71	
Iron, Fe....mg	1.44		0		1		1.22	2.68	
Magnesium, Mg....mg	26		0		1		22	48	
Phosphorus, P....mg	244		0		1		207	454	
Potassium, K....mg	297		0		1		252	552	
Sodium, Na....mg	98		0		1		83	182	
Zinc, Zn....mg	7.00		0		1		5.95	13.02	
Copper, Cu....mg	0.164		0		1		0.139	0.305	
Manganese, Mn....mg	0.036		0		1		0.031	0.067	
Selenium, Se....µg	14.0		0	PIE	4		11.9	26.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.112	
Riboflavin....mg	0.350		0		1		0.298	0.651	
Niacin....mg	5.500		0		1		4.675	10.230	
Pantothenic acid....mg	1.520		0		1		1.292	2.827	
Vitamin B-6....mg	0.240		0		1		0.204	0.446	
Folate, total....µg	15		0		1		13	28	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	28	
Folate, DFE....µg	15		0	NC	4		13	28	
Choline, total....mg	121.8		0	BFNN	4		103.5	226.6	
Betaine....mg	16.0		0	BFNN	4		13.6	29.8	
Vitamin B-12....µg	1.93		0		1		1.64	3.59	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.44		0		1		0.37	0.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	6.6		0	BFSN	4		5.6	12.3	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.640		0		1		3.094	6.770	
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	0.010		0		1		0.009	0.019	
12:0....g	0.030		0		1		0.026	0.056	
13:0....g									
14:0....g	0.330		0		1		0.281	0.614	
15:0....g									
16:0....g	1.990		0		1		1.692	3.701	
17:0....g									
18:0....g	1.210		0		1		1.029	2.251	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.850		0		1		3.273	7.161	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.744	
17:1....g									
18:1 undifferentiated....g	3.370		0		1		2.865	6.268	
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		0.629	1.376	
18:2 undifferentiated....g	0.580		0		1		0.493	1.079	
18:3 undifferentiated....g	0.060		0		1		0.051	0.112	
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		0.085	0.186	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		130	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.316		0		1		0.269	0.588	
Threonine....g	1.366		0		1		1.161	2.541	
Isoleucine....g	1.540		0		1		1.309	2.864	
Leucine....g	2.488		0		1		2.115	4.628	
Lysine....g	2.576		0		1		2.190	4.791	
Methionine....g	0.730		0		1		0.621	1.358	
Cystine....g	0.353		0		1		0.300	0.657	
Phenylalanine....g	1.262		0		1		1.073	2.347	
Tyrosine....g	0.997		0		1		0.847	1.854	
Valine....g	1.728		0		1		1.469	3.214	
Arginine....g	1.839		0		1		1.563	3.421	
Histidine....g	1.135		0		1		0.965	2.111	
Alanine....g	1.859		0		1		1.580	3.458	
Aspartic acid....g	2.697		0		1		2.292	5.016	
Glutamic acid....g	4.945		0		1		4.203	9.198	
Glycine....g	1.607		0		1		1.366	2.989	
Proline....g	1.305		0		1		1.109	2.427	
Serine....g	1.172		0		1		0.996	2.180	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 186g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	65.54		0		1		55.71	159.92	
Energy....kcal	186		0	NC	4		158	454	
Energy....kJ	778				4		661	1899	
Protein (N x 6.25)....g	25.15		0		1		21.38	61.37	
Total lipid (fat)....g	8.67		0		1		7.37	21.15	
Ash....g	1.38		0		1		1.17	3.37	
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	28		0		1		24	68	
Iron, Fe....mg	1.00		0		1		0.85	2.44	
Magnesium, Mg....mg	24		0		1		20	59	
Phosphorus, P....mg	212		0		1		180	517	
Potassium, K....mg	306		0		1		260	747	
Sodium, Na....mg	100		0		1		85	244	
Zinc, Zn....mg	5.58		0		1		4.74	13.62	
Copper, Cu....mg	0.138		0		1		0.117	0.337	
Manganese, Mn....mg	0.030		0		1		0.026	0.073	
Selenium, Se....µg	10.6		0	PIE	4		9.0	25.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.171	
Riboflavin....mg	0.350		0		1		0.298	0.854	
Niacin....mg	5.730		0		1		4.871	13.981	
Pantothenic acid....mg	1.380		0		1		1.173	3.367	
Vitamin B-6....mg	0.240		0		1		0.204	0.586	
Folate, total....µg	11		0		1		9	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		9	27	
Folate, DFE....µg	11		0	NC	4		9	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.01		0		1		1.71	4.90	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.47		0		1		0.40	1.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.460		0		1		2.941	8.442	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.024	
12:0....g	0.020		0		1		0.017	0.049	
13:0....g									
14:0....g	0.310		0		1		0.264	0.756	
15:0....g									
16:0....g	1.840		0		1		1.564	4.490	
17:0....g									
18:0....g	1.150		0		1		0.978	2.806	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.240		0		1		2.754	7.906	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.370		0		1		0.315	0.903	
17:1....g									
18:1 undifferentiated....g	2.790		0		1		2.372	6.808	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.640		0		1		0.544	1.562	
18:2 undifferentiated....g	0.480		0		1		0.408	1.171	
18:3 undifferentiated....g	0.050		0		1		0.043	0.122	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.268	
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	117		0		1		99	285	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0		1		0.217	0.622	
Threonine....g	1.099		0		1		0.934	2.682	
Isoleucine....g	1.238		0		1		1.052	3.021	
Leucine....g	2.002		0		1		1.702	4.885	
Lysine....g	2.072		0		1		1.761	5.056	
Methionine....g	0.587		0		1		0.499	1.432	
Cystine....g	0.284		0		1		0.241	0.693	
Phenylalanine....g	1.015		0		1		0.863	2.477	
Tyrosine....g	0.802		0		1		0.682	1.957	
Valine....g	1.390		0		1		1.182	3.392	
Arginine....g	1.479		0		1		1.257	3.609	
Histidine....g	0.913		0		1		0.776	2.228	
Alanine....g	1.496		0		1		1.272	3.650	
Aspartic acid....g	2.170		0		1		1.845	5.295	
Glutamic acid....g	3.978		0		1		3.381	9.706	
Glycine....g	1.292		0		1		1.098	3.152	
Proline....g	1.050		0		1		0.893	2.562	
Serine....g	0.943		0		1		0.802	2.301	
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.

