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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.70		0	17.21	275.34	
Energy	kcal	267		0	76	1211	
Energy	kj	1117		0	317	5067	
Protein (N x 5.95)	g	16.88		0	4.79	76.57	
Total lipid (fat)	g	21.59		0	6.12	97.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	3.99	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	54	
Iron	mg	1.57		0	0.45	7.12	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	160		0	45	726	
Potassium	mg	230		0	65	1043	
Sodium	mg	58		0	16	263	
Zinc	mg	3.33		0	0.94	15.10	
Copper	mg	0.104		0	0.029	0.472	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	19.8		0	5.6	89.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.220		0	0.062	0.998	
Niacin	mg	6.100		0	1.729	27.670	
Pantothenic acid	mg	0.670		0	0.190	3.039	
Vitamin B-6	mg	0.130		0	0.037	0.590	
Folate	:g	18		0	5	82	
Vitamin B-12	:g	2.39		0	0.68	10.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	9.470		0	2.685	42.956	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.100		0	0.028	0.454	
14:0	g	0.870		0	0.247	3.946	
15.0	g						
16:0	g	4.750		0	1.347	21.546	
17:0	g						
18:0	g	2.980		0	0.845	13.517	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.860	0	2.512	40.189
14:1	g				
16:1	g	0.630	0	0.179	2.858
18:1	g	7.960	0	2.257	36.107
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.700	0	0.482	7.711
18:2	g	1.240	0	0.352	5.625
18:3	g	0.390	0	0.111	1.769
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.020	0.318
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.197	0	0.056	0.894
Threonine	g	0.723	0	0.205	3.280
Isoleucine	g	0.815	0	0.231	3.697
Leucine	g	1.313	0	0.372	5.956
Lysine	g	1.491	0	0.423	6.763
Methionine	g	0.433	0	0.123	1.964
Cystine	g	0.202	0	0.057	0.916
Phenylalanine	g	0.687	0	0.195	3.116
Tyrosine	g	0.567	0	0.161	2.572
Valine	g	0.911	0	0.258	4.132
Arginine	g	1.003	0	0.284	4.550
Histidine	g	0.535	0	0.152	2.427
Alanine	g	1.015	0	0.288	4.604
Aspartic acid	g	1.486	0	0.421	6.740
Glutamic acid	g	2.450	0	0.695	11.113
Glycine	g	0.825	0	0.234	3.742
Proline	g	0.708	0	0.201	3.211
Serine	g	0.628	0	0.178	2.849
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 242g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.72		0	130.00	45.66	
Energy	kcal	294		0	711	250	
Energy	kj	1230		0	2977	1046	
Protein (N x 5.95)	g	24.52		0	59.34	20.84	
Total lipid (fat)	g	20.94		0	50.67	17.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.52	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	41	14	
Iron	mg	1.88		0	4.55	1.60	
Magnesium	mg	23		0	56	20	
Phosphorus	mg	188		0	455	160	
Potassium	mg	310		0	750	264	
Sodium	mg	72		0	174	61	
Zinc	mg	4.46		0	10.79	3.79	
Copper	mg	0.119		0	0.288	0.101	
Manganese	mg	0.022		0	0.053	0.019	
Selenium	:g	26.4		0	63.9	22.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.242	0.085	
Riboflavin	mg	0.250		0	0.605	0.213	
Niacin	mg	6.660		0	16.117	5.661	
Pantothenic acid	mg	0.660		0	1.597	0.561	
Vitamin B-6	mg	0.130		0	0.315	0.111	
Folate	:g	18		0	44	15	
Vitamin B-12	:g	2.55		0	6.17	2.17	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.339	0.119	
Lipids:							
Saturated, total	g	8.830		0	21.369	7.505	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.121	0.043	
12:0	g	0.090		0	0.218	0.077	
14:0	g	0.820		0	1.984	0.697	
15.0	g						
16:0	g	4.480		0	10.842	3.808	
17:0	g						
18:0	g	2.840		0	6.873	2.414	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.820	0	21.344	7.497
14:1	g				
16:1	g	0.610	0	1.476	0.518
18:1	g	8.000	0	19.360	6.800
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.510	0	3.654	1.283
18:2	g	1.140	0	2.759	0.969
18:3	g	0.300	0	0.726	0.255
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.169	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	97	0	235	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.695	0.244
Threonine	g	1.050	0	2.541	0.893
Isoleucine	g	1.183	0	2.863	1.006
Leucine	g	1.908	0	4.617	1.622
Lysine	g	2.166	0	5.242	1.841
Methionine	g	0.629	0	1.522	0.535
Cystine	g	0.293	0	0.709	0.249
Phenylalanine	g	0.998	0	2.415	0.848
Tyrosine	g	0.824	0	1.994	0.700
Valine	g	1.323	0	3.202	1.125
Arginine	g	1.457	0	3.526	1.238
Histidine	g	0.777	0	1.880	0.660
Alanine	g	1.475	0	3.570	1.254
Aspartic acid	g	2.159	0	5.225	1.835
Glutamic acid	g	3.559	0	8.613	3.025
Glycine	g	1.198	0	2.899	1.018
Proline	g	1.029	0	2.490	0.875
Serine	g	0.912	0	2.207	0.775
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.42	0.208	45	20.81	333.03	
Energy	kcal	134		0	38	608	
Energy	kj	561		0	159	2545	
Protein (N x 5.95)	g	20.29	0.135	32	5.75	92.04	
Total lipid (fat)	g	5.25	0.226	45	1.49	23.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.008	32	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.458	32	3	45	
Iron	mg	1.77	0.084	32	0.50	8.03	
Magnesium	mg	26	0.813	32	7	118	
Phosphorus	mg	189	3.416	16	54	857	
Potassium	mg	280	13.317	32	79	1270	
Sodium	mg	66	2.807	32	19	299	
Zinc	mg	4.06	0.126	32	1.15	18.42	
Copper	mg	0.120	0.003	32	0.034	0.544	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	：g	23.4	2.943	15	6.6	106.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.006	16	0.037	0.590	
Riboflavin	mg	0.230	0.013	16	0.065	1.043	
Niacin	mg	6.000	0.198	16	1.701	27.216	
Pantothenic acid	mg	0.700	0.015	16	0.198	3.175	
Vitamin B-6	mg	0.160		0	0.045	0.726	
Folate	：g	23	1.180	16	7	104	
Vitamin B-12	：g	2.62	0.107	16	0.74	11.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	1.880		0	0.533	8.528	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.140		373	0.040	0.635	
15.0	g						
16:0	g	1.020		373	0.289	4.627	
17:0	g						
18:0	g	0.620		373	0.176	2.812	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.110		0	0.598	9.571
14:1	g					
16:1	g	0.160		373	0.045	0.726
18:1	g	1.910		373	0.541	8.664
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.480		0	0.136	2.177
18:2	g	0.360		373	0.102	1.633
18:3	g	0.070		373	0.020	0.318
18:4	g					
20:4	g	0.050		373	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	1.095	16	18	295
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.237		46	0.067	1.075
Threonine	g	0.869		50	0.246	3.942
Isoleucine	g	0.979		50	0.278	4.441
Leucine	g	1.579		50	0.448	7.162
Lysine	g	1.792		50	0.508	8.129
Methionine	g	0.521		49	0.148	2.363
Cystine	g	0.242		43	0.069	1.098
Phenylalanine	g	0.826		50	0.234	3.747
Tyrosine	g	0.682		50	0.193	3.094
Valine	g	1.095		50	0.310	4.967
Arginine	g	1.206		50	0.342	5.470
Histidine	g	0.643		50	0.182	2.917
Alanine	g	1.221		37	0.346	5.538
Aspartic acid	g	1.786		37	0.506	8.101
Glutamic acid	g	2.945		37	0.835	13.359
Glycine	g	0.991		37	0.281	4.495
Proline	g	0.851		37	0.241	3.860
Serine	g	0.755		37	0.214	3.425
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 187g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.96	0.431	16	115.87	52.67	
Energy	kcal	206		0	385	175	
Energy	kj	862		0	1612	733	
Protein (N x 5.95)	g	28.22	0.336	16	52.77	23.99	
Total lipid (fat)	g	9.52	0.357	16	17.80	8.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.013	16	2.13	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.599	16	28	13	
Iron	mg	2.05	0.063	16	3.83	1.74	
Magnesium	mg	26	0.340	16	49	22	
Phosphorus	mg	210	3.519	16	393	179	
Potassium	mg	344	3.940	16	643	292	
Sodium	mg	76	0.861	16	142	65	
Zinc	mg	5.27	0.117	16	9.85	4.48	
Copper	mg	0.128	0.006	16	0.239	0.109	
Manganese	mg	0.028		0	0.052	0.024	
Selenium	：g	26.1	2.876	5	48.8	22.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.005	16	0.187	0.085	
Riboflavin	mg	0.280	0.014	16	0.524	0.238	
Niacin	mg	6.320	0.199	16	11.818	5.372	
Pantothenic acid	mg	0.690	0.021	16	1.290	0.587	
Vitamin B-6	mg	0.160		0	0.299	0.136	
Folate	：g	23	0.860	16	43	20	
Vitamin B-12	：g	2.61	0.104	16	4.88	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.355	0.161	
Lipids:							
Saturated, total	g	3.400		0	6.358	2.890	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		107	0.037	0.017	
12:0	g	0.030		107	0.056	0.026	
14:0	g	0.300		107	0.561	0.255	
15.0	g						
16:0	g	1.830		107	3.422	1.556	
17:0	g						
18:0	g	1.170		107	2.188	0.995	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.170		0	7.798	3.544
14:1	g					
16:1	g	0.280		107	0.524	0.238
18:1	g	3.860		107	7.218	3.281
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.620		0	1.159	0.527
18:2	g	0.510		107	0.954	0.434
18:3	g	0.060		107	0.112	0.051
18:4	g					
20:4	g	0.060		107	0.112	0.051
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	92	2.022	16	172	78
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.330		0	0.617	0.281
Threonine	g	1.208		0	2.259	1.027
Isoleucine	g	1.361		0	2.545	1.157
Leucine	g	2.195		0	4.105	1.866
Lysine	g	2.492		0	4.660	2.118
Methionine	g	0.724		0	1.354	0.615
Cystine	g	0.337		0	0.630	0.286
Phenylalanine	g	1.149		0	2.149	0.977
Tyrosine	g	0.948		0	1.773	0.806
Valine	g	1.523		0	2.848	1.295
Arginine	g	1.676		0	3.134	1.425
Histidine	g	0.894		0	1.672	0.760
Alanine	g	1.697		0	3.173	1.442
Aspartic acid	g	2.484		0	4.645	2.111
Glutamic acid	g	4.095		0	7.658	3.481
Glycine	g	1.378		0	2.577	1.171
Proline	g	1.184		0	2.214	1.006
Serine	g	1.049		0	1.962	0.892
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	22.54	1.040	29	6.39	102.24	
Energy	kcal	665		0	189	3016	
Energy	kj	2782		0	789	12619	
Protein (N x 5.95)	g	6.65	0.539	29	1.89	30.16	
Total lipid (fat)	g	70.61	1.486	30	20.02	320.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.36	0.015	30	0.10	1.63	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.540	30	5	86	
Iron	mg	0.98	0.064	30	0.28	4.45	
Magnesium	mg	9	0.847	30	3	41	
Phosphorus	mg	73	3.935	14	21	331	
Potassium	mg	82	7.365	30	23	372	
Sodium	mg	31	2.251	30	9	141	
Zinc	mg	1.13	0.100	30	0.32	5.13	
Copper	mg	0.057	0.003	30	0.016	0.259	
Manganese	mg	0.003		0	0.001	0.014	
Selenium	:g	8.8	1.186	12	2.5	39.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.004	7	0.017	0.272	
Riboflavin	mg	0.160	0.006	7	0.045	0.726	
Niacin	mg	6.370	0.195	7	1.806	28.894	
Pantothenic acid	mg	0.580	0.017	7	0.164	2.631	
Vitamin B-6	mg	0.040	0.010	8	0.011	0.181	
Folate	:g	3	0.162	7	1	14	
Vitamin B-12	:g	1.68	0.114	7	0.48	7.62	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	32.240		0	9.140	146.241	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.200		491	0.057	0.907	
12:0	g	0.340		491	0.096	1.542	
14:0	g	3.070		491	0.870	13.926	
15.0	g						
16:0	g	15.960		491	4.525	72.395	
17:0	g						
18:0	g	10.060		491	2.852	45.632	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	29.110		0	8.253	132.043
14:1	g					
16:1	g	2.030		491	0.576	9.208
18:1	g	26.090		491	7.397	118.344
20:1	g					
22.1	g					
Polyunsaturated, total	g	5.350		0	1.517	24.268
18:2	g	3.890		491	1.103	17.645
18:3	g	1.340		491	0.380	6.078
18:4	g					
20:4	g	0.120		491	0.034	0.544
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	90	4.622	14	26	408
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.078		0	0.022	0.354
Threonine	g	0.284		0	0.081	1.288
Isoleucine	g	0.321		0	0.091	1.456
Leucine	g	0.517		0	0.147	2.345
Lysine	g	0.587		0	0.166	2.663
Methionine	g	0.171		0	0.048	0.776
Cystine	g	0.079		0	0.022	0.358
Phenylalanine	g	0.271		0	0.077	1.229
Tyrosine	g	0.223		0	0.063	1.012
Valine	g	0.359		0	0.102	1.628
Arginine	g	0.395		0	0.112	1.792
Histidine	g	0.211		0	0.060	0.957
Alanine	g	0.400		0	0.113	1.814
Aspartic acid	g	0.585		0	0.166	2.654
Glutamic acid	g	0.964		0	0.273	4.373
Glycine	g	0.325		0	0.092	1.474
Proline	g	0.279		0	0.079	1.266
Serine	g	0.247		0	0.070	1.120
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	26.14	1.493	11	74.76	22.22	
Energy	kcal	586		0	1676	498	
Energy	kj	2452		0	7013	2084	
Protein (N x 5.95)	g	12.16	1.485	13	34.78	10.34	
Total lipid (fat)	g	59.18	2.642	14	169.25	50.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.68	0.036	14	1.94	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.793	14	66	20	
Iron	mg	1.29	0.115	14	3.69	1.10	
Magnesium	mg	13	0.730	14	37	11	
Phosphorus	mg	114	5.288	14	326	97	
Potassium	mg	194	10.012	14	555	165	
Sodium	mg	58	2.722	14	166	49	
Zinc	mg	1.74	0.143	14	4.98	1.48	
Copper	mg	0.088	0.005	14	0.252	0.075	
Manganese	mg	0.004		0	0.011	0.003	
Selenium	:g	18.8		0	53.8	16.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.002	7	0.200	0.060	
Riboflavin	mg	0.170	0.007	7	0.486	0.145	
Niacin	mg	7.800	0.322	7	22.308	6.630	
Pantothenic acid	mg	0.580	0.017	7	1.659	0.493	
Vitamin B-6	mg	0.040	0.010	8	0.114	0.034	
Folate	:g	3	0.180	7	9	3	
Vitamin B-12	:g	2.35	0.089	7	6.72	2.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.040		0	0.114	0.034	
Lipids:							
Saturated, total	g	27.020		0	77.277	22.967	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.170		491	0.486	0.145	
12:0	g	0.290		491	0.829	0.247	
14:0	g	2.580		491	7.379	2.193	
15.0	g						
16:0	g	13.370		491	38.238	11.364	
17:0	g						
18:0	g	8.430		491	24.110	7.165	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	24.400		0	69.784	20.740
14:1	g					
16:1	g	1.700		491	4.862	1.445
18:1	g	21.870		491	62.548	18.590
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.480		0	12.813	3.808
18:2	g	3.260		491	9.324	2.771
18:3	g	1.120		491	3.203	0.952
18:4	g	0.000		0	0.000	0.000
20:4	g	0.100		491	0.286	0.085
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	114	3.134	14	326	97
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.142		0	0.406	0.121
Threonine	g	0.520		0	1.487	0.442
Isoleucine	g	0.586		0	1.676	0.498
Leucine	g	0.945		0	2.703	0.803
Lysine	g	1.073		0	3.069	0.912
Methionine	g	0.312		0	0.892	0.265
Cystine	g	0.145		0	0.415	0.123
Phenylalanine	g	0.495		0	1.416	0.421
Tyrosine	g	0.409		0	1.170	0.348
Valine	g	0.656		0	1.876	0.558
Arginine	g	0.722		0	2.065	0.614
Histidine	g	0.385		0	1.101	0.327
Alanine	g	0.731		0	2.091	0.621
Aspartic acid	g	1.070		0	3.060	0.910
Glutamic acid	g	1.764		0	5.045	1.499
Glycine	g	0.594		0	1.699	0.505
Proline	g	0.510		0	1.459	0.434
Serine	g	0.452		0	1.293	0.384
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.01		0	19.00	303.96	
Energy	kcal	201		0	57	912	
Energy	kj	841		0	238	3815	
Protein (N x 5.95)	g	18.91		0	5.36	85.78	
Total lipid (fat)	g	13.38		0	3.79	60.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	50	
Iron	mg	1.67		0	0.47	7.58	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	170		0	48	771	
Potassium	mg	214		0	61	971	
Sodium	mg	72		0	20	327	
Zinc	mg	5.22		0	1.48	23.68	
Copper	mg	0.101		0	0.029	0.458	
Manganese	mg	0.021		0	0.006	0.095	
Selenium	:g	19.9		0	5.6	90.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	5.470		0	1.551	24.812	
Pantothenic acid	mg	0.690		0	0.196	3.130	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.34		0	0.66	10.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.071	1.134	
Lipids:							
Saturated, total	g	5.830		0	1.653	26.445	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.530		0	0.150	2.404	
15.0	g						
16:0	g	2.940		0	0.833	13.336	
17:0	g						
18:0	g	1.840		0	0.522	8.346	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.490	0	1.556	24.903
14:1	g				
16:1	g	0.390	0	0.111	1.769
18:1	g	4.930	0	1.398	22.362
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.060	0	0.301	4.808
18:2	g	0.770	0	0.218	3.493
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.810	0	0.230	3.674
Isoleucine	g	0.913	0	0.259	4.141
Leucine	g	1.471	0	0.417	6.672
Lysine	g	1.670	0	0.473	7.575
Methionine	g	0.485	0	0.137	2.200
Cystine	g	0.226	0	0.064	1.025
Phenylalanine	g	0.770	0	0.218	3.493
Tyrosine	g	0.636	0	0.180	2.885
Valine	g	1.021	0	0.289	4.631
Arginine	g	1.124	0	0.319	5.098
Histidine	g	0.599	0	0.170	2.717
Alanine	g	1.138	0	0.323	5.162
Aspartic acid	g	1.665	0	0.472	7.552
Glutamic acid	g	2.745	0	0.778	12.451
Glycine	g	0.924	0	0.262	4.191
Proline	g	0.793	0	0.225	3.597
Serine	g	0.703	0	0.199	3.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 148g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.80		0	84.06	48.28	
Energy	kcal	243		0	360	207	
Energy	kj	1017		0	1505	864	
Protein (N x 5.95)	g	28.37		0	41.99	24.11	
Total lipid (fat)	g	13.46		0	19.92	11.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.35	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	30	17	
Iron	mg	2.14		0	3.17	1.82	
Magnesium	mg	22		0	33	19	
Phosphorus	mg	166		0	246	141	
Potassium	mg	257		0	380	218	
Sodium	mg	72		0	107	61	
Zinc	mg	7.69		0	11.38	6.54	
Copper	mg	0.123		0	0.182	0.105	
Manganese	mg	0.025		0	0.037	0.021	
Selenium	:g	30.6		0	45.3	26.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.074	0.043	
Riboflavin	mg	0.190		0	0.281	0.161	
Niacin	mg	5.460		0	8.081	4.641	
Pantothenic acid	mg	0.630		0	0.932	0.536	
Vitamin B-6	mg	0.100		0	0.148	0.085	
Folate	:g	17		0	25	14	
Vitamin B-12	:g	2.28		0	3.37	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.266	0.153	
Lipids:							
Saturated, total	g	5.630		0	8.332	4.785	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030		0	0.044	0.026	
12:0	g	0.060		0	0.089	0.051	
14:0	g	0.520		0	0.770	0.442	
15.0	g						
16:0	g	2.870		0	4.248	2.440	
17:0	g						
18:0	g	1.820		0	2.694	1.547	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.680	0	8.406	4.828
14:1	g				
16:1	g	0.390	0	0.577	0.331
18:1	g	5.160	0	7.637	4.386
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.970	0	1.436	0.825
18:2	g	0.730	0	1.080	0.620
18:3	g	0.190	0	0.281	0.161
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.074	0.043
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	106	0	157	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.332	0	0.491	0.282
Threonine	g	1.214	0	1.797	1.032
Isoleucine	g	1.369	0	2.026	1.164
Leucine	g	2.207	0	3.266	1.876
Lysine	g	2.505	0	3.707	2.129
Methionine	g	0.728	0	1.077	0.619
Cystine	g	0.339	0	0.502	0.288
Phenylalanine	g	1.155	0	1.709	0.982
Tyrosine	g	0.954	0	1.412	0.811
Valine	g	1.531	0	2.266	1.301
Arginine	g	1.686	0	2.495	1.433
Histidine	g	0.899	0	1.331	0.764
Alanine	g	1.706	0	2.525	1.450
Aspartic acid	g	2.497	0	3.696	2.122
Glutamic acid	g	4.117	0	6.093	3.499
Glycine	g	1.386	0	2.051	1.178
Proline	g	1.190	0	1.761	1.011
Serine	g	1.055	0	1.561	0.897
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.86	0.349	23	21.22	339.56	
Energy	kcal	120		0	34	544	
Energy	kj	502		0	142	2277	
Protein (N x 5.95)	g	21.08	0.146	24	5.98	95.62	
Total lipid (fat)	g	3.29	0.292	24	0.93	14.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.014	24	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.963	24	3	41	
Iron	mg	1.79	0.096	24	0.51	8.12	
Magnesium	mg	25	1.005	24	7	113	
Phosphorus	mg	187	4.872	8	53	848	
Potassium	mg	237	18.541	24	67	1075	
Sodium	mg	79	5.697	24	22	358	
Zinc	mg	5.95	0.227	24	1.69	26.99	
Copper	mg	0.109	0.005	24	0.031	0.494	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	‘g	24.0		0	6.8	108.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.007	8	0.028	0.454	
Riboflavin	mg	0.200	0.014	8	0.057	0.907	
Niacin	mg	5.310	0.381	8	1.505	24.086	
Pantothenic acid	mg	0.710	0.029	8	0.201	3.221	
Vitamin B-6	mg	0.170		0	0.048	0.771	
Folate	‘g	22	1.776	8	6	100	
Vitamin B-12	‘g	2.45	0.203	8	0.69	11.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	‘g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.240		0	0.068	1.089	
Lipids:							
Saturated, total	g	1.180		0	0.335	5.352	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.090		373	0.026	0.408	
15.0	g						
16:0	g	0.640		373	0.181	2.903	
17:0	g						
18:0	g	0.390		373	0.111	1.769	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.320		0	0.374	5.988
14:1	g					
16:1	g	0.100		373	0.028	0.454
18:1	g	1.200		373	0.340	5.443
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.300		0	0.085	1.361
18:2	g	0.230		373	0.065	1.043
18:3	g	0.040		373	0.011	0.181
18:4	g					
20:4	g	0.030		373	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69	2.474	8	20	313
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.246		0	0.070	1.116
Threonine	g	0.902		0	0.256	4.091
Isoleucine	g	1.017		0	0.288	4.613
Leucine	g	1.640		0	0.465	7.439
Lysine	g	1.861		0	0.528	8.441
Methionine	g	0.541		0	0.153	2.454
Cystine	g	0.252		0	0.071	1.143
Phenylalanine	g	0.858		0	0.243	3.892
Tyrosine	g	0.708		0	0.201	3.211
Valine	g	1.137		0	0.322	5.157
Arginine	g	1.252		0	0.355	5.679
Histidine	g	0.668		0	0.189	3.030
Alanine	g	1.268		0	0.359	5.752
Aspartic acid	g	1.855		0	0.526	8.414
Glutamic acid	g	3.059		0	0.867	13.876
Glycine	g	1.029		0	0.292	4.668
Proline	g	0.884		0	0.251	4.010
Serine	g	0.784		0	0.222	3.556
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 128g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.79	0.233	8	79.09	52.52	
Energy	kcal	187		0	239	159	
Energy	kj	782		0	1001	665	
Protein (N x 5.95)	g	31.01	0.907	8	39.69	26.36	
Total lipid (fat)	g	6.02	0.270	8	7.71	5.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94	0.032	8	1.20	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.196	8	26	17	
Iron	mg	2.27	0.128	8	2.91	1.93	
Magnesium	mg	23	0.353	8	29	20	
Phosphorus	mg	175	4.210	8	224	149	
Potassium	mg	267	20.367	8	342	227	
Sodium	mg	74	1.273	8	95	63	
Zinc	mg	8.66	0.301	8	11.08	7.36	
Copper	mg	0.129	0.006	8	0.165	0.110	
Manganese	mg	0.028		0	0.036	0.024	
Selenium	:g	35.3		0	45.2	30.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.004	7	0.051	0.034	
Riboflavin	mg	0.190	0.014	8	0.243	0.161	
Niacin	mg	5.070	0.375	8	6.490	4.310	
Pantothenic acid	mg	0.630	0.030	8	0.806	0.536	
Vitamin B-6	mg	0.110		0	0.141	0.094	
Folate	:g	19	0.995	8	24	16	
Vitamin B-12	:g	2.26	0.114	8	2.89	1.92	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.256	0.170	
Lipids:							
Saturated, total	g	2.150		0	2.752	1.827	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		107	0.013	0.009	
12:0	g	0.020		107	0.026	0.017	
14:0	g	0.190		107	0.243	0.161	
15.0	g						
16:0	g	1.160		107	1.485	0.986	
17:0	g						
18:0	g	0.740		107	0.947	0.629	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.640		0	3.379	2.244
14:1	g					
16:1	g	0.180		107	0.230	0.153
18:1	g	2.440		107	3.123	2.074
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.390		0	0.499	0.331
18:2	g	0.320		107	0.410	0.272
18:3	g	0.040		107	0.051	0.034
18:4	g					
20:4	g	0.040		107	0.051	0.034
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	104	5.482	8	133	88
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.362		0	0.463	0.308
Threonine	g	1.327		0	1.699	1.128
Isoleucine	g	1.496		0	1.915	1.272
Leucine	g	2.412		0	3.087	2.050
Lysine	g	2.739		0	3.506	2.328
Methionine	g	0.796		0	1.019	0.677
Cystine	g	0.370		0	0.474	0.315
Phenylalanine	g	1.262		0	1.615	1.073
Tyrosine	g	1.042		0	1.334	0.886
Valine	g	1.673		0	2.141	1.422
Arginine	g	1.842		0	2.358	1.566
Histidine	g	0.982		0	1.257	0.835
Alanine	g	1.865		0	2.387	1.585
Aspartic acid	g	2.730		0	3.494	2.321
Glutamic acid	g	4.500		0	5.760	3.825
Glycine	g	1.515		0	1.939	1.288
Proline	g	1.301		0	1.665	1.106
Serine	g	1.153		0	1.476	0.980
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.32		0	18.23	291.76	
Energy	kcal	230		0	65	1043	
Energy	kj	962		0	273	4364	
Protein (N x 5.95)	g	17.91		0	5.08	81.24	
Total lipid (fat)	g	17.07		0	4.84	77.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	0.27	4.26	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	
Iron	mg	1.66		0	0.47	7.53	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	170		0	48	771	
Potassium	mg	249		0	71	1129	
Sodium	mg	56		0	16	254	
Zinc	mg	3.32		0	0.94	15.06	
Copper	mg	0.113		0	0.032	0.513	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	20.7		0	5.9	93.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.230		0	0.065	1.043	
Niacin	mg	6.260		0	1.775	28.395	
Pantothenic acid	mg	0.690		0	0.196	3.130	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.50		0	0.71	11.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	7.430		0	2.106	33.702	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.680		0	0.193	3.084	
15.0	g						
16:0	g	3.740		0	1.060	16.965	
17:0	g						
18:0	g	2.350		0	0.666	10.660	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.000	0	1.985	31.752
14:1	g				
16:1	g	0.500	0	0.142	2.268
18:1	g	6.290	0	1.783	28.531
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.350	0	0.383	6.124
18:2	g	0.990	0	0.281	4.491
18:3	g	0.300	0	0.085	1.361
18:4	g				
20:4	g	0.060	0	0.017	0.272
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	69	0	20	313
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.209	0	0.059	0.948
Threonine	g	0.767	0	0.217	3.479
Isoleucine	g	0.864	0	0.245	3.919
Leucine	g	1.393	0	0.395	6.319
Lysine	g	1.582	0	0.448	7.176
Methionine	g	0.460	0	0.130	2.087
Cystine	g	0.214	0	0.061	0.971
Phenylalanine	g	0.729	0	0.207	3.307
Tyrosine	g	0.602	0	0.171	2.731
Valine	g	0.967	0	0.274	4.386
Arginine	g	1.064	0	0.302	4.826
Histidine	g	0.567	0	0.161	2.572
Alanine	g	1.077	0	0.305	4.885
Aspartic acid	g	1.577	0	0.447	7.153
Glutamic acid	g	2.600	0	0.737	11.794
Glycine	g	0.875	0	0.248	3.969
Proline	g	0.751	0	0.213	3.407
Serine	g	0.666	0	0.189	3.021
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.48		0	152.32	48.86	
Energy	kcal	258		0	684	219	
Energy	kj	1079		0	2859	917	
Protein (N x 5.95)	g	25.55		0	67.71	21.72	
Total lipid (fat)	g	16.48		0	43.67	14.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	2.70	0.87	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	1.98		0	5.25	1.68	
Magnesium	mg	24		0	64	20	
Phosphorus	mg	191		0	506	162	
Potassium	mg	313		0	829	266	
Sodium	mg	66		0	175	56	
Zinc	mg	4.40		0	11.66	3.74	
Copper	mg	0.115		0	0.305	0.098	
Manganese	mg	0.024		0	0.064	0.020	
Selenium	:g	27.2		0	72.1	23.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.265	0.085	
Riboflavin	mg	0.270		0	0.716	0.230	
Niacin	mg	6.590		0	17.463	5.601	
Pantothenic acid	mg	0.680		0	1.802	0.578	
Vitamin B-6	mg	0.150		0	0.398	0.128	
Folate	:g	20		0	53	17	
Vitamin B-12	:g	2.59		0	6.86	2.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.398	0.128	
Lipids:							
Saturated, total	g	6.890		0	18.258	5.856	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040		0	0.106	0.034	
12:0	g	0.070		0	0.186	0.060	
14:0	g	0.640		0	1.696	0.544	
15.0	g						
16:0	g	3.510		0	9.301	2.983	
17:0	g						
18:0	g	2.220		0	5.883	1.887	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.960	0	18.444	5.916
14:1	g				
16:1	g	0.480	0	1.272	0.408
18:1	g	6.320	0	16.748	5.372
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.180	0	3.127	1.003
18:2	g	0.900	0	2.385	0.765
18:3	g	0.230	0	0.610	0.196
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.159	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	246	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.299	0	0.792	0.254
Threonine	g	1.094	0	2.899	0.930
Isoleucine	g	1.233	0	3.267	1.048
Leucine	g	1.987	0	5.266	1.689
Lysine	g	2.256	0	5.978	1.918
Methionine	g	0.656	0	1.738	0.558
Cystine	g	0.305	0	0.808	0.259
Phenylalanine	g	1.040	0	2.756	0.884
Tyrosine	g	0.859	0	2.276	0.730
Valine	g	1.379	0	3.654	1.172
Arginine	g	1.518	0	4.023	1.290
Histidine	g	0.809	0	2.144	0.688
Alanine	g	1.537	0	4.073	1.306
Aspartic acid	g	2.249	0	5.960	1.912
Glutamic acid	g	3.708	0	9.826	3.152
Glycine	g	1.248	0	3.307	1.061
Proline	g	1.072	0	2.841	0.911
Serine	g	0.950	0	2.518	0.808
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.11	0.268	32	21.01	336.16	
Energy	kcal	128		0	36	581	
Energy	kj	536		0	152	2431	
Protein (N x 5.95)	g	20.56	0.181	32	5.83	93.26	
Total lipid (fat)	g	4.51	0.180	32	1.28	20.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.009	32	0.30	4.85	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.371	32	2	27	
Iron	mg	1.82	0.087	32	0.52	8.26	
Magnesium	mg	27	0.879	32	8	122	
Phosphorus	mg	193	3.924	16	55	875	
Potassium	mg	289	13.735	32	82	1311	
Sodium	mg	62	2.600	32	18	281	
Zinc	mg	3.84	0.119	32	1.09	17.42	
Copper	mg	0.126	0.004	32	0.036	0.572	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	23.5		0	6.7	106.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.007	16	0.040	0.635	
Riboflavin	mg	0.250	0.013	16	0.071	1.134	
Niacin	mg	6.230	0.188	16	1.766	28.259	
Pantothenic acid	mg	0.720	0.017	16	0.204	3.266	
Vitamin B-6	mg	0.170		0	0.048	0.771	
Folate	:g	23	1.390	16	7	104	
Vitamin B-12	:g	2.70	0.132	16	0.77	12.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	1.610		0	0.456	7.303	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.120		373	0.034	0.544	
15.0	g						
16:0	g	0.880		373	0.249	3.992	
17:0	g						
18:0	g	0.540		373	0.153	2.449	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.810		0	0.513	8.210
14:1	g					
16:1	g	0.140		373	0.040	0.635
18:1	g	1.640		373	0.465	7.439
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.410		0	0.116	1.860
18:2	g	0.310		373	0.088	1.406
18:3	g	0.060		373	0.017	0.272
18:4	g					
20:4	g	0.040		373	0.011	0.181
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	1.390	16	18	290
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.068	1.089
Threonine	g	0.880		0	0.249	3.992
Isoleucine	g	0.992		0	0.281	4.500
Leucine	g	1.599		0	0.453	7.253
Lysine	g	1.815		0	0.515	8.233
Methionine	g	0.528		0	0.150	2.395
Cystine	g	0.245		0	0.069	1.111
Phenylalanine	g	0.837		0	0.237	3.797
Tyrosine	g	0.691		0	0.196	3.134
Valine	g	1.109		0	0.314	5.030
Arginine	g	1.221		0	0.346	5.538
Histidine	g	0.651		0	0.185	2.953
Alanine	g	1.236		0	0.350	5.606
Aspartic acid	g	1.809		0	0.513	8.206
Glutamic acid	g	2.983		0	0.846	13.531
Glycine	g	1.004		0	0.285	4.554
Proline	g	0.862		0	0.244	3.910
Serine	g	0.764		0	0.217	3.466
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 218g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.89	0.462	16	139.28	54.31	
Energy	kcal	191		0	416	162	
Energy	kj	799		0	1742	679	
Protein (N x 5.95)	g	28.30	0.302	16	61.69	24.05	
Total lipid (fat)	g	7.74	0.327	16	16.87	6.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.018	16	2.38	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.279	16	17	7	
Iron	mg	2.12	0.071	16	4.62	1.80	
Magnesium	mg	26	0.415	16	57	22	
Phosphorus	mg	206	3.710	16	449	175	
Potassium	mg	338	4.117	16	737	287	
Sodium	mg	68	0.905	16	148	58	
Zinc	mg	4.94	0.108	16	10.77	4.20	
Copper	mg	0.120	0.008	16	0.262	0.102	
Manganese	mg	0.028		0	0.061	0.024	
Selenium	:g	30.1		0	65.6	25.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.005	16	0.240	0.094	
Riboflavin	mg	0.290	0.014	16	0.632	0.247	
Niacin	mg	6.340	0.192	16	13.821	5.389	
Pantothenic acid	mg	0.710	0.026	16	1.548	0.603	
Vitamin B-6	mg	0.170		0	0.371	0.145	
Folate	:g	23	1.216	16	50	20	
Vitamin B-12	:g	2.64	0.146	16	5.76	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.392	0.153	
Lipids:							
Saturated, total	g	2.760		0	6.017	2.346	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		107	0.044	0.017	
12:0	g	0.020		107	0.044	0.017	
14:0	g	0.240		107	0.523	0.204	
15.0	g						
16:0	g	1.490		107	3.248	1.266	
17:0	g						
18:0	g	0.950		107	2.071	0.808	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.390		0	7.390	2.882
14:1	g					
16:1	g	0.230		107	0.501	0.196
18:1	g	3.140		107	6.845	2.669
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.510		0	1.112	0.434
18:2	g	0.410		107	0.894	0.349
18:3	g	0.050		107	0.109	0.043
18:4	g	0.000		0	0.000	0.000
20:4	g	0.050		107	0.109	0.043
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	89	2.833	16	194	76
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.331		0	0.722	0.281
Threonine	g	1.211		0	2.640	1.029
Isoleucine	g	1.365		0	2.976	1.160
Leucine	g	2.201		0	4.798	1.871
Lysine	g	2.499		0	5.448	2.124
Methionine	g	0.726		0	1.583	0.617
Cystine	g	0.338		0	0.737	0.287
Phenylalanine	g	1.152		0	2.511	0.979
Tyrosine	g	0.951		0	2.073	0.808
Valine	g	1.527		0	3.329	1.298
Arginine	g	1.681		0	3.665	1.429
Histidine	g	0.896		0	1.953	0.762
Alanine	g	1.702		0	3.710	1.447
Aspartic acid	g	2.491		0	5.430	2.117
Glutamic acid	g	4.106		0	8.951	3.490
Glycine	g	1.382		0	3.013	1.175
Proline	g	1.187		0	2.588	1.009
Serine	g	1.052		0	2.293	0.894
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.17		0	19.04	304.68	
Energy	kcal	201		0	57	912	
Energy	kj	841		0	238	3815	
Protein (N x 5.95)	g	18.58		0	5.27	84.28	
Total lipid (fat)	g	13.49		0	3.82	61.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.71		0	0.48	7.76	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	178		0	50	807	
Potassium	mg	261		0	74	1184	
Sodium	mg	57		0	16	259	
Zinc	mg	3.50		0	0.99	15.88	
Copper	mg	0.115		0	0.033	0.522	
Manganese	mg	0.021		0	0.006	0.095	
Selenium	:g	21.4		0	6.1	97.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.230		0	0.065	1.043	
Niacin	mg	6.220		0	1.763	28.214	
Pantothenic acid	mg	0.680		0	0.193	3.084	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	20		0	6	91	
Vitamin B-12	:g	2.51		0	0.71	11.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	5.800		0	1.644	26.309	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.520		0	0.147	2.359	
15.0	g						
16:0	g	2.930		0	0.831	13.290	
17:0	g						
18:0	g	1.840		0	0.522	8.346	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.530	0	1.568	25.084
14:1	g				
16:1	g	0.390	0	0.111	1.769
18:1	g	4.970	0	1.409	22.544
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.080	0	0.306	4.899
18:2	g	0.790	0	0.224	3.583
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.050	0	0.014	0.227
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.062	0.984
Threonine	g	0.795	0	0.225	3.606
Isoleucine	g	0.896	0	0.254	4.064
Leucine	g	1.445	0	0.410	6.555
Lysine	g	1.640	0	0.465	7.439
Methionine	g	0.477	0	0.135	2.164
Cystine	g	0.222	0	0.063	1.007
Phenylalanine	g	0.756	0	0.214	3.429
Tyrosine	g	0.624	0	0.177	2.830
Valine	g	1.002	0	0.284	4.545
Arginine	g	1.104	0	0.313	5.008
Histidine	g	0.588	0	0.167	2.667
Alanine	g	1.117	0	0.317	5.067
Aspartic acid	g	1.635	0	0.464	7.416
Glutamic acid	g	2.696	0	0.764	12.229
Glycine	g	0.907	0	0.257	4.114
Proline	g	0.779	0	0.221	3.534
Serine	g	0.691	0	0.196	3.134
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.66		0	163.18	51.56	
Energy	kcal	225		0	605	191	
Energy	kj	941		0	2531	800	
Protein (N x 5.95)	g	26.41		0	71.04	22.45	
Total lipid (fat)	g	12.45		0	33.49	10.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.82	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	9	
Iron	mg	1.98		0	5.33	1.68	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	198		0	533	168	
Potassium	mg	326		0	877	277	
Sodium	mg	65		0	175	55	
Zinc	mg	4.66		0	12.54	3.96	
Copper	mg	0.117		0	0.315	0.099	
Manganese	mg	0.025		0	0.067	0.021	
Selenium	:g	29.4		0	79.1	25.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.269	0.085	
Riboflavin	mg	0.270		0	0.726	0.230	
Niacin	mg	6.550		0	17.620	5.567	
Pantothenic acid	mg	0.700		0	1.883	0.595	
Vitamin B-6	mg	0.160		0	0.430	0.136	
Folate	:g	22		0	59	19	
Vitamin B-12	:g	2.67		0	7.18	2.27	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.430	0.136	
Lipids:							
Saturated, total	g	5.090		0	13.692	4.326	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.081	0.026	
12:0	g	0.050		0	0.135	0.043	
14:0	g	0.470		0	1.264	0.400	
15.0	g						
16:0	g	2.610		0	7.021	2.219	
17:0	g						
18:0	g	1.660		0	4.465	1.411	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.290	0	14.230	4.497
14:1	g				
16:1	g	0.360	0	0.968	0.306
18:1	g	4.820	0	12.966	4.097
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.880	0	2.367	0.748
18:2	g	0.670	0	1.802	0.570
18:3	g	0.160	0	0.430	0.136
18:4	g				
20:4	g	0.050	0	0.135	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	242	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.831	0.263
Threonine	g	1.130	0	3.040	0.961
Isoleucine	g	1.274	0	3.427	1.083
Leucine	g	2.054	0	5.525	1.746
Lysine	g	2.332	0	6.273	1.982
Methionine	g	0.678	0	1.824	0.576
Cystine	g	0.315	0	0.847	0.268
Phenylalanine	g	1.075	0	2.892	0.914
Tyrosine	g	0.888	0	2.389	0.755
Valine	g	1.425	0	3.833	1.211
Arginine	g	1.569	0	4.221	1.334
Histidine	g	0.837	0	2.252	0.711
Alanine	g	1.588	0	4.272	1.350
Aspartic acid	g	2.324	0	6.252	1.975
Glutamic acid	g	3.832	0	10.308	3.257
Glycine	g	1.290	0	3.470	1.097
Proline	g	1.108	0	2.981	0.942
Serine	g	0.982	0	2.642	0.835
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.44	0.250	32	21.10	337.66	
Energy	kcal	125		0	35	567	
Energy	kj	523		0	148	2372	
Protein (N x 5.95)	g	20.52	0.136	32	5.82	93.08	
Total lipid (fat)	g	4.19	0.188	32	1.19	19.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.010	32	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.391	32	2	27	
Iron	mg	1.82	0.087	32	0.52	8.26	
Magnesium	mg	27	0.846	32	8	122	
Phosphorus	mg	195	3.649	16	55	885	
Potassium	mg	290	13.751	32	82	1315	
Sodium	mg	61	2.662	32	17	277	
Zinc	mg	3.89	0.115	32	1.10	17.65	
Copper	mg	0.124	0.004	32	0.035	0.562	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	：g	23.4		0	6.6	106.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.007	16	0.040	0.635	
Riboflavin	mg	0.250	0.012	16	0.071	1.134	
Niacin	mg	6.190	0.181	16	1.755	28.078	
Pantothenic acid	mg	0.700	0.022	16	0.198	3.175	
Vitamin B-6	mg	0.170		0	0.048	0.771	
Folate	：g	23	1.524	16	7	104	
Vitamin B-12	：g	2.64	0.123	16	0.75	11.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.057	0.907	
Lipids:							
Saturated, total	g	1.500		0	0.425	6.804	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.110		373	0.031	0.499	
15.0	g						
16:0	g	0.810		373	0.230	3.674	
17:0	g						
18:0	g	0.500		373	0.142	2.268	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.690		0	0.479	7.666
14:1	g					
16:1	g	0.130		373	0.037	0.590
18:1	g	1.530		373	0.434	6.940
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.380		0	0.108	1.724
18:2	g	0.290		373	0.082	1.315
18:3	g	0.060		373	0.017	0.272
18:4	g					
20:4	g	0.040		373	0.011	0.181
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	1.534	16	18	290
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.068	1.089
Threonine	g	0.878		0	0.249	3.983
Isoleucine	g	0.990		0	0.281	4.491
Leucine	g	1.596		0	0.452	7.239
Lysine	g	1.812		0	0.514	8.219
Methionine	g	0.527		0	0.149	2.390
Cystine	g	0.245		0	0.069	1.111
Phenylalanine	g	0.835		0	0.237	3.788
Tyrosine	g	0.690		0	0.196	3.130
Valine	g	1.107		0	0.314	5.021
Arginine	g	1.219		0	0.346	5.529
Histidine	g	0.650		0	0.184	2.948
Alanine	g	1.234		0	0.350	5.597
Aspartic acid	g	1.806		0	0.512	8.192
Glutamic acid	g	2.977		0	0.844	13.504
Glycine	g	1.002		0	0.284	4.545
Proline	g	0.861		0	0.244	3.905
Serine	g	0.763		0	0.216	3.461
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 238g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.92	0.449	16	154.51	55.18	
Energy	kcal	180		0	428	153	
Energy	kj	753		0	1792	640	
Protein (N x 5.95)	g	28.17	0.344	14	67.04	23.94	
Total lipid (fat)	g	6.67	0.249	16	15.87	5.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.018	16	2.62	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.348	16	19	7	
Iron	mg	2.06	0.076	16	4.90	1.75	
Magnesium	mg	26	0.478	16	62	22	
Phosphorus	mg	208	4.003	16	495	177	
Potassium	mg	342	4.448	16	814	291	
Sodium	mg	66	1.233	16	157	56	
Zinc	mg	5.02	0.100	16	11.95	4.27	
Copper	mg	0.121	0.010	16	0.288	0.103	
Manganese	mg	0.028		0	0.067	0.024	
Selenium	:g	31.7		0	75.4	26.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.005	16	0.262	0.094	
Riboflavin	mg	0.280	0.012	16	0.666	0.238	
Niacin	mg	6.390	0.149	16	15.208	5.431	
Pantothenic acid	mg	0.710	0.027	16	1.690	0.603	
Vitamin B-6	mg	0.170		0	0.405	0.145	
Folate	:g	24	1.747	16	57	20	
Vitamin B-12	:g	2.71	0.184	15	6.45	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.428	0.153	
Lipids:							
Saturated, total	g	2.380		0	5.664	2.023	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		107	0.024	0.009	
12:0	g	0.020		107	0.048	0.017	
14:0	g	0.210		107	0.500	0.179	
15.0	g						
16:0	g	1.280		107	3.046	1.088	
17:0	g						
18:0	g	0.820		107	1.952	0.697	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.920		0	6.950	2.482
14:1	g					
16:1	g	0.200		107	0.476	0.170
18:1	g	2.710		107	6.450	2.304
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.440		0	1.047	0.374
18:2	g	0.360		107	0.857	0.306
18:3	g	0.040		107	0.095	0.034
18:4	g					
20:4	g	0.040		107	0.095	0.034
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	87	3.238	16	207	74
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.329		0	0.783	0.280
Threonine	g	1.206		0	2.870	1.025
Isoleucine	g	1.359		0	3.234	1.155
Leucine	g	2.191		0	5.215	1.862
Lysine	g	2.488		0	5.921	2.115
Methionine	g	0.723		0	1.721	0.615
Cystine	g	0.336		0	0.800	0.286
Phenylalanine	g	1.147		0	2.730	0.975
Tyrosine	g	0.947		0	2.254	0.805
Valine	g	1.520		0	3.618	1.292
Arginine	g	1.674		0	3.984	1.423
Histidine	g	0.892		0	2.123	0.758
Alanine	g	1.694		0	4.032	1.440
Aspartic acid	g	2.479		0	5.900	2.107
Glutamic acid	g	4.088		0	9.729	3.475
Glycine	g	1.376		0	3.275	1.170
Proline	g	1.182		0	2.813	1.005
Serine	g	1.047		0	2.492	0.890
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.30		0	17.10	273.52	
Energy	kcal	272		0	77	1234	
Energy	kj	1138		0	323	5162	
Protein (N x 5.95)	g	16.94		0	4.80	76.84	
Total lipid (fat)	g	22.11		0	6.27	100.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.61		0	0.46	7.30	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	159		0	45	721	
Potassium	mg	231		0	65	1048	
Sodium	mg	56		0	16	254	
Zinc	mg	3.08		0	0.87	13.97	
Copper	mg	0.112		0	0.032	0.508	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	19.6		0	5.6	88.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.230		0	0.065	1.043	
Niacin	mg	6.340		0	1.797	28.758	
Pantothenic acid	mg	0.700		0	0.198	3.175	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	18		0	5	82	
Vitamin B-12	:g	2.48		0	0.70	11.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	9.730		0	2.758	44.135	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.100		0	0.028	0.454	
14:0	g	0.900		0	0.255	4.082	
15.0	g						
16:0	g	4.880		0	1.383	22.136	
17:0	g						
18:0	g	3.060		0	0.868	13.880	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.080	0	2.574	41.187
14:1	g				
16:1	g	0.640	0	0.181	2.903
18:1	g	8.150	0	2.311	36.968
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.730	0	0.490	7.847
18:2	g	1.270	0	0.360	5.761
18:3	g	0.400	0	0.113	1.814
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.198	0	0.056	0.898
Threonine	g	0.725	0	0.206	3.289
Isoleucine	g	0.817	0	0.232	3.706
Leucine	g	1.317	0	0.373	5.974
Lysine	g	1.496	0	0.424	6.786
Methionine	g	0.435	0	0.123	1.973
Cystine	g	0.202	0	0.057	0.916
Phenylalanine	g	0.689	0	0.195	3.125
Tyrosine	g	0.569	0	0.161	2.581
Valine	g	0.914	0	0.259	4.146
Arginine	g	1.006	0	0.285	4.563
Histidine	g	0.536	0	0.152	2.431
Alanine	g	1.018	0	0.289	4.618
Aspartic acid	g	1.491	0	0.423	6.763
Glutamic acid	g	2.458	0	0.697	11.149
Glycine	g	0.827	0	0.234	3.751
Proline	g	0.710	0	0.201	3.221
Serine	g	0.630	0	0.179	2.858
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 262g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.13		0	141.82	46.01	
Energy	kcal	292		0	765	248	
Energy	kj	1222		0	3202	1039	
Protein (N x 5.95)	g	24.63		0	64.53	20.94	
Total lipid (fat)	g	20.67		0	54.16	17.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	2.59	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.00		0	5.24	1.70	
Magnesium	mg	22		0	58	19	
Phosphorus	mg	183		0	479	156	
Potassium	mg	301		0	789	256	
Sodium	mg	68		0	178	58	
Zinc	mg	4.13		0	10.82	3.51	
Copper	mg	0.112		0	0.293	0.095	
Manganese	mg	0.022		0	0.058	0.019	
Selenium	:g	25.5		0	66.8	21.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.288	0.094	
Riboflavin	mg	0.280		0	0.734	0.238	
Niacin	mg	6.620		0	17.344	5.627	
Pantothenic acid	mg	0.670		0	1.755	0.570	
Vitamin B-6	mg	0.140		0	0.367	0.119	
Folate	:g	17		0	45	14	
Vitamin B-12	:g	2.53		0	6.63	2.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.341	0.111	
Lipids:							
Saturated, total	g	8.740		0	22.899	7.429	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.131	0.043	
12:0	g	0.090		0	0.236	0.077	
14:0	g	0.810		0	2.122	0.689	
15.0	g						
16:0	g	4.430		0	11.607	3.765	
17:0	g						
18:0	g	2.810		0	7.362	2.389	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.710	0	22.820	7.404
14:1	g				
16:1	g	0.600	0	1.572	0.510
18:1	g	7.900	0	20.698	6.715
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.490	0	3.904	1.266
18:2	g	1.120	0	2.934	0.952
18:3	g	0.300	0	0.786	0.255
18:4	g				
20:4	g	0.070	0	0.183	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	97	0	254	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.288	0	0.755	0.245
Threonine	g	1.054	0	2.761	0.896
Isoleucine	g	1.188	0	3.113	1.010
Leucine	g	1.916	0	5.020	1.629
Lysine	g	2.175	0	5.698	1.849
Methionine	g	0.632	0	1.656	0.537
Cystine	g	0.294	0	0.770	0.250
Phenylalanine	g	1.003	0	2.628	0.853
Tyrosine	g	0.828	0	2.169	0.704
Valine	g	1.329	0	3.482	1.130
Arginine	g	1.463	0	3.833	1.244
Histidine	g	0.780	0	2.044	0.663
Alanine	g	1.481	0	3.880	1.259
Aspartic acid	g	2.168	0	5.680	1.843
Glutamic acid	g	3.574	0	9.364	3.038
Glycine	g	1.203	0	3.152	1.023
Proline	g	1.033	0	2.706	0.878
Serine	g	0.916	0	2.400	0.779
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.57	0.470	32	20.86	333.71	
Energy	kcal	134		0	38	608	
Energy	kj	561		0	159	2545	
Protein (N x 5.95)	g	20.55	0.328	32	5.83	93.21	
Total lipid (fat)	g	5.08	0.221	32	1.44	23.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.011	32	0.30	4.85	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.465	32	2	32	
Iron	mg	1.83	0.094	32	0.52	8.30	
Magnesium	mg	27	1.196	32	8	122	
Phosphorus	mg	189	4.452	16	54	857	
Potassium	mg	284	14.399	32	81	1288	
Sodium	mg	64	2.551	32	18	290	
Zinc	mg	3.77	0.172	32	1.07	17.10	
Copper	mg	0.132	0.006	32	0.037	0.599	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	23.4		0	6.6	106.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.007	16	0.040	0.635	
Riboflavin	mg	0.250	0.015	16	0.071	1.134	
Niacin	mg	6.330	0.303	16	1.795	28.713	
Pantothenic acid	mg	0.740	0.017	16	0.210	3.357	
Vitamin B-6	mg	0.170		0	0.048	0.771	
Folate	:g	24	1.354	16	7	109	
Vitamin B-12	:g	2.76	0.149	16	0.78	12.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.240		0	0.068	1.089	
Lipids:							
Saturated, total	g	1.820		0	0.516	8.256	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.130		373	0.037	0.590	
15.0	g						
16:0	g	0.990		373	0.281	4.491	
17:0	g						
18:0	g	0.600		373	0.170	2.722	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.040		0	0.578	9.253
14:1	g					
16:1	g	0.150		373	0.043	0.680
18:1	g	1.850		373	0.524	8.392
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.460		0	0.130	2.087
18:2	g	0.350		373	0.099	1.588
18:3	g	0.070		373	0.020	0.318
18:4	g					
20:4	g	0.050		373	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	1.602	16	19	299
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.068	1.089
Threonine	g	0.880		0	0.249	3.992
Isoleucine	g	0.991		0	0.281	4.495
Leucine	g	1.598		0	0.453	7.249
Lysine	g	1.815		0	0.515	8.233
Methionine	g	0.527		0	0.149	2.390
Cystine	g	0.245		0	0.069	1.111
Phenylalanine	g	0.837		0	0.237	3.797
Tyrosine	g	0.691		0	0.196	3.134
Valine	g	1.109		0	0.314	5.030
Arginine	g	1.221		0	0.346	5.538
Histidine	g	0.651		0	0.185	2.953
Alanine	g	1.236		0	0.350	5.606
Aspartic acid	g	1.809		0	0.513	8.206
Glutamic acid	g	2.982		0	0.845	13.526
Glycine	g	1.004		0	0.285	4.554
Proline	g	0.862		0	0.244	3.910
Serine	g	0.764		0	0.217	3.466
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 201g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.49	0.620	16	125.60	53.12	
Energy	kcal	204		0	410	173	
Energy	kj	854		0	1717	726	
Protein (N x 5.95)	g	28.35	0.522	15	56.98	24.10	
Total lipid (fat)	g	9.17	0.521	16	18.43	7.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.019	16	2.19	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.319	16	16	7	
Iron	mg	2.20	0.074	16	4.42	1.87	
Magnesium	mg	25	0.390	16	50	21	
Phosphorus	mg	203	3.737	16	408	173	
Potassium	mg	333	4.538	16	669	283	
Sodium	mg	71	0.935	16	143	60	
Zinc	mg	4.85	0.139	16	9.75	4.12	
Copper	mg	0.119	0.007	16	0.239	0.101	
Manganese	mg	0.028		0	0.056	0.024	
Selenium	:g	30.8		0	61.9	26.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.005	16	0.241	0.102	
Riboflavin	mg	0.310	0.016	16	0.623	0.264	
Niacin	mg	6.270	0.264	16	12.603	5.329	
Pantothenic acid	mg	0.700	0.029	16	1.407	0.595	
Vitamin B-6	mg	0.170		0	0.342	0.145	
Folate	:g	21	1.046	16	42	18	
Vitamin B-12	:g	2.58	0.148	16	5.19	2.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.342	0.145	
Lipids:							
Saturated, total	g	3.280		0	6.593	2.788	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		107	0.040	0.017	
12:0	g	0.030		107	0.060	0.026	
14:0	g	0.290		107	0.583	0.247	
15.0	g						
16:0	g	1.760		107	3.538	1.496	
17:0	g						
18:0	g	1.130		107	2.271	0.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.020		0	8.080	3.417
14:1	g					
16:1	g	0.270		107	0.543	0.230
18:1	g	3.720		107	7.477	3.162
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.600		0	1.206	0.510
18:2	g	0.490		107	0.985	0.417
18:3	g	0.050		107	0.101	0.043
18:4	g					
20:4	g	0.060		107	0.121	0.051
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	92	3.349	16	185	78
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.331		0	0.665	0.281
Threonine	g	1.214		0	2.440	1.032
Isoleucine	g	1.368		0	2.750	1.163
Leucine	g	2.205		0	4.432	1.874
Lysine	g	2.504		0	5.033	2.128
Methionine	g	0.728		0	1.463	0.619
Cystine	g	0.338		0	0.679	0.287
Phenylalanine	g	1.154		0	2.320	0.981
Tyrosine	g	0.953		0	1.916	0.810
Valine	g	1.530		0	3.075	1.301
Arginine	g	1.684		0	3.385	1.431
Histidine	g	0.898		0	1.805	0.763
Alanine	g	1.705		0	3.427	1.449
Aspartic acid	g	2.496		0	5.017	2.122
Glutamic acid	g	4.114		0	8.269	3.497
Glycine	g	1.385		0	2.784	1.177
Proline	g	1.189		0	2.390	1.011
Serine	g	1.054		0	2.119	0.896
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	56.55		0	16.03	53.72	
Energy	kcal	310		0	88	295	
Energy	kj	1297		0	368	1232	
Protein (N x 5.95)	g	16.32		0	4.63	15.50	
Total lipid (fat)	g	26.63		0	7.55	25.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84		0	0.24	0.80	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	14	
Iron	mg	1.61		0	0.46	1.53	
Magnesium	mg	21		0	6	20	
Phosphorus	mg	152		0	43	144	
Potassium	mg	214		0	61	203	
Sodium	mg	56		0	16	53	
Zinc	mg	2.53		0	0.72	2.40	
Copper	mg	0.105		0	0.030	0.100	
Manganese	mg	0.018		0	0.005	0.017	
Selenium	:g	18.9		0	5.4	18.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.105	
Riboflavin	mg	0.210		0	0.060	0.200	
Niacin	mg	6.470		0	1.834	6.146	
Pantothenic acid	mg	0.630		0	0.179	0.599	
Vitamin B-6	mg	0.130		0	0.037	0.124	
Folate	:g	17		0	5	16	
Vitamin B-12	:g	2.04		0	0.58	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.171	
Lipids:							
Saturated, total	g	11.760		0	3.334	11.172	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.067	
12:0	g	0.120		0	0.034	0.114	
14:0	g	1.090		0	0.309	1.036	
15.0	g						
16:0	g	5.890		0	1.670	5.595	
17:0	g						
18:0	g	3.700		0	1.049	3.515	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.940	0	3.101	10.393
14:1	g				
16:1	g	0.770	0	0.218	0.732
18:1	g	9.820	0	2.784	9.329
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.080	0	0.590	1.976
18:2	g	1.520	0	0.431	1.444
18:3	g	0.480	0	0.136	0.456
18:4	g				
20:4	g	0.080	0	0.023	0.076
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	0	21	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.191	0	0.054	0.181
Threonine	g	0.699	0	0.198	0.664
Isoleucine	g	0.787	0	0.223	0.748
Leucine	g	1.270	0	0.360	1.207
Lysine	g	1.441	0	0.409	1.369
Methionine	g	0.419	0	0.119	0.398
Cystine	g	0.195	0	0.055	0.185
Phenylalanine	g	0.664	0	0.188	0.631
Tyrosine	g	0.549	0	0.156	0.522
Valine	g	0.881	0	0.250	0.837
Arginine	g	0.970	0	0.275	0.921
Histidine	g	0.517	0	0.147	0.491
Alanine	g	0.982	0	0.278	0.933
Aspartic acid	g	1.437	0	0.407	1.365
Glutamic acid	g	2.369	0	0.672	2.251
Glycine	g	0.797	0	0.226	0.757
Proline	g	0.685	0	0.194	0.651
Serine	g	0.607	0	0.172	0.577
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 120 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	51.57		0	43.83	33.00	
Energy	kcal	316		0	269	202	
Energy	kj	1322		0	1124	846	
Protein (N x 5.95)	g	25.17		0	21.39	16.11	
Total lipid (fat)	g	23.08		0	19.62	14.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	0.93	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	17	13	
Iron	mg	1.81		0	1.54	1.16	
Magnesium	mg	24		0	20	15	
Phosphorus	mg	196		0	167	125	
Potassium	mg	327		0	278	209	
Sodium	mg	77		0	65	49	
Zinc	mg	3.48		0	2.96	2.23	
Copper	mg	0.130		0	0.111	0.083	
Manganese	mg	0.022		0	0.019	0.014	
Selenium	:g	27.4		0	23.3	17.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.085	0.064	
Riboflavin	mg	0.250		0	0.213	0.160	
Niacin	mg	7.100		0	6.035	4.544	
Pantothenic acid	mg	0.640		0	0.544	0.410	
Vitamin B-6	mg	0.130		0	0.111	0.083	
Folate	:g	18		0	15	12	
Vitamin B-12	:g	2.47		0	2.10	1.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.111	0.083	
Lipids:							
Saturated, total	g	9.830		0	8.355	6.291	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.051	0.038	
12:0	g	0.100		0	0.085	0.064	
14:0	g	0.920		0	0.782	0.589	
15.0	g						
16:0	g	4.980		0	4.233	3.187	
17:0	g						
18:0	g	3.150		0	2.678	2.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.700	0	8.245	6.208
14:1	g				
16:1	g	0.670	0	0.570	0.429
18:1	g	8.790	0	7.471	5.626
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.680	0	1.428	1.075
18:2	g	1.260	0	1.071	0.806
18:3	g	0.350	0	0.298	0.224
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.060	0.045
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	100	0	85	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.250	0.188
Threonine	g	1.077	0	0.915	0.689
Isoleucine	g	1.214	0	1.032	0.777
Leucine	g	1.958	0	1.664	1.253
Lysine	g	2.223	0	1.890	1.423
Methionine	g	0.646	0	0.549	0.413
Cystine	g	0.300	0	0.255	0.192
Phenylalanine	g	1.025	0	0.871	0.656
Tyrosine	g	0.846	0	0.719	0.541
Valine	g	1.358	0	1.154	0.869
Arginine	g	1.496	0	1.272	0.957
Histidine	g	0.797	0	0.677	0.510
Alanine	g	1.514	0	1.287	0.969
Aspartic acid	g	2.216	0	1.884	1.418
Glutamic acid	g	3.653	0	3.105	2.338
Glycine	g	1.229	0	1.045	0.787
Proline	g	1.056	0	0.898	0.676
Serine	g	0.936	0	0.796	0.599
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 120 g; yields excluding refuse