NDB No. 17130

Veal, shoulder, blade, separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 244g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		50.35	103.08	
Energy....kcal	198		0	NC	4		168	345	
Energy....kJ	828		0		4		704	1441	
Protein (N x 6.25)....g	32.66	0.407	12		1		27.76	56.83	
Total lipid (fat)....g	6.48	0.176	12		1		5.51	11.28	
Ash....g	1.24	0.029	12		1		1.05	2.16	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	40	3.167	12		1		34	70	
Iron, Fe....mg	1.47	0.045	12		1		1.25	2.56	
Magnesium, Mg....mg	28	0.572	12		1		24	49	
Phosphorus, P....mg	252	7.458	12		1		214	438	
Potassium, K....mg	305	4.531	12		1		259	531	
Sodium, Na....mg	101	4.750	12		1		86	176	
Zinc, Zn....mg	7.39	0.126	12		1		6.28	12.86	
Copper, Cu....mg	0.171	0.015	12		1		0.145	0.298	
Manganese, Mn....mg	0.038		0		1		0.032	0.066	
Selenium, Se....µg	14.5		0	BFYN	4		12.3	25.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	12		1		0.051	0.104	
Riboflavin....mg	0.360	0.019	12		1		0.306	0.626	
Niacin....mg	5.680	0.613	12		1		4.828	9.883	
Pantothenic acid....mg	1.590	0.363	12		1		1.352	2.767	
Vitamin B-6....mg	0.250	0.040	12		1		0.213	0.435	
Folate, total....µg	15	3.048	12		1		13	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15	3.048	12		1		13	26	
Folate, DFE....µg	15		0	NC	4		13	26	
Choline, total....mg	126.8		0	BFNN	4		107.8	220.6	
Betaine....mg	16.7		0	BFNN	4		14.2	29.0	
Vitamin B-12....µg	2.01	0.327	12		1		1.71	3.50	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		0.38	0.78	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	6.8		0	BFSN	4		5.7	11.7	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	1.810		0		1		1.539	3.149	
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		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.017	
13:0....g									
14:0....g	0.120		73		1		0.102	0.209	
15:0....g									
16:0....g	1.060		73		1		0.901	1.844	
17:0....g									
18:0....g	0.620		73		1		0.527	1.079	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.310		0		1		1.964	4.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		73		1		0.179	0.365	
17:1....g									
18:1 undifferentiated....g	2.080		73		1		1.768	3.619	
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		0.493	1.009	
18:2 undifferentiated....g	0.440		73		1		0.374	0.766	
18:3 undifferentiated....g	0.030		73		1		0.026	0.052	
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		0.094	0.191	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		134	275	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.331		0		1		0.281	0.576	
Threonine....g	1.427		0		1		1.213	2.483	
Isoleucine....g	1.608		0		1		1.367	2.798	
Leucine....g	2.599		0		1		2.209	4.522	
Lysine....g	2.691		0		1		2.287	4.682	
Methionine....g	0.762		0		1		0.648	1.326	
Cystine....g	0.369		0		1		0.314	0.642	
Phenylalanine....g	1.318		0		1		1.120	2.293	
Tyrosine....g	1.041		0		1		0.885	1.811	
Valine....g	1.805		0		1		1.534	3.141	
Arginine....g	1.921		0		1		1.633	3.343	
Histidine....g	1.185		0		1		1.007	2.062	
Alanine....g	1.942		0		1		1.651	3.379	
Aspartic acid....g	2.817		0		1		2.394	4.902	
Glutamic acid....g	5.166		0		1		4.391	8.989	
Glycine....g	1.678		0		1		1.426	2.920	
Proline....g	1.363		0		1		1.159	2.372	
Serine....g	1.224		0		1		1.040	2.130	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		56.87	157.88	
Energy....kcal	171		0	NC	4		145	404	
Energy....kJ	715				4		608	1688	
Protein (N x 6.25)....g	25.64		0		1		21.79	60.51	
Total lipid (fat)....g	6.88		0		1		5.85	16.24	
Ash....g	1.39		0		1		1.18	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									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		24	66	
Iron, Fe....mg	1.00		0		1		0.85	2.36	
Magnesium, Mg....mg	24		0		1		20	57	
Phosphorus, P....mg	215		0		1		183	507	
Potassium, K....mg	310		0		1		264	732	
Sodium, Na....mg	102		0		1		87	241	
Zinc, Zn....mg	5.72		0		1		4.86	13.50	
Copper, Cu....mg	0.141		0		1		0.120	0.333	
Manganese, Mn....mg	0.030		0		1		0.026	0.071	
Selenium, Se....µg	10.7		0	BFYN	4		9.1	25.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.165	
Riboflavin....mg	0.360		0		1		0.306	0.850	
Niacin....mg	5.820		0		1		4.947	13.735	
Pantothenic acid....mg	1.410		0		1		1.199	3.328	
Vitamin B-6....mg	0.240		0		1		0.204	0.566	
Folate, total....µg	11		0		1		9	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		9	26	
Folate, DFE....µg	11		0	NC	4		9	26	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.06		0		1		1.75	4.86	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		0.43	1.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.570		0		1		2.185	6.065	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.020		0		1		0.017	0.047	
13:0....g									
14:0....g	0.210		0		1		0.179	0.496	
15:0....g									
16:0....g	1.390		0		1		1.182	3.280	
17:0....g									
18:0....g	0.860		0		1		0.731	2.030	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.470		0		1		2.100	5.829	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.637	
17:1....g									
18:1 undifferentiated....g	2.150		0		1		1.828	5.074	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.560		0		1		0.476	1.322	
18:2 undifferentiated....g	0.410		0		1		0.349	0.968	
18:3 undifferentiated....g	0.040		0		1		0.034	0.094	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.260	
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	119		0		1		101	281	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0		1		0.220	0.611	
Threonine....g	1.120		0		1		0.952	2.643	
Isoleucine....g	1.262		0		1		1.073	2.978	
Leucine....g	2.040		0		1		1.734	4.814	
Lysine....g	2.112		0		1		1.795	4.984	
Methionine....g	0.598		0		1		0.508	1.411	
Cystine....g	0.289		0		1		0.246	0.682	
Phenylalanine....g	1.035		0		1		0.880	2.443	
Tyrosine....g	0.817		0		1		0.694	1.928	
Valine....g	1.417		0		1		1.204	3.344	
Arginine....g	1.508		0		1		1.282	3.559	
Histidine....g	0.931		0		1		0.791	2.197	
Alanine....g	1.525		0		1		1.296	3.599	
Aspartic acid....g	2.212		0		1		1.880	5.220	
Glutamic acid....g	4.055		0		1		3.447	9.570	
Glycine....g	1.317		0		1		1.119	3.108	
Proline....g	1.070		0		1		0.910	2.525	
Serine....g	0.961		0		1		0.817	2.268	
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.

NDB No. 17133

Veal, shoulder, blade, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		47.94	107.72	
Energy....kcal	228		0	NC	4		194	435	
Energy....kJ	954		0		4		811	1822	
Protein (N x 6.25)....g	32.06		0		1		27.25	61.23	
Total lipid (fat)....g	10.14		0		1		8.62	19.37	
Ash....g	1.24		0		1		1.05	2.37	
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	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		1		30	67	
Iron, Fe....mg	1.42		0		1		1.21	2.71	
Magnesium, Mg....mg	27		0		1		23	52	
Phosphorus, P....mg	250		0		1		213	478	
Potassium, K....mg	309		0		1		263	590	
Sodium, Na....mg	95		0		1		81	181	
Zinc, Zn....mg	6.59		0		1		5.60	12.59	
Copper, Cu....mg	0.151		0		1		0.128	0.288	
Manganese, Mn....mg	0.036		0		1		0.031	0.069	
Selenium, Se....µg	14.2		0	PIE	4		12.1	27.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.115	
Riboflavin....mg	0.340		0		1		0.289	0.649	
Niacin....mg	6.420		0		1		5.457	12.262	
Pantothenic acid....mg	1.530		0		1		1.301	2.922	
Vitamin B-6....mg	0.250		0		1		0.213	0.478	
Folate, total....µg	15		0		1		13	29	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	29	
Folate, DFE....µg	15		0	NC	4		13	29	
Choline, total....mg	123.8		0	BFNN	4		105.2	236.4	
Betaine....mg	16.3		0	BFNN	4		13.8	31.1	
Vitamin B-12....µg	1.84		0		1		1.56	3.51	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36	0.80	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	5.9		0	BFYN	4		5.0	11.3	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	3.750		0		1		3.188	7.163	
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	0.010		0		1		0.009	0.019	
12:0....g	0.030		0		1		0.026	0.057	
13:0....g									
14:0....g	0.350		0		1		0.298	0.669	
15:0....g									
16:0....g	2.030		0		1		1.726	3.877	
17:0....g									
18:0....g	1.240		0		1		1.054	2.368	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.900		0		1		3.315	7.449	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.410		0		1		0.349	0.783	
17:1....g									
18:1 undifferentiated....g	3.410		0		1		2.899	6.513	
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		0.621	1.394	
18:2 undifferentiated....g	0.570		0		1		0.485	1.089	
18:3 undifferentiated....g	0.060		0		1		0.051	0.115	
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		0.085	0.191	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		107	241	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0		1		0.276	0.621	
Threonine....g	1.401		0		1		1.191	2.676	
Isoleucine....g	1.579		0		1		1.342	3.016	
Leucine....g	2.552		0		1		2.169	4.874	
Lysine....g	2.642		0		1		2.246	5.046	
Methionine....g	0.748		0		1		0.636	1.429	
Cystine....g	0.362		0		1		0.308	0.691	
Phenylalanine....g	1.294		0		1		1.100	2.472	
Tyrosine....g	1.022		0		1		0.869	1.952	
Valine....g	1.772		0		1		1.506	3.385	
Arginine....g	1.886		0		1		1.603	3.602	
Histidine....g	1.164		0		1		0.989	2.223	
Alanine....g	1.907		0		1		1.621	3.642	
Aspartic acid....g	2.766		0		1		2.351	5.283	
Glutamic acid....g	5.071		0		1		4.310	9.686	
Glycine....g	1.648		0		1		1.401	3.148	
Proline....g	1.339		0		1		1.138	2.557	
Serine....g	1.202		0		1		1.022	2.296	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.51	168.50	
Energy ... kcal	184		0	NC	4		156	475	
Energy ... kJ	770				4		654	1986	
Protein (N x 6.25) ... g	25.32		0		1		21.52	65.33	
Total lipid (fat) ... g	8.42		0		1		7.16	21.72	
Ash ... g	1.40		0		1		1.19	3.61	
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	27		0		1		23	70	
Iron, Fe ... mg	1.03		0		1		0.88	2.66	
Magnesium, Mg ... mg	25		0		1		21	65	
Phosphorus, P ... mg	215		0		1		183	555	
Potassium, K ... mg	322		0		1		274	831	
Sodium, Na ... mg	96		0		1		82	248	
Zinc, Zn ... mg	5.12		0		1		4.35	13.21	
Copper, Cu ... mg	0.139		0		1		0.118	0.359	
Manganese, Mn ... mg	0.030		0		1		0.026	0.077	
Selenium, Se ... µg	10.7		0	PIE	4		9.1	27.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.070		0		1		0.060	0.181	
Riboflavin ... mg	0.340		0		1		0.289	0.877	
Niacin ... mg	6.330		0		1		5.381	16.331	
Pantothenic acid ... mg	1.300		0		1		1.105	3.354	
Vitamin B-6 ... mg	0.260		0		1		0.221	0.671	
Folate, total ... µg	12		0		1		10	31	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	12		0		1		10	31	
Folate, DFE ... µg	12		0	NC	4		10	31	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.82		0		1		1.55	4.70	
Vitamin A, RAE ... µg	0		0		4		0	0	
Retinol ... µg	0		0		4		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	0		0		4		0	0	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg	0.46		0		1		0.39	1.19	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Tocotrienol, alpha ... mg									
Tocotrienol, beta ... mg									
Tocotrienol, gamma ... mg									
Tocotrienol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

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
Fatty acids, total saturated....g	3.400		0		1		2.890	8.772	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.026	
12:0....g	0.020		0		1		0.017	0.052	
13:0....g									
14:0....g	0.310		0		1		0.264	0.800	
15:0....g									
16:0....g	1.810		0		1		1.539	4.670	
17:0....g									
18:0....g	1.130		0		1		0.961	2.915	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.160		0		1		2.686	8.153	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.360		0		1		0.306	0.929	
17:1....g									
18:1 undifferentiated....g	2.730		0		1		2.321	7.043	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0		1		0.519	1.574	
18:2 undifferentiated....g	0.460		0		1		0.391	1.187	
18:3 undifferentiated....g	0.050		0		1		0.043	0.129	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	0.258	
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	113		0		1		96	292	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0		1		0.218	0.660	
Threonine....g	1.106		0		1		0.940	2.853	
Isoleucine....g	1.247		0		1		1.060	3.217	
Leucine....g	2.015		0		1		1.713	5.199	
Lysine....g	2.087		0		1		1.774	5.384	
Methionine....g	0.591		0		1		0.502	1.525	
Cystine....g	0.286		0		1		0.243	0.738	
Phenylalanine....g	1.022		0		1		0.869	2.637	
Tyrosine....g	0.807		0		1		0.686	2.082	
Valine....g	1.400		0		1		1.190	3.612	
Arginine....g	1.489		0		1		1.266	3.842	
Histidine....g	0.919		0		1		0.781	2.371	
Alanine....g	1.506		0		1		1.280	3.885	
Aspartic acid....g	2.184		0		1		1.856	5.635	
Glutamic acid....g	4.005		0		1		3.404	10.333	
Glycine....g	1.301		0		1		1.106	3.357	
Proline....g	1.057		0		1		0.898	2.727	
Serine....g	0.949		0		1		0.807	2.448	
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.

NDB No. 17118

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	12		0		1		3	54	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		1		3	54	
Folate, DFE....µg	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....µg	1.67		0		1		0.47	7.58	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	4.6		0	BFYN	4		1.3	21.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		50.05	107.16	
Energy....kcal	199		0	NC	4		169	362	
Energy....kJ	833				4		708	1515	
Protein (N x 6.25)....g	33.68	0.324	12		1		28.63	61.30	
Total lipid (fat)....g	6.10	0.070	12		1		5.19	11.10	
Ash....g	1.27	0.027	12		1		1.08	2.31	
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	37	3.047	12		1		31	67	
Iron, Fe....mg	1.45	0.039	12		1		1.23	2.64	
Magnesium, Mg....mg	28	0.635	12		1		24	51	
Phosphorus, P....mg	260	7.304	12		1		221	473	
Potassium, K....mg	319	3.828	12		1		271	581	
Sodium, Na....mg	97	4.385	12		1		82	177	
Zinc, Zn....mg	7.00	0.157	12		1		5.95	12.74	
Copper, Cu....mg	0.159	0.012	12		1		0.135	0.289	
Manganese, Mn....mg	0.038		0		1		0.032	0.069	
Selenium, Se....µg	14.7		0	BFYN	4		12.5	26.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	12		1		0.051	0.109	
Riboflavin....mg	0.350	0.020	12		1		0.298	0.637	
Niacin....mg	6.680	0.922	12		1		5.678	12.158	
Pantothenic acid....mg	1.610	0.356	12		1		1.369	2.930	
Vitamin B-6....mg	0.260	0.041	12		1		0.221	0.473	
Folate, total....µg	16	3.146	12		1		14	29	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	3.146	12		1		14	29	
Folate, DFE....µg	16		0	NC	4		14	29	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.94	0.296	12		1		1.65	3.53	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.45		0		1		0.38	0.82	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.700		0		1		1.445	3.094	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.018	
13:0....g									
14:0....g	0.120		73		1		0.102	0.218	
15:0....g									
16:0....g	0.990		73		1		0.842	1.802	
17:0....g									
18:0....g	0.580		73		1		0.493	1.056	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.180		0		1		1.853	3.968	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		73		1		0.170	0.364	
17:1....g									
18:1 undifferentiated....g	1.960		73		1		1.666	3.567	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		0.468	1.001	
18:2 undifferentiated....g	0.420		73		1		0.357	0.764	
18:3 undifferentiated....g	0.030		73		1		0.026	0.055	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		73		1		0.085	0.182	
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	130	7.780	22		1		111	237	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.341		0		1		0.290	0.621	
Threonine....g	1.471		0		1		1.250	2.677	
Isoleucine....g	1.658		0		1		1.409	3.018	
Leucine....g	2.680		0		1		2.278	4.878	
Lysine....g	2.775		0		1		2.359	5.051	
Methionine....g	0.786		0		1		0.668	1.431	
Cystine....g	0.380		0		1		0.323	0.692	
Phenylalanine....g	1.359		0		1		1.155	2.473	
Tyrosine....g	1.074		0		1		0.913	1.955	
Valine....g	1.861		0		1		1.582	3.387	
Arginine....g	1.981		0		1		1.684	3.605	
Histidine....g	1.222		0		1		1.039	2.224	
Alanine....g	2.003		0		1		1.703	3.645	
Aspartic acid....g	2.905		0		1		2.469	5.287	
Glutamic acid....g	5.327		0		1		4.528	9.695	
Glycine....g	1.731		0		1		1.471	3.150	
Proline....g	1.406		0		1		1.195	2.559	
Serine....g	1.262		0		1		1.073	2.297	
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.

NDB No. 17120

Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 182g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		56.66	167.32	
Energy....kcal	170		0	NC	4		145	427	
Energy....kJ	711				4		605	1785	
Protein (N x 6.25)....g	25.81		0		1		21.94	64.78	
Total lipid (fat)....g	6.62		0		1		5.63	16.62	
Ash....g	1.41		0		1		1.20	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	27		0		1		23	68	
Iron, Fe....mg	1.03		0		1		0.88	2.59	
Magnesium, Mg....mg	25		0		1		21	63	
Phosphorus, P....mg	218		0		1		185	547	
Potassium, K....mg	327		0		1		278	821	
Sodium, Na....mg	97		0		1		82	243	
Zinc, Zn....mg	5.25		0		1		4.46	13.18	
Copper, Cu....mg	0.142		0		1		0.121	0.356	
Manganese, Mn....mg	0.030		0		1		0.026	0.075	
Selenium, Se....µg	10.9		0	BFYN	4		9.3	27.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		0		1		0.060	0.176	
Riboflavin....mg	0.340		0		1		0.289	0.853	
Niacin....mg	6.440		0		1		5.474	16.164	
Pantothenic acid....mg	1.320		0		1		1.122	3.313	
Vitamin B-6....mg	0.260		0		1		0.221	0.653	
Folate, total....µg	13		0		1		11	33	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0		1		11	33	
Folate, DFE....µg	13		0	NC	4		11	33	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.86		0		1		1.58	4.67	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.50		0		1		0.43	1.26	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.500		0		1		2.125	6.275	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.020		0		1		0.017	0.050	
13:0....g									
14:0....g	0.210		0		1		0.179	0.527	
15:0....g									
16:0....g	1.350		0		1		1.148	3.389	
17:0....g									
18:0....g	0.840		0		1		0.714	2.108	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.400		0		1		2.040	6.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.678	
17:1....g									
18:1 undifferentiated....g	2.080		0		1		1.768	5.221	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.451	1.330	
18:2 undifferentiated....g	0.390		0		1		0.332	0.979	
18:3 undifferentiated....g	0.040		0		1		0.034	0.100	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	0.251	
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	114		0		1		97	286	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0		1		0.222	0.655	
Threonine....g	1.128		0		1		0.959	2.831	
Isoleucine....g	1.271		0		1		1.080	3.190	
Leucine....g	2.055		0		1		1.747	5.158	
Lysine....g	2.127		0		1		1.808	5.339	
Methionine....g	0.602		0		1		0.512	1.511	
Cystine....g	0.291		0		1		0.247	0.730	
Phenylalanine....g	1.042		0		1		0.886	2.615	
Tyrosine....g	0.823		0		1		0.700	2.066	
Valine....g	1.427		0		1		1.213	3.582	
Arginine....g	1.518		0		1		1.290	3.810	
Histidine....g	0.937		0		1		0.796	2.352	
Alanine....g	1.535		0		1		1.305	3.853	
Aspartic acid....g	2.227		0		1		1.893	5.590	
Glutamic acid....g	4.083		0		1		3.471	10.248	
Glycine....g	1.327		0		1		1.128	3.331	
Proline....g	1.078		0		1		0.916	2.706	
Serine....g	0.968		0		1		0.823	2.430	
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.

NDB No. 17121

Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	11	2.034	18		1		3	50	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11	2.034	18		1		3	50	
Folate, DFE....µg	11		0	NC	4		3	50	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.68	0.225	18		1		0.48	7.62	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.26		0		1		0.07	1.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.900		0		1		0.255	4.082	
4:0....g									
6:0....g									
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	0.050		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									
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	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.