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	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.50		0	141.22	44.63	
Energy	kcal	309		0	831	263	
Energy	kj	1293		0	3478	1099	
Protein (N x 5.95)	g	22.55		0	60.66	19.17	
Total lipid (fat)	g	23.59		0	63.46	20.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	3.12	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	48	15	
Iron	mg	2.12		0	5.70	1.80	
Magnesium	mg	23		0	62	20	
Phosphorus	mg	180		0	484	153	
Potassium	mg	246		0	662	209	
Sodium	mg	64		0	172	54	
Zinc	mg	3.41		0	9.17	2.90	
Copper	mg	0.119		0	0.320	0.101	
Manganese	mg	0.020		0	0.054	0.017	
Selenium	:g	24.6		0	66.2	20.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.269	0.085	
Riboflavin	mg	0.240		0	0.646	0.204	
Niacin	mg	7.100		0	19.099	6.035	
Pantothenic acid	mg	0.650		0	1.749	0.553	
Vitamin B-6	mg	0.110		0	0.296	0.094	
Folate	:g	19		0	51	16	
Vitamin B-12	:g	2.21		0	5.94	1.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.110		0	0.296	0.094	
Lipids:							
Saturated, total	g	10.240		0	27.546	8.704	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.161	0.051	
12:0	g	0.100		0	0.269	0.085	
14:0	g	0.930		0	2.502	0.791	
15.0	g						
16:0	g	5.160		0	13.880	4.386	
17:0	g						
18:0	g	3.240		0	8.716	2.754	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.680	0	26.039	8.228
14:1	g				
16:1	g	0.690	0	1.856	0.587
18:1	g	8.690	0	23.376	7.386
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.870	0	5.030	1.590
18:2	g	1.370	0	3.685	1.165
18:3	g	0.420	0	1.130	0.357
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.215	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	95	0	256	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.710	0.224
Threonine	g	0.965	0	2.596	0.820
Isoleucine	g	1.088	0	2.927	0.925
Leucine	g	1.754	0	4.718	1.491
Lysine	g	1.991	0	5.356	1.692
Methionine	g	0.579	0	1.558	0.492
Cystine	g	0.269	0	0.724	0.229
Phenylalanine	g	0.918	0	2.469	0.780
Tyrosine	g	0.758	0	2.039	0.644
Valine	g	1.217	0	3.274	1.034
Arginine	g	1.340	0	3.605	1.139
Histidine	g	0.714	0	1.921	0.607
Alanine	g	1.356	0	3.648	1.153
Aspartic acid	g	1.985	0	5.340	1.687
Glutamic acid	g	3.272	0	8.802	2.781
Glycine	g	1.101	0	2.962	0.936
Proline	g	0.946	0	2.545	0.804
Serine	g	0.838	0	2.254	0.712
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	72.55	0.275	32	20.57	47.16	
Energy	kcal	143		0	41	93	
Energy	kj	598		0	170	389	
Protein (N x 5.95)	g	20.88	0.167	31	5.92	13.57	
Total lipid (fat)	g	5.94	0.234	32	1.68	3.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.009	32	0.30	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.644	32	3	8	
Iron	mg	1.91	0.110	32	0.54	1.24	
Magnesium	mg	27	0.918	32	8	18	
Phosphorus	mg	190	3.624	16	54	124	
Potassium	mg	276	14.533	32	78	179	
Sodium	mg	68	2.950	32	19	44	
Zinc	mg	3.19	0.117	32	0.90	2.07	
Copper	mg	0.128	0.005	32	0.036	0.083	
Manganese	mg	0.024		0	0.007	0.016	
Selenium	：g	23.6		0	6.7	15.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.007	16	0.037	0.085	
Riboflavin	mg	0.230	0.014	16	0.065	0.150	
Niacin	mg	6.510	0.290	16	1.846	4.231	
Pantothenic acid	mg	0.660	0.024	16	0.187	0.429	
Vitamin B-6	mg	0.170		0	0.048	0.111	
Folate	：g	24	1.653	16	7	16	
Vitamin B-12	：g	2.21	0.089	16	0.63	1.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.054	0.124	
Lipids:							
Saturated, total	g	2.130		0	0.604	1.384	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.007	
12:0	g	0.010		373	0.003	0.007	
14:0	g	0.150		373	0.043	0.098	
15.0	g						
16:0	g	1.150		373	0.326	0.748	
17:0	g						
18:0	g	0.710		373	0.201	0.462	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.390		0	0.678	1.553
14:1	g					
16:1	g	0.180		373	0.051	0.117
18:1	g	2.160		373	0.612	1.404
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.540		0	0.153	0.351
18:2	g	0.410		373	0.116	0.266
18:3	g	0.080		373	0.023	0.052
18:4	g					
20:4	g	0.060		373	0.017	0.039
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	1.741	16	19	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.244		0	0.069	0.159
Threonine	g	0.893		0	0.253	0.580
Isoleucine	g	1.007		0	0.285	0.655
Leucine	g	1.624		0	0.460	1.056
Lysine	g	1.843		0	0.522	1.198
Methionine	g	0.536		0	0.152	0.348
Cystine	g	0.249		0	0.071	0.162
Phenylalanine	g	0.850		0	0.241	0.553
Tyrosine	g	0.702		0	0.199	0.456
Valine	g	1.126		0	0.319	0.732
Arginine	g	1.240		0	0.352	0.806
Histidine	g	0.661		0	0.187	0.430
Alanine	g	1.255		0	0.356	0.816
Aspartic acid	g	1.837		0	0.521	1.194
Glutamic acid	g	3.029		0	0.859	1.969
Glycine	g	1.020		0	0.289	0.663
Proline	g	0.876		0	0.248	0.569
Serine	g	0.776		0	0.220	0.504
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 120 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	60.98	0.389	16	51.83	28.05	
Energy	kcal	216		0	184	99	
Energy	kj	904		0	768	416	
Protein (N x 5.95)	g	29.99	0.633	16	25.49	13.80	
Total lipid (fat)	g	9.73	0.450	15	8.27	4.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24	0.021	16	1.05	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.269	16	16	9	
Iron	mg	2.00	0.073	16	1.70	0.92	
Magnesium	mg	28	0.463	16	24	13	
Phosphorus	mg	226	5.584	16	192	104	
Potassium	mg	376	8.460	16	320	173	
Sodium	mg	84	1.472	16	71	39	
Zinc	mg	4.13	0.102	16	3.51	1.90	
Copper	mg	0.145	0.008	16	0.123	0.067	
Manganese	mg	0.028		0	0.024	0.013	
Selenium	:g	32.8		0	27.9	15.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.007	16	0.094	0.051	
Riboflavin	mg	0.280	0.017	16	0.238	0.129	
Niacin	mg	6.850	0.255	16	5.822	3.151	
Pantothenic acid	mg	0.660	0.029	16	0.561	0.304	
Vitamin B-6	mg	0.160		0	0.136	0.074	
Folate	:g	24	1.487	16	20	11	
Vitamin B-12	:g	2.52	0.147	16	2.14	1.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.136	0.074	
Lipids:							
Saturated, total	g	3.480		0	2.958	1.601	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		107	0.017	0.009	
12:0	g	0.030		107	0.026	0.014	
14:0	g	0.300		107	0.255	0.138	
15.0	g						
16:0	g	1.870		107	1.590	0.860	
17:0	g						
18:0	g	1.200		107	1.020	0.552	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.260		0	3.621	1.960
14:1	g					
16:1	g	0.290		107	0.247	0.133
18:1	g	3.950		107	3.357	1.817
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.640		0	0.544	0.294
18:2	g	0.520		107	0.442	0.239
18:3	g	0.060		107	0.051	0.028
18:4	g	0.000		0	0.000	0.000
20:4	g	0.060		107	0.051	0.028
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	3.112	16	81	44
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.350		0	0.298	0.161
Threonine	g	1.283		0	1.091	0.590
Isoleucine	g	1.447		0	1.230	0.666
Leucine	g	2.332		0	1.982	1.073
Lysine	g	2.648		0	2.251	1.218
Methionine	g	0.770		0	0.655	0.354
Cystine	g	0.358		0	0.304	0.165
Phenylalanine	g	1.221		0	1.038	0.562
Tyrosine	g	1.008		0	0.857	0.464
Valine	g	1.618		0	1.375	0.744
Arginine	g	1.782		0	1.515	0.820
Histidine	g	0.950		0	0.808	0.437
Alanine	g	1.803		0	1.533	0.829
Aspartic acid	g	2.639		0	2.243	1.214
Glutamic acid	g	4.352		0	3.699	2.002
Glycine	g	1.465		0	1.245	0.674
Proline	g	1.258		0	1.069	0.579
Serine	g	1.115		0	0.948	0.513
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 120 g; yields excluding refuse