NDB No. 17119

Veal, shoulder, whole (arm and blade), separable lean only, 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 27 (2014)

NDB No. 17135
Veal, sirloin, separable lean and fat, cooked, braised

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	54.49		0		1		46.32	111.70	
Energy....kcal	252		0	NC	4		214	517	
Energy....kJ	1054				4		896	2161	
Protein (N x 6.25)....g	31.26		0		1		26.57	64.08	
Total lipid (fat)....g	13.14		0		1		11.17	26.94	
Ash....g	1.16		0		1		0.99	2.38	
Carbohydrate, by difference....g	0.00		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	35	
Iron, Fe....mg	1.20		0		1		1.02	2.46	
Magnesium, Mg....mg	27		0		1		23	55	
Phosphorus, P....mg	243		0		1		207	498	
Potassium, K....mg	321		0		1		273	658	
Sodium, Na....mg	79		0		1		67	162	
Zinc, Zn....mg	4.32		0		1		3.67	8.86	
Copper, Cu....mg	0.128		0		1		0.109	0.262	
Manganese, Mn....mg	0.035		0		1		0.030	0.072	
Selenium, Se....µg	14.0		0	PIE	4		11.9	28.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.050		0		1		0.043	0.103	
Riboflavin....mg	0.350		0		1		0.298	0.718	
Niacin....mg	6.580		0		1		5.593	13.489	
Pantothenic acid....mg	1.010		0		1		0.859	2.071	
Vitamin B-6....mg	0.350		0		1		0.298	0.718	
Folate, total....µg	15		0		1		13	31	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	31	
Folate, DFE....µg	15		0	NC	4		13	31	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.48		0		1		1.26	3.03	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.41		0		1		0.35	0.84	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	5.180		0		1		4.403	10.619	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.010		0		1		0.009	0.021	
12:0....g	0.040		0		1		0.034	0.082	
13:0....g									
14:0....g	0.510		0		1		0.434	1.046	
15:0....g									
16:0....g	2.770		0		1		2.355	5.679	
17:0....g									
18:0....g	1.700		0		1		1.445	3.485	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.150		0		1		4.378	10.558	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0		1		0.476	1.148	
17:1....g									
18:1 undifferentiated....g	4.460		0		1		3.791	9.143	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0		1		0.740	1.784	
18:2 undifferentiated....g	0.690		0		1		0.587	1.415	
18:3 undifferentiated....g	0.090		0		1		0.077	0.185	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	0.205	
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	108		0		1		92	221	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.316		0		1		0.269	0.648	
Threonine....g	1.366		0		1		1.161	2.800	
Isoleucine....g	1.539		0		1		1.308	3.155	
Leucine....g	2.488		0		1		2.115	5.100	
Lysine....g	2.576		0		1		2.190	5.281	
Methionine....g	0.729		0		1		0.620	1.494	
Cystine....g	0.353		0		1		0.300	0.724	
Phenylalanine....g	1.262		0		1		1.073	2.587	
Tyrosine....g	0.997		0		1		0.847	2.044	
Valine....g	1.728		0		1		1.469	3.542	
Arginine....g	1.838		0		1		1.562	3.768	
Histidine....g	1.135		0		1		0.965	2.327	
Alanine....g	1.859		0		1		1.580	3.811	
Aspartic acid....g	2.697		0		1		2.292	5.529	
Glutamic acid....g	4.944		0		1		4.202	10.135	
Glycine....g	1.606		0		1		1.365	3.292	
Proline....g	1.305		0		1		1.109	2.675	
Serine....g	1.172		0		1		0.996	2.403	
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.

NDB No. 17135

Veal, sirloin, separable lean and fat, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 205g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 17136
Veal, sirloin, separable lean and fat, 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	62.66		0		1		53.26	168.56	
Energy....kcal	202		0	NC	4		172	543	
Energy....kJ	845		0		4		718	2274	
Protein (N x 6.25)....g	25.14		0		1		21.37	67.63	
Total lipid (fat)....g	10.45		0		1		8.88	28.11	
Ash....g	1.39		0		1		1.18	3.74	
Carbohydrate, by difference....g	0.00		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		11	35	
Iron, Fe....mg	0.92		0		1		0.78	2.47	
Magnesium, Mg....mg	26		0		1		22	70	
Phosphorus, P....mg	223		0		1		190	600	
Potassium, K....mg	351		0		1		298	944	
Sodium, Na....mg	83		0		1		71	223	
Zinc, Zn....mg	3.35		0		1		2.85	9.01	
Copper, Cu....mg	0.129		0		1		0.110	0.347	
Manganese, Mn....mg	0.029		0		1		0.025	0.078	
Selenium, Se....µg	11.1		0	PIE	4		9.4	29.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.161	
Riboflavin....mg	0.350		0		1		0.298	0.942	
Niacin....mg	8.870		0		1		7.540	23.860	
Pantothenic acid....mg	1.260		0		1		1.071	3.389	
Vitamin B-6....mg	0.320		0		1		0.272	0.861	
Folate, total....µg	15		0		1		13	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		13	40	
Folate, DFE....µg	15		0	NC	4		13	40	
Choline, total....mg	99.5		0	BFNN	4		84.5	267.6	
Betaine....mg	13.1		0	BFNN	4		11.1	35.2	
Vitamin B-12....µg	1.42		0		1		1.21	3.82	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.42		0		1		0.36	1.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	6.6		0	BFYN	4		5.6	17.8	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
Lipids:									
Fatty acids, total saturated....g	4.510		0		1		3.834	12.132	
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	0.010		0		1		0.009	0.027	
12:0....g	0.030		0		1		0.026	0.081	
13:0....g									
14:0....g	0.450		0		1		0.383	1.211	
15:0....g									
16:0....g	2.360		0		1		2.006	6.348	
17:0....g									
18:0....g	1.480		0		1		1.258	3.981	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.080		0		1		3.468	10.975	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.480		0		1		0.408	1.291	
17:1....g									
18:1 undifferentiated....g	3.490		0		1		2.967	9.388	
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		0.578	1.829	
18:2 undifferentiated....g	0.520		0		1		0.442	1.399	
18:3 undifferentiated....g	0.070		0		1		0.060	0.188	
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		0.068	0.215	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
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		87	274	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0		1		0.216	0.683	
Threonine....g	1.098		0		1		0.933	2.954	
Isoleucine....g	1.238		0		1		1.052	3.330	
Leucine....g	2.001		0		1		1.701	5.383	
Lysine....g	2.072		0		1		1.761	5.574	
Methionine....g	0.587		0		1		0.499	1.579	
Cystine....g	0.284		0		1		0.241	0.764	
Phenylalanine....g	1.015		0		1		0.863	2.730	
Tyrosine....g	0.802		0		1		0.682	2.157	
Valine....g	1.390		0		1		1.182	3.739	
Arginine....g	1.479		0		1		1.257	3.979	
Histidine....g	0.913		0		1		0.776	2.456	
Alanine....g	1.495		0		1		1.271	4.022	
Aspartic acid....g	2.169		0		1		1.844	5.835	
Glutamic acid....g	3.976		0		1		3.380	10.695	
Glycine....g	1.292		0		1		1.098	3.475	
Proline....g	1.050		0		1		0.893	2.825	
Serine....g	0.942		0		1		0.801	2.534	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
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: 3 oz

Measure 2 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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....µg	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....µg	13		0		1		4	59	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13		0		1		4	59	
Folate, DFE....µg	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....µg	1.27		0		1		0.36	5.76	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	0		0	NC	4		0	0	
Retinol....µg	0		0	NR	4		0	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	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									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D....IU	0		0	AI	13		0	0	
Vitamin K (phylloquinone)....µg	4.6		0	BFYN	4		1.3	21.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									

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
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	
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	
21:5....g									
22:4....g									
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	

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
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 = 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 27 (2014)

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		49.77	107.15	
Energy....kcal	204		0	NC	4		173	373	
Energy....kJ	854				4		726	1562	
Protein (N x 6.25)....g	33.96	0.444	11		1		28.87	62.15	
Total lipid (fat)....g	6.51	0.389	11		1		5.53	11.91	
Ash....g	1.20	0.031	11		1		1.02	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	19	2.102	11		1		16	35	
Iron, Fe....mg	1.23	0.051	11		1		1.05	2.25	
Magnesium, Mg....mg	29	0.802	11		1		25	53	
Phosphorus, P....mg	259	7.599	11		1		220	474	
Potassium, K....mg	339	6.581	11		1		288	620	
Sodium, Na....mg	81	4.759	11		1		69	148	
Zinc, Zn....mg	4.75	0.049	11		1		4.04	8.69	
Copper, Cu....mg	0.138	0.014	11		1		0.117	0.253	
Manganese, Mn....mg	0.038		0		1		0.032	0.070	
Selenium, Se....µg	15.0		0	BFYN	4		12.8	27.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060	0.006	11		1		0.051	0.110	
Riboflavin....mg	0.380	0.025	11		1		0.323	0.695	
Niacin....mg	7.050	0.737	11		1		5.993	12.902	
Pantothenic acid....mg	1.080	0.169	10		1		0.918	1.976	
Vitamin B-6....mg	0.380	0.069	11		1		0.323	0.695	
Folate, total....µg	16	2.008	11		1		14	29	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16	2.008	11		1		14	29	
Folate, DFE....µg	16		0	NC	4		14	29	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.59	0.283	11		1		1.35	2.91	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.44		0		1		0.37	0.81	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.820		0		1		1.547	3.331	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		73		1		0.000	0.000	
12:0....g	0.010		73		1		0.009	0.018	
13:0....g									
14:0....g	0.120		73		1		0.102	0.220	
15:0....g									
16:0....g	1.060		73		1		0.901	1.940	
17:0....g									
18:0....g	0.620		73		1		0.527	1.135	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.330		0		1		1.981	4.264	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		73		1		0.179	0.384	
17:1....g									
18:1 undifferentiated....g	2.090		73		1		1.777	3.825	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.580		0		1		0.493	1.061	
18:2 undifferentiated....g	0.450		73		1		0.383	0.824	
18:3 undifferentiated....g	0.030		73		1		0.026	0.055	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		73		1		0.094	0.201	
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	113	9.589	18		1		96	207	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.344		0		1		0.292	0.630	
Threonine....g	1.483		0		1		1.261	2.714	
Isoleucine....g	1.672		0		1		1.421	3.060	
Leucine....g	2.703		0		1		2.298	4.946	
Lysine....g	2.798		0		1		2.378	5.120	
Methionine....g	0.792		0		1		0.673	1.449	
Cystine....g	0.383		0		1		0.326	0.701	
Phenylalanine....g	1.371		0		1		1.165	2.509	
Tyrosine....g	1.083		0		1		0.921	1.982	
Valine....g	1.877		0		1		1.595	3.435	
Arginine....g	1.997		0		1		1.697	3.655	
Histidine....g	1.233		0		1		1.048	2.256	
Alanine....g	2.020		0		1		1.717	3.697	
Aspartic acid....g	2.930		0		1		2.491	5.362	
Glutamic acid....g	5.371		0		1		4.565	9.829	
Glycine....g	1.745		0		1		1.483	3.193	
Proline....g	1.418		0		1		1.205	2.595	
Serine....g	1.273		0		1		1.082	2.330	
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.

NDB No. 17138

Veal, sirloin, separable lean only, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 183g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		55.88	165.01	
Energy....kcal	168		0	NC	4		143	422	
Energy....kJ	703				4		597	1764	
Protein (N x 6.25)....g	26.32		0		1		22.37	66.06	
Total lipid (fat)....g	6.22		0		1		5.29	15.61	
Ash....g	1.44		0		1		1.22	3.61	
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	14		0		1		12	35	
Iron, Fe....mg	0.91		0		1		0.77	2.28	
Magnesium, Mg....mg	27		0		1		23	68	
Phosphorus, P....mg	231		0		1		196	580	
Potassium, K....mg	365		0		1		310	916	
Sodium, Na....mg	85		0		1		72	213	
Zinc, Zn....mg	3.54		0		1		3.01	8.89	
Copper, Cu....mg	0.136		0		1		0.116	0.341	
Manganese, Mn....mg	0.030		0		1		0.026	0.075	
Selenium, Se....µg	11.5		0	BFYN	4		9.8	28.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		1		0.051	0.151	
Riboflavin....mg	0.370		0		1		0.315	0.929	
Niacin....mg	9.330		0		1		7.931	23.418	
Pantothenic acid....mg	1.320		0		1		1.122	3.313	
Vitamin B-6....mg	0.340		0		1		0.289	0.853	
Folate, total....µg	16		0		1		14	40	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		1		14	40	
Folate, DFE....µg	16		0	NC	4		14	40	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.49		0		1		1.27	3.74	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.46		0		1		0.39	1.15	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.410		0		1		2.049	6.049	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.009	0.025	
13:0....g									
14:0....g	0.210		0		1		0.179	0.527	
15:0....g									
16:0....g	1.290		0		1		1.097	3.238	
17:0....g									
18:0....g	0.800		0		1		0.680	2.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.280		0		1		1.938	5.723	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0		1		0.213	0.628	
17:1....g									
18:1 undifferentiated....g	1.970		0		1		1.675	4.945	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.480		0		1		0.408	1.205	
18:2 undifferentiated....g	0.360		0		1		0.306	0.904	
18:3 undifferentiated....g	0.040		0		1		0.034	0.100	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.226	
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	104		0		1		88	261	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.226	0.668	
Threonine....g	1.150		0		1		0.978	2.887	
Isoleucine....g	1.296		0		1		1.102	3.253	
Leucine....g	2.095		0		1		1.781	5.258	
Lysine....g	2.169		0		1		1.844	5.444	
Methionine....g	0.614		0		1		0.522	1.541	
Cystine....g	0.297		0		1		0.252	0.745	
Phenylalanine....g	1.062		0		1		0.903	2.666	
Tyrosine....g	0.839		0		1		0.713	2.106	
Valine....g	1.455		0		1		1.237	3.652	
Arginine....g	1.548		0		1		1.316	3.885	
Histidine....g	0.956		0		1		0.813	2.400	
Alanine....g	1.566		0		1		1.331	3.931	
Aspartic acid....g	2.271		0		1		1.930	5.700	
Glutamic acid....g	4.164		0		1		3.539	10.452	
Glycine....g	1.353		0		1		1.150	3.396	
Proline....g	1.099		0		1		0.934	2.758	
Serine....g	0.987		0		1		0.839	2.477	
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.

NDB No. 17139

Veal, sirloin, separable lean only, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

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

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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						Amount in edible portion 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	75.94	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....µg	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....µg	14	2.811	12		1		4	64	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14	2.811	12		1		4	64	
Folate, DFE....µg	14		0	NC	4		4	64	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.34	0.182	12		1		0.38	6.08	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.25		0		1		0.07	1.13	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.780		0		1		0.221	3.538	
4:0....g									
6:0....g									
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	0.040		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									
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	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.

NDB No. 17137

Veal, sirloin, separable lean only, 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 27 (2014)

NDB No. 17189

Veal, 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	76.89	2.012	5		1		65.36	260.66	
Energy....kcal	136		0	NC	4		116	461	
Energy....kJ	569				4		484	1929	
Protein (N x 6.25)....g	11.48	0.609	5		1		9.76	38.92	
Total lipid (fat)....g	9.63	1.483	5		1		8.19	32.65	
Ash....g	1.40	0.041	4		1		1.19	4.75	
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	16		1		1		14	54	
Iron, Fe....mg	1.67		2		1		1.42	5.66	
Magnesium, Mg....mg	16		2		1		14	54	
Phosphorus, P....mg	385		2		1		327	1305	
Potassium, K....mg	214		2		1		182	725	
Sodium, Na....mg	156		2		1		133	529	
Zinc, Zn....mg	1.61		2		1		1.37	5.46	
Copper, Cu....mg	0.260		1		1		0.221	0.881	
Manganese, Mn....mg	0.038		1		1		0.032	0.129	
Selenium, Se....µg	11.0	2.767	4	A	1		9.4	37.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.0		1		1		11.1	44.1	
Thiamin....mg	0.080		2		1		0.068	0.271	
Riboflavin....mg	0.200		2		1		0.170	0.678	
Niacin....mg	2.430		2		1		2.066	8.238	
Pantothenic acid....mg	1.000		2		1		0.850	3.390	
Vitamin B-6....mg	0.170		2		1		0.145	0.576	
Folate, total....µg	3		2		1		3	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		2		1		3	10	
Folate, DFE....µg	3		0	NC	4		3	10	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.65		2		1		8.20	32.71	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	2.180		0		1		1.853	7.390	
Fatty acids, total monounsaturated....g	1.740		0		1		1.479	5.899	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.110		0		1		0.944	3.763	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.490		0		1		1.267	5.051	
18:2 undifferentiated....g	0.090		0		1		0.077	0.305	
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									
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	3100		1		1		2635	10509	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		0		1		0.098	0.390	
Threonine....g	0.568		0		1		0.483	1.926	
Isoleucine....g	0.467		0		1		0.397	1.583	
Leucine....g	0.886		0		1		0.753	3.004	
Lysine....g	0.711		0		1		0.604	2.410	
Methionine....g	0.252		0		1		0.214	0.854	
Cystine....g	0.120		0		1		0.102	0.407	
Phenylalanine....g	0.604		0		1		0.513	2.048	
Tyrosine....g	0.445		0		1		0.378	1.509	
Valine....g	0.546		0		1		0.464	1.851	
Arginine....g	0.629		0		1		0.535	2.132	
Histidine....g	0.287		0		1		0.244	0.973	
Alanine....g	0.591		0		1		0.502	2.003	
Aspartic acid....g	0.974		0		1		0.828	3.302	
Glutamic acid....g	1.373		0		1		1.167	4.654	
Glycine....g	0.504		0		1		0.428	1.709	
Proline....g	0.474		0		1		0.403	1.607	
Serine....g	0.589		0		1		0.501	1.997	
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 = 339g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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		58.28	226.25	
Energy....kcal	213		0	NC	4		181	703	
Energy....kJ	891				4		758	2941	
Protein (N x 6.25)....g	14.48		1		1		12.31	47.78	
Total lipid (fat)....g	16.75		1		1		14.24	55.28	
Ash....g	1.88		1		1		1.60	6.20	
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	10		1		1		9	33	
Iron, Fe....mg	1.07		1		1		0.91	3.53	
Magnesium, Mg....mg	18		1		1		15	59	
Phosphorus, P....mg	434		1		1		369	1432	
Potassium, K....mg	472		1		1		401	1558	
Sodium, Na....mg	176		1		1		150	581	
Zinc, Zn....mg	1.82		1		1		1.55	6.01	
Copper, Cu....mg	0.300		1		1		0.255	0.990	
Manganese, Mn....mg	0.044		1		1		0.037	0.145	
Selenium, Se....µg	12.0	2.207	4	A	1		10.2	39.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.0		1		1		12.8	49.5	
Thiamin....mg	0.150		1		1		0.128	0.495	
Riboflavin....mg	0.360		1		1		0.306	1.188	
Niacin....mg	5.620		1		1		4.777	18.546	
Pantothenic acid....mg	1.130		1		1		0.961	3.729	
Vitamin B-6....mg	0.330		1		1		0.281	1.089	
Folate, total....µg	6		1		1		5	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		1		1		5	20	
Folate, DFE....µg	6		0	NC	4		5	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	21.30		1		1		18.11	70.29	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	3.960		0		1		3.366	13.068	
Fatty acids, total monounsaturated....g	4.210		0		1		3.579	13.893	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.670		0		1		3.120	12.111	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.440		0		1		2.074	8.052	
18:2 undifferentiated....g	0.890		0		1		0.757	2.937	
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									
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	2120		1		1		1802	6996	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.145		0		1		0.123	0.479	
Threonine....g	0.716		0		1		0.609	2.363	
Isoleucine....g	0.589		0		1		0.501	1.944	
Leucine....g	1.118		0		1		0.950	3.689	
Lysine....g	0.897		0		1		0.762	2.960	
Methionine....g	0.318		0		1		0.270	1.049	
Cystine....g	0.151		0		1		0.128	0.498	
Phenylalanine....g	0.762		0		1		0.648	2.515	
Tyrosine....g	0.561		0		1		0.477	1.851	
Valine....g	0.689		0		1		0.586	2.274	
Arginine....g	0.794		0		1		0.675	2.620	
Histidine....g	0.363		0		1		0.309	1.198	
Alanine....g	0.745		0		1		0.633	2.459	
Aspartic acid....g	1.228		0		1		1.044	4.052	
Glutamic acid....g	1.732		0		1		1.472	5.716	
Glycine....g	0.635		0		1		0.540	2.096	
Proline....g	0.598		0		1		0.508	1.973	
Serine....g	0.743		0		1		0.632	2.452	
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 = 330g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	3		1		1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		1		1		1	3	
Folate, DFE....µg	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	12.20		1		1		3.46	13.79	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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									
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	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 27 (2014)