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	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.76		0	121.13	53.35	
Energy	kcal	202		0	390	172	
Energy	kj	845		0	1631	718	
Protein (N x 5.95)	g	26.59		0	51.32	22.60	
Total lipid (fat)	g	9.76		0	18.84	8.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	2.61	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	33	14	
Iron	mg	2.44		0	4.71	2.07	
Magnesium	mg	27		0	52	23	
Phosphorus	mg	206		0	398	175	
Potassium	mg	267		0	515	227	
Sodium	mg	66		0	127	56	
Zinc	mg	4.06		0	7.84	3.45	
Copper	mg	0.132		0	0.255	0.112	
Manganese	mg	0.026		0	0.050	0.022	
Selenium	:g	30.3		0	58.5	25.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.193	0.085	
Riboflavin	mg	0.270		0	0.521	0.230	
Niacin	mg	6.830		0	13.182	5.805	
Pantothenic acid	mg	0.680		0	1.312	0.578	
Vitamin B-6	mg	0.160		0	0.309	0.136	
Folate	:g	25		0	48	21	
Vitamin B-12	:g	2.16		0	4.17	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.309	0.136	
Lipids:							
Saturated, total	g	3.720		0	7.180	3.162	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.039	0.017	
12:0	g	0.030		0	0.058	0.026	
14:0	g	0.290		0	0.560	0.247	
15.0	g						
16:0	g	1.970		0	3.802	1.674	
17:0	g						
18:0	g	1.210		0	2.335	1.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.950	0	7.623	3.357
14:1	g				
16:1	g	0.290	0	0.560	0.247
18:1	g	3.560	0	6.871	3.026
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.860	0	1.660	0.731
18:2	g	0.640	0	1.235	0.544
18:3	g	0.140	0	0.270	0.119
18:4	g				
20:4	g	0.080	0	0.154	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	168	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.311	0	0.600	0.264
Threonine	g	1.138	0	2.196	0.967
Isoleucine	g	1.283	0	2.476	1.091
Leucine	g	2.068	0	3.991	1.758
Lysine	g	2.348	0	4.532	1.996
Methionine	g	0.682	0	1.316	0.580
Cystine	g	0.317	0	0.612	0.269
Phenylalanine	g	1.083	0	2.090	0.921
Tyrosine	g	0.894	0	1.725	0.760
Valine	g	1.435	0	2.770	1.220
Arginine	g	1.580	0	3.049	1.343
Histidine	g	0.842	0	1.625	0.716
Alanine	g	1.599	0	3.086	1.359
Aspartic acid	g	2.341	0	4.518	1.990
Glutamic acid	g	3.859	0	7.448	3.280
Glycine	g	1.299	0	2.507	1.104
Proline	g	1.115	0	2.152	0.948
Serine	g	0.989	0	1.909	0.841
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	50.80		0	14.40	230.43	
Energy	kcal	372		0	105	1687	
Energy	kj	1556		0	441	7058	
Protein (N x 5.95)	g	14.52		0	4.12	65.86	
Total lipid (fat)	g	34.39		0	9.75	155.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74		0	0.21	3.36	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	68	
Iron	mg	1.39		0	0.39	6.31	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	137		0	39	621	
Potassium	mg	190		0	54	862	
Sodium	mg	56		0	16	254	
Zinc	mg	2.71		0	0.77	12.29	
Copper	mg	0.089		0	0.025	0.404	
Manganese	mg	0.016		0	0.005	0.073	
Selenium	΄g	16.8		0	4.8	76.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	6.090		0	1.727	27.624	
Pantothenic acid	mg	0.620		0	0.176	2.812	
Vitamin B-6	mg	0.110		0	0.031	0.499	
Folate	΄g	14		0	4	64	
Vitamin B-12	΄g	2.09		0	0.59	9.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	15.160		0	4.298	68.766	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.026	0.408	
12:0	g	0.150		0	0.043	0.680	
14:0	g	1.400		0	0.397	6.350	
15.0	g						
16:0	g	7.600		0	2.155	34.474	
17:0	g						
18:0	g	4.770		0	1.352	21.637	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.130	0	4.006	64.094
14:1	g				
16:1	g	1.000	0	0.284	4.536
18:1	g	12.680	0	3.595	57.516
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.690	0	0.763	12.202
18:2	g	1.970	0	0.558	8.936
18:3	g	0.620	0	0.176	2.812
18:4	g				
20:4	g	0.100	0	0.028	0.454
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	22	345
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.170	0	0.048	0.771
Threonine	g	0.621	0	0.176	2.817
Isoleucine	g	0.700	0	0.198	3.175
Leucine	g	1.129	0	0.320	5.121
Lysine	g	1.282	0	0.363	5.815
Methionine	g	0.373	0	0.106	1.692
Cystine	g	0.173	0	0.049	0.785
Phenylalanine	g	0.591	0	0.168	2.681
Tyrosine	g	0.488	0	0.138	2.214
Valine	g	0.783	0	0.222	3.552
Arginine	g	0.862	0	0.244	3.910
Histidine	g	0.460	0	0.130	2.087
Alanine	g	0.873	0	0.247	3.960
Aspartic acid	g	1.278	0	0.362	5.797
Glutamic acid	g	2.106	0	0.597	9.553
Glycine	g	0.709	0	0.201	3.216
Proline	g	0.609	0	0.173	2.762
Serine	g	0.540	0	0.153	2.449
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 229g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.06		0	107.77	40.00	
Energy	kcal	361		0	827	307	
Energy	kj	1510		0	3458	1284	
Protein (N x 5.95)	g	22.13		0	50.68	18.81	
Total lipid (fat)	g	29.59		0	67.76	25.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	2.61	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	44	16	
Iron	mg	1.88		0	4.31	1.60	
Magnesium	mg	23		0	53	20	
Phosphorus	mg	178		0	408	151	
Potassium	mg	270		0	618	230	
Sodium	mg	76		0	174	65	
Zinc	mg	4.00		0	9.16	3.40	
Copper	mg	0.121		0	0.277	0.103	
Manganese	mg	0.020		0	0.046	0.017	
Selenium	:g	23.9		0	54.7	20.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.206	0.077	
Riboflavin	mg	0.220		0	0.504	0.187	
Niacin	mg	7.000		0	16.030	5.950	
Pantothenic acid	mg	0.610		0	1.397	0.518	
Vitamin B-6	mg	0.110		0	0.252	0.094	
Folate	:g	14		0	32	12	
Vitamin B-12	:g	2.54		0	5.82	2.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.120		0	0.275	0.102	
Lipids:							
Saturated, total	g	12.700		0	29.083	10.795	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.160	0.060	
12:0	g	0.120		0	0.275	0.102	
14:0	g	1.140		0	2.611	0.969	
15.0	g						
16:0	g	6.430		0	14.725	5.465	
17:0	g						
18:0	g	4.020		0	9.206	3.417	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.120	0	27.755	10.302
14:1	g				
16:1	g	0.860	0	1.969	0.731
18:1	g	10.890	0	24.938	9.257
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.370	0	5.427	2.014
18:2	g	1.740	0	3.985	1.479
18:3	g	0.520	0	1.191	0.442
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.252	0.094
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	99	0	227	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.593	0.220
Threonine	g	0.947	0	2.169	0.805
Isoleucine	g	1.068	0	2.446	0.908
Leucine	g	1.721	0	3.941	1.463
Lysine	g	1.954	0	4.475	1.661
Methionine	g	0.568	0	1.301	0.483
Cystine	g	0.264	0	0.605	0.224
Phenylalanine	g	0.901	0	2.063	0.766
Tyrosine	g	0.744	0	1.704	0.632
Valine	g	1.194	0	2.734	1.015
Arginine	g	1.315	0	3.011	1.118
Histidine	g	0.701	0	1.605	0.596
Alanine	g	1.331	0	3.048	1.131
Aspartic acid	g	1.948	0	4.461	1.656
Glutamic acid	g	3.211	0	7.353	2.729
Glycine	g	1.081	0	2.475	0.919
Proline	g	0.928	0	2.125	0.789
Serine	g	0.823	0	1.885	0.700
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 255g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.89		0	122.12	40.71	
Energy	kcal	359		0	915	305	
Energy	kj	1502		0	3830	1277	
Protein (N x 5.95)	g	21.12		0	53.86	17.95	
Total lipid (fat)	g	29.82		0	76.04	25.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	2.37	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	56	19	
Iron	mg	1.60		0	4.08	1.36	
Magnesium	mg	20		0	51	17	
Phosphorus	mg	166		0	423	141	
Potassium	mg	271		0	691	230	
Sodium	mg	73		0	186	62	
Zinc	mg	3.49		0	8.90	2.97	
Copper	mg	0.115		0	0.293	0.098	
Manganese	mg	0.019		0	0.048	0.016	
Selenium	:g	21.8		0	55.6	18.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.230	0.077	
Riboflavin	mg	0.210		0	0.536	0.179	
Niacin	mg	6.750		0	17.212	5.737	
Pantothenic acid	mg	0.630		0	1.607	0.536	
Vitamin B-6	mg	0.110		0	0.281	0.094	
Folate	:g	15		0	38	13	
Vitamin B-12	:g	2.23		0	5.69	1.90	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.100		0	0.255	0.085	
Lipids:							
Saturated, total	g	12.770		0	32.563	10.854	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.204	0.068	
12:0	g	0.130		0	0.331	0.111	
14:0	g	1.190		0	3.034	1.011	
15.0	g						
16:0	g	6.450		0	16.448	5.482	
17:0	g						
18:0	g	4.080		0	10.404	3.468	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.520	0	31.926	10.642
14:1	g				
16:1	g	0.870	0	2.219	0.740
18:1	g	11.330	0	28.892	9.630
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.170	0	5.534	1.844
18:2	g	1.630	0	4.156	1.385
18:3	g	0.460	0	1.173	0.391
18:4	g				
20:4	g	0.090	0	0.230	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	97	0	247	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.630	0.210
Threonine	g	0.904	0	2.305	0.768
Isoleucine	g	1.019	0	2.598	0.866
Leucine	g	1.642	0	4.187	1.396
Lysine	g	1.865	0	4.756	1.585
Methionine	g	0.542	0	1.382	0.461
Cystine	g	0.252	0	0.643	0.214
Phenylalanine	g	0.860	0	2.193	0.731
Tyrosine	g	0.710	0	1.810	0.603
Valine	g	1.139	0	2.904	0.968
Arginine	g	1.254	0	3.198	1.066
Histidine	g	0.669	0	1.706	0.569
Alanine	g	1.270	0	3.239	1.080
Aspartic acid	g	1.859	0	4.740	1.580
Glutamic acid	g	3.064	0	7.813	2.604
Glycine	g	1.031	0	2.629	0.876
Proline	g	0.886	0	2.259	0.753
Serine	g	0.785	0	2.002	0.667
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.44	0.548	32	19.97	319.52	
Energy	kcal	169		0	48	767	
Energy	kj	707		0	200	3207	
Protein (N x 5.95)	g	19.98	0.177	31	5.66	90.63	
Total lipid (fat)	g	9.23	0.668	32	2.62	41.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.013	32	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.858	32	3	54	
Iron	mg	1.67	0.083	32	0.47	7.58	
Magnesium	mg	25	0.861	32	7	113	
Phosphorus	mg	181	3.466	16	51	821	
Potassium	mg	265	12.257	32	75	1202	
Sodium	mg	72	3.092	32	20	327	
Zinc	mg	3.80	0.184	32	1.08	17.24	
Copper	mg	0.111	0.004	32	0.031	0.503	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	22.3		0	6.3	101.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.005	16	0.034	0.544	
Riboflavin	mg	0.200	0.012	16	0.057	0.907	
Niacin	mg	5.890	0.295	16	1.670	26.717	
Pantothenic acid	mg	0.650	0.029	16	0.184	2.948	
Vitamin B-6	mg	0.160	0.011	9	0.045	0.726	
Folate	:g	21	1.391	16	6	95	
Vitamin B-12	:g	2.38	0.123	16	0.67	10.80	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	3.300		0	0.936	14.969	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.020		373	0.006	0.091	
14:0	g	0.240		373	0.068	1.089	
15.0	g						
16:0	g	1.790		373	0.507	8.119	
17:0	g						
18:0	g	1.100		373	0.312	4.990	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.710		0	1.052	16.829
14:1	g					
16:1	g	0.280		373	0.079	1.270
18:1	g	3.360		373	0.953	15.241
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.840		0	0.238	3.810
18:2	g	0.630		373	0.179	2.858
18:3	g	0.120		373	0.034	0.544
18:4	g					
20:4	g	0.090		373	0.026	0.408
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	1.480	16	19	299
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.234		0	0.066	1.061
Threonine	g	0.855		0	0.242	3.878
Isoleucine	g	0.964		0	0.273	4.373
Leucine	g	1.554		0	0.441	7.049
Lysine	g	1.765		0	0.500	8.006
Methionine	g	0.513		0	0.145	2.327
Cystine	g	0.239		0	0.068	1.084
Phenylalanine	g	0.814		0	0.231	3.692
Tyrosine	g	0.672		0	0.191	3.048
Valine	g	1.078		0	0.306	4.890
Arginine	g	1.187		0	0.337	5.384
Histidine	g	0.633		0	0.179	2.871
Alanine	g	1.202		0	0.341	5.452
Aspartic acid	g	1.759		0	0.499	7.979
Glutamic acid	g	2.900		0	0.822	13.154
Glycine	g	0.976		0	0.277	4.427
Proline	g	0.838		0	0.238	3.801
Serine	g	0.743		0	0.211	3.370
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 147g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.83		0	86.48	50.01	
Energy	kcal	235		0	345	200	
Energy	kj	983		0	1445	836	
Protein (N x 5.95)	g	27.74		0	40.78	23.58	
Total lipid (fat)	g	12.95		0	19.04	11.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	2.06	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	24	14	
Iron	mg	2.21		0	3.25	1.88	
Magnesium	mg	29		0	43	25	
Phosphorus	mg	213		0	313	181	
Potassium	mg	313		0	460	266	
Sodium	mg	85		0	125	72	
Zinc	mg	5.27		0	7.75	4.48	
Copper	mg	0.139		0	0.204	0.118	
Manganese	mg	0.029		0	0.043	0.025	
Selenium	:g	31.0		0	45.6	26.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.147	0.085	
Riboflavin	mg	0.250		0	0.368	0.213	
Niacin	mg	6.550		0	9.629	5.567	
Pantothenic acid	mg	0.630		0	0.926	0.536	
Vitamin B-6	mg	0.150		0	0.221	0.128	
Folate	:g	21		0	31	18	
Vitamin B-12	:g	2.64		0	3.88	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.265	0.153	
Lipids:							
Saturated, total	g	4.650		0	6.836	3.953	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.029	0.017	
12:0	g	0.030		0	0.044	0.026	
14:0	g	0.340		0	0.500	0.289	
15.0	g						
16:0	g	2.520		0	3.704	2.142	
17:0	g						
18:0	g	1.540		0	2.264	1.309	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.210	0	7.659	4.429
14:1	g				
16:1	g	0.390	0	0.573	0.331
18:1	g	4.710	0	6.924	4.003
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.180	0	1.735	1.003
18:2	g	0.890	0	1.308	0.757
18:3	g	0.170	0	0.250	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.176	0.102
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	91	0	134	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.324	0	0.476	0.275
Threonine	g	1.187	0	1.745	1.009
Isoleucine	g	1.338	0	1.967	1.137
Leucine	g	2.157	0	3.171	1.833
Lysine	g	2.449	0	3.600	2.082
Methionine	g	0.712	0	1.047	0.605
Cystine	g	0.331	0	0.487	0.281
Phenylalanine	g	1.129	0	1.660	0.960
Tyrosine	g	0.932	0	1.370	0.792
Valine	g	1.497	0	2.201	1.272
Arginine	g	1.648	0	2.423	1.401
Histidine	g	0.879	0	1.292	0.747
Alanine	g	1.668	0	2.452	1.418
Aspartic acid	g	2.441	0	3.588	2.075
Glutamic acid	g	4.025	0	5.917	3.421
Glycine	g	1.355	0	1.992	1.152
Proline	g	1.163	0	1.710	0.989
Serine	g	1.031	0	1.516	0.876
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.13	0.734	16	95.61	51.11	
Energy	kcal	232		0	369	197	
Energy	kj	971		0	1544	825	
Protein (N x 5.95)	g	26.16	0.316	16	41.59	22.24	
Total lipid (fat)	g	13.31	0.645	15	21.16	11.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.022	16	1.70	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.787	16	33	18	
Iron	mg	1.77	0.068	16	2.81	1.50	
Magnesium	mg	23	0.351	16	37	20	
Phosphorus	mg	195	3.487	16	310	166	
Potassium	mg	315	4.264	16	501	268	
Sodium	mg	81	1.595	16	129	69	
Zinc	mg	4.47	0.169	16	7.11	3.80	
Copper	mg	0.129	0.005	16	0.205	0.110	
Manganese	mg	0.028		0	0.045	0.024	
Selenium	:g	26.9		0	42.8	22.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.005	15	0.143	0.077	
Riboflavin	mg	0.230	0.014	15	0.366	0.196	
Niacin	mg	6.160	0.271	15	9.794	5.236	
Pantothenic acid	mg	0.660	0.022	15	1.049	0.561	
Vitamin B-6	mg	0.150	0.008	9	0.239	0.128	
Folate	:g	22	1.536	15	35	19	
Vitamin B-12	:g	2.16	0.136	15	3.43	1.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.239	0.128	
Lipids:							
Saturated, total	g	4.760		0	7.568	4.046	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		107	0.048	0.026	
12:0	g	0.040		107	0.064	0.034	
14:0	g	0.420		107	0.668	0.357	
15.0	g						
16:0	g	2.560		107	4.070	2.176	
17:0	g						
18:0	g	1.640		107	2.608	1.394	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.830		0	9.270	4.955
14:1	g					
16:1	g	0.400		107	0.636	0.340
18:1	g	5.400		107	8.586	4.590
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.870		0	1.383	0.740
18:2	g	0.710		107	1.129	0.603
18:3	g	0.080		107	0.127	0.068
18:4	g					
20:4	g	0.090		107	0.143	0.077
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	88	2.315	16	140	75
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		0	0.487	0.260
Threonine	g	1.119		0	1.779	0.951
Isoleucine	g	1.262		0	2.007	1.073
Leucine	g	2.034		0	3.234	1.729
Lysine	g	2.310		0	3.673	1.964
Methionine	g	0.671		0	1.067	0.570
Cystine	g	0.312		0	0.496	0.265
Phenylalanine	g	1.065		0	1.693	0.905
Tyrosine	g	0.879		0	1.398	0.747
Valine	g	1.411		0	2.243	1.199
Arginine	g	1.554		0	2.471	1.321
Histidine	g	0.829		0	1.318	0.705
Alanine	g	1.573		0	2.501	1.337
Aspartic acid	g	2.302		0	3.660	1.957
Glutamic acid	g	3.796		0	6.036	3.227
Glycine	g	1.277		0	2.030	1.085
Proline	g	1.097		0	1.744	0.932
Serine	g	0.972		0	1.545	0.826
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.39		0	17.40	278.47	
Energy	kcal	264		0	75	1198	
Energy	kj	1105		0	313	5012	
Protein (N x 5.95)	g	16.58		0	4.70	75.21	
Total lipid (fat)	g	21.45		0	6.08	97.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	73	
Iron	mg	1.50		0	0.43	6.80	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	158		0	45	717	
Potassium	mg	230		0	65	1043	
Sodium	mg	61		0	17	277	
Zinc	mg	3.94		0	1.12	17.87	
Copper	mg	0.097		0	0.027	0.440	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	19.2		0	5.4	87.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	5.660		0	1.605	25.674	
Pantothenic acid	mg	0.680		0	0.193	3.084	
Vitamin B-6	mg	0.130		0	0.037	0.590	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.53		0	0.72	11.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	9.280		0	2.631	42.094	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.090		0	0.026	0.408	
14:0	g	0.840		0	0.238	3.810	
15.0	g						
16:0	g	4.680		0	1.327	21.228	
17:0	g						
18:0	g	2.930		0	0.831	13.290	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.790	0	2.492	39.871
14:1	g				
16:1	g	0.620	0	0.176	2.812
18:1	g	7.900	0	2.240	35.834
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.710	0	0.485	7.757
18:2	g	1.250	0	0.354	5.670
18:3	g	0.380	0	0.108	1.724
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.363
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.194	0	0.055	0.880
Threonine	g	0.710	0	0.201	3.221
Isoleucine	g	0.800	0	0.227	3.629
Leucine	g	1.290	0	0.366	5.851
Lysine	g	1.464	0	0.415	6.641
Methionine	g	0.426	0	0.121	1.932
Cystine	g	0.198	0	0.056	0.898
Phenylalanine	g	0.675	0	0.191	3.062
Tyrosine	g	0.557	0	0.158	2.527
Valine	g	0.895	0	0.254	4.060
Arginine	g	0.985	0	0.279	4.468
Histidine	g	0.525	0	0.149	2.381
Alanine	g	0.997	0	0.283	4.522
Aspartic acid	g	1.460	0	0.414	6.623
Glutamic acid	g	2.406	0	0.682	10.914
Glycine	g	0.810	0	0.230	3.674
Proline	g	0.696	0	0.197	3.157
Serine	g	0.616	0	0.175	2.794
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 218g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.20		0	98.54	38.42	
Energy	kcal	344		0	750	292	
Energy	kj	1439		0	3137	1223	
Protein (N x 5.95)	g	28.68		0	62.52	24.38	
Total lipid (fat)	g	24.55		0	53.52	20.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	3.36	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	55	21	
Iron	mg	2.40		0	5.23	2.04	
Magnesium	mg	24		0	52	20	
Phosphorus	mg	186		0	405	158	
Potassium	mg	248		0	541	211	
Sodium	mg	75		0	164	64	
Zinc	mg	6.37		0	13.89	5.41	
Copper	mg	0.123		0	0.268	0.105	
Manganese	mg	0.026		0	0.057	0.022	
Selenium	:g	33.0		0	71.9	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.153	0.060	
Riboflavin	mg	0.220		0	0.480	0.187	
Niacin	mg	6.330		0	13.799	5.380	
Pantothenic acid	mg	0.610		0	1.330	0.518	
Vitamin B-6	mg	0.100		0	0.218	0.085	
Folate	:g	17		0	37	14	
Vitamin B-12	:g	2.80		0	6.10	2.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.349	0.136	
Lipids:							
Saturated, total	g	10.340		0	22.541	8.789	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.131	0.051	
12:0	g	0.100		0	0.218	0.085	
14:0	g	0.910		0	1.984	0.774	
15.0	g						
16:0	g	5.270		0	11.489	4.479	
17:0	g						
18:0	g	3.290		0	7.172	2.797	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.040	0	21.887	8.534
14:1	g				
16:1	g	0.720	0	1.570	0.612
18:1	g	9.020	0	19.664	7.667
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.000	0	4.360	1.700
18:2	g	1.470	0	3.205	1.250
18:3	g	0.420	0	0.916	0.357
18:4	g				
20:4	g	0.110	0	0.240	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	116	0	253	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.335	0	0.730	0.285
Threonine	g	1.227	0	2.675	1.043
Isoleucine	g	1.384	0	3.017	1.176
Leucine	g	2.231	0	4.864	1.896
Lysine	g	2.532	0	5.520	2.152
Methionine	g	0.736	0	1.604	0.626
Cystine	g	0.342	0	0.746	0.291
Phenylalanine	g	1.167	0	2.544	0.992
Tyrosine	g	0.964	0	2.102	0.819
Valine	g	1.547	0	3.372	1.315
Arginine	g	1.704	0	3.715	1.448
Histidine	g	0.908	0	1.979	0.772
Alanine	g	1.725	0	3.761	1.466
Aspartic acid	g	2.524	0	5.502	2.145
Glutamic acid	g	4.161	0	9.071	3.537
Glycine	g	1.401	0	3.054	1.191
Proline	g	1.203	0	2.623	1.023
Serine	g	1.066	0	2.324	0.906
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.03		0	136.47	46.78	
Energy	kcal	278		0	689	236	
Energy	kj	1163		0	2884	989	
Protein (N x 5.95)	g	24.42		0	60.56	20.76	
Total lipid (fat)	g	19.26		0	47.76	16.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	3.25	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	52	18	
Iron	mg	2.03		0	5.03	1.73	
Magnesium	mg	26		0	64	22	
Phosphorus	mg	198		0	491	168	
Potassium	mg	301		0	746	256	
Sodium	mg	78		0	193	66	
Zinc	mg	5.72		0	14.19	4.86	
Copper	mg	0.128		0	0.317	0.109	
Manganese	mg	0.024		0	0.060	0.020	
Selenium	:g	27.4		0	68.0	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.223	0.077	
Riboflavin	mg	0.260		0	0.645	0.221	
Niacin	mg	6.450		0	15.996	5.482	
Pantothenic acid	mg	0.670		0	1.662	0.570	
Vitamin B-6	mg	0.120		0	0.298	0.102	
Folate	:g	19		0	47	16	
Vitamin B-12	:g	2.97		0	7.37	2.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.397	0.136	
Lipids:							
Saturated, total	g	8.040		0	19.939	6.834	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.124	0.043	
12:0	g	0.080		0	0.198	0.068	
14:0	g	0.700		0	1.736	0.595	
15.0	g						
16:0	g	4.110		0	10.193	3.494	
17:0	g						
18:0	g	2.560		0	6.349	2.176	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.870	0	19.518	6.690
14:1	g				
16:1	g	0.570	0	1.414	0.484
18:1	g	7.080	0	17.558	6.018
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.580	0	3.918	1.343
18:2	g	1.160	0	2.877	0.986
18:3	g	0.320	0	0.794	0.272
18:4	g				
20:4	g	0.090	0	0.223	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	97	0	241	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.707	0.242
Threonine	g	1.045	0	2.592	0.888
Isoleucine	g	1.178	0	2.921	1.001
Leucine	g	1.900	0	4.712	1.615
Lysine	g	2.157	0	5.349	1.833
Methionine	g	0.627	0	1.555	0.533
Cystine	g	0.292	0	0.724	0.248
Phenylalanine	g	0.994	0	2.465	0.845
Tyrosine	g	0.821	0	2.036	0.698
Valine	g	1.318	0	3.269	1.120
Arginine	g	1.451	0	3.598	1.233
Histidine	g	0.774	0	1.920	0.658
Alanine	g	1.469	0	3.643	1.249
Aspartic acid	g	2.150	0	5.332	1.827
Glutamic acid	g	3.544	0	8.789	3.012
Glycine	g	1.193	0	2.959	1.014
Proline	g	1.024	0	2.540	0.870
Serine	g	0.908	0	2.252	0.772
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.26		0	151.34	47.82	
Energy	kcal	276		0	742	235	
Energy	kj	1155		0	3107	982	
Protein (N x 5.95)	g	22.51		0	60.55	19.13	
Total lipid (fat)	g	19.97		0	53.72	16.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.25	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	54	17	
Iron	mg	1.97		0	5.30	1.67	
Magnesium	mg	23		0	62	20	
Phosphorus	mg	184		0	495	156	
Potassium	mg	251		0	675	213	
Sodium	mg	66		0	178	56	
Zinc	mg	5.23		0	14.07	4.45	
Copper	mg	0.108		0	0.291	0.092	
Manganese	mg	0.022		0	0.059	0.019	
Selenium	:g	26.2		0	70.5	22.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.242	0.077	
Riboflavin	mg	0.240		0	0.646	0.204	
Niacin	mg	6.150		0	16.544	5.228	
Pantothenic acid	mg	0.700		0	1.883	0.595	
Vitamin B-6	mg	0.130		0	0.350	0.111	
Folate	:g	21		0	56	18	
Vitamin B-12	:g	2.64		0	7.10	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.377	0.119	
Lipids:							
Saturated, total	g	8.440		0	22.704	7.174	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.135	0.043	
12:0	g	0.080		0	0.215	0.068	
14:0	g	0.750		0	2.018	0.637	
15.0	g						
16:0	g	4.300		0	11.567	3.655	
17:0	g						
18:0	g	2.680		0	7.209	2.278	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.170	0	21.977	6.945
14:1	g				
16:1	g	0.580	0	1.560	0.493
18:1	g	7.340	0	19.745	6.239
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.620	0	4.358	1.377
18:2	g	1.190	0	3.201	1.011
18:3	g	0.340	0	0.915	0.289
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.242	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	92	0	247	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.707	0.224
Threonine	g	0.963	0	2.590	0.819
Isoleucine	g	1.086	0	2.921	0.923
Leucine	g	1.751	0	4.710	1.488
Lysine	g	1.988	0	5.348	1.690
Methionine	g	0.578	0	1.555	0.491
Cystine	g	0.269	0	0.724	0.229
Phenylalanine	g	0.916	0	2.464	0.779
Tyrosine	g	0.756	0	2.034	0.643
Valine	g	1.215	0	3.268	1.033
Arginine	g	1.337	0	3.597	1.136
Histidine	g	0.713	0	1.918	0.606
Alanine	g	1.354	0	3.642	1.151
Aspartic acid	g	1.981	0	5.329	1.684
Glutamic acid	g	3.266	0	8.786	2.776
Glycine	g	1.099	0	2.956	0.934
Proline	g	0.944	0	2.539	0.802
Serine	g	0.837	0	2.252	0.711
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.99	0.277	32	20.69	331.08	
Energy	kcal	144		0	41	653	
Energy	kj	602		0	171	2731	
Protein (N x 5.95)	g	19.55	0.156	32	5.54	88.68	
Total lipid (fat)	g	6.76	0.251	32	1.92	30.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.010	32	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.603	32	4	68	
Iron	mg	1.66	0.081	32	0.47	7.53	
Magnesium	mg	24	0.788	32	7	109	
Phosphorus	mg	184	3.041	16	52	835	
Potassium	mg	274	12.739	32	78	1243	
Sodium	mg	70	3.110	32	20	318	
Zinc	mg	4.77	0.152	32	1.35	21.64	
Copper	mg	0.109	0.003	32	0.031	0.494	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	22.2		0	6.3	100.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.006	16	0.034	0.544	
Riboflavin	mg	0.220	0.012	16	0.062	0.998	
Niacin	mg	5.450	0.241	16	1.545	24.721	
Pantothenic acid	mg	0.710	0.022	16	0.201	3.221	
Vitamin B-6	mg	0.160		0	0.045	0.726	
Folate	:g	23	1.182	16	7	104	
Vitamin B-12	:g	2.78	0.141	16	0.79	12.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	2.420		0	0.686	10.977	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.020		373	0.006	0.091	
14:0	g	0.180		373	0.051	0.816	
15.0	g						
16:0	g	1.310		373	0.371	5.942	
17:0	g						
18:0	g	0.800		373	0.227	3.629	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.720		0	0.771	12.338
14:1	g					
16:1	g	0.210		373	0.060	0.953
18:1	g	2.460		373	0.697	11.159
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.620		0	0.176	2.812
18:2	g	0.460		373	0.130	2.087
18:3	g	0.090		373	0.026	0.408
18:4	g	0.000		0	0.000	0.000
20:4	g	0.060		373	0.017	0.272
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	66	1.113	16	19	299
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.228		0	0.065	1.034
Threonine	g	0.837		0	0.237	3.797
Isoleucine	g	0.943		0	0.267	4.277
Leucine	g	1.521		0	0.431	6.899
Lysine	g	1.726		0	0.489	7.829
Methionine	g	0.502		0	0.142	2.277
Cystine	g	0.233		0	0.066	1.057
Phenylalanine	g	0.796		0	0.226	3.611
Tyrosine	g	0.657		0	0.186	2.980
Valine	g	1.055		0	0.299	4.785
Arginine	g	1.161		0	0.329	5.266
Histidine	g	0.619		0	0.175	2.808
Alanine	g	1.176		0	0.333	5.334
Aspartic acid	g	1.721		0	0.488	7.806
Glutamic acid	g	2.837		0	0.804	12.869
Glycine	g	0.955		0	0.271	4.332
Proline	g	0.820		0	0.232	3.720
Serine	g	0.727		0	0.206	3.298
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 174g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.96		0	86.93	42.47	
Energy	kcal	283		0	492	241	
Energy	kj	1184		0	2060	1006	
Protein (N x 5.95)	g	32.81		0	57.09	27.89	
Total lipid (fat)	g	15.89		0	27.65	13.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75		0	3.04	1.49	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	45	22	
Iron	mg	2.67		0	4.65	2.27	
Magnesium	mg	27		0	47	23	
Phosphorus	mg	204		0	355	173	
Potassium	mg	261		0	454	222	
Sodium	mg	79		0	137	67	
Zinc	mg	7.52		0	13.08	6.39	
Copper	mg	0.132		0	0.230	0.112	
Manganese	mg	0.032		0	0.056	0.027	
Selenium	:g	37.0		0	64.4	31.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.104	0.051	
Riboflavin	mg	0.230		0	0.400	0.196	
Niacin	mg	5.960		0	10.370	5.066	
Pantothenic acid	mg	0.620		0	1.079	0.527	
Vitamin B-6	mg	0.120		0	0.209	0.102	
Folate	:g	21		0	37	18	
Vitamin B-12	:g	2.91		0	5.06	2.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.348	0.170	
Lipids:							
Saturated, total	g	6.170		0	10.736	5.245	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.052	0.026	
12:0	g	0.050		0	0.087	0.043	
14:0	g	0.500		0	0.870	0.425	
15.0	g						
16:0	g	3.240		0	5.638	2.754	
17:0	g						
18:0	g	2.000		0	3.480	1.700	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.450	0	11.223	5.482
14:1	g				
16:1	g	0.470	0	0.818	0.400
18:1	g	5.810	0	10.109	4.938
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.380	0	2.401	1.173
18:2	g	1.020	0	1.775	0.867
18:3	g	0.240	0	0.418	0.204
18:4	g				
20:4	g	0.110	0	0.191	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	117	0	204	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.383	0	0.666	0.326
Threonine	g	1.404	0	2.443	1.193
Isoleucine	g	1.583	0	2.754	1.346
Leucine	g	2.552	0	4.440	2.169
Lysine	g	2.897	0	5.041	2.462
Methionine	g	0.842	0	1.465	0.716
Cystine	g	0.392	0	0.682	0.333
Phenylalanine	g	1.336	0	2.325	1.136
Tyrosine	g	1.103	0	1.919	0.938
Valine	g	1.770	0	3.080	1.504
Arginine	g	1.949	0	3.391	1.657
Histidine	g	1.039	0	1.808	0.883
Alanine	g	1.973	0	3.433	1.677
Aspartic acid	g	2.888	0	5.025	2.455
Glutamic acid	g	4.761	0	8.284	4.047
Glycine	g	1.602	0	2.787	1.362
Proline	g	1.376	0	2.394	1.170
Serine	g	1.220	0	2.123	1.037
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 202g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.38		0	123.99	52.17	
Energy	kcal	210		0	424	179	
Energy	kj	879		0	1776	747	
Protein (N x 5.95)	g	27.12		0	54.78	23.05	
Total lipid (fat)	g	10.50		0	21.21	8.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		0	2.93	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	42	18	
Iron	mg	2.19		0	4.42	1.86	
Magnesium	mg	29		0	59	25	
Phosphorus	mg	217		0	438	184	
Potassium	mg	324		0	654	275	
Sodium	mg	83		0	168	71	
Zinc	mg	6.60		0	13.33	5.61	
Copper	mg	0.137		0	0.277	0.116	
Manganese	mg	0.028		0	0.057	0.024	
Selenium	:g	31.3		0	63.2	26.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.202	0.085	
Riboflavin	mg	0.280		0	0.566	0.238	
Niacin	mg	6.150		0	12.423	5.228	
Pantothenic acid	mg	0.690		0	1.394	0.587	
Vitamin B-6	mg	0.140		0	0.283	0.119	
Folate	:g	23		0	46	20	
Vitamin B-12	:g	3.11		0	6.28	2.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.404	0.170	
Lipids:							
Saturated, total	g	3.880		0	7.838	3.298	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.040	0.017	
12:0	g	0.030		0	0.061	0.026	
14:0	g	0.290		0	0.586	0.247	
15.0	g						
16:0	g	2.080		0	4.202	1.768	
17:0	g						
18:0	g	1.280		0	2.586	1.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.240	0	8.565	3.604
14:1	g				
16:1	g	0.320	0	0.646	0.272
18:1	g	3.830	0	7.737	3.256
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.940	0	1.899	0.799
18:2	g	0.700	0	1.414	0.595
18:3	g	0.150	0	0.303	0.128
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.182	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	93	0	188	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.317	0	0.640	0.269
Threonine	g	1.161	0	2.345	0.987
Isoleucine	g	1.308	0	2.642	1.112
Leucine	g	2.109	0	4.260	1.793
Lysine	g	2.395	0	4.838	2.036
Methionine	g	0.696	0	1.406	0.592
Cystine	g	0.324	0	0.654	0.275
Phenylalanine	g	1.104	0	2.230	0.938
Tyrosine	g	0.911	0	1.840	0.774
Valine	g	1.463	0	2.955	1.244
Arginine	g	1.611	0	3.254	1.369
Histidine	g	0.859	0	1.735	0.730
Alanine	g	1.631	0	3.295	1.386
Aspartic acid	g	2.387	0	4.822	2.029
Glutamic acid	g	3.935	0	7.949	3.345
Glycine	g	1.324	0	2.674	1.125
Proline	g	1.137	0	2.297	0.966
Serine	g	1.008	0	2.036	0.857
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 217g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.32		0	137.40	53.82	
Energy	kcal	204		0	443	173	
Energy	kj	854		0	1853	726	
Protein (N x 5.95)	g	24.94		0	54.12	21.20	
Total lipid (fat)	g	10.77		0	23.37	9.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	2.89	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	41	16	
Iron	mg	2.13		0	4.62	1.81	
Magnesium	mg	25		0	54	21	
Phosphorus	mg	200		0	434	170	
Potassium	mg	265		0	575	225	
Sodium	mg	68		0	148	58	
Zinc	mg	6.04		0	13.11	5.13	
Copper	mg	0.113		0	0.245	0.096	
Manganese	mg	0.026		0	0.056	0.022	
Selenium	:g	28.5		0	61.8	24.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.195	0.077	
Riboflavin	mg	0.260		0	0.564	0.221	
Niacin	mg	5.760		0	12.499	4.896	
Pantothenic acid	mg	0.730		0	1.584	0.620	
Vitamin B-6	mg	0.150		0	0.325	0.128	
Folate	:g	25		0	54	21	
Vitamin B-12	:g	2.70		0	5.86	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.391	0.153	
Lipids:							
Saturated, total	g	4.080		0	8.854	3.468	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.043	0.017	
12:0	g	0.030		0	0.065	0.026	
14:0	g	0.320		0	0.694	0.272	
15.0	g						
16:0	g	2.170		0	4.709	1.844	
17:0	g						
18:0	g	1.330		0	2.886	1.131	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.360	0	9.461	3.706
14:1	g				
16:1	g	0.320	0	0.694	0.272
18:1	g	3.930	0	8.528	3.341
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.950	0	2.061	0.808
18:2	g	0.710	0	1.541	0.603
18:3	g	0.160	0	0.347	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.174	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	189	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.631	0.247
Threonine	g	1.067	0	2.315	0.907
Isoleucine	g	1.203	0	2.611	1.023
Leucine	g	1.940	0	4.210	1.649
Lysine	g	2.202	0	4.778	1.872
Methionine	g	0.640	0	1.389	0.544
Cystine	g	0.298	0	0.647	0.253
Phenylalanine	g	1.015	0	2.203	0.863
Tyrosine	g	0.838	0	1.818	0.712
Valine	g	1.346	0	2.921	1.144
Arginine	g	1.482	0	3.216	1.260
Histidine	g	0.790	0	1.714	0.672
Alanine	g	1.500	0	3.255	1.275
Aspartic acid	g	2.195	0	4.763	1.866
Glutamic acid	g	3.619	0	7.853	3.076
Glycine	g	1.218	0	2.643	1.035
Proline	g	1.046	0	2.270	0.889
Serine	g	0.927	0	2.012	0.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 133g	Measure 3*
Proximates:							
Water	g	61.76		0	17.51	82.14	
Energy	kcal	260		0	74	346	
Energy	kj	1088		0	308	1447	
Protein (N x 5.95)	g	16.79		0	4.76	22.33	
Total lipid (fat)	g	20.90		0	5.93	27.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	0.26	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	4	19	
Iron	mg	1.56		0	0.44	2.07	
Magnesium	mg	21		0	6	28	
Phosphorus	mg	159		0	45	211	
Potassium	mg	238		0	67	317	
Sodium	mg	60		0	17	80	
Zinc	mg	3.43		0	0.97	4.56	
Copper	mg	0.102		0	0.029	0.136	
Manganese	mg	0.019		0	0.005	0.025	
Selenium	:g	19.3		0	5.5	25.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.146	
Riboflavin	mg	0.220		0	0.062	0.293	
Niacin	mg	6.090		0	1.727	8.100	
Pantothenic acid	mg	0.690		0	0.196	0.918	
Vitamin B-6	mg	0.130		0	0.037	0.173	
Folate	:g	19		0	5	25	
Vitamin B-12	:g	2.44		0	0.69	3.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.279	
Lipids:							
Saturated, total	g	9.150		0	2.594	12.170	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.067	
12:0	g	0.090		0	0.026	0.120	
14:0	g	0.840		0	0.238	1.117	
15.0	g						
16:0	g	4.600		0	1.304	6.118	
17:0	g						
18:0	g	2.880		0	0.816	3.830	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.580	0	2.432	11.411
14:1	g				
16:1	g	0.610	0	0.173	0.811
18:1	g	7.700	0	2.183	10.241
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.650	0	0.468	2.194
18:2	g	1.200	0	0.340	1.596
18:3	g	0.370	0	0.105	0.492
18:4	g				
20:4	g	0.070	0	0.020	0.093
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	94
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.261
Threonine	g	0.719	0	0.204	0.956
Isoleucine	g	0.810	0	0.230	1.077
Leucine	g	1.306	0	0.370	1.737
Lysine	g	1.483	0	0.420	1.972
Methionine	g	0.431	0	0.122	0.573
Cystine	g	0.200	0	0.057	0.266
Phenylalanine	g	0.683	0	0.194	0.908
Tyrosine	g	0.564	0	0.160	0.750
Valine	g	0.906	0	0.257	1.205
Arginine	g	0.997	0	0.283	1.326
Histidine	g	0.532	0	0.151	0.708
Alanine	g	1.010	0	0.286	1.343
Aspartic acid	g	1.478	0	0.419	1.966
Glutamic acid	g	2.436	0	0.691	3.240
Glycine	g	0.820	0	0.232	1.091
Proline	g	0.704	0	0.200	0.936
Serine	g	0.624	0	0.177	0.830
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	44.22		0	37.59	30.95	
Energy	kcal	346		0	294	242	
Energy	kj	1448		0	1231	1014	
Protein (N x 5.95)	g	30.39		0	25.83	21.27	
Total lipid (fat)	g	24.00		0	20.40	16.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		0	0.94	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	21	18	
Iron	mg	2.39		0	2.03	1.67	
Magnesium	mg	26		0	22	18	
Phosphorus	mg	206		0	175	144	
Potassium	mg	306		0	260	214	
Sodium	mg	72		0	61	50	
Zinc	mg	6.08		0	5.17	4.26	
Copper	mg	0.139		0	0.118	0.097	
Manganese	mg	0.023		0	0.020	0.016	
Selenium	:g	37.2		0	31.6	26.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.060	0.049	
Riboflavin	mg	0.250		0	0.213	0.175	
Niacin	mg	6.660		0	5.661	4.662	
Pantothenic acid	mg	0.610		0	0.518	0.427	
Vitamin B-6	mg	0.110		0	0.094	0.077	
Folate	:g	18		0	15	13	
Vitamin B-12	:g	2.58		0	2.19	1.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.128	0.105	
Lipids:							
Saturated, total	g	9.870		0	8.389	6.909	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.051	0.042	
12:0	g	0.100		0	0.085	0.070	
14:0	g	0.910		0	0.774	0.637	
15.0	g						
16:0	g	5.050		0	4.293	3.535	
17:0	g						
18:0	g	3.200		0	2.720	2.240	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.180	0	8.653	7.126
14:1	g				
16:1	g	0.700	0	0.595	0.490
18:1	g	9.270	0	7.879	6.489
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.710	0	1.454	1.197
18:2	g	1.300	0	1.105	0.910
18:3	g	0.310	0	0.264	0.217
18:4	g				
20:4	g	0.090	0	0.077	0.063
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	120	0	102	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	0.302	0.248
Threonine	g	1.301	0	1.106	0.911
Isoleucine	g	1.466	0	1.246	1.026
Leucine	g	2.364	0	2.009	1.655
Lysine	g	2.684	0	2.281	1.879
Methionine	g	0.780	0	0.663	0.546
Cystine	g	0.363	0	0.309	0.254
Phenylalanine	g	1.237	0	1.051	0.866
Tyrosine	g	1.022	0	0.869	0.715
Valine	g	1.640	0	1.394	1.148
Arginine	g	1.806	0	1.535	1.264
Histidine	g	0.963	0	0.819	0.674
Alanine	g	1.828	0	1.554	1.280
Aspartic acid	g	2.675	0	2.274	1.873
Glutamic acid	g	4.411	0	3.749	3.088
Glycine	g	1.484	0	1.261	1.039
Proline	g	1.275	0	1.084	0.893
Serine	g	1.130	0	0.961	0.791
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 93g	Measure 3*
Proximates:							
Water	g	54.69		0	46.49	50.86	
Energy	kcal	281		0	239	261	
Energy	kj	1176		0	1000	1094	
Protein (N x 5.95)	g	24.44		0	20.77	22.73	
Total lipid (fat)	g	19.55		0	16.62	18.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	1.11	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	15	17	
Iron	mg	2.09		0	1.78	1.94	
Magnesium	mg	26		0	22	24	
Phosphorus	mg	197		0	167	183	
Potassium	mg	309		0	263	287	
Sodium	mg	77		0	65	72	
Zinc	mg	4.89		0	4.16	4.55	
Copper	mg	0.133		0	0.113	0.124	
Manganese	mg	0.023		0	0.020	0.021	
Selenium	:g	27.6		0	23.5	25.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.085	0.093	
Riboflavin	mg	0.270		0	0.230	0.251	
Niacin	mg	7.020		0	5.967	6.529	
Pantothenic acid	mg	0.680		0	0.578	0.632	
Vitamin B-6	mg	0.120		0	0.102	0.112	
Folate	:g	18		0	15	17	
Vitamin B-12	:g	2.86		0	2.43	2.66	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.111	0.121	
Lipids:							
Saturated, total	g	8.370		0	7.114	7.784	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.047	
12:0	g	0.080		0	0.068	0.074	
14:0	g	0.750		0	0.637	0.698	
15.0	g						
16:0	g	4.240		0	3.604	3.943	
17:0	g						
18:0	g	2.650		0	2.252	2.464	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.010	0	6.809	7.449
14:1	g				
16:1	g	0.570	0	0.484	0.530
18:1	g	7.190	0	6.111	6.687
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.570	0	1.335	1.460
18:2	g	1.150	0	0.977	1.069
18:3	g	0.340	0	0.289	0.316
18:4	g				
20:4	g	0.080	0	0.068	0.074
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	82	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.243	0.266
Threonine	g	1.046	0	0.889	0.973
Isoleucine	g	1.179	0	1.002	1.096
Leucine	g	1.901	0	1.616	1.768
Lysine	g	2.158	0	1.834	2.007
Methionine	g	0.627	0	0.533	0.583
Cystine	g	0.292	0	0.248	0.272
Phenylalanine	g	0.995	0	0.846	0.925
Tyrosine	g	0.821	0	0.698	0.764
Valine	g	1.319	0	1.121	1.227
Arginine	g	1.452	0	1.234	1.350
Histidine	g	0.774	0	0.658	0.720
Alanine	g	1.470	0	1.250	1.367
Aspartic acid	g	2.151	0	1.828	2.000
Glutamic acid	g	3.547	0	3.015	3.299
Glycine	g	1.194	0	1.015	1.110
Proline	g	1.025	0	0.871	0.953
Serine	g	0.909	0	0.773	0.845
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.92		0	159.93	47.53	
Energy	kcal	279		0	798	237	
Energy	kj	1167		0	3338	992	
Protein (N x 5.95)	g	22.53		0	64.44	19.15	
Total lipid (fat)	g	20.24		0	57.89	17.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.46	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	51	15	
Iron	mg	2.03		0	5.81	1.73	
Magnesium	mg	23		0	66	20	
Phosphorus	mg	183		0	523	156	
Potassium	mg	259		0	741	220	
Sodium	mg	65		0	186	55	
Zinc	mg	4.48		0	12.81	3.81	
Copper	mg	0.113		0	0.323	0.096	
Manganese	mg	0.021		0	0.060	0.018	
Selenium	:g	25.4		0	72.6	21.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.257	0.077	
Riboflavin	mg	0.250		0	0.715	0.213	
Niacin	mg	6.660		0	19.048	5.661	
Pantothenic acid	mg	0.710		0	2.031	0.603	
Vitamin B-6	mg	0.120		0	0.343	0.102	
Folate	:g	20		0	57	17	
Vitamin B-12	:g	2.55		0	7.29	2.17	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.400	0.119	
Lipids:							
Saturated, total	g	8.740		0	24.996	7.429	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.143	0.043	
12:0	g	0.090		0	0.257	0.077	
14:0	g	0.790		0	2.259	0.672	
15.0	g						
16:0	g	4.410		0	12.613	3.749	
17:0	g						
18:0	g	2.770		0	7.922	2.354	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.300	0	23.738	7.055
14:1	g				
16:1	g	0.590	0	1.687	0.501
18:1	g	7.450	0	21.307	6.332
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.610	0	4.605	1.369
18:2	g	1.180	0	3.375	1.003
18:3	g	0.360	0	1.030	0.306
18:4	g				
20:4	g	0.070	0	0.200	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	263	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.263	0	0.752	0.224
Threonine	g	0.964	0	2.757	0.819
Isoleucine	g	1.087	0	3.109	0.924
Leucine	g	1.753	0	5.014	1.490
Lysine	g	1.990	0	5.691	1.692
Methionine	g	0.578	0	1.653	0.491
Cystine	g	0.269	0	0.769	0.229
Phenylalanine	g	0.917	0	2.623	0.779
Tyrosine	g	0.757	0	2.165	0.643
Valine	g	1.216	0	3.478	1.034
Arginine	g	1.339	0	3.830	1.138
Histidine	g	0.714	0	2.042	0.607
Alanine	g	1.355	0	3.875	1.152
Aspartic acid	g	1.983	0	5.671	1.686
Glutamic acid	g	3.270	0	9.352	2.780
Glycine	g	1.101	0	3.149	0.936
Proline	g	0.945	0	2.703	0.803
Serine	g	0.838	0	2.397	0.712
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 101g	Measure 3*
Proximates:							
Water	g	74.14	0.208	32	21.02	74.88	
Energy	kcal	132		0	37	133	
Energy	kj	552		0	156	558	
Protein (N x 5.95)	g	19.99	0.196	32	5.67	20.19	
Total lipid (fat)	g	5.20	0.200	32	1.47	5.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.011	32	0.30	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.749	32	3	12	
Iron	mg	1.74	0.091	32	0.49	1.76	
Magnesium	mg	25	0.901	32	7	25	
Phosphorus	mg	186	2.729	16	53	188	
Potassium	mg	287	13.392	32	81	290	
Sodium	mg	69	3.291	32	20	70	
Zinc	mg	4.15	0.157	32	1.18	4.19	
Copper	mg	0.116	0.004	32	0.033	0.117	
Manganese	mg	0.024		0	0.007	0.024	
Selenium	:g	22.7		0	6.4	22.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.007	16	0.034	0.121	
Riboflavin	mg	0.230	0.013	16	0.065	0.232	
Niacin	mg	6.000	0.272	16	1.701	6.060	
Pantothenic acid	mg	0.720	0.025	16	0.204	0.727	
Vitamin B-6	mg	0.150	0.010	9	0.043	0.152	
Folate	:g	24	1.393	16	7	24	
Vitamin B-12	:g	2.67	0.161	16	0.76	2.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.222	
Lipids:							
Saturated, total	g	1.860		0	0.527	1.879	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.010	
12:0	g	0.010		373	0.003	0.010	
14:0	g	0.130		373	0.037	0.131	
15.0	g						
16:0	g	1.010		373	0.286	1.020	
17:0	g						
18:0	g	0.620		373	0.176	0.626	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.090		0	0.593	2.111
14:1	g					
16:1	g	0.160		373	0.045	0.162
18:1	g	1.890		373	0.536	1.909
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.480		0	0.136	0.485
18:2	g	0.360		373	0.102	0.364
18:3	g	0.070		373	0.020	0.071
18:4	g					
20:4	g	0.050		373	0.014	0.051
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	1.586	16	18	65
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.234		0	0.066	0.236
Threonine	g	0.856		0	0.243	0.865
Isoleucine	g	0.965		0	0.274	0.975
Leucine	g	1.555		0	0.441	1.571
Lysine	g	1.766		0	0.501	1.784
Methionine	g	0.513		0	0.145	0.518
Cystine	g	0.239		0	0.068	0.241
Phenylalanine	g	0.814		0	0.231	0.822
Tyrosine	g	0.672		0	0.191	0.679
Valine	g	1.079		0	0.306	1.090
Arginine	g	1.188		0	0.337	1.200
Histidine	g	0.633		0	0.179	0.639
Alanine	g	1.202		0	0.341	1.214
Aspartic acid	g	1.760		0	0.499	1.778
Glutamic acid	g	2.901		0	0.822	2.930
Glycine	g	0.976		0	0.277	0.986
Proline	g	0.839		0	0.238	0.847
Serine	g	0.743		0	0.211	0.750
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 55g	Measure 3*
Proximates:							
Water	g	49.32	1.240	16	41.92	27.13	
Energy	kcal	279		0	237	153	
Energy	kj	1167		0	992	642	
Protein (N x 5.95)	g	35.54	1.070	15	30.21	19.55	
Total lipid (fat)	g	14.08	0.682	16	11.97	7.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22	0.032	16	1.04	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.591	16	22	14	
Iron	mg	2.70	0.150	16	2.30	1.49	
Magnesium	mg	29	0.811	16	25	16	
Phosphorus	mg	232	5.278	16	197	128	
Potassium	mg	338	8.806	16	287	186	
Sodium	mg	76	1.802	16	65	42	
Zinc	mg	7.30	0.317	16	6.21	4.01	
Copper	mg	0.154	0.010	15	0.131	0.085	
Manganese	mg	0.028		0	0.024	0.015	
Selenium	:g	37.8		0	32.1	20.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.006	16	0.060	0.039	
Riboflavin	mg	0.270	0.019	16	0.230	0.149	
Niacin	mg	6.330	0.272	16	5.380	3.481	
Pantothenic acid	mg	0.620	0.020	16	0.527	0.341	
Vitamin B-6	mg	0.130	0.005	9	0.111	0.072	
Folate	:g	22	1.959	16	19	12	
Vitamin B-12	:g	2.65	0.130	16	2.25	1.46	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.153	0.099	
Lipids:							
Saturated, total	g	5.030		0	4.276	2.767	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		107	0.026	0.017	
12:0	g	0.040		107	0.034	0.022	
14:0	g	0.440		107	0.374	0.242	
15.0	g						
16:0	g	2.710		107	2.304	1.491	
17:0	g						
18:0	g	1.730		107	1.471	0.952	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.170		0	5.245	3.394
14:1	g					
16:1	g	0.420		107	0.357	0.231
18:1	g	5.720		107	4.862	3.146
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.920		0	0.782	0.506
18:2	g	0.750		107	0.637	0.413
18:3	g	0.080		107	0.068	0.044
18:4	g					
20:4	g	0.090		107	0.077	0.050
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	121	3.155	16	103	67
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.415		0	0.353	0.228
Threonine	g	1.521		0	1.293	0.837
Isoleucine	g	1.715		0	1.458	0.943
Leucine	g	2.764		0	2.349	1.520
Lysine	g	3.138		0	2.667	1.726
Methionine	g	0.912		0	0.775	0.502
Cystine	g	0.424		0	0.360	0.233
Phenylalanine	g	1.447		0	1.230	0.796
Tyrosine	g	1.194		0	1.015	0.657
Valine	g	1.918		0	1.630	1.055
Arginine	g	2.111		0	1.794	1.161
Histidine	g	1.126		0	0.957	0.619
Alanine	g	2.137		0	1.816	1.175
Aspartic acid	g	3.128		0	2.659	1.720
Glutamic acid	g	5.157		0	4.383	2.836
Glycine	g	1.736		0	1.476	0.955
Proline	g	1.491		0	1.267	0.820
Serine	g	1.321		0	1.123	0.727
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	62.28		0	52.94	46.09	
Energy	kcal	200		0	170	148	
Energy	kj	837		0	711	619	
Protein (N x 5.95)	g	27.71		0	23.55	20.51	
Total lipid (fat)	g	9.02		0	7.67	6.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.48		0	1.26	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	14	13	
Iron	mg	2.31		0	1.96	1.71	
Magnesium	mg	30		0	26	22	
Phosphorus	mg	219		0	186	162	
Potassium	mg	340		0	289	252	
Sodium	mg	82		0	70	61	
Zinc	mg	5.73		0	4.87	4.24	
Copper	mg	0.145		0	0.123	0.107	
Manganese	mg	0.028		0	0.024	0.021	
Selenium	:g	31.5		0	26.8	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.085	0.074	
Riboflavin	mg	0.290		0	0.247	0.215	
Niacin	mg	6.810		0	5.789	5.039	
Pantothenic acid	mg	0.710		0	0.603	0.525	
Vitamin B-6	mg	0.140		0	0.119	0.104	
Folate	:g	23		0	20	17	
Vitamin B-12	:g	3.00		0	2.55	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.170	0.148	
Lipids:							
Saturated, total	g	3.420		0	2.907	2.531	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.017	0.015	
12:0	g	0.030		0	0.026	0.022	
14:0	g	0.270		0	0.230	0.200	
15.0	g						
16:0	g	1.810		0	1.539	1.339	
17:0	g						
18:0	g	1.120		0	0.952	0.829	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.650	0	3.103	2.701
14:1	g				
16:1	g	0.270	0	0.230	0.200
18:1	g	3.290	0	2.797	2.435
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.800	0	0.680	0.592
18:2	g	0.590	0	0.501	0.437
18:3	g	0.130	0	0.111	0.096
18:4	g				
20:4	g	0.070	0	0.060	0.052
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	78	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.324	0	0.275	0.240
Threonine	g	1.186	0	1.008	0.878
Isoleucine	g	1.337	0	1.136	0.989
Leucine	g	2.155	0	1.832	1.595
Lysine	g	2.447	0	2.080	1.811
Methionine	g	0.711	0	0.604	0.526
Cystine	g	0.331	0	0.281	0.245
Phenylalanine	g	1.128	0	0.959	0.835
Tyrosine	g	0.931	0	0.791	0.689
Valine	g	1.495	0	1.271	1.106
Arginine	g	1.646	0	1.399	1.218
Histidine	g	0.878	0	0.746	0.650
Alanine	g	1.666	0	1.416	1.233
Aspartic acid	g	2.439	0	2.073	1.805
Glutamic acid	g	4.021	0	3.418	2.976
Glycine	g	1.353	0	1.150	1.001
Proline	g	1.162	0	0.988	0.860
Serine	g	1.030	0	0.876	0.762
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 160 g; yields excluding refuse