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		52.85	123.12	
Energy....kcal	186		0	NC	4		158	368	
Energy....kJ	778				4		661	1541	
Protein (N x 6.25)....g	29.12		0		1		24.75	57.66	
Total lipid (fat)....g	6.75		0		1		5.74	13.37	
Ash....g	1.82		0		1		1.55	3.60	
Carbohydrate, by difference....g	0.13		0	NC	4		0.11	0.26	
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		7	16	
Iron, Fe....mg	4.32		0		1		3.67	8.55	
Magnesium, Mg....mg	18		0		1		15	36	
Phosphorus, P....mg	250		0		1		213	495	
Potassium, K....mg	199		0		1		169	394	
Sodium, Na....mg	58		0		1		49	115	
Zinc, Zn....mg	2.24		0		1		1.90	4.44	
Copper, Cu....mg	0.432		0		1		0.367	0.855	
Manganese, Mn....mg	0.061		0		1		0.052	0.121	
Selenium, Se....µg	52.4		0	BFNN	4		44.5	103.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		0		1		8.5	19.8	
Thiamin....mg	0.350		0		1		0.298	0.693	
Riboflavin....mg	0.930		0		1		0.791	1.841	
Niacin....mg	4.880		0		1		4.148	9.662	
Pantothenic acid....mg	1.650		0		1		1.403	3.267	
Vitamin B-6....mg	0.210		0		1		0.179	0.416	
Folate, total....µg	2		0		1		2	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		2	4	
Folate, DFE....µg	2		0	NC	4		2	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	14.46		0		1		12.29	28.63	
Vitamin A, RAE....µg	0		0		4		0	0	
Retinol....µg	0		0		4		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.820		0		1		1.547	3.604	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.040		0		1		0.034	0.079	
13:0....g									
14:0....g	0.120		0		1		0.102	0.238	
15:0....g									
16:0....g	0.820		0		1		0.697	1.624	
17:0....g									
18:0....g	0.800		0		1		0.680	1.584	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.420		0		1		1.207	2.812	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		1		0.094	0.218	
17:1....g									
18:1 undifferentiated....g	1.230		0		1		1.046	2.435	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.050		0		1		0.043	0.099	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.780		0		1		1.513	3.524	
18:2 undifferentiated....g	1.210		0		1		1.029	2.396	
18:3 undifferentiated....g	0.050		0		1		0.043	0.099	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.410		0		1		0.349	0.812	
20:5 n-3 (EPA)....g	0.060		0		1		0.051	0.119	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.060		0		1		0.051	0.119	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	176		0		1		150	348	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.310		0		1		0.264	0.614	
Threonine....g	1.288		0		1		1.095	2.550	
Isoleucine....g	1.395		0		1		1.186	2.762	
Leucine....g	2.287		0		1		1.944	4.528	
Lysine....g	2.507		0		1		2.131	4.964	
Methionine....g	0.664		0		1		0.564	1.315	
Cystine....g	0.313		0		1		0.266	0.620	
Phenylalanine....g	1.263		0		1		1.074	2.501	
Tyrosine....g	0.955		0		1		0.812	1.891	
Valine....g	1.523		0		1		1.295	3.016	
Arginine....g	1.808		0		1		1.537	3.580	
Histidine....g	0.783		0		1		0.666	1.550	
Alanine....g	1.808		0		1		1.537	3.580	
Aspartic acid....g	2.703		0		1		2.298	5.352	
Glutamic acid....g	4.203		0		1		3.573	8.322	
Glycine....g	1.589		0		1		1.351	3.146	
Proline....g	1.351		0		1		1.148	2.675	
Serine....g	1.351		0		1		1.148	2.675	
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.

NDB No. 17194

Veal, variety meats and by-products, heart, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 198g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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						Amount in edible portion 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	77.69	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....µg	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....µg	2		0		1		1	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		1	2	
Folate, DFE....µg	2		0	NC	4		1	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	13.76		0		1		3.90	15.55	
Vitamin A, RAE....µg	0	0.000	9		1		0	0	
Retinol....µg	0	0.000	9		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		9		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.070		0		1		0.303	1.209	
4:0....g									
6:0....g									
8:0....g									
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	
21:5....g									
22:4....g									
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.

NDB No. 17193

Veal, variety meats and by-products, heart, 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 27 (2014)

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		57.52	124.51	
Energy....kcal	163		0	NC	4		139	300	
Energy....kJ	682				4		580	1255	
Protein (N x 6.25)....g	26.32	0.328	4		1		22.37	48.43	
Total lipid (fat)....g	5.66	0.404	4		1		4.81	10.41	
Ash....g	1.45	0.063	4		1		1.23	2.67	
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	29		1		1		25	53	
Iron, Fe....mg	3.04		1		1		2.58	5.59	
Magnesium, Mg....mg	24		1		1		20	44	
Phosphorus, P....mg	372		1		1		316	684	
Potassium, K....mg	159		1		1		135	293	
Sodium, Na....mg	110		1		1		94	202	
Zinc, Zn....mg	4.25		1		1		3.61	7.82	
Copper, Cu....mg	0.360		1		1		0.306	0.662	
Manganese, Mn....mg	0.127		1		1		0.108	0.234	
Selenium, Se....µg	100.0	10.295	4	A	1		85.0	184.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		1		1		6.8	14.7	
Thiamin....mg	0.190		1		1		0.162	0.350	
Riboflavin....mg	1.990		1		1		1.692	3.662	
Niacin....mg	4.630		1		1		3.936	8.519	
Pantothenic acid....mg	0.860		1		1		0.731	1.582	
Vitamin B-6....mg	0.180		1		1		0.153	0.331	
Folate, total....µg	21		1		1		18	39	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		1		1		18	39	
Folate, DFE....µg	21		0	NC	4		18	39	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	36.90		1		1		31.37	67.90	
Vitamin A, RAE....µg	201		1		1		171	370	
Retinol....µg	201		1		1		171	370	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	669		1		1		569	1231	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	1.740		0		1		1.479	3.202	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		2		1		0.009	0.018	
13:0....g									
14:0....g	0.110		2		1		0.094	0.202	
15:0....g									
16:0....g	0.940		2		1		0.799	1.730	
17:0....g									
18:0....g	0.630		2		1		0.536	1.159	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.240		0		1		1.054	2.282	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		2		1		0.085	0.184	
17:1....g									
18:1 undifferentiated....g	1.070		2		1		0.910	1.969	
20:1....g	0.000		2		1		0.000	0.000	
22:1 undifferentiated....g	0.030		2		1		0.026	0.055	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.130		0		1		0.961	2.079	
18:2 undifferentiated....g	0.550		2		1		0.468	1.012	
18:3 undifferentiated....g	0.070		2		1		0.060	0.129	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.320		2		1		0.272	0.589	
20:5 n-3 (EPA)....g	0.090		2		1		0.077	0.166	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.070		2		1		0.060	0.129	
22:6 n-3 (DHA)....g	0.030		2		1		0.026	0.055	
Fatty acids, total trans....g									
Cholesterol....mg	791		1		1		672	1455	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.338		0		1		0.287	0.622	
Threonine....g	1.200		0		1		1.020	2.208	
Isoleucine....g	1.119		0		1		0.951	2.059	
Leucine....g	2.131		0		1		1.811	3.921	
Lysine....g	1.751		0		1		1.488	3.222	
Methionine....g	0.552		0		1		0.469	1.016	
Cystine....g	0.292		0		1		0.248	0.537	
Phenylalanine....g	1.248		0		1		1.061	2.296	
Tyrosine....g	1.009		0		1		0.858	1.857	
Valine....g	1.392		0		1		1.183	2.561	
Arginine....g	1.622		0		1		1.379	2.984	
Histidine....g	0.636		0		1		0.541	1.170	
Alanine....g	1.392		0		1		1.183	2.561	
Aspartic acid....g	2.277		0		1		1.935	4.190	
Glutamic acid....g	2.447		0		1		2.080	4.502	
Glycine....g	1.554		0		1		1.321	2.859	
Proline....g	1.292		0		1		1.098	2.377	
Serine....g	1.147		0		1		0.975	2.110	
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.

NDB No. 17198

Veal, variety meats and by-products, kidneys, cooked, braised

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 184g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	21		4		1		6	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	21		4		1		6	24	
Folate, DFE....µg	21		0	NC	4		6	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	28.20		4		1		7.99	31.87	
Vitamin A, RAE....µg	92	15.252	5		1		26	105	
Retinol....µg	92	15.252	5		1		26	105	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	308	50.790	5		1		87	348	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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	
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	
21:5....g									
22:4....g									
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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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						Amount in edible portion 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	59.86		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....µg	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....µg	331		2	A	1		264		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	331		2	A	1		264		
Folate, DFE....µg	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....µg	84.60		2	A	1		67.68		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	21145		0	AS	1		16916		
Retinol....µg	21140		2	A	1		16912		
Carotene, beta....µg	47		2	A	1		38		
Carotene, alpha....µg	11		2	A	1		9		
Cryptoxanthin, beta....µg	11		2	A	1		9		
Vitamin A, IU....IU	70564		0	AS	1		56451		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	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		
Tocotrienol, alpha....mg	0.00		2	A	1		0.00		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	1.4		2	A	1		1.1		

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
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.986		0	NC	4		1.589		
4:0....g	0.000		2	Z	7		0.000		
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 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-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		

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
Valine....g	1.669		0	A	1		1.335		
Arginine....g	1.838		0	A	1		1.471		
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 27 (2014)

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						Amount in edible portion 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	59.87		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 ... µg	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 ... µg	350		2	A	1		235		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	350		2	A	1		235		
Folate, DFE ... µg	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 ... µg	72.50		2	A	1		48.58		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... µg	20074		0	AS	1		13450		
Retinol ... µg	20070		2	A	1		13447		
Carotene, beta ... µg	40		2	A	1		27		
Carotene, alpha ... µg	11		2	A	1		7		
Cryptoxanthin, beta ... µg	16		2	A	1		11		
Vitamin A, IU ... IU	66989		0	AS	1		44883		
Lycopene ... µg	0		2	A	1		0		
Lutein + zeaxanthin ... µg	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		
Tocotrienol, alpha ... mg	0.00		4	A	1		0.00		
Tocotrienol, beta ... mg	0.00		4	A	1		0.00		
Tocotrienol, gamma ... mg	0.00		4	A	1		0.00		
Tocotrienol, delta ... mg	0.00		4	A	1		0.00		
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	1.6		2	A	1		1.1		

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
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.109		0	NC	4		1.413		
4:0....g	0.000		2	Z	7		0.000		
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 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-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		

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
Valine....g	1.607		0	A	1		1.077		
Arginine....g	1.771		0	A	1		1.186		
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 27 (2014)

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		20.10	321.14	
Energy....kcal	140		0	NC	4		40	635	
Energy....kJ	586		0	NC	4		166	2656	
Protein (N x 6.25)....g	19.93		2	A	1		5.65	90.27	
Total lipid (fat)....g	4.85		2	A	1		1.38	21.99	
Ash....g	1.42		2	A	1		0.40	6.43	
Carbohydrate, by difference....g	2.91		0	NC	4		0.82	13.17	
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		2	25	
Iron, Fe....mg	6.40		2	A	1		1.81	28.97	
Magnesium, Mg....mg	20		2	A	1		6	89	
Phosphorus, P....mg	379		2	A	1		107	1715	
Potassium, K....mg	308		2	A	1		87	1395	
Sodium, Na....mg	77		2	A	1		22	349	
Zinc, Zn....mg	12.02		2	A	1		3.41	54.43	
Copper, Cu....mg	11.865		2	A	1		3.364	53.748	
Manganese, Mn....mg	0.255		2	A	1		0.072	1.155	
Selenium, Se....µg	22.7		2	A	1		6.4	102.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		1	A	1		0.2	3.4	
Thiamin....mg	0.173		2	A	1		0.049	0.784	
Riboflavin....mg	2.440		2	A	1		0.692	11.053	
Niacin....mg	10.550		2	A	1		2.991	47.792	
Pantothenic acid....mg	6.065		2	A	1		1.719	27.474	
Vitamin B-6....mg	0.957		2	A	1		0.271	4.333	
Folate, total....µg	125		2	A	1		35	566	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	125		2	A	1		35	566	
Folate, DFE....µg	125		0	NC	4		35	566	
Choline, total....mg	310.0		0	AS	1		87.9	1404.1	
Betaine....mg	7.6		2	A	1		2.2	34.6	
Vitamin B-12....µg	59.85		2	A	1		16.97	271.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....µg	11707		0	AS	1		3319	53032	
Retinol....µg	11705		2	A	1		3318	53024	
Carotene, beta....µg	11		2	A	1		3	51	
Carotene, alpha....µg	13		2	A	1		4	59	
Cryptoxanthin, beta....µg	11		2	A	1		3	51	
Vitamin A, IU....IU	39056		0	AS	1		11072	176922	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.37		4	A	1		0.10	1.68	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		4	A	1		0.01	0.14	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.9		2	A	1		0.3	4.2	

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
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.560		0	NC	4		0.442	7.065	
4:0....g	0.000		2	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.047		2	A	1		0.013	0.213	
15:0....g	0.012		2	A	1		0.003	0.052	
16:0....g	0.637		2	A	1		0.180	2.883	
17:0....g	0.037		2	A	1		0.010	0.168	
18:0....g	0.824		2	A	1		0.233	3.730	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.004		2	A	1		0.001	0.018	
24:0....g									
Fatty acids, total monounsaturated....g	0.968		0	NC	4		0.274	4.385	
14:1....g	0.005		2	A	1		0.001	0.023	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.082		2	A	1		0.023	0.369	
17:1....g	0.013		2	A	1		0.004	0.059	
18:1 undifferentiated....g	0.856		2	A	1		0.243	3.878	
20:1....g	0.013		2	A	1		0.004	0.057	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.829		0	NC	4		0.235	3.755	
18:2 undifferentiated....g	0.517		0	AS	1		0.146	2.340	
18:2 n-6 c,c....g	0.517		2	A	1		0.146	2.340	
18:2 CLAs....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		0.010	0.159	
18:3 n-3 c,c,c (ALA)....g	0.028		2	A	1		0.008	0.125	
18:3 n-6 c,c,c....g	0.008		2	A	1		0.002	0.034	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.012		2	A	1		0.003	0.054	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.266		2	A	1		0.075	1.203	
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	0.215		2	A	1		0.061	0.974	
Cholesterol....mg	334		2	A	1		95	1511	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		1	A	1		0.078	1.241	
Threonine....g	0.873		1	A	1		0.247	3.955	
Isoleucine....g	0.968		1	A	1		0.274	4.385	
Leucine....g	1.905		1	A	1		0.540	8.630	
Lysine....g	1.627		1	A	1		0.461	7.370	
Methionine....g	0.562		1	A	1		0.159	2.546	
Cystine....g	0.372		1	A	1		0.105	1.685	
Phenylalanine....g	1.094		1	A	1		0.310	4.956	
Tyrosine....g	0.793		1	A	1		0.225	3.592	

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
Valine....g	1.268		1	A	1		0.359	5.744	
Arginine....g	1.397		1	A	1		0.396	6.328	
Histidine....g	0.630		1	A	1		0.179	2.854	
Alanine....g	1.356		1	A	1		0.384	6.143	
Aspartic acid....g	2.043		1	A	1		0.579	9.255	
Glutamic acid....g	2.741		1	A	1		0.777	12.417	
Glycine....g	1.739		1	A	1		0.493	7.878	
Proline....g	1.248		1	A	1		0.354	5.653	
Serine....g	0.981		1	A	1		0.278	4.444	
Hydroxyproline....g	0.100		1	A	1		0.028	0.453	
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 = 453.0g: 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 27 (2014)

NDB No. 17208

Veal, 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	77.59		0		1		65.95	232.77	
Energy....kcal	104		0	NC	4		88	312	
Energy....kJ	435				4		370	1305	
Protein (N x 6.25)....g	18.74		0		1		15.93	56.22	
Total lipid (fat)....g	2.64		0		1		2.24	7.92	
Ash....g	1.26		0		1		1.07	3.78	
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	7		0		1		6	21	
Iron, Fe....mg	3.61		0		1		3.07	10.83	
Magnesium, Mg....mg	8		0		1		7	24	
Phosphorus, P....mg	232		0		1		197	696	
Potassium, K....mg	142		0		1		121	426	
Sodium, Na....mg	56		0		1		48	168	
Zinc, Zn....mg	1.20		0		1		1.02	3.60	
Copper, Cu....mg	0.221		0		1		0.188	0.663	
Manganese, Mn....mg	0.015		0		1		0.013	0.045	
Selenium, Se....µg	19.8		0	BFYN	4		16.8	59.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	34.0		0		1		28.9	102.0	
Thiamin....mg	0.032		0		1		0.027	0.096	
Riboflavin....mg	0.131		0		1		0.111	0.393	
Niacin....mg	2.289		0		1		1.946	6.867	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060		0		1		0.051	0.180	
Folate, total....µg	8		0		1		7	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		7	24	
Folate, DFE....µg	8		0	NC	4		7	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.38		0		1		2.02	7.14	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.910		0		1		0.774	2.730	
Fatty acids, total monounsaturated.....g	0.680		0		1		0.578	2.040	
Fatty acids, total polyunsaturated.....g	0.360		0		1		0.306	1.080	
Fatty acids, total trans.....g									
Cholesterol.....mg	263		0		1		224	789	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.127	0.447	
Threonine.....g	0.697		0		1		0.592	2.091	
Isoleucine.....g	0.777		0		1		0.660	2.331	
Leucine.....g	1.071		0		1		0.910	3.213	
Lysine.....g	1.388		0		1		1.180	4.164	
Methionine.....g	0.297		0		1		0.252	0.891	
Cystine.....g	0.160		0		1		0.136	0.480	
Phenylalanine.....g	0.665		0		1		0.565	1.995	
Tyrosine.....g	0.396		0		1		0.337	1.188	
Valine.....g	0.797		0		1		0.677	2.391	
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 = 85g: 3 oz

Measure 2 = 300g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	11		0		1		3	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	11		0		1		3	12	
Folate, DFE....µg	11		0	NC	4		3	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.83		0		1		1.09	4.33	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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 27 (2014)