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	Samples	Measure 1* 224g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.32		0	144.08	54.67	
Energy	kcal	192		0	430	163	
Energy	kj	803		0	1799	683	
Protein (N x 5.95)	g	25.46		0	57.03	21.64	
Total lipid (fat)	g	9.26		0	20.74	7.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	3.05	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	36	14	
Iron	mg	2.23		0	5.00	1.90	
Magnesium	mg	26		0	58	22	
Phosphorus	mg	202		0	452	172	
Potassium	mg	277		0	620	235	
Sodium	mg	67		0	150	57	
Zinc	mg	5.25		0	11.76	4.46	
Copper	mg	0.120		0	0.269	0.102	
Manganese	mg	0.026		0	0.058	0.022	
Selenium	:g	29.1		0	65.2	24.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.224	0.085	
Riboflavin	mg	0.270		0	0.605	0.230	
Niacin	mg	6.340		0	14.202	5.389	
Pantothenic acid	mg	0.740		0	1.658	0.629	
Vitamin B-6	mg	0.140		0	0.314	0.119	
Folate	:g	25		0	56	21	
Vitamin B-12	:g	2.61		0	5.85	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.381	0.145	
Lipids:							
Saturated, total	g	3.590		0	8.042	3.051	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.045	0.017	
12:0	g	0.030		0	0.067	0.026	
14:0	g	0.290		0	0.650	0.247	
15.0	g						
16:0	g	1.890		0	4.234	1.607	
17:0	g						
18:0	g	1.170		0	2.621	0.995	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.760	0	8.422	3.196
14:1	g				
16:1	g	0.280	0	0.627	0.238
18:1	g	3.390	0	7.594	2.882
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.800	0	1.792	0.680
18:2	g	0.600	0	1.344	0.510
18:3	g	0.140	0	0.314	0.119
18:4	g				
20:4	g	0.070	0	0.157	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	86	0	193	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.668	0.253
Threonine	g	1.090	0	2.442	0.927
Isoleucine	g	1.228	0	2.751	1.044
Leucine	g	1.980	0	4.435	1.683
Lysine	g	2.248	0	5.036	1.911
Methionine	g	0.653	0	1.463	0.555
Cystine	g	0.304	0	0.681	0.258
Phenylalanine	g	1.036	0	2.321	0.881
Tyrosine	g	0.856	0	1.917	0.728
Valine	g	1.374	0	3.078	1.168
Arginine	g	1.513	0	3.389	1.286
Histidine	g	0.807	0	1.808	0.686
Alanine	g	1.531	0	3.429	1.301
Aspartic acid	g	2.241	0	5.020	1.905
Glutamic acid	g	3.695	0	8.277	3.141
Glycine	g	1.243	0	2.784	1.057
Proline	g	1.068	0	2.392	0.908
Serine	g	0.947	0	2.121	0.805
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.90		0	17.55	280.78	
Energy	kcal	259		0	73	1175	
Energy	kj	1084		0	307	4917	
Protein (N x 5.95)	g	16.63		0	4.71	75.43	
Total lipid (fat)	g	20.86		0	5.91	94.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.25	4.04	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	77	
Iron	mg	1.48		0	0.42	6.71	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	160		0	45	726	
Potassium	mg	229		0	65	1039	
Sodium	mg	62		0	18	281	
Zinc	mg	4.28		0	1.21	19.41	
Copper	mg	0.096		0	0.027	0.435	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	19.2		0	5.4	87.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.200		0	0.057	0.907	
Niacin	mg	5.430		0	1.539	24.630	
Pantothenic acid	mg	0.670		0	0.190	3.039	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.59		0	0.73	11.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	8.930		0	2.532	40.506	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.090		0	0.026	0.408	
14:0	g	0.800		0	0.227	3.629	
15.0	g						
16:0	g	4.520		0	1.281	20.503	
17:0	g						
18:0	g	2.830		0	0.802	12.837	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.540	0	2.421	38.737
14:1	g				
16:1	g	0.610	0	0.173	2.767
18:1	g	7.670	0	2.174	34.791
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.680	0	0.476	7.620
18:2	g	1.230	0	0.349	5.579
18:3	g	0.360	0	0.102	1.633
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.194	0	0.055	0.880
Threonine	g	0.712	0	0.202	3.230
Isoleucine	g	0.802	0	0.227	3.638
Leucine	g	1.294	0	0.367	5.870
Lysine	g	1.469	0	0.416	6.663
Methionine	g	0.427	0	0.121	1.937
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.677	0	0.192	3.071
Tyrosine	g	0.559	0	0.158	2.536
Valine	g	0.897	0	0.254	4.069
Arginine	g	0.988	0	0.280	4.482
Histidine	g	0.527	0	0.149	2.390
Alanine	g	1.000	0	0.284	4.536
Aspartic acid	g	1.464	0	0.415	6.641
Glutamic acid	g	2.413	0	0.684	10.945
Glycine	g	0.812	0	0.230	3.683
Proline	g	0.698	0	0.198	3.166
Serine	g	0.618	0	0.175	2.803
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 209g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.18		0	94.43	38.40	
Energy	kcal	345		0	721	293	
Energy	kj	1443		0	3016	1227	
Protein (N x 5.95)	g	28.51		0	59.59	24.23	
Total lipid (fat)	g	24.73		0	51.69	21.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53		0	3.20	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	56	23	
Iron	mg	2.35		0	4.91	2.00	
Magnesium	mg	24		0	50	20	
Phosphorus	mg	185		0	387	157	
Potassium	mg	243		0	508	207	
Sodium	mg	75		0	157	64	
Zinc	mg	6.86		0	14.34	5.83	
Copper	mg	0.121		0	0.253	0.103	
Manganese	mg	0.027		0	0.056	0.023	
Selenium	:g	33.1		0	69.2	28.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.125	0.051	
Riboflavin	mg	0.210		0	0.439	0.179	
Niacin	mg	6.040		0	12.624	5.134	
Pantothenic acid	mg	0.610		0	1.275	0.518	
Vitamin B-6	mg	0.110		0	0.230	0.094	
Folate	:g	18		0	38	15	
Vitamin B-12	:g	2.83		0	5.91	2.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.334	0.136	
Lipids:							
Saturated, total	g	10.290		0	21.506	8.746	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.125	0.051	
12:0	g	0.100		0	0.209	0.085	
14:0	g	0.900		0	1.881	0.765	
15.0	g						
16:0	g	5.270		0	11.014	4.479	
17:0	g						
18:0	g	3.280		0	6.855	2.788	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.100	0	21.109	8.585
14:1	g				
16:1	g	0.730	0	1.526	0.620
18:1	g	9.080	0	18.977	7.718
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.030	0	4.243	1.725
18:2	g	1.500	0	3.135	1.275
18:3	g	0.410	0	0.857	0.349
18:4	g				
20:4	g	0.120	0	0.251	0.102
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	116	0	242	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.333	0	0.696	0.283
Threonine	g	1.220	0	2.550	1.037
Isoleucine	g	1.376	0	2.876	1.170
Leucine	g	2.218	0	4.636	1.885
Lysine	g	2.518	0	5.263	2.140
Methionine	g	0.732	0	1.530	0.622
Cystine	g	0.340	0	0.711	0.289
Phenylalanine	g	1.161	0	2.426	0.987
Tyrosine	g	0.958	0	2.002	0.814
Valine	g	1.539	0	3.217	1.308
Arginine	g	1.694	0	3.540	1.440
Histidine	g	0.903	0	1.887	0.768
Alanine	g	1.715	0	3.584	1.458
Aspartic acid	g	2.510	0	5.246	2.133
Glutamic acid	g	4.138	0	8.648	3.517
Glycine	g	1.393	0	2.911	1.184
Proline	g	1.196	0	2.500	1.017
Serine	g	1.060	0	2.215	0.901
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 252g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.92		0	140.92	47.53	
Energy	kcal	278		0	701	236	
Energy	kj	1163		0	2931	989	
Protein (N x 5.95)	g	23.08		0	58.16	19.62	
Total lipid (fat)	g	19.94		0	50.25	16.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	2.90	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	60	20	
Iron	mg	1.72		0	4.33	1.46	
Magnesium	mg	24		0	60	20	
Phosphorus	mg	198		0	499	168	
Potassium	mg	336		0	847	286	
Sodium	mg	82		0	207	70	
Zinc	mg	5.62		0	14.16	4.78	
Copper	mg	0.122		0	0.307	0.104	
Manganese	mg	0.024		0	0.060	0.020	
Selenium	:g	27.4		0	69.0	23.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.227	0.077	
Riboflavin	mg	0.250		0	0.630	0.213	
Niacin	mg	6.380		0	16.078	5.423	
Pantothenic acid	mg	0.670		0	1.688	0.570	
Vitamin B-6	mg	0.150		0	0.378	0.128	
Folate	:g	18		0	45	15	
Vitamin B-12	:g	2.73		0	6.88	2.32	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.378	0.128	
Lipids:							
Saturated, total	g	8.180		0	20.614	6.953	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.126	0.043	
12:0	g	0.080		0	0.202	0.068	
14:0	g	0.750		0	1.890	0.637	
15.0	g						
16:0	g	4.190		0	10.559	3.562	
17:0	g						
18:0	g	2.660		0	6.703	2.261	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.460	0	21.319	7.191
14:1	g				
16:1	g	0.580	0	1.462	0.493
18:1	g	7.700	0	19.404	6.545
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.420	0	3.578	1.207
18:2	g	1.080	0	2.722	0.918
18:3	g	0.260	0	0.655	0.221
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.202	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	95	0	239	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.680	0.230
Threonine	g	0.988	0	2.490	0.840
Isoleucine	g	1.113	0	2.805	0.946
Leucine	g	1.795	0	4.523	1.526
Lysine	g	2.038	0	5.136	1.732
Methionine	g	0.592	0	1.492	0.503
Cystine	g	0.275	0	0.693	0.234
Phenylalanine	g	0.940	0	2.369	0.799
Tyrosine	g	0.776	0	1.956	0.660
Valine	g	1.245	0	3.137	1.058
Arginine	g	1.371	0	3.455	1.165
Histidine	g	0.731	0	1.842	0.621
Alanine	g	1.388	0	3.498	1.180
Aspartic acid	g	2.031	0	5.118	1.726
Glutamic acid	g	3.349	0	8.439	2.847
Glycine	g	1.127	0	2.840	0.958
Proline	g	0.968	0	2.439	0.823
Serine	g	0.858	0	2.162	0.729
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 258g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.85		0	144.09	47.47	
Energy	kcal	281		0	725	239	
Energy	kj	1176		0	3034	1000	
Protein (N x 5.95)	g	22.25		0	57.41	18.91	
Total lipid (fat)	g	20.61		0	53.17	17.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	3.07	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	54	18	
Iron	mg	1.92		0	4.95	1.63	
Magnesium	mg	22		0	57	19	
Phosphorus	mg	183		0	472	156	
Potassium	mg	246		0	635	209	
Sodium	mg	66		0	170	56	
Zinc	mg	5.58		0	14.40	4.74	
Copper	mg	0.106		0	0.273	0.090	
Manganese	mg	0.022		0	0.057	0.019	
Selenium	:g	25.2		0	65.0	21.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.232	0.077	
Riboflavin	mg	0.230		0	0.593	0.196	
Niacin	mg	5.910		0	15.248	5.024	
Pantothenic acid	mg	0.690		0	1.780	0.587	
Vitamin B-6	mg	0.110		0	0.284	0.094	
Folate	:g	21		0	54	18	
Vitamin B-12	:g	2.67		0	6.89	2.27	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.361	0.119	
Lipids:							
Saturated, total	g	8.640		0	22.291	7.344	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.129	0.043	
12:0	g	0.080		0	0.206	0.068	
14:0	g	0.760		0	1.961	0.646	
15.0	g						
16:0	g	4.410		0	11.378	3.749	
17:0	g						
18:0	g	2.750		0	7.095	2.337	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.420	0	21.724	7.157
14:1	g				
16:1	g	0.600	0	1.548	0.510
18:1	g	7.570	0	19.531	6.435
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.680	0	4.334	1.428
18:2	g	1.240	0	3.199	1.054
18:3	g	0.350	0	0.903	0.298
18:4	g				
20:4	g	0.100	0	0.258	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	237	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	0.671	0.221
Threonine	g	0.952	0	2.456	0.809
Isoleucine	g	1.073	0	2.768	0.912
Leucine	g	1.730	0	4.463	1.471
Lysine	g	1.964	0	5.067	1.669
Methionine	g	0.571	0	1.473	0.485
Cystine	g	0.266	0	0.686	0.226
Phenylalanine	g	0.906	0	2.337	0.770
Tyrosine	g	0.748	0	1.930	0.636
Valine	g	1.200	0	3.096	1.020
Arginine	g	1.322	0	3.411	1.124
Histidine	g	0.705	0	1.819	0.599
Alanine	g	1.338	0	3.452	1.137
Aspartic acid	g	1.958	0	5.052	1.664
Glutamic acid	g	3.228	0	8.328	2.744
Glycine	g	1.086	0	2.802	0.923
Proline	g	0.933	0	2.407	0.793
Serine	g	0.827	0	2.134	0.703
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.36	0.358	32	20.51	328.22	
Energy	kcal	151		0	43	685	
Energy	kj	632		0	179	2867	
Protein (N x 5.95)	g	19.29	0.161	31	5.47	87.50	
Total lipid (fat)	g	7.63	0.366	32	2.16	34.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03	0.011	32	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.740	32	5	73	
Iron	mg	1.62	0.077	32	0.46	7.35	
Magnesium	mg	24	0.779	32	7	109	
Phosphorus	mg	183	3.416	16	52	830	
Potassium	mg	268	12.629	32	76	1216	
Sodium	mg	70	3.068	32	20	318	
Zinc	mg	5.11	0.165	32	1.45	23.18	
Copper	mg	0.107	0.003	32	0.030	0.485	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	：g	22.0		0	6.2	99.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120	0.005	16	0.034	0.544	
Riboflavin	mg	0.220	0.011	16	0.062	0.998	
Niacin	mg	5.190	0.258	16	1.471	23.542	
Pantothenic acid	mg	0.700	0.023	16	0.198	3.175	
Vitamin B-6	mg	0.160		0	0.045	0.726	
Folate	：g	23	1.266	16	7	104	
Vitamin B-12	：g	2.83	0.166	16	0.80	12.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	2.730		0	0.774	12.383	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.020		373	0.006	0.091	
14:0	g	0.200		373	0.057	0.907	
15.0	g						
16:0	g	1.480		373	0.420	6.713	
17:0	g						
18:0	g	0.910		373	0.258	4.128	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.070		0	0.870	13.926
14:1	g					
16:1	g	0.230		373	0.065	1.043
18:1	g	2.780		373	0.788	12.610
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.700		0	0.198	3.175
18:2	g	0.520		373	0.147	2.359
18:3	g	0.100		373	0.028	0.454
18:4	g					
20:4	g	0.070		373	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	67	1.532	16	19	304
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.225		0	0.064	1.021
Threonine	g	0.825		0	0.234	3.742
Isoleucine	g	0.930		0	0.264	4.218
Leucine	g	1.500		0	0.425	6.804
Lysine	g	1.703		0	0.483	7.725
Methionine	g	0.495		0	0.140	2.245
Cystine	g	0.230		0	0.065	1.043
Phenylalanine	g	0.785		0	0.223	3.561
Tyrosine	g	0.648		0	0.184	2.939
Valine	g	1.041		0	0.295	4.722
Arginine	g	1.146		0	0.325	5.198
Histidine	g	0.611		0	0.173	2.771
Alanine	g	1.160		0	0.329	5.262
Aspartic acid	g	1.698		0	0.481	7.702
Glutamic acid	g	2.799		0	0.794	12.696
Glycine	g	0.942		0	0.267	4.273
Proline	g	0.809		0	0.229	3.670
Serine	g	0.717		0	0.203	3.252
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 168g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.64		0	83.40	42.19	
Energy	kcal	288		0	484	245	
Energy	kj	1205		0	2024	1024	
Protein (N x 5.95)	g	32.35		0	54.35	27.50	
Total lipid (fat)	g	16.64		0	27.96	14.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.73		0	2.91	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	47	24	
Iron	mg	2.60		0	4.37	2.21	
Magnesium	mg	26		0	44	22	
Phosphorus	mg	202		0	339	172	
Potassium	mg	254		0	427	216	
Sodium	mg	79		0	133	67	
Zinc	mg	8.06		0	13.54	6.85	
Copper	mg	0.128		0	0.215	0.109	
Manganese	mg	0.032		0	0.054	0.027	
Selenium	:g	36.6		0	61.5	31.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.101	0.051	
Riboflavin	mg	0.220		0	0.370	0.187	
Niacin	mg	5.630		0	9.458	4.785	
Pantothenic acid	mg	0.610		0	1.025	0.518	
Vitamin B-6	mg	0.120		0	0.202	0.102	
Folate	:g	21		0	35	18	
Vitamin B-12	:g	2.94		0	4.94	2.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.336	0.170	
Lipids:							
Saturated, total	g	6.370		0	10.702	5.415	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.050	0.026	
12:0	g	0.050		0	0.084	0.043	
14:0	g	0.500		0	0.840	0.425	
15.0	g						
16:0	g	3.370		0	5.662	2.865	
17:0	g						
18:0	g	2.080		0	3.494	1.768	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.740	0	11.323	5.729
14:1	g				
16:1	g	0.500	0	0.840	0.425
18:1	g	6.080	0	10.214	5.168
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.460	0	2.453	1.241
18:2	g	1.090	0	1.831	0.927
18:3	g	0.250	0	0.420	0.213
18:4	g				
20:4	g	0.130	0	0.218	0.111
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	117	0	197	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.378	0	0.635	0.321
Threonine	g	1.385	0	2.327	1.177
Isoleucine	g	1.561	0	2.622	1.327
Leucine	g	2.516	0	4.227	2.139
Lysine	g	2.857	0	4.800	2.428
Methionine	g	0.830	0	1.394	0.706
Cystine	g	0.386	0	0.648	0.328
Phenylalanine	g	1.317	0	2.213	1.119
Tyrosine	g	1.087	0	1.826	0.924
Valine	g	1.746	0	2.933	1.484
Arginine	g	1.922	0	3.229	1.634
Histidine	g	1.025	0	1.722	0.871
Alanine	g	1.946	0	3.269	1.654
Aspartic acid	g	2.847	0	4.783	2.420
Glutamic acid	g	4.694	0	7.886	3.990
Glycine	g	1.580	0	2.654	1.343
Proline	g	1.357	0	2.280	1.153
Serine	g	1.203	0	2.021	1.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 207g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.46	0.611	16	129.29	53.09	
Energy	kcal	211		0	437	179	
Energy	kj	883		0	1828	751	
Protein (N x 5.95)	g	25.48	0.515	16	52.74	21.66	
Total lipid (fat)	g	11.32	0.554	15	23.43	9.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26	0.011	16	2.61	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.062	16	50	20	
Iron	mg	1.81	0.061	16	3.75	1.54	
Magnesium	mg	26	0.281	16	54	22	
Phosphorus	mg	216	5.071	16	447	184	
Potassium	mg	368	4.713	16	762	313	
Sodium	mg	88	2.777	16	182	75	
Zinc	mg	6.48	0.152	16	13.41	5.51	
Copper	mg	0.129	0.007	16	0.267	0.110	
Manganese	mg	0.028		0	0.058	0.024	
Selenium	:g	30.9		0	64.0	26.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100	0.005	16	0.207	0.085	
Riboflavin	mg	0.260	0.016	16	0.538	0.221	
Niacin	mg	6.070	0.259	16	12.565	5.160	
Pantothenic acid	mg	0.690	0.031	16	1.428	0.587	
Vitamin B-6	mg	0.170		0	0.352	0.145	
Folate	:g	21	1.196	15	43	18	
Vitamin B-12	:g	2.81	0.154	16	5.82	2.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.352	0.145	
Lipids:							
Saturated, total	g	4.040		0	8.363	3.434	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		107	0.041	0.017	
12:0	g	0.030		107	0.062	0.026	
14:0	g	0.350		107	0.724	0.298	
15.0	g						
16:0	g	2.180		107	4.513	1.853	
17:0	g						
18:0	g	1.390		107	2.877	1.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.960		0	10.267	4.216
14:1	g					
16:1	g	0.340		107	0.704	0.289
18:1	g	4.590		107	9.501	3.902
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.740		0	1.532	0.629
18:2	g	0.600		107	1.242	0.510
18:3	g	0.070		107	0.145	0.060
18:4	g					
20:4	g	0.070		107	0.145	0.060
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	91	2.320	16	188	77
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.298		0	0.617	0.253
Threonine	g	1.090		0	2.256	0.927
Isoleucine	g	1.229		0	2.544	1.045
Leucine	g	1.982		0	4.103	1.685
Lysine	g	2.250		0	4.657	1.913
Methionine	g	0.654		0	1.354	0.556
Cystine	g	0.304		0	0.629	0.258
Phenylalanine	g	1.037		0	2.147	0.881
Tyrosine	g	0.856		0	1.772	0.728
Valine	g	1.375		0	2.846	1.169
Arginine	g	1.514		0	3.134	1.287
Histidine	g	0.807		0	1.670	0.686
Alanine	g	1.532		0	3.171	1.302
Aspartic acid	g	2.243		0	4.643	1.907
Glutamic acid	g	3.697		0	7.653	3.142
Glycine	g	1.244		0	2.575	1.057
Proline	g	1.069		0	2.213	0.909
Serine	g	0.947		0	1.960	0.805
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 210g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.82		0	131.92	53.40	
Energy	kcal	209		0	439	178	
Energy	kj	874		0	1835	743	
Protein (N x 5.95)	g	24.61		0	51.68	20.92	
Total lipid (fat)	g	11.57		0	24.30	9.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	2.75	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	44	18	
Iron	mg	2.07		0	4.35	1.76	
Magnesium	mg	25		0	53	21	
Phosphorus	mg	199		0	418	169	
Potassium	mg	258		0	542	219	
Sodium	mg	68		0	143	58	
Zinc	mg	6.48		0	13.61	5.51	
Copper	mg	0.110		0	0.231	0.094	
Manganese	mg	0.026		0	0.055	0.022	
Selenium	:g	28.1		0	59.0	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.189	0.077	
Riboflavin	mg	0.250		0	0.525	0.213	
Niacin	mg	5.470		0	11.487	4.649	
Pantothenic acid	mg	0.720		0	1.512	0.612	
Vitamin B-6	mg	0.150		0	0.315	0.128	
Folate	:g	25		0	53	21	
Vitamin B-12	:g	2.74		0	5.75	2.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.170		0	0.357	0.145	
Lipids:							
Saturated, total	g	4.340		0	9.114	3.689	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.042	0.017	
12:0	g	0.030		0	0.063	0.026	
14:0	g	0.330		0	0.693	0.281	
15.0	g						
16:0	g	2.310		0	4.851	1.964	
17:0	g						
18:0	g	1.420		0	2.982	1.207	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.680	0	9.828	3.978
14:1	g				
16:1	g	0.350	0	0.735	0.298
18:1	g	4.220	0	8.862	3.587
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.030	0	2.163	0.876
18:2	g	0.770	0	1.617	0.655
18:3	g	0.170	0	0.357	0.145
18:4	g				
20:4	g	0.090	0	0.189	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	183	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.288	0	0.605	0.245
Threonine	g	1.053	0	2.211	0.895
Isoleucine	g	1.187	0	2.493	1.009
Leucine	g	1.914	0	4.019	1.627
Lysine	g	2.174	0	4.565	1.848
Methionine	g	0.632	0	1.327	0.537
Cystine	g	0.294	0	0.617	0.250
Phenylalanine	g	1.002	0	2.104	0.852
Tyrosine	g	0.827	0	1.737	0.703
Valine	g	1.328	0	2.789	1.129
Arginine	g	1.462	0	3.070	1.243
Histidine	g	0.780	0	1.638	0.663
Alanine	g	1.480	0	3.108	1.258
Aspartic acid	g	2.166	0	4.549	1.841
Glutamic acid	g	3.572	0	7.501	3.036
Glycine	g	1.202	0	2.524	1.022
Proline	g	1.032	0	2.167	0.877
Serine	g	0.915	0	1.922	0.778
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.74	0.242	32	20.91	334.48	
Energy	kcal	134		0	38	608	
Energy	kj	561		0	159	2545	
Protein (N x 5.95)	g	20.21	0.143	32	5.73	91.67	
Total lipid (fat)	g	5.28	0.183	32	1.50	23.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.009	32	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.410	32	3	41	
Iron	mg	1.77	0.084	32	0.50	8.03	
Magnesium	mg	26	0.818	32	7	118	
Phosphorus	mg	189	3.495	16	54	857	
Potassium	mg	284	13.311	32	81	1288	
Sodium	mg	65	2.752	32	18	295	
Zinc	mg	4.15	0.122	32	1.18	18.82	
Copper	mg	0.121	0.003	32	0.034	0.549	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	：g	22.8		0	6.5	103.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130	0.006	16	0.037	0.590	
Riboflavin	mg	0.240	0.013	16	0.068	1.089	
Niacin	mg	5.950	0.187	16	1.687	26.989	
Pantothenic acid	mg	0.710	0.015	16	0.201	3.221	
Vitamin B-6	mg	0.160		0	0.045	0.726	
Folate	：g	23	1.191	16	7	104	
Vitamin B-12	：g	2.73	0.119	16	0.77	12.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	1.890		0	0.536	8.573	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		373	0.003	0.045	
12:0	g	0.010		373	0.003	0.045	
14:0	g	0.140		373	0.040	0.635	
15.0	g						
16:0	g	1.020		373	0.289	4.627	
17:0	g						
18:0	g	0.630		373	0.179	2.858	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.130		0	0.604	9.662
14:1	g					
16:1	g	0.160		373	0.045	0.726
18:1	g	1.920		373	0.544	8.709
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.480		0	0.136	2.177
18:2	g	0.360		373	0.102	1.633
18:3	g	0.070		373	0.020	0.318
18:4	g					
20:4	g	0.050		373	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	1.131	16	18	295
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.236		0	0.067	1.070
Threonine	g	0.865		0	0.245	3.924
Isoleucine	g	0.975		0	0.276	4.423
Leucine	g	1.572		0	0.446	7.131
Lysine	g	1.785		0	0.506	8.097
Methionine	g	0.519		0	0.147	2.354
Cystine	g	0.241		0	0.068	1.093
Phenylalanine	g	0.823		0	0.233	3.733
Tyrosine	g	0.679		0	0.192	3.080
Valine	g	1.091		0	0.309	4.949
Arginine	g	1.201		0	0.340	5.448
Histidine	g	0.640		0	0.181	2.903
Alanine	g	1.216		0	0.345	5.516
Aspartic acid	g	1.779		0	0.504	8.070
Glutamic acid	g	2.933		0	0.832	13.304
Glycine	g	0.987		0	0.280	4.477
Proline	g	0.848		0	0.240	3.847
Serine	g	0.752		0	0.213	3.411
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.23		0	152.95	47.80	
Energy	kcal	223		0	607	190	
Energy	kj	933		0	2538	793	
Protein (N x 5.95)	g	33.69		0	91.64	28.64	
Total lipid (fat)	g	8.80		0	23.94	7.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.77		0	4.81	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	41	13	
Iron	mg	2.80		0	7.62	2.38	
Magnesium	mg	28		0	76	24	
Phosphorus	mg	205		0	558	174	
Potassium	mg	260		0	707	221	
Sodium	mg	70		0	190	60	
Zinc	mg	6.58		0	17.90	5.59	
Copper	mg	0.141		0	0.384	0.120	
Manganese	mg	0.032		0	0.087	0.027	
Selenium	:g	38.1		0	103.6	32.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.190	0.060	
Riboflavin	mg	0.240		0	0.653	0.204	
Niacin	mg	5.950		0	16.184	5.058	
Pantothenic acid	mg	0.590		0	1.605	0.501	
Vitamin B-6	mg	0.120		0	0.326	0.102	
Folate	:g	21		0	57	18	
Vitamin B-12	:g	2.73		0	7.43	2.32	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.544	0.170	
Lipids:							
Saturated, total	g	3.150		0	8.568	2.678	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.027	0.009	
12:0	g	0.020		0	0.054	0.017	
14:0	g	0.230		0	0.626	0.196	
15.0	g						
16:0	g	1.710		0	4.651	1.454	
17:0	g						
18:0	g	1.050		0	2.856	0.893	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.540	0	9.629	3.009
14:1	g				
16:1	g	0.270	0	0.734	0.230
18:1	g	3.200	0	8.704	2.720
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.810	0	2.203	0.689
18:2	g	0.600	0	1.632	0.510
18:3	g	0.120	0	0.326	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.218	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	108	0	294	92
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.394	0	1.072	0.335
Threonine	g	1.442	0	3.922	1.226
Isoleucine	g	1.625	0	4.420	1.381
Leucine	g	2.620	0	7.126	2.227
Lysine	g	2.975	0	8.092	2.529
Methionine	g	0.865	0	2.353	0.735
Cystine	g	0.402	0	1.093	0.342
Phenylalanine	g	1.372	0	3.732	1.166
Tyrosine	g	1.132	0	3.079	0.962
Valine	g	1.818	0	4.945	1.545
Arginine	g	2.002	0	5.445	1.702
Histidine	g	1.067	0	2.902	0.907
Alanine	g	2.026	0	5.511	1.722
Aspartic acid	g	2.965	0	8.065	2.520
Glutamic acid	g	4.889	0	13.298	4.156
Glycine	g	1.645	0	4.474	1.398
Proline	g	1.413	0	3.843	1.201
Serine	g	1.253	0	3.408	1.065
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 17061 Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.53		0	207.74	54.00	
Energy	kcal	186		0	608	158	
Energy	kj	778		0	2544	661	
Protein (N x 5.95)	g	28.08		0	91.82	23.87	
Total lipid (fat)	g	7.33		0	23.97	6.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.48		0	4.84	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	43	11	
Iron	mg	2.34		0	7.65	1.99	
Magnesium	mg	31		0	101	26	
Phosphorus	mg	224		0	732	190	
Potassium	mg	335		0	1095	285	
Sodium	mg	76		0	249	65	
Zinc	mg	5.77		0	18.87	4.90	
Copper	mg	0.151		0	0.494	0.128	
Manganese	mg	0.029		0	0.095	0.025	
Selenium	:g	31.7		0	103.7	26.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.360	0.094	
Riboflavin	mg	0.300		0	0.981	0.255	
Niacin	mg	6.610		0	21.615	5.619	
Pantothenic acid	mg	0.690		0	2.256	0.587	
Vitamin B-6	mg	0.140		0	0.458	0.119	
Folate	:g	23		0	75	20	
Vitamin B-12	:g	3.03		0	9.91	2.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.654	0.170	
Lipids:							
Saturated, total	g	2.620		0	8.567	2.227	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.033	0.009	
12:0	g	0.020		0	0.065	0.017	
14:0	g	0.190		0	0.621	0.161	
15.0	g						
16:0	g	1.420		0	4.643	1.207	
17:0	g						
18:0	g	0.870		0	2.845	0.740	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.950	0	9.647	2.508
14:1	g				
16:1	g	0.220	0	0.719	0.187
18:1	g	2.670	0	8.731	2.269
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.670	0	2.191	0.570
18:2	g	0.500	0	1.635	0.425
18:3	g	0.100	0	0.327	0.085
18:4	g				
20:4	g	0.070	0	0.229	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	294	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.328	0	1.073	0.279
Threonine	g	1.202	0	3.931	1.022
Isoleucine	g	1.355	0	4.431	1.152
Leucine	g	2.184	0	7.142	1.856
Lysine	g	2.479	0	8.106	2.107
Methionine	g	0.720	0	2.354	0.612
Cystine	g	0.335	0	1.095	0.285
Phenylalanine	g	1.143	0	3.738	0.972
Tyrosine	g	0.944	0	3.087	0.802
Valine	g	1.515	0	4.954	1.288
Arginine	g	1.668	0	5.454	1.418
Histidine	g	0.889	0	2.907	0.756
Alanine	g	1.688	0	5.520	1.435
Aspartic acid	g	2.471	0	8.080	2.100
Glutamic acid	g	4.074	0	13.322	3.463
Glycine	g	1.371	0	4.483	1.165
Proline	g	1.178	0	3.852	1.001
Serine	g	1.044	0	3.414	0.887
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	59.80		0	16.95	271.25	
Energy	kcal	277		0	79	1256	
Energy	kj	1159		0	329	5257	
Protein (N x 5.95)	g	16.74		0	4.75	75.93	
Total lipid (fat)	g	22.74		0	6.45	103.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	59	
Iron	mg	1.49		0	0.42	6.76	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	168		0	48	762	
Potassium	mg	136		0	39	617	
Sodium	mg	39		0	11	177	
Zinc	mg	2.39		0	0.68	10.84	
Copper	mg	0.083		0	0.024	0.376	
Manganese	mg	0.018		0	0.005	0.082	
Selenium	:g	1.3		0	0.4	5.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.320		0	0.091	1.452	
Niacin	mg	6.550		0	1.857	29.711	
Pantothenic acid	mg	0.520		0	0.147	2.359	
Vitamin B-6	mg	0.110		0	0.031	0.499	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.42		0	0.69	10.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	11.570		0	3.280	52.482	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.090		0	0.026	0.408	
14:0	g	0.960		0	0.272	4.355	
15.0	g						
16:0	g	5.010		0	1.420	22.725	
17:0	g						
18:0	g	4.560		0	1.293	20.684	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.720	0	2.472	39.554
14:1	g				
16:1	g	0.390	0	0.111	1.769
18:1	g	8.150	0	2.311	36.968
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	0.980	0	0.278	4.445
18:2	g	0.550	0	0.156	2.495
18:3	g	0.420	0	0.119	1.905
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	78	0	22	354
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.889
Threonine	g	0.716	0	0.203	3.248
Isoleucine	g	0.808	0	0.229	3.665
Leucine	g	1.302	0	0.369	5.906
Lysine	g	1.478	0	0.419	6.704
Methionine	g	0.430	0	0.122	1.950
Cystine	g	0.200	0	0.057	0.907
Phenylalanine	g	0.681	0	0.193	3.089
Tyrosine	g	0.563	0	0.160	2.554
Valine	g	0.903	0	0.256	4.096
Arginine	g	0.994	0	0.282	4.509
Histidine	g	0.530	0	0.150	2.404
Alanine	g	1.007	0	0.285	4.568
Aspartic acid	g	1.473	0	0.418	6.682
Glutamic acid	g	2.429	0	0.689	11.018
Glycine	g	0.818	0	0.232	3.710
Proline	g	0.702	0	0.199	3.184
Serine	g	0.622	0	0.176	2.821
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 222g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.15		0	113.55	43.48	
Energy	kcal	305		0	677	259	
Energy	kj	1276		0	2833	1085	
Protein (N x 5.95)	g	24.42		0	54.21	20.76	
Total lipid (fat)	g	22.26		0	49.42	18.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37		0	3.04	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	38	14	
Iron	mg	2.10		0	4.66	1.78	
Magnesium	mg	19		0	42	16	
Phosphorus	mg	217		0	482	184	
Potassium	mg	162		0	360	138	
Sodium	mg	46		0	102	39	
Zinc	mg	3.49		0	7.75	2.97	
Copper	mg	0.100		0	0.222	0.085	
Manganese	mg	0.023		0	0.051	0.020	
Selenium	:g	2.0		0	4.4	1.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.266	0.102	
Riboflavin	mg	0.410		0	0.910	0.349	
Niacin	mg	7.770		0	17.249	6.604	
Pantothenic acid	mg	0.580		0	1.288	0.493	
Vitamin B-6	mg	0.120		0	0.266	0.102	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.81		0	6.24	2.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.311	0.119	
Lipids:							
Saturated, total	g	11.050		0	24.531	9.393	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.133	0.051	
12:0	g	0.090		0	0.200	0.077	
14:0	g	0.900		0	1.998	0.765	
15.0	g						
16:0	g	4.880		0	10.834	4.148	
17:0	g						
18:0	g	4.270		0	9.479	3.629	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.590	0	19.070	7.301
14:1	g				
16:1	g	0.400	0	0.888	0.340
18:1	g	8.010	0	17.782	6.809
20:1	g	0.030	0	0.067	0.026
22.1	g				
Polyunsaturated, total	g	1.040	0	2.309	0.884
18:2	g	0.610	0	1.354	0.518
18:3	g	0.400	0	0.888	0.340
18:4	g				
20:4	g	0.020	0	0.044	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	109	0	242	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.633	0.242
Threonine	g	1.045	0	2.320	0.888
Isoleucine	g	1.178	0	2.615	1.001
Leucine	g	1.900	0	4.218	1.615
Lysine	g	2.157	0	4.789	1.833
Methionine	g	0.627	0	1.392	0.533
Cystine	g	0.292	0	0.648	0.248
Phenylalanine	g	0.994	0	2.207	0.845
Tyrosine	g	0.821	0	1.823	0.698
Valine	g	1.318	0	2.926	1.120
Arginine	g	1.451	0	3.221	1.233
Histidine	g	0.774	0	1.718	0.658
Alanine	g	1.469	0	3.261	1.249
Aspartic acid	g	2.150	0	4.773	1.827
Glutamic acid	g	3.544	0	7.868	3.012
Glycine	g	1.193	0	2.648	1.014
Proline	g	1.024	0	2.273	0.870
Serine	g	0.908	0	2.016	0.772
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.78	0.638	9	20.92	334.67	
Energy	kcal	128		0	36	581	
Energy	kj	536		0	152	2431	
Protein (N x 5.95)	g	20.75	0.221	9	5.88	94.12	
Total lipid (fat)	g	4.41	0.430	9	1.25	20.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12	0.051	9	0.32	5.08	
Sugars, total	g						
Minerals:							
Calcium	mg	8	1.276	9	2	36	
Iron	mg	1.64	0.156	9	0.46	7.44	
Magnesium	mg	19	0.353	9	5	86	
Phosphorus	mg	202	12.349	9	57	916	
Potassium	mg	171	6.427	9	48	776	
Sodium	mg	46	2.566	9	13	209	
Zinc	mg	3.01	0.108	9	0.85	13.65	
Copper	mg	0.099	0.005	9	0.028	0.449	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	1.5		0	0.4	6.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150	0.007	9	0.043	0.680	
Riboflavin	mg	0.390	0.029	9	0.111	1.769	
Niacin	mg	6.540	0.141	9	1.854	29.665	
Pantothenic acid	mg	0.490	0.013	9	0.139	2.223	
Vitamin B-6	mg	0.140	0.005	9	0.040	0.635	
Folate	:g	0	0.094	9	0	0	
Vitamin B-12	:g	2.71	0.051	9	0.77	12.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	1.880		0	0.533	8.528	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.045	
12:0	g	0.010		75	0.003	0.045	
14:0	g	0.090		75	0.026	0.408	
15.0	g						
16:0	g	0.900		75	0.255	4.082	
17:0	g						
18:0	g	0.730		75	0.207	3.311	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.690		0	0.479	7.666
14:1	g					
16:1	g	0.080		75	0.023	0.363
18:1	g	1.600		75	0.454	7.258
20:1	g	0.000		75	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.220		0	0.062	0.998
18:2	g	0.130		75	0.037	0.590
18:3	g	0.070		75	0.020	0.318
18:4	g					
20:4	g	0.020		75	0.006	0.091
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	74	1.139	9	21	336
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.242		0	0.069	1.098
Threonine	g	0.888		0	0.252	4.028
Isoleucine	g	1.001		0	0.284	4.541
Leucine	g	1.614		0	0.458	7.321
Lysine	g	1.832		0	0.519	8.310
Methionine	g	0.532		0	0.151	2.413
Cystine	g	0.248		0	0.070	1.125
Phenylalanine	g	0.845		0	0.240	3.833
Tyrosine	g	0.697		0	0.198	3.162
Valine	g	1.120		0	0.318	5.080
Arginine	g	1.233		0	0.350	5.593
Histidine	g	0.657		0	0.186	2.980
Alanine	g	1.248		0	0.354	5.661
Aspartic acid	g	1.826		0	0.518	8.283
Glutamic acid	g	3.011		0	0.854	13.658
Glycine	g	1.013		0	0.287	4.595
Proline	g	0.870		0	0.247	3.946
Serine	g	0.771		0	0.219	3.497
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 164g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.95		0	98.32	50.96	
Energy	kcal	206		0	338	175	
Energy	kj	862		0	1414	733	
Protein (N x 5.95)	g	29.59		0	48.53	25.15	
Total lipid (fat)	g	8.86		0	14.53	7.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60		0	2.62	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	21	11	
Iron	mg	2.35		0	3.85	2.00	
Magnesium	mg	22		0	36	19	
Phosphorus	mg	246		0	403	209	
Potassium	mg	188		0	308	160	
Sodium	mg	50		0	82	43	
Zinc	mg	4.30		0	7.05	3.65	
Copper	mg	0.114		0	0.187	0.097	
Manganese	mg	0.029		0	0.048	0.025	
Selenium	:g	2.0		0	3.3	1.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.213	0.111	
Riboflavin	mg	0.500		0	0.820	0.425	
Niacin	mg	7.680		0	12.595	6.528	
Pantothenic acid	mg	0.580		0	0.951	0.493	
Vitamin B-6	mg	0.140		0	0.230	0.119	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	2.95		0	4.84	2.51	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.312	0.161	
Lipids:							
Saturated, total	g	3.860		0	6.330	3.281	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.033	0.017	
12:0	g	0.030		0	0.049	0.026	
14:0	g	0.250		0	0.410	0.213	
15.0	g						
16:0	g	1.860		0	3.050	1.581	
17:0	g						
18:0	g	1.400		0	2.296	1.190	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.480	0	5.707	2.958
14:1	g				
16:1	g	0.180	0	0.295	0.153
18:1	g	3.240	0	5.314	2.754
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.520	0	0.853	0.442
18:2	g	0.340	0	0.558	0.289
18:3	g	0.150	0	0.246	0.128
18:4	g				
20:4	g	0.030	0	0.049	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	109	0	179	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.346	0	0.567	0.294
Threonine	g	1.267	0	2.078	1.077
Isoleucine	g	1.428	0	2.342	1.214
Leucine	g	2.302	0	3.775	1.957
Lysine	g	2.613	0	4.285	2.221
Methionine	g	0.759	0	1.245	0.645
Cystine	g	0.353	0	0.579	0.300
Phenylalanine	g	1.205	0	1.976	1.024
Tyrosine	g	0.995	0	1.632	0.846
Valine	g	1.597	0	2.619	1.357
Arginine	g	1.758	0	2.883	1.494
Histidine	g	0.937	0	1.537	0.796
Alanine	g	1.780	0	2.919	1.513
Aspartic acid	g	2.605	0	4.272	2.214
Glutamic acid	g	4.294	0	7.042	3.650
Glycine	g	1.445	0	2.370	1.228
Proline	g	1.241	0	2.035	1.055
Serine	g	1.100	0	1.804	0.935
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	25.56	1.710	9	7.25	115.94	
Energy	kcal	640		0	181	2903	
Energy	kj	2678		0	759	12147	
Protein (N x 5.95)	g	6.92	0.414	9	1.96	31.39	
Total lipid (fat)	g	67.63	1.993	9	19.17	306.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.42	0.021	9	0.12	1.91	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.765	9	7	104	
Iron	mg	1.14	0.091	9	0.32	5.17	
Magnesium	mg	6	0.455	9	2	27	
Phosphorus	mg	86	5.483	9	24	390	
Potassium	mg	51	3.560	9	14	231	
Sodium	mg	22	0.518	9	6	100	
Zinc	mg	0.85	0.012	9	0.24	3.86	
Copper	mg	0.045	0.001	9	0.013	0.204	
Manganese	mg	0.003		0	0.001	0.014	
Selenium	：g	0.9		0	0.3	4.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.020	0.318	
Riboflavin	mg	0.170		0	0.048	0.771	
Niacin	mg	6.560		0	1.860	29.756	
Pantothenic acid	mg	0.600		0	0.170	2.722	
Vitamin B-6	mg	0.030		0	0.009	0.136	
Folate	：g	3		0	1	14	
Vitamin B-12	：g	1.73		0	0.49	7.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	35.290		0	10.005	160.075	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.210		58	0.060	0.953	
12:0	g	0.290		58	0.082	1.315	
14:0	g	3.080		58	0.873	13.971	
15.0	g						
16:0	g	15.090		58	4.278	68.448	
17:0	g						
18:0	g	13.940		58	3.952	63.232	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	25.930	0	7.351	117.618
14:1	g				
16:1	g	1.150	58	0.326	5.216
18:1	g	24.190	58	6.858	109.726
20:1	g	0.130	58	0.037	0.590
22.1	g				
Polyunsaturated, total	g	2.830	0	0.802	12.837
18:2	g	1.560	58	0.442	7.076
18:3	g	1.270	58	0.360	5.761
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	1	25	395
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.081	0	0.023	0.367
Threonine	g	0.296	0	0.084	1.343
Isoleucine	g	0.334	0	0.095	1.515
Leucine	g	0.538	0	0.153	2.440
Lysine	g	0.611	0	0.173	2.771
Methionine	g	0.178	0	0.050	0.807
Cystine	g	0.083	0	0.024	0.376
Phenylalanine	g	0.282	0	0.080	1.279
Tyrosine	g	0.233	0	0.066	1.057
Valine	g	0.373	0	0.106	1.692
Arginine	g	0.411	0	0.117	1.864
Histidine	g	0.219	0	0.062	0.993
Alanine	g	0.416	0	0.118	1.887
Aspartic acid	g	0.609	0	0.173	2.762
Glutamic acid	g	1.004	0	0.285	4.554
Glycine	g	0.338	0	0.096	1.533
Proline	g	0.290	0	0.082	1.315
Serine	g	0.257	0	0.073	1.166
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	26.12		1	74.70	22.20	
Energy	kcal	586		0	1676	498	
Energy	kj	2452		0	7013	2084	
Protein (N x 5.95)	g	9.72		1	27.80	8.26	
Total lipid (fat)	g	60.39		1	172.72	51.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.71		1	2.03	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	27		1	77	23	
Iron	mg	1.39		1	3.98	1.18	
Magnesium	mg	11		1	31	9	
Phosphorus	mg	135		1	386	115	
Potassium	mg	87		1	249	74	
Sodium	mg	35		1	100	30	
Zinc	mg	1.17		1	3.35	0.99	
Copper	mg	0.059		1	0.169	0.050	
Manganese	mg	0.004		1	0.011	0.003	
Selenium	:g	1.8		0	5.1	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		1	0.229	0.068	
Riboflavin	mg	0.180		1	0.515	0.153	
Niacin	mg	8.030		1	22.966	6.825	
Pantothenic acid	mg	0.590		1	1.687	0.501	
Vitamin B-6	mg	0.030		1	0.086	0.026	
Folate	:g	3		1	9	3	
Vitamin B-12	:g	2.42		1	6.92	2.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.040		0	0.114	0.034	
Lipids:							
Saturated, total	g	31.510		0	90.119	26.784	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.190		58	0.543	0.161	
12:0	g	0.260		58	0.744	0.221	
14:0	g	2.750		58	7.865	2.337	
15.0	g						
16:0	g	13.480		58	38.553	11.458	
17:0	g						
18:0	g	12.440		58	35.578	10.574	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	23.150	0	66.209	19.677
14:1	g				
16:1	g	1.030	58	2.946	0.876
18:1	g	21.600	58	61.776	18.360
20:1	g	0.110	58	0.315	0.094
22.1	g				
Polyunsaturated, total	g	2.520	0	7.207	2.142
18:2	g	1.390	58	3.975	1.182
18:3	g	1.130	58	3.232	0.961
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	109	1	312	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.113	0	0.323	0.096
Threonine	g	0.415	0	1.187	0.353
Isoleucine	g	0.468	0	1.338	0.398
Leucine	g	0.755	0	2.159	0.642
Lysine	g	0.857	0	2.451	0.728
Methionine	g	0.249	0	0.712	0.212
Cystine	g	0.116	0	0.332	0.099
Phenylalanine	g	0.395	0	1.130	0.336
Tyrosine	g	0.326	0	0.932	0.277
Valine	g	0.524	0	1.499	0.445
Arginine	g	0.577	0	1.650	0.490
Histidine	g	0.307	0	0.878	0.261
Alanine	g	0.584	0	1.670	0.496
Aspartic acid	g	0.854	0	2.442	0.726
Glutamic acid	g	1.408	0	4.027	1.197
Glycine	g	0.474	0	1.356	0.403
Proline	g	0.407	0	1.164	0.346
Serine	g	0.361	0	1.032	0.307
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 17068 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw

Refuse: 45% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.02		0	18.72	299.47	
Energy	kcal	223		0	63	1012	
Energy	kj	933		0	265	4232	
Protein (N x 5.95)	g	18.04		0	5.11	81.83	
Total lipid (fat)	g	16.15		0	4.58	73.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.49		0	0.42	6.76	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	170		0	48	771	
Potassium	mg	131		0	37	594	
Sodium	mg	45		0	13	204	
Zinc	mg	3.37		0	0.96	15.29	
Copper	mg	0.095		0	0.027	0.431	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	3.5		0	1.0	15.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.360		0	0.102	1.633	
Niacin	mg	6.300		0	1.786	28.577	
Pantothenic acid	mg	0.510		0	0.145	2.313	
Vitamin B-6	mg	0.110		0	0.031	0.499	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.53		0	0.72	11.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	8.180		0	2.319	37.104	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.670		0	0.190	3.039	
15.0	g						
16:0	g	3.550		0	1.006	16.103	
17:0	g						
18:0	g	3.220		0	0.913	14.606	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.190	0	1.755	28.078
14:1	g				
16:1	g	0.280	0	0.079	1.270
18:1	g	5.790	0	1.641	26.263
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.700	0	0.198	3.175
18:2	g	0.390	0	0.111	1.769
18:3	g	0.290	0	0.082	1.315
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.211	0	0.060	0.957
Threonine	g	0.772	0	0.219	3.502
Isoleucine	g	0.870	0	0.247	3.946
Leucine	g	1.403	0	0.398	6.364
Lysine	g	1.593	0	0.452	7.226
Methionine	g	0.463	0	0.131	2.100
Cystine	g	0.215	0	0.061	0.975
Phenylalanine	g	0.734	0	0.208	3.329
Tyrosine	g	0.606	0	0.172	2.749
Valine	g	0.974	0	0.276	4.418
Arginine	g	1.072	0	0.304	4.863
Histidine	g	0.572	0	0.162	2.595
Alanine	g	1.085	0	0.308	4.922
Aspartic acid	g	1.588	0	0.450	7.203
Glutamic acid	g	2.618	0	0.742	11.875
Glycine	g	0.881	0	0.250	3.996
Proline	g	0.757	0	0.215	3.434
Serine	g	0.671	0	0.190	3.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17069 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised

Refuse: 50% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.76		0	95.36	48.25	
Energy	kcal	258		0	433	219	
Energy	kj	1079		0	1813	917	
Protein (N x 5.95)	g	26.97		0	45.31	22.92	
Total lipid (fat)	g	15.83		0	26.59	13.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.61		0	2.70	1.37	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	24	12	
Iron	mg	2.07		0	3.48	1.76	
Magnesium	mg	15		0	25	13	
Phosphorus	mg	175		0	294	149	
Potassium	mg	118		0	198	100	
Sodium	mg	47		0	79	40	
Zinc	mg	4.80		0	8.06	4.08	
Copper	mg	0.102		0	0.171	0.087	
Manganese	mg	0.024		0	0.040	0.020	
Selenium	:g	5.3		0	8.9	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.118	0.060	
Riboflavin	mg	0.330		0	0.554	0.281	
Niacin	mg	6.070		0	10.198	5.160	
Pantothenic acid	mg	0.410		0	0.689	0.349	
Vitamin B-6	mg	0.080		0	0.134	0.068	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.44		0	4.10	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.302	0.153	
Lipids:							
Saturated, total	g	7.820		0	13.138	6.647	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.084	0.043	
12:0	g	0.060		0	0.101	0.051	
14:0	g	0.620		0	1.042	0.527	
15.0	g						
16:0	g	3.460		0	5.813	2.941	
17:0	g						
18:0	g	3.040		0	5.107	2.584	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.100	0	10.248	5.185
14:1	g				
16:1	g	0.280	0	0.470	0.238
18:1	g	5.700	0	9.576	4.845
20:1	g	0.020	0	0.034	0.017
22.1	g				
Polyunsaturated, total	g	0.730	0	1.226	0.620
18:2	g	0.430	0	0.722	0.366
18:3	g	0.280	0	0.470	0.238
18:4	g				
20:4	g	0.020	0	0.034	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	102	0	171	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.315	0	0.529	0.268
Threonine	g	1.154	0	1.939	0.981
Isoleucine	g	1.301	0	2.186	1.106
Leucine	g	2.098	0	3.525	1.783
Lysine	g	2.382	0	4.002	2.025
Methionine	g	0.692	0	1.163	0.588
Cystine	g	0.322	0	0.541	0.274
Phenylalanine	g	1.098	0	1.845	0.933
Tyrosine	g	0.906	0	1.522	0.770
Valine	g	1.455	0	2.444	1.237
Arginine	g	1.602	0	2.691	1.362
Histidine	g	0.854	0	1.435	0.726
Alanine	g	1.622	0	2.725	1.379
Aspartic acid	g	2.374	0	3.988	2.018
Glutamic acid	g	3.914	0	6.576	3.327
Glycine	g	1.317	0	2.213	1.119
Proline	g	1.131	0	1.900	0.961
Serine	g	1.003	0	1.685	0.853
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17070 Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw

Refuse: 56% Bone 45%, separable fat 11%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.13	0.982	9	21.58	345.33	
Energy	kcal	118		0	33	535	
Energy	kj	494		0	140	2241	
Protein (N x 5.95)	g	20.82	0.178	9	5.90	94.44	
Total lipid (fat)	g	3.28	0.718	9	0.93	14.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22	0.175	9	0.35	5.53	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.462	9	2	32	
Iron	mg	1.57	0.186	9	0.45	7.12	
Magnesium	mg	17	0.227	9	5	77	
Phosphorus	mg	190	2.863	9	54	862	
Potassium	mg	150	6.795	9	43	680	
Sodium	mg	50	1.050	9	14	227	
Zinc	mg	4.00	0.181	9	1.13	18.14	
Copper	mg	0.107	0.012	9	0.030	0.485	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	4.1		0	1.2	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150		0	0.043	0.680	
Riboflavin	mg	0.400		0	0.113	1.814	
Niacin	mg	6.230		0	1.766	28.259	
Pantothenic acid	mg	0.490		0	0.139	2.223	
Vitamin B-6	mg	0.130		0	0.037	0.590	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.73		0	0.77	12.38	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.240		0	0.068	1.089	
Lipids:							
Saturated, total	g	1.400		0	0.397	6.350	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.045	
12:0	g	0.010		75	0.003	0.045	
14:0	g	0.070		75	0.020	0.318	
15.0	g						
16:0	g	0.670		75	0.190	3.039	
17:0	g						
18:0	g	0.540		75	0.153	2.449	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.260	0	0.357	5.715
14:1	g				
16:1	g	0.060	75	0.017	0.272
18:1	g	1.190	75	0.337	5.398
20:1	g	0.000	75	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.170	0	0.048	0.771
18:2	g	0.100	75	0.028	0.454
18:3	g	0.050	75	0.014	0.227
18:4	g				
20:4	g	0.010	75	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	1	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.069	1.102
Threonine	g	0.891	0	0.253	4.042
Isoleucine	g	1.005	0	0.285	4.559
Leucine	g	1.620	0	0.459	7.348
Lysine	g	1.839	0	0.521	8.342
Methionine	g	0.534	0	0.151	2.422
Cystine	g	0.249	0	0.071	1.129
Phenylalanine	g	0.848	0	0.240	3.847
Tyrosine	g	0.700	0	0.198	3.175
Valine	g	1.124	0	0.319	5.098
Arginine	g	1.237	0	0.351	5.611
Histidine	g	0.660	0	0.187	2.994
Alanine	g	1.252	0	0.355	5.679
Aspartic acid	g	1.833	0	0.520	8.314
Glutamic acid	g	3.022	0	0.857	13.708
Glycine	g	1.017	0	0.288	4.613
Proline	g	0.873	0	0.247	3.960
Serine	g	0.774	0	0.219	3.511
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17071 Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised

Refuse: 59% Bone 50%, separable fat 9%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 138g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.49		0	87.62	53.97	
Energy	kcal	186		0	257	158	
Energy	kj	778		0	1074	661	
Protein (N x 5.95)	g	30.76		0	42.45	26.15	
Total lipid (fat)	g	6.04		0	8.34	5.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.80		0	2.48	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	14	9	
Iron	mg	2.22		0	3.06	1.89	
Magnesium	mg	16		0	22	14	
Phosphorus	mg	184		0	254	156	
Potassium	mg	125		0	173	106	
Sodium	mg	49		0	68	42	
Zinc	mg	5.60		0	7.73	4.76	
Copper	mg	0.112		0	0.155	0.095	
Manganese	mg	0.028		0	0.039	0.024	
Selenium	:g	6.1		0	8.4	5.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.097	0.060	
Riboflavin	mg	0.360		0	0.497	0.306	
Niacin	mg	5.640		0	7.783	4.794	
Pantothenic acid	mg	0.370		0	0.511	0.315	
Vitamin B-6	mg	0.090		0	0.124	0.077	
Folate	:g	1		0	1	1	
Vitamin B-12	:g	2.45		0	3.38	2.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.276	0.170	
Lipids:							
Saturated, total	g	2.610		0	3.602	2.219	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.014	0.009	
12:0	g	0.020		0	0.028	0.017	
14:0	g	0.150		0	0.207	0.128	
15.0	g						
16:0	g	1.260		0	1.739	1.071	
17:0	g						
18:0	g	0.970		0	1.339	0.825	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350	0	3.243	1.998
14:1	g				
16:1	g	0.120	0	0.166	0.102
18:1	g	2.200	0	3.036	1.870
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.340	0	0.469	0.289
18:2	g	0.220	0	0.304	0.187
18:3	g	0.100	0	0.138	0.085
18:4	g				
20:4	g	0.020	0	0.028	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	101	0	139	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.359	0	0.495	0.305
Threonine	g	1.316	0	1.816	1.119
Isoleucine	g	1.484	0	2.048	1.261
Leucine	g	2.392	0	3.301	2.033
Lysine	g	2.716	0	3.748	2.309
Methionine	g	0.789	0	1.089	0.671
Cystine	g	0.367	0	0.506	0.312
Phenylalanine	g	1.252	0	1.728	1.064
Tyrosine	g	1.034	0	1.427	0.879
Valine	g	1.660	0	2.291	1.411
Arginine	g	1.827	0	2.521	1.553
Histidine	g	0.974	0	1.344	0.828
Alanine	g	1.850	0	2.553	1.573
Aspartic acid	g	2.707	0	3.736	2.301
Glutamic acid	g	4.463	0	6.159	3.794
Glycine	g	1.502	0	2.073	1.277
Proline	g	1.290	0	1.780	1.097
Serine	g	1.144	0	1.579	0.972
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17072 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	65.58		0	18.59	297.47	
Energy	kcal	216		0	61	980	
Energy	kj	904		0	256	4101	
Protein (N x 5.95)	g	18.34		0	5.20	83.19	
Total lipid (fat)	g	15.29		0	4.33	69.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	0.29	4.58	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.58		0	0.45	7.17	
Magnesium	mg	17		0	5	77	
Phosphorus	mg	186		0	53	844	
Potassium	mg	156		0	44	708	
Sodium	mg	40		0	11	181	
Zinc	mg	2.65		0	0.75	12.02	
Copper	mg	0.093		0	0.026	0.422	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	2.7		0	0.8	12.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		0	0.040	0.635	
Riboflavin	mg	0.380		0	0.108	1.724	
Niacin	mg	6.850		0	1.942	31.072	
Pantothenic acid	mg	0.520		0	0.147	2.359	
Vitamin B-6	mg	0.130		0	0.037	0.590	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.45		0	0.69	11.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	7.680		0	2.177	34.836	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.620		0	0.176	2.812	
15.0	g						
16:0	g	3.350		0	0.950	15.196	
17:0	g						
18:0	g	3.020		0	0.856	13.699	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.860	0	1.661	26.581
14:1	g				
16:1	g	0.260	0	0.074	1.179
18:1	g	5.490	0	1.556	24.903
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.670	0	0.190	3.039
18:2	g	0.380	0	0.108	1.724
18:3	g	0.280	0	0.079	1.270
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	0	22	345
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.061	0.971
Threonine	g	0.785	0	0.223	3.561
Isoleucine	g	0.885	0	0.251	4.014
Leucine	g	1.426	0	0.404	6.468
Lysine	g	1.620	0	0.459	7.348
Methionine	g	0.471	0	0.134	2.136
Cystine	g	0.219	0	0.062	0.993
Phenylalanine	g	0.747	0	0.212	3.388
Tyrosine	g	0.616	0	0.175	2.794
Valine	g	0.990	0	0.281	4.491
Arginine	g	1.090	0	0.309	4.944
Histidine	g	0.581	0	0.165	2.635
Alanine	g	1.103	0	0.313	5.003
Aspartic acid	g	1.614	0	0.458	7.321
Glutamic acid	g	2.661	0	0.754	12.070
Glycine	g	0.896	0	0.254	4.064
Proline	g	0.769	0	0.218	3.488
Serine	g	0.682	0	0.193	3.094
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 258g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.87		0	149.30	49.19	
Energy	kcal	246		0	635	209	
Energy	kj	1029		0	2655	875	
Protein (N x 5.95)	g	24.81		0	64.01	21.09	
Total lipid (fat)	g	15.56		0	40.14	13.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.59	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	2.10		0	5.42	1.78	
Magnesium	mg	20		0	52	17	
Phosphorus	mg	218		0	562	185	
Potassium	mg	167		0	431	142	
Sodium	mg	43		0	111	37	
Zinc	mg	3.58		0	9.24	3.04	
Copper	mg	0.103		0	0.266	0.088	
Manganese	mg	0.023		0	0.059	0.020	
Selenium	:g	4.0		0	10.3	3.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.310	0.102	
Riboflavin	mg	0.450		0	1.161	0.383	
Niacin	mg	7.590		0	19.582	6.451	
Pantothenic acid	mg	0.550		0	1.419	0.468	
Vitamin B-6	mg	0.130		0	0.335	0.111	
Folate	:g	1		0	3	1	
Vitamin B-12	:g	2.60		0	6.71	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.387	0.128	
Lipids:							
Saturated, total	g	7.610		0	19.634	6.469	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.103	0.034	
12:0	g	0.060		0	0.155	0.051	
14:0	g	0.600		0	1.548	0.510	
15.0	g						
16:0	g	3.390		0	8.746	2.882	
17:0	g						
18:0	g	2.930		0	7.559	2.490	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.010	0	15.506	5.108
14:1	g				
16:1	g	0.290	0	0.748	0.247
18:1	g	5.610	0	14.474	4.769
20:1	g	0.020	0	0.052	0.017
22.1	g				
Polyunsaturated, total	g	0.750	0	1.935	0.637
18:2	g	0.450	0	1.161	0.383
18:3	g	0.280	0	0.722	0.238
18:4	g				
20:4	g	0.020	0	0.052	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	101	0	261	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	0.748	0.247
Threonine	g	1.062	0	2.740	0.903
Isoleucine	g	1.197	0	3.088	1.017
Leucine	g	1.929	0	4.977	1.640
Lysine	g	2.190	0	5.650	1.862
Methionine	g	0.637	0	1.643	0.541
Cystine	g	0.296	0	0.764	0.252
Phenylalanine	g	1.010	0	2.606	0.859
Tyrosine	g	0.834	0	2.152	0.709
Valine	g	1.338	0	3.452	1.137
Arginine	g	1.474	0	3.803	1.253
Histidine	g	0.786	0	2.028	0.668
Alanine	g	1.492	0	3.849	1.268
Aspartic acid	g	2.183	0	5.632	1.856
Glutamic acid	g	3.599	0	9.285	3.059
Glycine	g	1.211	0	3.124	1.029
Proline	g	1.040	0	2.683	0.884
Serine	g	0.922	0	2.379	0.784
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17074 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw

Refuse: 37% Bone 23%, separable fat 14%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.37	0.626	9	21.08	337.34	
Energy	kcal	123		0	35	558	
Energy	kj	515		0	146	2336	
Protein (N x 5.95)	g	20.85	0.214	9	5.91	94.58	
Total lipid (fat)	g	3.80	0.396	9	1.08	17.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.066	9	0.32	5.17	
Sugars, total	g						
Minerals:							
Calcium	mg	4	1.019	9	1	18	
Iron	mg	1.68	0.169	9	0.48	7.62	
Magnesium	mg	20	0.409	9	6	91	
Phosphorus	mg	207	17.901	9	59	939	
Potassium	mg	179	6.920	9	51	812	
Sodium	mg	44	3.200	9	12	200	
Zinc	mg	3.05	0.088	9	0.86	13.83	
Copper	mg	0.104	0.005	9	0.029	0.472	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	:g	3.2		0	0.9	14.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150	0.008	9	0.043	0.680	
Riboflavin	mg	0.420	0.036	9	0.119	1.905	
Niacin	mg	6.920	0.106	9	1.962	31.389	
Pantothenic acid	mg	0.500	0.021	9	0.142	2.268	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	0	0.108	9	0	0	
Vitamin B-12	:g	2.60	0.122	9	0.74	11.79	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	1.620		0	0.459	7.348	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.045	
12:0	g	0.010		75	0.003	0.045	
14:0	g	0.080		75	0.023	0.363	
15.0	g						
16:0	g	0.770		75	0.218	3.493	
17:0	g						
18:0	g	0.630		75	0.179	2.858	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.460		0	0.414	6.623
14:1	g					
16:1	g	0.070		75	0.020	0.318
18:1	g	1.380		75	0.391	6.260
20:1	g	0.000		75	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.190		0	0.054	0.862
18:2	g	0.120		75	0.034	0.544
18:3	g	0.060		75	0.017	0.272
18:4	g					
20:4	g	0.020		75	0.006	0.091
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	73	1.005	9	21	331
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.244		0	0.069	1.107
Threonine	g	0.892		0	0.253	4.046
Isoleucine	g	1.006		0	0.285	4.563
Leucine	g	1.621		0	0.460	7.353
Lysine	g	1.841		0	0.522	8.351
Methionine	g	0.535		0	0.152	2.427
Cystine	g	0.249		0	0.071	1.129
Phenylalanine	g	0.849		0	0.241	3.851
Tyrosine	g	0.701		0	0.199	3.180
Valine	g	1.125		0	0.319	5.103
Arginine	g	1.238		0	0.351	5.616
Histidine	g	0.660		0	0.187	2.994
Alanine	g	1.254		0	0.356	5.688
Aspartic acid	g	1.835		0	0.520	8.324
Glutamic acid	g	3.025		0	0.858	13.721
Glycine	g	1.018		0	0.289	4.618
Proline	g	0.874		0	0.248	3.964
Serine	g	0.775		0	0.220	3.515
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 218g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.92		0	139.35	54.33	
Energy	kcal	181		0	395	154	
Energy	kj	757		0	1650	643	
Protein (N x 5.95)	g	27.68		0	60.34	23.53	
Total lipid (fat)	g	7.01		0	15.28	5.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.52		0	3.31	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	15	6	
Iron	mg	2.24		0	4.88	1.90	
Magnesium	mg	21		0	46	18	
Phosphorus	mg	234		0	510	199	
Potassium	mg	183		0	399	156	
Sodium	mg	45		0	98	38	
Zinc	mg	4.04		0	8.81	3.43	
Copper	mg	0.111		0	0.242	0.094	
Manganese	mg	0.027		0	0.059	0.023	
Selenium	:g	4.2		0	9.2	3.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.262	0.102	
Riboflavin	mg	0.500		0	1.090	0.425	
Niacin	mg	7.510		0	16.372	6.384	
Pantothenic acid	mg	0.540		0	1.177	0.459	
Vitamin B-6	mg	0.140		0	0.305	0.119	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	2.63		0	5.73	2.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.392	0.153	
Lipids:							
Saturated, total	g	3.050		0	6.649	2.592	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.044	0.017	
12:0	g	0.020		0	0.044	0.017	
14:0	g	0.190		0	0.414	0.161	
15.0	g						
16:0	g	1.470		0	3.205	1.250	
17:0	g						
18:0	g	1.110		0	2.420	0.944	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.750	0	5.995	2.337
14:1	g				
16:1	g	0.150	0	0.327	0.128
18:1	g	2.560	0	5.581	2.176
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.410	0	0.894	0.349
18:2	g	0.260	0	0.567	0.221
18:3	g	0.120	0	0.262	0.102
18:4	g				
20:4	g	0.030	0	0.065	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	100	0	218	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	0.704	0.275
Threonine	g	1.185	0	2.583	1.007
Isoleucine	g	1.335	0	2.910	1.135
Leucine	g	2.153	0	4.694	1.830
Lysine	g	2.444	0	5.328	2.077
Methionine	g	0.710	0	1.548	0.603
Cystine	g	0.330	0	0.719	0.281
Phenylalanine	g	1.127	0	2.457	0.958
Tyrosine	g	0.930	0	2.027	0.791
Valine	g	1.494	0	3.257	1.270
Arginine	g	1.644	0	3.584	1.397
Histidine	g	0.877	0	1.912	0.745
Alanine	g	1.665	0	3.630	1.415
Aspartic acid	g	2.436	0	5.310	2.071
Glutamic acid	g	4.017	0	8.757	3.414
Glycine	g	1.352	0	2.947	1.149
Proline	g	1.161	0	2.531	0.987
Serine	g	1.029	0	2.243	0.875
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17076 Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw

Refuse: 24% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	57.09		0	16.19	37.11	
Energy	kcal	303		0	86	197	
Energy	kj	1268		0	359	824	
Protein (N x 5.95)	g	16.33		0	4.63	10.61	
Total lipid (fat)	g	25.90		0	7.34	16.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	11	
Iron	mg	1.55		0	0.44	1.01	
Magnesium	mg	15		0	4	10	
Phosphorus	mg	163		0	46	106	
Potassium	mg	121		0	34	79	
Sodium	mg	37		0	10	24	
Zinc	mg	1.85		0	0.52	1.20	
Copper	mg	0.083		0	0.024	0.054	
Manganese	mg	0.017		0	0.005	0.011	
Selenium	:g	1.4		0	0.4	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.085	
Riboflavin	mg	0.290		0	0.082	0.188	
Niacin	mg	6.830		0	1.936	4.439	
Pantothenic acid	mg	0.510		0	0.145	0.331	
Vitamin B-6	mg	0.110		0	0.031	0.072	
Folate	:g	1		0	0	1	
Vitamin B-12	:g	2.10		0	0.60	1.37	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.117	
Lipids:							
Saturated, total	g	13.240		0	3.754	8.606	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.052	
12:0	g	0.110		0	0.031	0.072	
14:0	g	1.110		0	0.315	0.722	
15.0	g						
16:0	g	5.720		0	1.622	3.718	
17:0	g						
18:0	g	5.220		0	1.480	3.393	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930	0	2.815	6.454
14:1	g				
16:1	g	0.440	0	0.125	0.286
18:1	g	9.280	0	2.631	6.032
20:1	g	0.040	0	0.011	0.026
22.1	g				
Polyunsaturated, total	g	1.110	0	0.315	0.722
18:2	g	0.620	0	0.176	0.403
18:3	g	0.480	0	0.136	0.312
18:4	g				
20:4	g	0.010	0	0.003	0.007
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	24	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.191	0	0.054	0.124
Threonine	g	0.699	0	0.198	0.454
Isoleucine	g	0.788	0	0.223	0.512
Leucine	g	1.270	0	0.360	0.826
Lysine	g	1.442	0	0.409	0.937
Methionine	g	0.419	0	0.119	0.272
Cystine	g	0.195	0	0.055	0.127
Phenylalanine	g	0.665	0	0.189	0.432
Tyrosine	g	0.549	0	0.156	0.357
Valine	g	0.881	0	0.250	0.573
Arginine	g	0.970	0	0.275	0.630
Histidine	g	0.517	0	0.147	0.336
Alanine	g	0.982	0	0.278	0.638
Aspartic acid	g	1.437	0	0.407	0.934
Glutamic acid	g	2.369	0	0.672	1.540
Glycine	g	0.797	0	0.226	0.518
Proline	g	0.685	0	0.194	0.445
Serine	g	0.607	0	0.172	0.395
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	50.44		0	42.87	21.69	
Energy	kcal	315		0	268	135	
Energy	kj	1318		0	1120	567	
Protein (N x 5.95)	g	23.43		0	19.92	10.07	
Total lipid (fat)	g	23.88		0	20.30	10.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		0	1.10	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	20	10	
Iron	mg	2.05		0	1.74	0.88	
Magnesium	mg	19		0	16	8	
Phosphorus	mg	208		0	177	89	
Potassium	mg	159		0	135	68	
Sodium	mg	49		0	42	21	
Zinc	mg	2.65		0	2.25	1.14	
Copper	mg	0.109		0	0.093	0.047	
Manganese	mg	0.021		0	0.018	0.009	
Selenium	:g	2.0		0	1.7	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.052	
Riboflavin	mg	0.360		0	0.306	0.155	
Niacin	mg	7.930		0	6.741	3.410	
Pantothenic acid	mg	0.500		0	0.425	0.215	
Vitamin B-6	mg	0.110		0	0.094	0.047	
Folate	:g	1		0	1	0	
Vitamin B-12	:g	2.53		0	2.15	1.09	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.111	0.056	
Lipids:							
Saturated, total	g	11.960		0	10.166	5.143	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070		0	0.060	0.030	
12:0	g	0.100		0	0.085	0.043	
14:0	g	0.980		0	0.833	0.421	
15.0	g						
16:0	g	5.250		0	4.463	2.257	
17:0	g						
18:0	g	4.650		0	3.953	2.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.200	0	7.820	3.956
14:1	g				
16:1	g	0.430	0	0.366	0.185
18:1	g	8.590	0	7.301	3.694
20:1	g	0.030	0	0.026	0.013
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.090	0	0.927	0.469
18:2	g	0.630	0	0.536	0.271
18:3	g	0.430	0	0.366	0.185
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.017	0.009
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	112	0	95	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.233	0.118
Threonine	g	1.003	0	0.853	0.431
Isoleucine	g	1.130	0	0.961	0.486
Leucine	g	1.822	0	1.549	0.783
Lysine	g	2.069	0	1.759	0.890
Methionine	g	0.601	0	0.511	0.258
Cystine	g	0.280	0	0.238	0.120
Phenylalanine	g	0.954	0	0.811	0.410
Tyrosine	g	0.787	0	0.669	0.338
Valine	g	1.264	0	1.074	0.544
Arginine	g	1.392	0	1.183	0.599
Histidine	g	0.742	0	0.631	0.319
Alanine	g	1.409	0	1.198	0.606
Aspartic acid	g	2.062	0	1.753	0.887
Glutamic acid	g	3.400	0	2.890	1.462
Glycine	g	1.144	0	0.972	0.492
Proline	g	0.983	0	0.836	0.423
Serine	g	0.871	0	0.740	0.375
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

NDB No. 17078 Lamb, New Zealand, imported, frozen, loin, separable lean only, raw

Refuse: 50% Bone 24%, separable fat 26%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	73.33	0.749	9	20.79	30.80	
Energy	kcal	130		0	37	55	
Energy	kj	544		0	154	228	
Protein (N x 5.95)	g	21.17	0.483	9	6.00	8.89	
Total lipid (fat)	g	4.40	0.624	9	1.25	1.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12	0.012	9	0.32	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	15	2.382	9	4	6	
Iron	mg	1.77	0.185	9	0.50	0.74	
Magnesium	mg	19	0.257	9	5	8	
Phosphorus	mg	203	6.399	9	58	85	
Potassium	mg	157	3.932	9	45	66	
Sodium	mg	45	3.339	9	13	19	
Zinc	mg	2.36	0.151	9	0.67	0.99	
Copper	mg	0.103	0.005	9	0.029	0.043	
Manganese	mg	0.024		0	0.007	0.010	
Selenium	:g	1.4		0	0.4	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.160	0.010	9	0.045	0.067	
Riboflavin	mg	0.350	0.025	9	0.099	0.147	
Niacin	mg	6.970	0.158	9	1.976	2.927	
Pantothenic acid	mg	0.460	0.030	9	0.130	0.193	
Vitamin B-6	mg	0.150	0.001	9	0.043	0.063	
Folate	:g	0	0.119	9	0	0	
Vitamin B-12	:g	2.28	0.313	9	0.65	0.96	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.054	0.080	
Lipids:							
Saturated, total	g	1.870		0	0.530	0.785	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.004	
12:0	g	0.010		75	0.003	0.004	
14:0	g	0.090		75	0.026	0.038	
15.0	g						
16:0	g	0.890		75	0.252	0.374	
17:0	g						
18:0	g	0.730		75	0.207	0.307	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.690		0	0.479	0.710
14:1	g					
16:1	g	0.080		75	0.023	0.034
18:1	g	1.600		75	0.454	0.672
20:1	g	0.000		75	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.220		0	0.062	0.092
18:2	g	0.130		75	0.037	0.055
18:3	g	0.070		75	0.020	0.029
18:4	g					
20:4	g	0.020		75	0.006	0.008
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	80	3.846	9	23	34
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.247		0	0.070	0.104
Threonine	g	0.906		0	0.257	0.381
Isoleucine	g	1.021		0	0.289	0.429
Leucine	g	1.647		0	0.467	0.692
Lysine	g	1.870		0	0.530	0.785
Methionine	g	0.543		0	0.154	0.228
Cystine	g	0.253		0	0.072	0.106
Phenylalanine	g	0.862		0	0.244	0.362
Tyrosine	g	0.711		0	0.202	0.299
Valine	g	1.142		0	0.324	0.480
Arginine	g	1.258		0	0.357	0.528
Histidine	g	0.671		0	0.190	0.282
Alanine	g	1.273		0	0.361	0.535
Aspartic acid	g	1.863		0	0.528	0.782
Glutamic acid	g	3.072		0	0.871	1.290
Glycine	g	1.034		0	0.293	0.434
Proline	g	0.888		0	0.252	0.373
Serine	g	0.787		0	0.223	0.331
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	60.86		0	51.73	18.26	
Energy	kcal	199		0	169	60	
Energy	kj	833		0	708	250	
Protein (N x 5.95)	g	29.31		0	24.91	8.79	
Total lipid (fat)	g	8.24		0	7.00	2.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.55		0	1.32	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	18	6	
Iron	mg	2.34		0	1.99	0.70	
Magnesium	mg	22		0	19	7	
Phosphorus	mg	240		0	204	72	
Potassium	mg	189		0	161	57	
Sodium	mg	55		0	47	17	
Zinc	mg	3.29		0	2.80	0.99	
Copper	mg	0.130		0	0.111	0.039	
Manganese	mg	0.028		0	0.024	0.008	
Selenium	:g	2.0		0	1.7	0.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.111	0.039	
Riboflavin	mg	0.430		0	0.366	0.129	
Niacin	mg	7.890		0	6.707	2.367	
Pantothenic acid	mg	0.460		0	0.391	0.138	
Vitamin B-6	mg	0.140		0	0.119	0.042	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	2.58		0	2.19	0.77	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.136	0.048	
Lipids:							
Saturated, total	g	3.580		0	3.043	1.074	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.017	0.006	
12:0	g	0.020		0	0.017	0.006	
14:0	g	0.220		0	0.187	0.066	
15.0	g						
16:0	g	1.730		0	1.471	0.519	
17:0	g						
18:0	g	1.310		0	1.114	0.393	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.220	0	2.737	0.966
14:1	g				
16:1	g	0.170	0	0.145	0.051
18:1	g	3.010	0	2.559	0.903
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.470	0	0.400	0.141
18:2	g	0.310	0	0.264	0.093
18:3	g	0.140	0	0.119	0.042
18:4	g				
20:4	g	0.030	0	0.026	0.009
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	114	0	97	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.292	0.103
Threonine	g	1.254	0	1.066	0.376
Isoleucine	g	1.414	0	1.202	0.424
Leucine	g	2.280	0	1.938	0.684
Lysine	g	2.588	0	2.200	0.776
Methionine	g	0.752	0	0.639	0.226
Cystine	g	0.350	0	0.298	0.105
Phenylalanine	g	1.193	0	1.014	0.358
Tyrosine	g	0.985	0	0.837	0.296
Valine	g	1.581	0	1.344	0.474
Arginine	g	1.741	0	1.480	0.522
Histidine	g	0.928	0	0.789	0.278
Alanine	g	1.763	0	1.499	0.529
Aspartic acid	g	2.580	0	2.193	0.774
Glutamic acid	g	4.253	0	3.615	1.276
Glycine	g	1.431	0	1.216	0.429
Proline	g	1.229	0	1.045	0.369
Serine	g	1.090	0	0.927	0.327
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

NDB No. 17080 Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.32		0	15.12	241.86	
Energy	kcal	346		0	98	1569	
Energy	kj	1448		0	411	6568	
Protein (N x 5.95)	g	14.92		0	4.23	67.68	
Total lipid (fat)	g	31.31		0	8.88	142.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.23	3.67	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	73	
Iron	mg	1.39		0	0.39	6.31	
Magnesium	mg	13		0	4	59	
Phosphorus	mg	146		0	41	662	
Potassium	mg	113		0	32	513	
Sodium	mg	40		0	11	181	
Zinc	mg	2.04		0	0.58	9.25	
Copper	mg	0.065		0	0.018	0.295	
Manganese	mg	0.016		0	0.005	0.073	
Selenium	:g	1.2		0	0.3	5.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.250		0	0.071	1.134	
Niacin	mg	6.320		0	1.792	28.668	
Pantothenic acid	mg	0.510		0	0.145	2.313	
Vitamin B-6	mg	0.080		0	0.023	0.363	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.17		0	0.62	9.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	15.990		0	4.533	72.531	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		0	0.026	0.408	
12:0	g	0.130		0	0.037	0.590	
14:0	g	1.340		0	0.380	6.078	
15.0	g						
16:0	g	6.920		0	1.962	31.389	
17:0	g						
18:0	g	6.310		0	1.789	28.622	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.000	0	3.402	54.432
14:1	g				
16:1	g	0.530	0	0.150	2.404
18:1	g	11.220	0	3.181	50.894
20:1	g	0.050	0	0.014	0.227
22.1	g				
Polyunsaturated, total	g	1.340	0	0.380	6.078
18:2	g	0.750	0	0.213	3.402
18:3	g	0.580	0	0.164	2.631
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	81	0	23	367
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.174	0	0.049	0.789
Threonine	g	0.639	0	0.181	2.899
Isoleucine	g	0.720	0	0.204	3.266
Leucine	g	1.161	0	0.329	5.266
Lysine	g	1.318	0	0.374	5.978
Methionine	g	0.383	0	0.109	1.737
Cystine	g	0.178	0	0.050	0.807
Phenylalanine	g	0.608	0	0.172	2.758
Tyrosine	g	0.502	0	0.142	2.277
Valine	g	0.805	0	0.228	3.651
Arginine	g	0.887	0	0.251	4.023
Histidine	g	0.473	0	0.134	2.146
Alanine	g	0.898	0	0.255	4.073
Aspartic acid	g	1.314	0	0.373	5.960
Glutamic acid	g	2.166	0	0.614	9.825
Glycine	g	0.729	0	0.207	3.307
Proline	g	0.626	0	0.177	2.840
Serine	g	0.555	0	0.157	2.517
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17081 Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Refuse: 32% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.18		0	120.93	42.65	
Energy	kcal	340		0	819	289	
Energy	kj	1423		0	3429	1210	
Protein (N x 5.95)	g	18.98		0	45.74	16.13	
Total lipid (fat)	g	28.75		0	69.29	24.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	2.58	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	46	16	
Iron	mg	1.71		0	4.12	1.45	
Magnesium	mg	14		0	34	12	
Phosphorus	mg	170		0	410	145	
Potassium	mg	124		0	299	105	
Sodium	mg	43		0	104	37	
Zinc	mg	2.60		0	6.27	2.21	
Copper	mg	0.071		0	0.171	0.060	
Manganese	mg	0.017		0	0.041	0.014	
Selenium	:g	1.8		0	4.3	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.217	0.077	
Riboflavin	mg	0.270		0	0.651	0.230	
Niacin	mg	6.830		0	16.460	5.805	
Pantothenic acid	mg	0.510		0	1.229	0.434	
Vitamin B-6	mg	0.080		0	0.193	0.068	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.33		0	5.62	1.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.100		0	0.241	0.085	
Lipids:							
Saturated, total	g	14.450		0	34.825	12.283	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080		0	0.193	0.068	
12:0	g	0.120		0	0.289	0.102	
14:0	g	1.200		0	2.892	1.020	
15.0	g						
16:0	g	6.330		0	15.255	5.380	
17:0	g						
18:0	g	5.620		0	13.544	4.777	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.080	0	26.703	9.418
14:1	g				
16:1	g	0.510	0	1.229	0.434
18:1	g	10.330	0	24.895	8.781
20:1	g	0.040	0	0.096	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.310	0	3.157	1.114
18:2	g	0.760	0	1.832	0.646
18:3	g	0.530	0	1.277	0.451
18:4	g	0.000	0	0.000	0.000
20:4	g	0.020	0	0.048	0.017
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	100	0	241	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.535	0.189
Threonine	g	0.812	0	1.957	0.690
Isoleucine	g	0.916	0	2.208	0.779
Leucine	g	1.476	0	3.557	1.255
Lysine	g	1.676	0	4.039	1.425
Methionine	g	0.487	0	1.174	0.414
Cystine	g	0.227	0	0.547	0.193
Phenylalanine	g	0.773	0	1.863	0.657
Tyrosine	g	0.638	0	1.538	0.542
Valine	g	1.024	0	2.468	0.870
Arginine	g	1.127	0	2.716	0.958
Histidine	g	0.601	0	1.448	0.511
Alanine	g	1.141	0	2.750	0.970
Aspartic acid	g	1.670	0	4.025	1.420
Glutamic acid	g	2.754	0	6.637	2.341
Glycine	g	0.927	0	2.234	0.788
Proline	g	0.796	0	1.918	0.677
Serine	g	0.706	0	1.701	0.600
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17082 Lamb, New Zealand, imported, frozen, rib, separable lean only, raw