NDB No. 17213

Veal, 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	55.70	2.078	3		1		47.35	133.68	
Energy....kcal	256		0	NC	4		218	614	
Energy....kJ	1071				4		910	2571	
Protein (N x 6.25)....g	29.10	0.230	3		1		24.74	69.84	
Total lipid (fat)....g	14.60	2.021	3		1		12.41	35.04	
Ash....g	1.50	0.116	3		1		1.28	3.60	
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	18		0		1		15	43	
Iron, Fe....mg	2.38		0		1		2.02	5.71	
Magnesium, Mg....mg	24		0		1		20	58	
Phosphorus, P....mg	512		0		1		435	1229	
Potassium, K....mg	278		0		1		236	667	
Sodium, Na....mg	68		0		1		58	163	
Zinc, Zn....mg	5.20		0		1		4.42	12.48	
Copper, Cu....mg	0.101		0		1		0.086	0.242	
Manganese, Mn....mg	0.235		0		1		0.200	0.564	
Selenium, Se....µg	39.1		0	BFYN	4		33.2	93.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		1		1		5.1	14.4	
Thiamin....mg	0.187		0		1		0.159	0.449	
Riboflavin....mg	0.506		0		1		0.430	1.214	
Niacin....mg	4.146		0		1		3.524	9.950	
Pantothenic acid....mg									
Vitamin B-6....mg	0.190		0		1		0.162	0.456	
Folate, total....µg	3		0		1		3	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		3	7	
Folate, DFE....µg	3		0	NC	4		3	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	17.33		0		1		14.73	41.59	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated.....g	5.010		0	A	1		4.259	12.024	
Fatty acids, total monounsaturated.....g	5.030		0	A	1		4.276	12.072	
Fatty acids, total polyunsaturated.....g	2.720		0	A	1		2.312	6.528	
Fatty acids, total trans.....g									
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 = 85g: 3 oz

Measure 2 = 240g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	3		0		1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		1	3	
Folate, DFE....µg	3		0	NC	4		1	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	13.38		0		1		3.79	15.12	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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 27 (2014)

NDB No. 17217

Veal, 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	71.25		0		1		60.56	245.81	
Energy....kcal	129		0	NC	4		110	445	
Energy....kJ	540				4		459	1862	
Protein (N x 6.25)....g	24.08		0		1		20.47	83.08	
Total lipid (fat)....g	2.89		0		1		2.46	9.97	
Ash....g	1.71		0		1		1.45	5.90	
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	7		0		1		6	24	
Iron, Fe....mg	7.36		0		1		6.26	25.39	
Magnesium, Mg....mg	14		0		1		12	48	
Phosphorus, P....mg	312		0		1		265	1076	
Potassium, K....mg	215		0		1		183	742	
Sodium, Na....mg	58		0		1		49	200	
Zinc, Zn....mg	1.91		0		1		1.62	6.59	
Copper, Cu....mg	0.925		0		1		0.786	3.191	
Manganese, Mn....mg	0.075		0		1		0.064	0.259	
Selenium, Se....µg	81.2		0	BFYN	4		69.0	280.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	40.0		0		1		34.0	138.0	
Thiamin....mg	0.046		0		1		0.039	0.159	
Riboflavin....mg	0.288		0		1		0.245	0.994	
Niacin....mg	5.341		0		1		4.540	18.426	
Pantothenic acid....mg									
Vitamin B-6....mg	0.070		0		1		0.060	0.242	
Folate, total....µg	4		0		1		3	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		3	14	
Folate, DFE....µg	4		0	NC	4		3	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.82		0		1		4.10	16.63	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	0.960		0		1		0.816	3.312	
Fatty acids, total monounsaturated....g	0.780		0		1		0.663	2.691	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.660		0		1		0.561	2.277	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.179	0.725	
18:2 undifferentiated....g	0.210		0		1		0.179	0.725	
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									
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	447		0		1		380	1542	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0		1		0.201	0.814	
Threonine....g	0.975		0		1		0.829	3.364	
Isoleucine....g	1.106		0		1		0.940	3.816	
Leucine....g	1.529		0		1		1.300	5.275	
Lysine....g	1.782		0		1		1.515	6.148	
Methionine....g	0.525		0		1		0.446	1.811	
Cystine....g	0.284		0		1		0.241	0.980	
Phenylalanine....g	0.855		0		1		0.727	2.950	
Tyrosine....g	0.657		0		1		0.558	2.267	
Valine....g	1.118		0		1		0.950	3.857	
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 = 85g: 3 oz

Measure 2 = 345g: 1 unit, cooked (yield from 1 lb 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 27 (2014)

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....µg	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....µg	4		0		1		1	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		1	5	
Folate, DFE....µg	4		0	NC	4		1	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.34		0		1		1.51	6.03	
Vitamin A, RAE....µg	0	0.000	8		1		0	0	
Retinol....µg	0	0.000	8		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	8		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 17216
Veal, 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
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									
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									
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	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 27 (2014)

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						Amount in edible portion 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	73.63		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....µg	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....µg	20		1	A	1		17		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	20		1	A	1		17		
Folate, DFE....µg	20		0	NC	4		17		
Choline, total....mg	209.3		0	NR	4		177.9		
Betaine....mg									
Vitamin B-12....µg	2.85		1	A	1		2.42		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....µg	0		0	AS	1		0		
Retinol....µg	0		1	A	1		0		
Carotene, beta....µg	0		1	A	1		0		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		1	A	1		0		
Lutein + zeaxanthin....µg	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		
Tocotrienol, alpha....mg	0.03		2	A	1		0.03		
Tocotrienol, beta....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	AI	13		0.0		
Vitamin D....IU	0		0	AI	13		0		
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.942		1	A	1		0.801		
4:0....g	0.000		0	Z	7		0.000		
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-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

NDB No. 17219

Veal, variety meats and by-products, thymus, 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 27 (2014)

NDB No. 17218
Veal, variety meats and by-products, thymus, 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	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....µg	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....µg	22		1	A	1		6	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	22		1	A	1		6	25	
Folate, DFE....µg	22		0	NC	4		6	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.33		1	A	1		0.94	3.76	
Vitamin A, RAE....µg	0		0	AS	1		0	0	
Retinol....µg	0		1	A	1		0	0	
Carotene, beta....µg	0		1	A	1		0	0	
Carotene, alpha....µg	0		1	A	1		0	0	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	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	
Tocotrienol, alpha....mg	0.03		2	A	1		0.01	0.03	
Tocotrienol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 17218
Veal, variety meats and by-products, thymus, 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
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	
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-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

NDB No. 17218

Veal, variety meats and by-products, thymus, raw

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		54.47	163.40	
Energy....kcal	202		0	NC	4		172	515	
Energy....kJ	845				4		718	2155	
Protein (N x 6.25)....g	25.85	0.402	4		1		21.97	65.92	
Total lipid (fat)....g	10.10	1.809	4		1		8.59	25.76	
Ash....g	0.91	0.099	4		1		0.77	2.32	
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	9		1		1		8	23	
Iron, Fe....mg	2.09		1		1		1.78	5.33	
Magnesium, Mg....mg	18		1		1		15	46	
Phosphorus, P....mg	166		1		1		141	423	
Potassium, K....mg	162		1		1		138	413	
Sodium, Na....mg	64		1		1		54	163	
Zinc, Zn....mg	4.51		1		1		3.83	11.50	
Copper, Cu....mg	0.210		1		1		0.179	0.536	
Manganese, Mn....mg	0.047		1		1		0.040	0.120	
Selenium, Se....µg	11.0	0.333	3	A	1		9.4	28.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		1		1		5.1	15.3	
Thiamin....mg	0.070		1		1		0.060	0.179	
Riboflavin....mg	0.350		1		1		0.298	0.893	
Niacin....mg	1.470		1		1		1.250	3.749	
Pantothenic acid....mg	0.740		1		1		0.629	1.887	
Vitamin B-6....mg	0.150		1		1		0.128	0.383	
Folate, total....µg	9		1		1		8	23	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		1		1		8	23	
Folate, DFE....µg	9		0	NC	4		8	23	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.30		1		1		4.51	13.52	
Vitamin A, RAE....µg	0		0		1		0	0	
Retinol....µg	0		0		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
Fatty acids, total saturated....g	4.350		0		1		3.698	11.093	
Fatty acids, total monounsaturated....g	4.610		0		1		3.919	11.756	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	4.300		0		1		3.655	10.965	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0		1		0.323	0.969	
18:2 undifferentiated....g	0.280		0		1		0.238	0.714	
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									
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	238		0		1		202	607	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.237	0.711	
Threonine....g	1.040		0		1		0.884	2.652	
Isoleucine....g	1.108		0		1		0.942	2.825	
Leucine....g	1.863		0		1		1.584	4.751	
Lysine....g	1.901		0		1		1.616	4.848	
Methionine....g	0.533		0		1		0.453	1.359	
Cystine....g	0.257		0		1		0.218	0.655	
Phenylalanine....g	1.018		0		1		0.865	2.596	
Tyrosine....g	0.774		0		1		0.658	1.974	
Valine....g	1.186		0		1		1.008	3.024	
Arginine....g	1.512		0		1		1.285	3.856	
Histidine....g	0.589		0		1		0.501	1.502	
Alanine....g	1.444		0		1		1.227	3.682	
Aspartic acid....g	2.200		0		1		1.870	5.610	
Glutamic acid....g	3.510		0		1		2.984	8.951	
Glycine....g	1.516		0		1		1.289	3.866	
Proline....g	1.221		0		1		1.038	3.114	
Serine....g	0.961		0		1		0.817	2.451	
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 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

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 27 (2014)

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....µg	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....µg	5		1		1		1	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		1		1		1	6	
Folate, DFE....µg	5		0	NC	4		1	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.10		1		1		1.73	6.89	
Vitamin A, RAE....µg	0	0.300	10		1		0	0	
Retinol....µg	0	0.300	10		1		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1	1.000	10		1		0	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

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
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									
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									
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	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 27 (2014)