Refuse: 59% Bone 31%, separable fat 28%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.61	0.694	9	20.58	329.36	
Energy	kcal	142		0	40	644	
Energy	kj	594		0	168	2694	
Protein (N x 5.95)	g	20.49	0.338	9	5.81	92.94	
Total lipid (fat)	g	6.06	0.570	9	1.72	27.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.036	9	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	11	2.058	9	3	50	
Iron	mg	1.57	0.165	9	0.45	7.12	
Magnesium	mg	17	0.374	9	5	77	
Phosphorus	mg	187	3.686	9	53	848	
Potassium	mg	156	5.131	9	44	708	
Sodium	mg	52	1.715	9	15	236	
Zinc	mg	2.88	0.132	9	0.82	13.06	
Copper	mg	0.078	0.009	9	0.022	0.354	
Manganese	mg	0.024		0	0.007	0.109	
Selenium	΄g	1.4		0	0.4	6.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150	0.006	9	0.043	0.680	
Riboflavin	mg	0.310	0.006	9	0.088	1.406	
Niacin	mg	6.150	0.178	9	1.744	27.896	
Pantothenic acid	mg	0.460	0.019	9	0.130	2.087	
Vitamin B-6	mg	0.120	0.010	9	0.034	0.544	
Folate	΄g	0	0.000	9	0	0	
Vitamin B-12	΄g	2.48	0.258	9	0.70	11.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.190		0	0.054	0.862	
Lipids:							
Saturated, total	g	2.580		0	0.731	11.703	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.045	
12:0	g	0.010		75	0.003	0.045	
14:0	g	0.130		75	0.037	0.590	
15.0	g						
16:0	g	1.230		75	0.349	5.579	
17:0	g						
18:0	g	1.000		75	0.284	4.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.320		0	0.658	10.524
14:1	g					
16:1	g	0.110		75	0.031	0.499
18:1	g	2.200		75	0.624	9.979
20:1	g	0.000		75	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.310		0	0.088	1.406
18:2	g	0.190		75	0.054	0.862
18:3	g	0.090		75	0.026	0.408
18:4	g					
20:4	g	0.030		75	0.009	0.136
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	76	1.738	9	22	345
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.239		0	0.068	1.084
Threonine	g	0.877		0	0.249	3.978
Isoleucine	g	0.988		0	0.280	4.482
Leucine	g	1.593		0	0.452	7.226
Lysine	g	1.809		0	0.513	8.206
Methionine	g	0.526		0	0.149	2.386
Cystine	g	0.245		0	0.069	1.111
Phenylalanine	g	0.834		0	0.236	3.783
Tyrosine	g	0.688		0	0.195	3.121
Valine	g	1.105		0	0.313	5.012
Arginine	g	1.217		0	0.345	5.520
Histidine	g	0.649		0	0.184	2.944
Alanine	g	1.232		0	0.349	5.588
Aspartic acid	g	1.803		0	0.511	8.178
Glutamic acid	g	2.973		0	0.843	13.486
Glycine	g	1.001		0	0.284	4.541
Proline	g	0.859		0	0.244	3.896
Serine	g	0.762		0	0.216	3.456
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17083 Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

Refuse: 57% Bone 32%, separable fat 25%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.31		0	97.75	54.66	
Energy	kcal	196		0	298	167	
Energy	kj	820		0	1246	697	
Protein (N x 5.95)	g	24.42		0	37.12	20.76	
Total lipid (fat)	g	10.16		0	15.44	8.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28		0	1.95	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	21	12	
Iron	mg	1.89		0	2.87	1.61	
Magnesium	mg	16		0	24	14	
Phosphorus	mg	191		0	290	162	
Potassium	mg	146		0	222	124	
Sodium	mg	48		0	73	41	
Zinc	mg	3.43		0	5.21	2.92	
Copper	mg	0.077		0	0.117	0.065	
Manganese	mg	0.024		0	0.036	0.020	
Selenium	:g	1.7		0	2.6	1.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.167	0.094	
Riboflavin	mg	0.330		0	0.502	0.281	
Niacin	mg	6.130		0	9.318	5.210	
Pantothenic acid	mg	0.450		0	0.684	0.383	
Vitamin B-6	mg	0.110		0	0.167	0.094	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	2.28		0	3.47	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.228	0.128	
Lipids:							
Saturated, total	g	4.430		0	6.734	3.765	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.030	0.017	
12:0	g	0.030		0	0.046	0.026	
14:0	g	0.280		0	0.426	0.238	
15.0	g						
16:0	g	2.140		0	3.253	1.819	
17:0	g						
18:0	g	1.610		0	2.447	1.369	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.990	0	6.065	3.392
14:1	g				
16:1	g	0.210	0	0.319	0.179
18:1	g	3.710	0	5.639	3.154
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	0.897	0.501
18:2	g	0.390	0	0.593	0.331
18:3	g	0.170	0	0.258	0.145
18:4	g	0.000	0	0.000	0.000
20:4	g	0.040	0	0.061	0.034
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	94	0	143	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.433	0.242
Threonine	g	1.045	0	1.588	0.888
Isoleucine	g	1.178	0	1.791	1.001
Leucine	g	1.900	0	2.888	1.615
Lysine	g	2.157	0	3.279	1.833
Methionine	g	0.627	0	0.953	0.533
Cystine	g	0.292	0	0.444	0.248
Phenylalanine	g	0.994	0	1.511	0.845
Tyrosine	g	0.821	0	1.248	0.698
Valine	g	1.318	0	2.003	1.120
Arginine	g	1.451	0	2.206	1.233
Histidine	g	0.774	0	1.176	0.658
Alanine	g	1.469	0	2.233	1.249
Aspartic acid	g	2.150	0	3.268	1.827
Glutamic acid	g	3.544	0	5.387	3.012
Glycine	g	1.193	0	1.813	1.014
Proline	g	1.024	0	1.556	0.870
Serine	g	0.908	0	1.380	0.772
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17084 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	60.11		0	17.04	272.66	
Energy	kcal	272		0	77	1234	
Energy	kj	1138		0	323	5162	
Protein (N x 5.95)	g	16.65		0	4.72	75.52	
Total lipid (fat)	g	22.23		0	6.30	100.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	77	
Iron	mg	1.35		0	0.38	6.12	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	164		0	46	744	
Potassium	mg	133		0	38	603	
Sodium	mg	41		0	12	186	
Zinc	mg	2.80		0	0.79	12.70	
Copper	mg	0.081		0	0.023	0.367	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	2.6		0	0.7	11.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.300		0	0.085	1.361	
Niacin	mg	5.510		0	1.562	24.993	
Pantothenic acid	mg	0.550		0	0.156	2.495	
Vitamin B-6	mg	0.080		0	0.023	0.363	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	3.07		0	0.87	13.93	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	11.220		0	3.181	50.894	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.318	
12:0	g	0.090		0	0.026	0.408	
14:0	g	0.910		0	0.258	4.128	
15.0	g						
16:0	g	4.880		0	1.383	22.136	
17:0	g						
18:0	g	4.420		0	1.253	20.049	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.520	0	2.415	38.647
14:1	g				
16:1	g	0.380	0	0.108	1.724
18:1	g	7.970	0	2.259	36.152
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.960	0	0.272	4.355
18:2	g	0.540	0	0.153	2.449
18:3	g	0.400	0	0.113	1.814
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	75	0	21	340
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.195	0	0.055	0.885
Threonine	g	0.713	0	0.202	3.234
Isoleucine	g	0.803	0	0.228	3.642
Leucine	g	1.295	0	0.367	5.874
Lysine	g	1.471	0	0.417	6.672
Methionine	g	0.427	0	0.121	1.937
Cystine	g	0.199	0	0.056	0.903
Phenylalanine	g	0.678	0	0.192	3.075
Tyrosine	g	0.560	0	0.159	2.540
Valine	g	0.899	0	0.255	4.078
Arginine	g	0.989	0	0.280	4.486
Histidine	g	0.528	0	0.150	2.395
Alanine	g	1.001	0	0.284	4.541
Aspartic acid	g	1.466	0	0.416	6.650
Glutamic acid	g	2.416	0	0.685	10.959
Glycine	g	0.813	0	0.230	3.688
Proline	g	0.699	0	0.198	3.171
Serine	g	0.619	0	0.175	2.808
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 206g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	42.64		0	87.84	36.24	
Energy	kcal	357		0	735	303	
Energy	kj	1494		0	3078	1270	
Protein (N x 5.95)	g	28.21		0	58.11	23.98	
Total lipid (fat)	g	26.27		0	54.12	22.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.58		0	3.25	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	56	23	
Iron	mg	2.11		0	4.35	1.79	
Magnesium	mg	18		0	37	15	
Phosphorus	mg	196		0	404	167	
Potassium	mg	147		0	303	125	
Sodium	mg	51		0	105	43	
Zinc	mg	4.53		0	9.33	3.85	
Copper	mg	0.103		0	0.212	0.088	
Manganese	mg	0.025		0	0.052	0.021	
Selenium	:g	4.5		0	9.3	3.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.165	0.068	
Riboflavin	mg	0.320		0	0.659	0.272	
Niacin	mg	6.370		0	13.122	5.415	
Pantothenic acid	mg	0.520		0	1.071	0.442	
Vitamin B-6	mg	0.070		0	0.144	0.060	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	3.40		0	7.00	2.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	12.740		0	26.244	10.829	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.144	0.060	
12:0	g	0.100		0	0.206	0.085	
14:0	g	1.020		0	2.101	0.867	
15.0	g						
16:0	g	5.750		0	11.845	4.888	
17:0	g						
18:0	g	4.820		0	9.929	4.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.220	0	21.053	8.687
14:1	g				
16:1	g	0.510	0	1.051	0.434
18:1	g	9.500	0	19.570	8.075
20:1	g	0.030	0	0.062	0.026
22.1	g				
Polyunsaturated, total	g	1.330	0	2.740	1.131
18:2	g	0.820	0	1.689	0.697
18:3	g	0.470	0	0.968	0.400
18:4	g				
20:4	g	0.040	0	0.082	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	123	0	253	105
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.330	0	0.680	0.281
Threonine	g	1.207	0	2.486	1.026
Isoleucine	g	1.361	0	2.804	1.157
Leucine	g	2.194	0	4.520	1.865
Lysine	g	2.491	0	5.131	2.117
Methionine	g	0.724	0	1.491	0.615
Cystine	g	0.337	0	0.694	0.286
Phenylalanine	g	1.148	0	2.365	0.976
Tyrosine	g	0.948	0	1.953	0.806
Valine	g	1.522	0	3.135	1.294
Arginine	g	1.676	0	3.453	1.425
Histidine	g	0.894	0	1.842	0.760
Alanine	g	1.697	0	3.496	1.442
Aspartic acid	g	2.483	0	5.115	2.111
Glutamic acid	g	4.094	0	8.434	3.480
Glycine	g	1.378	0	2.839	1.171
Proline	g	1.183	0	2.437	1.006
Serine	g	1.049	0	2.161	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17086 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw

Refuse: 45% Bone 25%, separable fat 20%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.89	0.672	9	20.66	330.63	
Energy	kcal	135		0	38	612	
Energy	kj	565		0	160	2563	
Protein (N x 5.95)	g	20.25	0.075	9	5.74	91.85	
Total lipid (fat)	g	5.43	0.397	9	1.54	24.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.060	9	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	15	3.404	9	4	68	
Iron	mg	1.43	0.128	9	0.41	6.49	
Magnesium	mg	18	0.468	9	5	82	
Phosphorus	mg	193	4.866	9	55	875	
Potassium	mg	163	12.158	9	46	739	
Sodium	mg	47	1.680	9	13	213	
Zinc	mg	3.52	0.181	9	1.00	15.97	
Copper	mg	0.094	0.012	9	0.027	0.426	
Manganese	mg	0.024		1	0.007	0.109	
Selenium	:g	3.2		0	0.9	14.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140	0.009	9	0.040	0.635	
Riboflavin	mg	0.360	0.034	9	0.102	1.633	
Niacin	mg	5.120	0.424	9	1.452	23.224	
Pantothenic acid	mg	0.540	0.021	9	0.153	2.449	
Vitamin B-6	mg	0.100	0.006	9	0.028	0.454	
Folate	:g	0	0.086	9	0	0	
Vitamin B-12	:g	3.56	0.458	9	1.01	16.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.310		0	0.655	10.478	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		75	0.003	0.045	
12:0	g	0.010		75	0.003	0.045	
14:0	g	0.110		75	0.031	0.499	
15.0	g						
16:0	g	1.110		75	0.315	5.035	
17:0	g						
18:0	g	0.900		75	0.255	4.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.080		0	0.590	9.435
14:1	g					
16:1	g	0.090		75	0.026	0.408
18:1	g	1.970		75	0.558	8.936
20:1	g	0.000		75	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.280		0	0.079	1.270
18:2	g	0.170		75	0.048	0.771
18:3	g	0.080		75	0.023	0.363
18:4	g					
20:4	g	0.020		75	0.006	0.091
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	71	1.885	9	20	322
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.237		0	0.067	1.075
Threonine	g	0.867		0	0.246	3.933
Isoleucine	g	0.977		0	0.277	4.432
Leucine	g	1.575		0	0.447	7.144
Lysine	g	1.788		0	0.507	8.110
Methionine	g	0.520		0	0.147	2.359
Cystine	g	0.242		0	0.069	1.098
Phenylalanine	g	0.824		0	0.234	3.738
Tyrosine	g	0.681		0	0.193	3.089
Valine	g	1.093		0	0.310	4.958
Arginine	g	1.203		0	0.341	5.457
Histidine	g	0.642		0	0.182	2.912
Alanine	g	1.218		0	0.345	5.525
Aspartic acid	g	1.783		0	0.505	8.088
Glutamic acid	g	2.939		0	0.833	13.331
Glycine	g	0.989		0	0.280	4.486
Proline	g	0.849		0	0.241	3.851
Serine	g	0.753		0	0.213	3.416
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 157g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	47.86		0	75.14	40.68	
Energy	kcal	285		0	447	242	
Energy	kj	1192		0	1871	1013	
Protein (N x 5.95)	g	34.06		0	53.47	28.95	
Total lipid (fat)	g	15.50		0	24.34	13.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.85		0	2.90	1.57	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	42	23	
Iron	mg	2.34		0	3.67	1.99	
Magnesium	mg	20		0	31	17	
Phosphorus	mg	215		0	338	183	
Potassium	mg	166		0	261	141	
Sodium	mg	56		0	88	48	
Zinc	mg	5.60		0	8.79	4.76	
Copper	mg	0.116		0	0.182	0.099	
Manganese	mg	0.032		0	0.050	0.027	
Selenium	:g	5.3		0	8.3	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.126	0.068	
Riboflavin	mg	0.360		0	0.565	0.306	
Niacin	mg	5.850		0	9.184	4.972	
Pantothenic acid	mg	0.500		0	0.785	0.425	
Vitamin B-6	mg	0.080		0	0.126	0.068	
Folate	:g	0		0	0	0	
Vitamin B-12	:g	3.71		0	5.82	3.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.810		0	10.692	5.789	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.063	0.034	
12:0	g	0.050		0	0.079	0.043	
14:0	g	0.480		0	0.754	0.408	
15.0	g						
16:0	g	3.300		0	5.181	2.805	
17:0	g						
18:0	g	2.410		0	3.784	2.049	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.140	0	9.640	5.219
14:1	g				
16:1	g	0.350	0	0.550	0.298
18:1	g	5.670	0	8.902	4.819
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.950	0	1.492	0.808
18:2	g	0.640	0	1.005	0.544
18:3	g	0.260	0	0.408	0.221
18:4	g				
20:4	g	0.050	0	0.079	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	127	0	199	108
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.398	0	0.625	0.338
Threonine	g	1.458	0	2.289	1.239
Isoleucine	g	1.643	0	2.580	1.397
Leucine	g	2.649	0	4.159	2.252
Lysine	g	3.007	0	4.721	2.556
Methionine	g	0.874	0	1.372	0.743
Cystine	g	0.406	0	0.637	0.345
Phenylalanine	g	1.386	0	2.176	1.178
Tyrosine	g	1.145	0	1.798	0.973
Valine	g	1.838	0	2.886	1.562
Arginine	g	2.023	0	3.176	1.720
Histidine	g	1.079	0	1.694	0.917
Alanine	g	2.048	0	3.215	1.741
Aspartic acid	g	2.998	0	4.707	2.548
Glutamic acid	g	4.942	0	7.759	4.201
Glycine	g	1.663	0	2.611	1.414
Proline	g	1.429	0	2.244	1.215
Serine	g	1.266	0	1.988	1.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.84		0	20.65	330.40	
Energy	kcal	144		0	41	653	
Energy	kj	602		0	171	2731	
Protein (N x 5.95)	g	19.35		0	5.49	87.77	
Total lipid (fat)	g	6.77		0	1.92	30.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	68	
Iron	mg	0.83		0	0.24	3.76	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	203		0	58	921	
Potassium	mg	315		0	89	1429	
Sodium	mg	82		0	23	372	
Zinc	mg	3.06		0	0.87	13.88	
Copper	mg	0.109		0	0.031	0.494	
Manganese	mg	0.028		0	0.008	0.127	
Selenium	:g	8.4		0	2.4	38.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.270		0	0.077	1.225	
Niacin	mg	7.500		0	2.126	34.020	
Pantothenic acid	mg	1.310		0	0.371	5.942	
Vitamin B-6	mg	0.410		0	0.116	1.860	
Folate	:g	13		0	4	59	
Vitamin B-12	:g	1.34		0	0.38	6.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	2.790		0	0.791	12.655	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.260		0	0.074	1.179	
15.0	g						
16:0	g	1.480		0	0.420	6.713	
17:0	g						
18:0	g	0.920		0	0.261	4.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.570	0	0.729	11.658
14:1	g				
16:1	g	0.290	0	0.082	1.315
18:1	g	2.210	0	0.627	10.025
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.480	0	0.136	2.177
18:2	g	0.360	0	0.102	1.633
18:3	g	0.040	0	0.011	0.181
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.020	0.318
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	23	372
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.889
Threonine	g	0.845	0	0.240	3.833
Isoleucine	g	0.953	0	0.270	4.323
Leucine	g	1.540	0	0.437	6.985
Lysine	g	1.594	0	0.452	7.230
Methionine	g	0.452	0	0.128	2.050
Cystine	g	0.218	0	0.062	0.989
Phenylalanine	g	0.781	0	0.221	3.543
Tyrosine	g	0.617	0	0.175	2.799
Valine	g	1.069	0	0.303	4.849
Arginine	g	1.138	0	0.323	5.162
Histidine	g	0.702	0	0.199	3.184
Alanine	g	1.151	0	0.326	5.221
Aspartic acid	g	1.669	0	0.473	7.571
Glutamic acid	g	3.060	0	0.868	13.880
Glycine	g	0.994	0	0.282	4.509
Proline	g	0.808	0	0.229	3.665
Serine	g	0.725	0	0.206	3.289
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 209g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.08		0	119.30	48.52	
Energy	kcal	231		0	483	196	
Energy	kj	967		0	2021	822	
Protein (N x 5.95)	g	30.10		0	62.91	25.59	
Total lipid (fat)	g	11.39		0	23.81	9.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	2.51	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	46	19	
Iron	mg	1.15		0	2.40	0.98	
Magnesium	mg	26		0	54	22	
Phosphorus	mg	239		0	500	203	
Potassium	mg	325		0	679	276	
Sodium	mg	87		0	182	74	
Zinc	mg	4.76		0	9.95	4.05	
Copper	mg	0.114		0	0.238	0.097	
Manganese	mg	0.036		0	0.075	0.031	
Selenium	:g	12.3		0	25.7	10.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.125	0.051	
Riboflavin	mg	0.320		0	0.669	0.272	
Niacin	mg	7.970		0	16.657	6.774	
Pantothenic acid	mg	1.260		0	2.633	1.071	
Vitamin B-6	mg	0.310		0	0.648	0.264	
Folate	:g	15		0	31	13	
Vitamin B-12	:g	1.57		0	3.28	1.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.400		0	0.836	0.340	
Lipids:							
Saturated, total	g	4.280		0	8.945	3.638	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.021	0.009	
12:0	g	0.030		0	0.063	0.026	
14:0	g	0.410		0	0.857	0.349	
15.0	g						
16:0	g	2.320		0	4.849	1.972	
17:0	g						
18:0	g	1.410		0	2.947	1.198	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.400	0	9.196	3.740
14:1	g				
16:1	g	0.470	0	0.982	0.400
18:1	g	3.840	0	8.026	3.264
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.800	0	1.672	0.680
18:2	g	0.630	0	1.317	0.536
18:3	g	0.070	0	0.146	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.209	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	114	0	238	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.637	0.259
Threonine	g	1.315	0	2.748	1.118
Isoleucine	g	1.482	0	3.097	1.260
Leucine	g	2.395	0	5.006	2.036
Lysine	g	2.480	0	5.183	2.108
Methionine	g	0.702	0	1.467	0.597
Cystine	g	0.340	0	0.711	0.289
Phenylalanine	g	1.215	0	2.539	1.033
Tyrosine	g	0.960	0	2.006	0.816
Valine	g	1.663	0	3.476	1.414
Arginine	g	1.770	0	3.699	1.504
Histidine	g	1.092	0	2.282	0.928
Alanine	g	1.790	0	3.741	1.522
Aspartic acid	g	2.596	0	5.426	2.207
Glutamic acid	g	4.761	0	9.950	4.047
Glycine	g	1.547	0	3.233	1.315
Proline	g	1.257	0	2.627	1.068
Serine	g	1.128	0	2.358	0.959
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.91	0.177	12	21.52	344.33	
Energy	kcal	112		0	32	508	
Energy	kj	469		0	133	2127	
Protein (N x 5.95)	g	20.20	0.316	12	5.73	91.63	
Total lipid (fat)	g	2.87	0.091	12	0.81	13.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.021	12	0.31	4.90	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.922	12	4	68	
Iron	mg	0.85	0.018	12	0.24	3.86	
Magnesium	mg	25	0.502	12	7	113	
Phosphorus	mg	211	4.662	12	60	957	
Potassium	mg	328	5.173	12	93	1488	
Sodium	mg	86	3.214	12	24	390	
Zinc	mg	3.23	0.039	12	0.92	14.65	
Copper	mg	0.113	0.005	12	0.032	0.513	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	：g	8.6		0	2.4	39.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.005	12	0.023	0.363	
Riboflavin	mg	0.280	0.012	12	0.079	1.270	
Niacin	mg	7.830	0.727	12	2.220	35.517	
Pantothenic acid	mg	1.370	0.121	12	0.388	6.214	
Vitamin B-6	mg	0.430	0.061	13	0.122	1.950	
Folate	：g	13	2.223	12	4	59	
Vitamin B-12	：g	1.40	0.179	12	0.40	6.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	0.860		0	0.244	3.901	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.040		147	0.011	0.181	
15.0	g						
16:0	g	0.490		147	0.139	2.223	
17:0	g						
18:0	g	0.300		147	0.085	1.361	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.920		0	0.261	4.173
14:1	g					
16:1	g	0.090		147	0.026	0.408
18:1	g	0.820		147	0.232	3.720
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.300		0	0.085	1.361
18:2	g	0.210		147	0.060	0.953
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.080		147	0.023	0.363
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	4.512	12	24	376
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.204		23	0.058	0.925
Threonine	g	0.882		45	0.250	4.001
Isoleucine	g	0.995		45	0.282	4.513
Leucine	g	1.608		45	0.456	7.294
Lysine	g	1.664		45	0.472	7.548
Methionine	g	0.471		45	0.134	2.136
Cystine	g	0.228		30	0.065	1.034
Phenylalanine	g	0.815		45	0.231	3.697
Tyrosine	g	0.644		38	0.183	2.921
Valine	g	1.116		45	0.316	5.062
Arginine	g	1.188		38	0.337	5.389
Histidine	g	0.733		38	0.208	3.325
Alanine	g	1.201		38	0.340	5.448
Aspartic acid	g	1.743		38	0.494	7.906
Glutamic acid	g	3.195		38	0.906	14.493
Glycine	g	1.038		38	0.294	4.708
Proline	g	0.843		38	0.239	3.824
Serine	g	0.757		38	0.215	3.434
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 192g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.16	0.129	12	115.51	51.14	
Energy	kcal	196		0	376	167	
Energy	kj	820		0	1574	697	
Protein (N x 5.95)	g	31.90	0.233	12	61.25	27.11	
Total lipid (fat)	g	6.58	0.160	12	12.63	5.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23	0.015	12	2.36	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	24	2.144	12	46	20	
Iron	mg	1.16	0.029	12	2.23	0.99	
Magnesium	mg	28	0.614	12	54	24	
Phosphorus	mg	250	5.240	12	480	213	
Potassium	mg	338	2.458	12	649	287	
Sodium	mg	89	3.319	12	171	76	
Zinc	mg	5.10	0.063	12	9.79	4.33	
Copper	mg	0.120	0.009	12	0.230	0.102	
Manganese	mg	0.038		0	0.073	0.032	
Selenium	:g	13.0	1.355	5	25.0	11.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.005	12	0.115	0.051	
Riboflavin	mg	0.340	0.015	12	0.653	0.289	
Niacin	mg	8.420	0.708	12	16.166	7.157	
Pantothenic acid	mg	1.330	0.224	12	2.554	1.131	
Vitamin B-6	mg	0.330	0.046	12	0.634	0.281	
Folate	:g	16	2.334	12	31	14	
Vitamin B-12	:g	1.65	0.247	12	3.17	1.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	0.806	0.357	
Lipids:							
Saturated, total	g	1.840		0	3.533	1.564	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.019	0.009	
14:0	g	0.120		73	0.230	0.102	
15.0	g						
16:0	g	1.070		73	2.054	0.910	
17:0	g						
18:0	g	0.630		73	1.210	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350		0	4.512	1.998
14:1	g					
16:1	g	0.210		73	0.403	0.179
18:1	g	2.110		73	4.051	1.793
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.590		0	1.133	0.501
18:2	g	0.450		73	0.864	0.383
18:3	g	0.030		73	0.058	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.110		73	0.211	0.094
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	118	0.906	7	227	100
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.323		0	0.620	0.275
Threonine	g	1.393		0	2.675	1.184
Isoleucine	g	1.571		0	3.016	1.335
Leucine	g	2.539		0	4.875	2.158
Lysine	g	2.628		0	5.046	2.234
Methionine	g	0.744		0	1.428	0.632
Cystine	g	0.360		0	0.691	0.306
Phenylalanine	g	1.287		0	2.471	1.094
Tyrosine	g	1.017		0	1.953	0.864
Valine	g	1.763		0	3.385	1.499
Arginine	g	1.876		0	3.602	1.595
Histidine	g	1.158		0	2.223	0.984
Alanine	g	1.897		0	3.642	1.612
Aspartic acid	g	2.752		0	5.284	2.339
Glutamic acid	g	5.045		0	9.686	4.288
Glycine	g	1.639		0	3.147	1.393
Proline	g	1.332		0	2.557	1.132
Serine	g	1.196		0	2.296	1.017
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	24.77	2.207	3	7.02	112.36	
Energy	kcal	638		0	181	2894	
Energy	kj	2669		0	757	12107	
Protein (N x 5.95)	g	6.02	2.744	3	1.71	27.31	
Total lipid (fat)	g	67.83	2.486	5	19.23	307.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.43	0.044	3	0.12	1.95	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	0.60		0	0.17	2.72	
Magnesium	mg	5		0	1	23	
Phosphorus	mg	73		0	21	331	
Potassium	mg	107		0	30	485	
Sodium	mg	26		0	7	118	
Zinc	mg	0.54		0	0.15	2.45	
Copper	mg	0.039		0	0.011	0.177	
Manganese	mg	0.010		0	0.003	0.045	
Selenium	:g	5.5		2	1.6	24.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.006	0.091	
Riboflavin	mg	0.080		0	0.023	0.363	
Niacin	mg	2.370		0	0.672	10.750	
Pantothenic acid	mg	0.420		0	0.119	1.905	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	4		0	1	18	
Vitamin B-12	:g	0.43		0	0.12	1.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.310		0	0.088	1.406	
Lipids:							
Saturated, total	g	32.920		0	9.333	149.325	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		67	0.026	0.408	
12:0	g	0.260		67	0.074	1.179	
14:0	g	3.700		67	1.049	16.783	
15.0	g						
16:0	g	16.880		67	4.785	76.568	
17:0	g						
18:0	g	10.640		67	3.016	48.263	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	28.440		0	8.063	129.004
14:1	g					
16:1	g	3.460		67	0.981	15.695
18:1	g	24.050		67	6.818	109.091
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.280		0	0.930	14.878
18:2	g	2.700		67	0.765	12.247
18:3	g	0.580		67	0.164	2.631
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	73	3.495	5	21	331
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.061		0	0.017	0.277
Threonine	g	0.263		0	0.075	1.193
Isoleucine	g	0.296		0	0.084	1.343
Leucine	g	0.479		0	0.136	2.173
Lysine	g	0.496		0	0.141	2.250
Methionine	g	0.140		0	0.040	0.635
Cystine	g	0.068		0	0.019	0.308
Phenylalanine	g	0.243		0	0.069	1.102
Tyrosine	g	0.192		0	0.054	0.871
Valine	g	0.333		0	0.094	1.510
Arginine	g	0.354		0	0.100	1.606
Histidine	g	0.218		0	0.062	0.989
Alanine	g	0.358		0	0.101	1.624
Aspartic acid	g	0.519		0	0.147	2.354
Glutamic acid	g	0.952		0	0.270	4.318
Glycine	g	0.309		0	0.088	1.402
Proline	g	0.251		0	0.071	1.139
Serine	g	0.226		0	0.064	1.025
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 290g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	21.65	1.708	10	62.78	18.40	
Energy	kcal	642		0	1862	546	
Energy	kj	2686		0	7789	2283	
Protein (N x 5.95)	g	9.42	1.239	10	27.32	8.01	
Total lipid (fat)	g	66.74	2.990	10	193.55	56.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82	0.086	10	2.38	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	12	3	
Iron	mg	1.00		0	2.90	0.85	
Magnesium	mg	10	0.676	8	29	9	
Phosphorus	mg	116	8.620	8	336	99	
Potassium	mg	173		0	502	147	
Sodium	mg	57		0	165	48	
Zinc	mg	0.87		0	2.52	0.74	
Copper	mg	0.044		0	0.128	0.037	
Manganese	mg	0.012		0	0.035	0.010	
Selenium	:g	5.5		2	15.9	4.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.058	0.017	
Riboflavin	mg	0.120		0	0.348	0.102	
Niacin	mg	2.790		0	8.091	2.372	
Pantothenic acid	mg	0.450		0	1.305	0.383	
Vitamin B-6	mg	0.110		0	0.319	0.094	
Folate	:g	5		0	15	4	
Vitamin B-12	:g	0.55		0	1.60	0.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.725	0.213	
Lipids:							
Saturated, total	g	32.390		0	93.931	27.532	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.090		67	0.261	0.077	
12:0	g	0.260		67	0.754	0.221	
14:0	g	3.640		67	10.556	3.094	
15.0	g						
16:0	g	16.610		67	48.169	14.118	
17:0	g						
18:0	g	10.460		67	30.334	8.891	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	27.980		0	81.142	23.783
14:1	g					
16:1	g	3.400		67	9.860	2.890
18:1	g	23.660		67	68.614	20.111
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.230		0	9.367	2.746
18:2	g	2.660		67	7.714	2.261
18:3	g	0.570		67	1.653	0.484
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	73	6.315	2	212	62
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.095		0	0.276	0.081
Threonine	g	0.412		0	1.195	0.350
Isoleucine	g	0.464		0	1.346	0.394
Leucine	g	0.750		0	2.175	0.637
Lysine	g	0.776		0	2.250	0.660
Methionine	g	0.220		0	0.638	0.187
Cystine	g	0.106		0	0.307	0.090
Phenylalanine	g	0.380		0	1.102	0.323
Tyrosine	g	0.300		0	0.870	0.255
Valine	g	0.521		0	1.511	0.443
Arginine	g	0.554		0	1.607	0.471
Histidine	g	0.342		0	0.992	0.291
Alanine	g	0.560		0	1.624	0.476
Aspartic acid	g	0.813		0	2.358	0.691
Glutamic acid	g	1.490		0	4.321	1.266
Glycine	g	0.484		0	1.404	0.411
Proline	g	0.393		0	1.140	0.334
Serine	g	0.353		0	1.024	0.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.80		0	21.21	339.29	
Energy	kcal	117		0	33	531	
Energy	kj	490		0	139	2223	
Protein (N x 5.95)	g	20.98		0	5.95	95.17	
Total lipid (fat)	g	3.08		0	0.87	13.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	0.32	5.08	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	1	23	
Iron	mg	0.79		0	0.22	3.58	
Magnesium	mg	26		0	7	118	
Phosphorus	mg	220		0	62	998	
Potassium	mg	367		0	104	1665	
Sodium	mg	63		0	18	286	
Zinc	mg	2.30		0	0.65	10.43	
Copper	mg	0.108		0	0.031	0.490	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	:g	9.0		0	2.6	40.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.270		0	0.077	1.225	
Niacin	mg	9.420		0	2.671	42.729	
Pantothenic acid	mg	1.070		0	0.303	4.854	
Vitamin B-6	mg	0.460		0	0.130	2.087	
Folate	:g	14		0	4	64	
Vitamin B-12	:g	1.04		0	0.29	4.72	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.043	0.680	
Lipids:							
Saturated, total	g	1.180		0	0.335	5.352	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.100		0	0.028	0.454	
15.0	g						
16:0	g	0.630		0	0.179	2.858	
17:0	g						
18:0	g	0.390		0	0.111	1.769	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120	0	0.318	5.080
14:1	g				
16:1	g	0.120	0	0.034	0.544
18:1	g	0.970	0	0.275	4.400
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.068	1.089
18:2	g	0.180	0	0.051	0.816
18:3	g	0.020	0	0.006	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.227
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	22	354
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.212	0	0.060	0.962
Threonine	g	0.916	0	0.260	4.155
Isoleucine	g	1.033	0	0.293	4.686
Leucine	g	1.670	0	0.473	7.575
Lysine	g	1.729	0	0.490	7.843
Methionine	g	0.490	0	0.139	2.223
Cystine	g	0.237	0	0.067	1.075
Phenylalanine	g	0.847	0	0.240	3.842
Tyrosine	g	0.669	0	0.190	3.035
Valine	g	1.159	0	0.329	5.257
Arginine	g	1.234	0	0.350	5.597
Histidine	g	0.761	0	0.216	3.452
Alanine	g	1.248	0	0.354	5.661
Aspartic acid	g	1.810	0	0.513	8.210
Glutamic acid	g	3.318	0	0.941	15.050
Glycine	g	1.078	0	0.306	4.890
Proline	g	0.876	0	0.248	3.974
Serine	g	0.786	0	0.223	3.565
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.49		0	150.93	47.17	
Energy	kcal	211		0	574	179	
Energy	kj	883		0	2402	751	
Protein (N x 5.95)	g	36.16		0	98.36	30.74	
Total lipid (fat)	g	6.33		0	17.22	5.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.95		0	5.30	1.66	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	22	7	
Iron	mg	1.32		0	3.59	1.12	
Magnesium	mg	29		0	79	25	
Phosphorus	mg	249		0	677	212	
Potassium	mg	383		0	1042	326	
Sodium	mg	67		0	182	57	
Zinc	mg	3.96		0	10.77	3.37	
Copper	mg	0.140		0	0.381	0.119	
Manganese	mg	0.039		0	0.106	0.033	
Selenium	:g	15.4		0	41.9	13.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.163	0.051	
Riboflavin	mg	0.350		0	0.952	0.298	
Niacin	mg	10.560		0	28.723	8.976	
Pantothenic acid	mg	1.020		0	2.774	0.867	
Vitamin B-6	mg	0.360		0	0.979	0.306	
Folate	:g	18		0	49	15	
Vitamin B-12	:g	1.17		0	3.18	0.99	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.490		0	1.333	0.417	
Lipids:							
Saturated, total	g	2.530		0	6.882	2.150	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.027	0.009	
12:0	g	0.020		0	0.054	0.017	
14:0	g	0.230		0	0.626	0.196	
15.0	g						
16:0	g	1.350		0	3.672	1.148	
17:0	g						
18:0	g	0.840		0	2.285	0.714	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.360	0	6.419	2.006
14:1	g				
16:1	g	0.270	0	0.734	0.230
18:1	g	2.040	0	5.549	1.734
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.470	0	1.278	0.400
18:2	g	0.350	0	0.952	0.298
18:3	g	0.040	0	0.109	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.218	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	134	0	364	114
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.366	0	0.996	0.311
Threonine	g	1.580	0	4.298	1.343
Isoleucine	g	1.781	0	4.844	1.514
Leucine	g	2.878	0	7.828	2.446
Lysine	g	2.980	0	8.106	2.533
Methionine	g	0.844	0	2.296	0.717
Cystine	g	0.408	0	1.110	0.347
Phenylalanine	g	1.459	0	3.968	1.240
Tyrosine	g	1.153	0	3.136	0.980
Valine	g	1.999	0	5.437	1.699
Arginine	g	2.127	0	5.785	1.808
Histidine	g	1.313	0	3.571	1.116
Alanine	g	2.151	0	5.851	1.828
Aspartic acid	g	3.120	0	8.486	2.652
Glutamic acid	g	5.720	0	15.558	4.862
Glycine	g	1.858	0	5.054	1.579
Proline	g	1.510	0	4.107	1.283
Serine	g	1.355	0	3.686	1.152
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	51.31		0	151.36	43.61	
Energy	kcal	228		0	673	194	
Energy	kj	954		0	2814	811	
Protein (N x 5.95)	g	27.29		0	80.51	23.20	
Total lipid (fat)	g	9.18		0	27.08	7.80	
Carbohydrate, by difference	g	9.85		0	29.06	8.37	
Fiber, total dietary	g	0.3		0	0.9	0.3	
Ash	g	2.31		0	6.81	1.96	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	115	33	
Iron	mg	1.64		0	4.84	1.39	
Magnesium	mg	31		0	91	26	
Phosphorus	mg	250		0	738	213	
Potassium	mg	371		0	1094	315	
Sodium	mg	454		0	1339	386	
Zinc	mg	2.75		0	8.11	2.34	
Copper	mg	0.073		0	0.215	0.062	
Manganese	mg	0.135		0	0.398	0.115	
Selenium	:g	16.5		0	48.7	14.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.160		0	0.472	0.136	
Riboflavin	mg	0.350		0	1.032	0.298	
Niacin	mg	10.340		0	30.503	8.789	
Pantothenic acid	mg	1.070		0	3.157	0.910	
Vitamin B-6	mg	0.400		0	1.180	0.340	
Folate	:g	27		0	80	23	
Vitamin B-12	:g	1.24		0	3.66	1.05	
Vitamin A	IU	34		0	100	29	
Vitamin A, RE	:g	10		0	30	9	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.530		0	1.563	0.451	
Lipids:							
Saturated, total	g	3.060		0	9.027	2.601	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.059	0.017	
14:0	g	0.240		0	0.708	0.204	
15.0	g						
16:0	g	1.750		0	5.162	1.488	
17:0	g						
18:0	g	0.980		0	2.891	0.833	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.390	0	10.001	2.882
14:1	g				
16:1	g	0.300	0	0.885	0.255
18:1	g	3.040	0	8.968	2.584
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.490	0	4.396	1.266
18:2	g	1.280	0	3.776	1.088
18:3	g	0.140	0	0.413	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.177	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	112	0	330	95
Phytosterols	mg	3	0	9	3
Amino acids:					
Tryptophan	g	0.284	0	0.838	0.241
Threonine	g	1.172	0	3.457	0.996
Isoleucine	g	1.339	0	3.950	1.138
Leucine	g	2.161	0	6.375	1.837
Lysine	g	2.144	0	6.325	1.822
Methionine	g	0.631	0	1.861	0.536
Cystine	g	0.328	0	0.968	0.279
Phenylalanine	g	1.129	0	3.331	0.960
Tyrosine	g	0.864	0	2.549	0.734
Valine	g	1.512	0	4.460	1.285
Arginine	g	1.578	0	4.655	1.341
Histidine	g	0.956	0	2.820	0.813
Alanine	g	1.582	0	4.667	1.345
Aspartic acid	g	2.307	0	6.806	1.961
Glutamic acid	g	4.547	0	13.414	3.865
Glycine	g	1.368	0	4.036	1.163
Proline	g	1.247	0	3.679	1.060
Serine	g	1.075	0	3.171	0.914
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 304g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.34		0	177.35	49.59	
Energy	kcal	211		0	641	179	
Energy	kj	883		0	2684	751	
Protein (N x 5.95)	g	31.75		0	96.52	26.99	
Total lipid (fat)	g	8.35		0	25.38	7.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	4.26	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	18	5	
Iron	mg	0.88		0	2.68	0.75	
Magnesium	mg	31		0	94	26	
Phosphorus	mg	279		0	848	237	
Potassium	mg	425		0	1292	361	
Sodium	mg	76		0	231	65	
Zinc	mg	3.23		0	9.82	2.75	
Copper	mg	0.062		0	0.188	0.053	
Manganese	mg	0.031		0	0.094	0.026	
Selenium	:g	13.4		0	40.7	11.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.213	0.060	
Riboflavin	mg	0.350		0	1.064	0.298	
Niacin	mg	12.050		0	36.632	10.242	
Pantothenic acid	mg	1.170		0	3.557	0.995	
Vitamin B-6	mg	0.490		0	1.490	0.417	
Folate	:g	15		0	46	13	
Vitamin B-12	:g	1.45		0	4.41	1.23	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	1.277	0.357	
Lipids:							
Saturated, total	g	3.160		0	9.606	2.686	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.030	0.009	
12:0	g	0.020		0	0.061	0.017	
14:0	g	0.300		0	0.912	0.255	
15.0	g						
16:0	g	1.700		0	5.168	1.445	
17:0	g						
18:0	g	1.040		0	3.162	0.884	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.230	0	9.819	2.746
14:1	g				
16:1	g	0.340	0	1.034	0.289
18:1	g	2.820	0	8.573	2.397
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	1.763	0.493
18:2	g	0.460	0	1.398	0.391
18:3	g	0.050	0	0.152	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.213	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	105	0	319	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.976	0.273
Threonine	g	1.387	0	4.216	1.179
Isoleucine	g	1.564	0	4.755	1.329
Leucine	g	2.527	0	7.682	2.148
Lysine	g	2.616	0	7.953	2.224
Methionine	g	0.741	0	2.253	0.630
Cystine	g	0.358	0	1.088	0.304
Phenylalanine	g	1.281	0	3.894	1.089
Tyrosine	g	1.012	0	3.076	0.860
Valine	g	1.755	0	5.335	1.492
Arginine	g	1.867	0	5.676	1.587
Histidine	g	1.152	0	3.502	0.979
Alanine	g	1.888	0	5.740	1.605
Aspartic acid	g	2.739	0	8.327	2.328
Glutamic acid	g	5.022	0	15.267	4.269
Glycine	g	1.632	0	4.961	1.387
Proline	g	1.326	0	4.031	1.127
Serine	g	1.190	0	3.618	1.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 358g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.10		0	236.64	56.18	
Energy	kcal	160		0	573	136	
Energy	kj	669		0	2395	569	
Protein (N x 5.95)	g	27.70		0	99.17	23.55	
Total lipid (fat)	g	4.65		0	16.65	3.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	5.33	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	21	5	
Iron	mg	0.91		0	3.26	0.77	
Magnesium	mg	28		0	100	24	
Phosphorus	mg	234		0	838	199	
Potassium	mg	389		0	1393	331	
Sodium	mg	68		0	243	58	
Zinc	mg	3.04		0	10.88	2.58	
Copper	mg	0.129		0	0.462	0.110	
Manganese	mg	0.030		0	0.107	0.026	
Selenium	:g	11.2		0	40.1	9.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.215	0.051	
Riboflavin	mg	0.320		0	1.146	0.272	
Niacin	mg	9.930		0	35.549	8.441	
Pantothenic acid	mg	0.990		0	3.544	0.842	
Vitamin B-6	mg	0.310		0	1.110	0.264	
Folate	:g	16		0	57	14	
Vitamin B-12	:g	1.17		0	4.19	0.99	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.490		0	1.754	0.417	
Lipids:							
Saturated, total	g	1.840		0	6.587	1.564	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.036	0.009	
14:0	g	0.170		0	0.609	0.145	
15.0	g						
16:0	g	0.980		0	3.508	0.833	
17:0	g						
18:0	g	0.610		0	2.184	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.730	0	6.193	1.471
14:1	g				
16:1	g	0.190	0	0.680	0.161
18:1	g	1.490	0	5.334	1.266
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.350	0	1.253	0.298
18:2	g	0.260	0	0.931	0.221
18:3	g	0.030	0	0.107	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.215	0.051
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	103	0	369	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.280	0	1.002	0.238
Threonine	g	1.210	0	4.332	1.028
Isoleucine	g	1.364	0	4.883	1.159
Leucine	g	2.205	0	7.894	1.874
Lysine	g	2.282	0	8.170	1.940
Methionine	g	0.646	0	2.313	0.549
Cystine	g	0.313	0	1.121	0.266
Phenylalanine	g	1.118	0	4.002	0.950
Tyrosine	g	0.883	0	3.161	0.751
Valine	g	1.531	0	5.481	1.301
Arginine	g	1.629	0	5.832	1.385
Histidine	g	1.005	0	3.598	0.854
Alanine	g	1.647	0	5.896	1.400
Aspartic acid	g	2.390	0	8.556	2.031
Glutamic acid	g	4.381	0	15.684	3.724
Glycine	g	1.423	0	5.094	1.210
Proline	g	1.156	0	4.138	0.983
Serine	g	1.038	0	3.716	0.882
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 436g	Measure 3*
Proximates:							
Water	g	75.82	0.204	12	21.49	330.27	
Energy	kcal	107		0	30	466	
Energy	kj	448		0	127	1951	
Protein (N x 5.95)	g	21.28	0.714	12	6.03	92.70	
Total lipid (fat)	g	1.76	0.077	12	0.50	7.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.019	12	0.32	4.97	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.129	11	1	22	
Iron	mg	0.80	0.044	12	0.23	3.48	
Magnesium	mg	27	0.600	12	8	118	
Phosphorus	mg	223	6.245	12	63	971	
Potassium	mg	372	8.025	12	105	1620	
Sodium	mg	64	2.085	12	18	279	
Zinc	mg	2.34	0.046	12	0.66	10.19	
Copper	mg	0.110	0.009	12	0.031	0.479	
Manganese	mg	0.029		0	0.008	0.126	
Selenium	：g	9.1		0	2.6	39.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.011	12	0.023	0.348	
Riboflavin	mg	0.280	0.014	12	0.079	1.220	
Niacin	mg	9.560	0.887	12	2.710	41.643	
Pantothenic acid	mg	1.090	0.075	11	0.309	4.748	
Vitamin B-6	mg	0.470	0.075	14	0.133	2.047	
Folate	：g	14	3.038	12	4	61	
Vitamin B-12	：g	1.05	0.146	12	0.30	4.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.290		0	0.082	1.263	
Lipids:							
Saturated, total	g	0.530		0	0.150	2.309	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.030		147	0.009	0.131	
15.0	g						
16:0	g	0.300		147	0.085	1.307	
17:0	g						
18:0	g	0.180		147	0.051	0.784	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560		0	0.159	2.439
14:1	g					
16:1	g	0.060		147	0.017	0.261
18:1	g	0.500		147	0.142	2.178
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.180		0	0.051	0.784
18:2	g	0.130		147	0.037	0.566
18:3	g	0.010		147	0.003	0.044
18:4	g					
20:4	g	0.050		147	0.014	0.218
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	78	5.415	12	22	340
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.215		0	0.061	0.937
Threonine	g	0.930		0	0.264	4.051
Isoleucine	g	1.048		0	0.297	4.565
Leucine	g	1.694		0	0.480	7.379
Lysine	g	1.754		0	0.497	7.640
Methionine	g	0.497		0	0.141	2.165
Cystine	g	0.240		0	0.068	1.045
Phenylalanine	g	0.859		0	0.244	3.742
Tyrosine	g	0.679		0	0.192	2.958
Valine	g	1.176		0	0.333	5.123
Arginine	g	1.252		0	0.355	5.454
Histidine	g	0.773		0	0.219	3.367
Alanine	g	1.266		0	0.359	5.515
Aspartic acid	g	1.836		0	0.521	7.998
Glutamic acid	g	3.366		0	0.954	14.662
Glycine	g	1.094		0	0.310	4.765
Proline	g	0.889		0	0.252	3.872
Serine	g	0.798		0	0.226	3.476
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.18		0	150.00	47.75	
Energy	kcal	203		0	542	173	
Energy	kj	849		0	2267	722	
Protein (N x 5.95)	g	36.71		0	98.02	31.20	
Total lipid (fat)	g	5.09		0	13.59	4.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.97		0	5.26	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	24	8	
Iron	mg	1.32		0	3.52	1.12	
Magnesium	mg	30		0	80	26	
Phosphorus	mg	252		0	673	214	
Potassium	mg	387		0	1033	329	
Sodium	mg	67		0	179	57	
Zinc	mg	4.03		0	10.76	3.43	
Copper	mg	0.142		0	0.379	0.121	
Manganese	mg	0.040		0	0.107	0.034	
Selenium	:g	15.6		0	41.7	13.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.160	0.051	
Riboflavin	mg	0.360		0	0.961	0.306	
Niacin	mg	10.720		0	28.622	9.112	
Pantothenic acid	mg	1.040		0	2.777	0.884	
Vitamin B-6	mg	0.370		0	0.988	0.315	
Folate	:g	18		0	48	15	
Vitamin B-12	:g	1.19		0	3.18	1.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.500		0	1.335	0.425	
Lipids:							
Saturated, total	g	1.920		0	5.126	1.632	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.027	0.009	
14:0	g	0.160		0	0.427	0.136	
15.0	g						
16:0	g	1.040		0	2.777	0.884	
17:0	g						
18:0	g	0.640		0	1.709	0.544	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.840	0	4.913	1.564
14:1	g				
16:1	g	0.200	0	0.534	0.170
18:1	g	1.600	0	4.272	1.360
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.410	0	1.095	0.349
18:2	g	0.300	0	0.801	0.255
18:3	g	0.030	0	0.080	0.026
18:4	g				
20:4	g	0.080	0	0.214	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	135	0	360	115
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.372	0	0.993	0.316
Threonine	g	1.604	0	4.283	1.363
Isoleucine	g	1.808	0	4.827	1.537
Leucine	g	2.922	0	7.802	2.484
Lysine	g	3.025	0	8.077	2.571
Methionine	g	0.857	0	2.288	0.728
Cystine	g	0.414	0	1.105	0.352
Phenylalanine	g	1.481	0	3.954	1.259
Tyrosine	g	1.170	0	3.124	0.995
Valine	g	2.029	0	5.417	1.725
Arginine	g	2.159	0	5.765	1.835
Histidine	g	1.332	0	3.556	1.132
Alanine	g	2.183	0	5.829	1.856
Aspartic acid	g	3.167	0	8.456	2.692
Glutamic acid	g	5.806	0	15.502	4.935
Glycine	g	1.886	0	5.036	1.603
Proline	g	1.533	0	4.093	1.303
Serine	g	1.376	0	3.674	1.170
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.14		0	156.76	45.17	
Energy	kcal	206		0	608	175	
Energy	kj	862		0	2543	733	
Protein (N x 5.95)	g	28.41		0	83.81	24.15	
Total lipid (fat)	g	6.27		0	18.50	5.33	
Carbohydrate, by difference	g	9.78		0	28.85	8.31	
Fiber, total dietary	g	0.2		0	0.6	0.2	
Ash	g	2.34		0	6.90	1.99	
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	115	33	
Iron	mg	1.64		0	4.84	1.39	
Magnesium	mg	32		0	94	27	
Phosphorus	mg	258		0	761	219	
Potassium	mg	383		0	1130	326	
Sodium	mg	455		0	1342	387	
Zinc	mg	2.87		0	8.47	2.44	
Copper	mg	0.074		0	0.218	0.063	
Manganese	mg	0.137		0	0.404	0.116	
Selenium	:g	13.5	0.627	28	39.8	11.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.160		0	0.472	0.136	
Riboflavin	mg	0.360		0	1.062	0.306	
Niacin	mg	10.800		0	31.860	9.180	
Pantothenic acid	mg	1.110		0	3.275	0.944	
Vitamin B-6	mg	0.420		0	1.239	0.357	
Folate	:g	28		0	83	24	
Vitamin B-12	:g	1.28		0	3.78	1.09	
Vitamin A	IU	34		0	100	29	
Vitamin A, RE	:g	10		0	30	9	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.530		0	1.563	0.451	
Lipids:							
Saturated, total	g	1.600		0	4.720	1.360	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.030	0.009	
14:0	g	0.070		0	0.207	0.060	
15.0	g						
16:0	g	1.000		0	2.950	0.850	
17:0	g						
18:0	g	0.510		0	1.504	0.434	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.160	0	6.372	1.836
14:1	g				
16:1	g	0.150	0	0.443	0.128
18:1	g	2.000	0	5.900	1.700
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.350	0	3.983	1.148
18:2	g	1.170	0	3.451	0.995
18:3	g	0.110	0	0.325	0.094
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.207	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	113	0	333	96
Phytosterols	mg	3	0	9	3
Amino acids:					
Tryptophan	g	0.295	0	0.870	0.251
Threonine	g	1.221	0	3.602	1.038
Isoleucine	g	1.394	0	4.112	1.185
Leucine	g	2.249	0	6.635	1.912
Lysine	g	2.235	0	6.593	1.900
Methionine	g	0.657	0	1.938	0.558
Cystine	g	0.340	0	1.003	0.289
Phenylalanine	g	1.174	0	3.463	0.998
Tyrosine	g	0.899	0	2.652	0.764
Valine	g	1.573	0	4.640	1.337
Arginine	g	1.644	0	4.850	1.397
Histidine	g	0.996	0	2.938	0.847
Alanine	g	1.648	0	4.862	1.401
Aspartic acid	g	2.403	0	7.089	2.043
Glutamic acid	g	4.724	0	13.936	4.015
Glycine	g	1.425	0	4.204	1.211
Proline	g	1.294	0	3.817	1.100
Serine	g	1.116	0	3.292	0.949
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 289g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.68	0.370	12	175.37	51.58	
Energy	kcal	183		0	529	156	
Energy	kj	766		0	2214	651	
Protein (N x 5.95)	g	33.17	0.234	12	95.86	28.19	
Total lipid (fat)	g	4.62	0.201	12	13.35	3.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44	0.009	12	4.16	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.506	11	20	6	
Iron	mg	0.87	0.048	12	2.51	0.74	
Magnesium	mg	32	0.735	12	92	27	
Phosphorus	mg	290	6.770	12	838	247	
Potassium	mg	442	8.714	12	1277	376	
Sodium	mg	77	2.498	12	223	65	
Zinc	mg	3.38	0.080	12	9.77	2.87	
Copper	mg	0.063	0.010	12	0.182	0.054	
Manganese	mg	0.032		0	0.092	0.027	
Selenium	:g	10.4		0	30.1	8.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.007	11	0.202	0.060	
Riboflavin	mg	0.370	0.022	12	1.069	0.315	
Niacin	mg	12.640	1.435	12	36.530	10.744	
Pantothenic acid	mg	1.220	0.182	12	3.526	1.037	
Vitamin B-6	mg	0.510	0.061	12	1.474	0.434	
Folate	:g	16	2.496	12	46	14	
Vitamin B-12	:g	1.51	0.240	12	4.36	1.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	1.214	0.357	
Lipids:							
Saturated, total	g	1.290		0	3.728	1.097	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.029	0.009	
14:0	g	0.090		73	0.260	0.077	
15.0	g						
16:0	g	0.750		73	2.167	0.637	
17:0	g						
18:0	g	0.440		73	1.272	0.374	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.650		0	4.768	1.403
14:1	g					
16:1	g	0.150		73	0.434	0.128
18:1	g	1.480		73	4.277	1.258
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.410		0	1.185	0.349
18:2	g	0.320		73	0.925	0.272
18:3	g	0.020		73	0.058	0.017
18:4	g	0.000		0	0.000	0.000
20:4	g	0.080		73	0.231	0.068
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	107	4.009	22	309	91
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.336		0	0.971	0.286
Threonine	g	1.449		0	4.188	1.232
Isoleucine	g	1.634		0	4.722	1.389
Leucine	g	2.640		0	7.630	2.244
Lysine	g	2.734		0	7.901	2.324
Methionine	g	0.774		0	2.237	0.658
Cystine	g	0.374		0	1.081	0.318
Phenylalanine	g	1.339		0	3.870	1.138
Tyrosine	g	1.058		0	3.058	0.899
Valine	g	1.834		0	5.300	1.559
Arginine	g	1.951		0	5.638	1.658
Histidine	g	1.204		0	3.480	1.023
Alanine	g	1.973		0	5.702	1.677
Aspartic acid	g	2.862		0	8.271	2.433
Glutamic acid	g	5.247		0	15.164	4.460
Glycine	g	1.705		0	4.927	1.449
Proline	g	1.385		0	4.003	1.177
Serine	g	1.243		0	3.592	1.057
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 351g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.01		0	235.21	56.96	
Energy	kcal	150		0	527	128	
Energy	kj	628		0	2204	534	
Protein (N x 5.95)	g	28.07		0	98.53	23.86	
Total lipid (fat)	g	3.39		0	11.90	2.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50		0	5.26	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	21	5	
Iron	mg	0.90		0	3.16	0.77	
Magnesium	mg	28		0	98	24	
Phosphorus	mg	236		0	828	201	
Potassium	mg	393		0	1379	334	
Sodium	mg	68		0	239	58	
Zinc	mg	3.08		0	10.81	2.62	
Copper	mg	0.130		0	0.456	0.111	
Manganese	mg	0.031		0	0.109	0.026	
Selenium	:g	11.9		0	41.8	10.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.211	0.051	
Riboflavin	mg	0.330		0	1.158	0.281	
Niacin	mg	10.080		0	35.381	8.568	
Pantothenic acid	mg	1.000		0	3.510	0.850	
Vitamin B-6	mg	0.310		0	1.088	0.264	
Folate	:g	16		0	56	14	
Vitamin B-12	:g	1.18		0	4.14	1.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.550		0	1.931	0.468	
Lipids:							
Saturated, total	g	1.220		0	4.282	1.037	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.035	0.009	
14:0	g	0.090		0	0.316	0.077	
15.0	g						
16:0	g	0.660		0	2.317	0.561	
17:0	g						
18:0	g	0.410		0	1.439	0.349	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.190	0	4.177	1.011
14:1	g				
16:1	g	0.130	0	0.456	0.111
18:1	g	1.040	0	3.650	0.884
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.290	0	1.018	0.247
18:2	g	0.210	0	0.737	0.179
18:3	g	0.020	0	0.070	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.211	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	103	0	362	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.284	0	0.997	0.241
Threonine	g	1.226	0	4.303	1.042
Isoleucine	g	1.382	0	4.851	1.175
Leucine	g	2.234	0	7.841	1.899
Lysine	g	2.313	0	8.119	1.966
Methionine	g	0.655	0	2.299	0.557
Cystine	g	0.317	0	1.113	0.269
Phenylalanine	g	1.133	0	3.977	0.963
Tyrosine	g	0.895	0	3.141	0.761
Valine	g	1.552	0	5.448	1.319
Arginine	g	1.651	0	5.795	1.403
Histidine	g	1.019	0	3.577	0.866
Alanine	g	1.670	0	5.862	1.420
Aspartic acid	g	2.422	0	8.501	2.059
Glutamic acid	g	4.440	0	15.584	3.774
Glycine	g	1.443	0	5.065	1.227
Proline	g	1.172	0	4.114	0.996
Serine	g	1.052	0	3.693	0.894
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17104 Veal, loin, separable lean and fat, raw

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	Samples	Measure 1* 28g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	70.38		0	19.95	87.97	
Energy	kcal	163		0	46	204	
Energy	kj	682		0	193	853	
Protein (N x 5.95)	g	18.89		0	5.36	23.61	
Total lipid (fat)	g	9.14		0	2.59	11.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	20	
Iron	mg	0.73		0	0.21	0.91	
Magnesium	mg	23		0	7	29	
Phosphorus	mg	199		0	56	249	
Potassium	mg	304		0	86	380	
Sodium	mg	85		0	24	106	
Zinc	mg	2.32		0	0.66	2.90	
Copper	mg	0.094		0	0.027	0.118	
Manganese	mg	0.027		0	0.008	0.034	
Selenium	:g	8.5		0	2.4	10.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.020	0.088	
Riboflavin	mg	0.240		0	0.068	0.300	
Niacin	mg	8.480		0	2.404	10.600	
Pantothenic acid	mg	1.300		0	0.369	1.625	
Vitamin B-6	mg	0.530		0	0.150	0.663	
Folate	:g	13		0	4	16	
Vitamin B-12	:g	1.11		0	0.31	1.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	0.325	
Lipids:							
Saturated, total	g	3.880		0	1.100	4.850	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.013	
12:0	g	0.030		0	0.009	0.038	
14:0	g	0.380		0	0.108	0.475	
15.0	g						
16:0	g	2.040		0	0.578	2.550	
17:0	g						
18:0	g	1.280		0	0.363	1.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.540	0	1.004	4.425
14:1	g				
16:1	g	0.410	0	0.116	0.512
18:1	g	3.030	0	0.859	3.788
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	0.173	0.763
18:2	g	0.470	0	0.133	0.588
18:3	g	0.060	0	0.017	0.075
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.100
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	22	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.191	0	0.054	0.239
Threonine	g	0.825	0	0.234	1.031
Isoleucine	g	0.930	0	0.264	1.163
Leucine	g	1.504	0	0.426	1.880
Lysine	g	1.557	0	0.441	1.946
Methionine	g	0.441	0	0.125	0.551
Cystine	g	0.213	0	0.060	0.266
Phenylalanine	g	0.763	0	0.216	0.954
Tyrosine	g	0.602	0	0.171	0.753
Valine	g	1.044	0	0.296	1.305
Arginine	g	1.111	0	0.315	1.389
Histidine	g	0.686	0	0.194	0.858
Alanine	g	1.124	0	0.319	1.405
Aspartic acid	g	1.630	0	0.462	2.038
Glutamic acid	g	2.988	0	0.847	3.735
Glycine	g	0.971	0	0.275	1.214
Proline	g	0.789	0	0.224	0.986
Serine	g	0.708	0	0.201	0.885
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 195 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 80g	Measure 3*
Proximates:							
Water	g	52.02		0	44.22	41.62	
Energy	kcal	284		0	241	227	
Energy	kj	1188		0	1010	950	
Protein (N x 5.95)	g	30.19		0	25.66	24.15	
Total lipid (fat)	g	17.21		0	14.63	13.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	0.94	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	24	22	
Iron	mg	1.09		0	0.93	0.87	
Magnesium	mg	24		0	20	19	
Phosphorus	mg	220		0	187	176	
Potassium	mg	280		0	238	224	
Sodium	mg	80		0	68	64	
Zinc	mg	3.63		0	3.09	2.90	
Copper	mg	0.091		0	0.077	0.073	
Manganese	mg	0.034		0	0.029	0.027	
Selenium	:g	13.2		0	11.2	10.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.034	0.032	
Riboflavin	mg	0.300		0	0.255	0.240	
Niacin	mg	9.030		0	7.675	7.224	
Pantothenic acid	mg	0.790		0	0.672	0.632	
Vitamin B-6	mg	0.260		0	0.221	0.208	
Folate	:g	14		0	12	11	
Vitamin B-12	:g	1.21		0	1.03	0.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.400		0	0.340	0.320	
Lipids:							
Saturated, total	g	6.730		0	5.721	5.384	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.009	0.008	
12:0	g	0.050		0	0.043	0.040	
14:0	g	0.660		0	0.561	0.528	
15.0	g						
16:0	g	3.610		0	3.068	2.888	
17:0	g						
18:0	g	2.220		0	1.887	1.776	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.730	0	5.721	5.384
14:1	g				
16:1	g	0.730	0	0.620	0.584
18:1	g	5.840	0	4.964	4.672
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.160	0	0.986	0.928
18:2	g	0.910	0	0.774	0.728
18:3	g	0.110	0	0.094	0.088
18:4	g	0.000	0	0.000	0.000
20:4	g	0.130	0	0.111	0.104
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	118	0	100	94
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.260	0.245
Threonine	g	1.319	0	1.121	1.055
Isoleucine	g	1.487	0	1.264	1.190
Leucine	g	2.403	0	2.043	1.922
Lysine	g	2.487	0	2.114	1.990
Methionine	g	0.704	0	0.598	0.563
Cystine	g	0.341	0	0.290	0.273
Phenylalanine	g	1.218	0	1.035	0.974
Tyrosine	g	0.962	0	0.818	0.770
Valine	g	1.668	0	1.418	1.334
Arginine	g	1.775	0	1.509	1.420
Histidine	g	1.096	0	0.932	0.877
Alanine	g	1.795	0	1.526	1.436
Aspartic acid	g	2.604	0	2.213	2.083
Glutamic acid	g	4.775	0	4.059	3.820
Glycine	g	1.551	0	1.318	1.241
Proline	g	1.260	0	1.071	1.008
Serine	g	1.131	0	0.961	0.905
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 195 g; yields excluding refuse

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	Samples	Measure 1* 229g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.73		0	139.07	51.62	
Energy	kcal	217		0	497	184	
Energy	kj	908		0	2079	772	
Protein (N x 5.95)	g	24.80		0	56.79	21.08	
Total lipid (fat)	g	12.32		0	28.21	10.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	3.16	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	44	16	
Iron	mg	0.87		0	1.99	0.74	
Magnesium	mg	25		0	57	21	
Phosphorus	mg	212		0	485	180	
Potassium	mg	325		0	744	276	
Sodium	mg	93		0	213	79	
Zinc	mg	3.03		0	6.94	2.58	
Copper	mg	0.110		0	0.252	0.094	
Manganese	mg	0.029		0	0.066	0.025	
Selenium	:g	11.0		0	25.2	9.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.115	0.043	
Riboflavin	mg	0.280		0	0.641	0.238	
Niacin	mg	8.860		0	20.289	7.531	
Pantothenic acid	mg	1.200		0	2.748	1.020	
Vitamin B-6	mg	0.340		0	0.779	0.289	
Folate	:g	15		0	34	13	
Vitamin B-12	:g	1.24		0	2.84	1.05	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.440		0	1.008	0.374	
Lipids:							
Saturated, total	g	5.260		0	12.045	4.471	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.023	0.009	
12:0	g	0.040		0	0.092	0.034	
14:0	g	0.520		0	1.191	0.442	
15.0	g						
16:0	g	2.760		0	6.320	2.346	
17:0	g						
18:0	g	1.730		0	3.962	1.471	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.780	0	10.946	4.063
14:1	g				
16:1	g	0.560	0	1.282	0.476
18:1	g	4.100	0	9.389	3.485
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.810	0	1.855	0.689
18:2	g	0.620	0	1.420	0.527
18:3	g	0.090	0	0.206	0.077
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.229	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	103	0	236	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.251	0	0.575	0.213
Threonine	g	1.083	0	2.480	0.921
Isoleucine	g	1.221	0	2.796	1.038
Leucine	g	1.974	0	4.520	1.678
Lysine	g	2.044	0	4.681	1.737
Methionine	g	0.579	0	1.326	0.492
Cystine	g	0.280	0	0.641	0.238
Phenylalanine	g	1.001	0	2.292	0.851
Tyrosine	g	0.791	0	1.811	0.672
Valine	g	1.371	0	3.140	1.165
Arginine	g	1.459	0	3.341	1.240
Histidine	g	0.900	0	2.061	0.765
Alanine	g	1.475	0	3.378	1.254
Aspartic acid	g	2.139	0	4.898	1.818
Glutamic acid	g	3.923	0	8.984	3.335
Glycine	g	1.275	0	2.920	1.084
Proline	g	1.035	0	2.370	0.880
Serine	g	0.930	0	2.130	0.791
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17107 Veal, loin, separable lean only, raw

Refuse: 42% Bone 36%, separable fat 6%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	74.89	0.329	12	21.23	84.63	
Energy	kcal	116		0	33	131	
Energy	kj	485		0	137	548	
Protein (N x 5.95)	g	20.17	0.468	12	5.72	22.79	
Total lipid (fat)	g	3.34	0.166	12	0.95	3.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.023	12	0.31	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.065	12	5	19	
Iron	mg	0.75	0.032	12	0.21	0.85	
Magnesium	mg	25	0.577	12	7	28	
Phosphorus	mg	211	5.363	12	60	238	
Potassium	mg	324	5.173	12	92	366	
Sodium	mg	91	3.741	12	26	103	
Zinc	mg	2.49	0.055	12	0.71	2.81	
Copper	mg	0.100	0.007	12	0.028	0.113	
Manganese	mg	0.029		0	0.008	0.033	
Selenium	：g	8.8		0	2.5	9.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.004	12	0.020	0.079	
Riboflavin	mg	0.260	0.020	12	0.074	0.294	
Niacin	mg	9.080	0.773	12	2.574	10.260	
Pantothenic acid	mg	1.390	0.279	12	0.394	1.571	
Vitamin B-6	mg	0.560	0.054	12	0.159	0.633	
Folate	：g	14	2.763	12	4	16	
Vitamin B-12	：g	1.18	0.153	12	0.33	1.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	0.294	
Lipids:							
Saturated, total	g	1.010		0	0.286	1.141	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.050		147	0.014	0.057	
15.0	g						
16:0	g	0.570		147	0.162	0.644	
17:0	g						
18:0	g	0.350		147	0.099	0.395	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.070		0	0.303	1.209
14:1	g					
16:1	g	0.110		147	0.031	0.124
18:1	g	0.950		147	0.269	1.073
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.340		0	0.096	0.384
18:2	g	0.250		147	0.071	0.282
18:3	g	0.010		147	0.003	0.011
18:4	g					
20:4	g	0.090		147	0.026	0.102
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	80	4.724	12	23	90
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.204		0	0.058	0.231
Threonine	g	0.881		0	0.250	0.996
Isoleucine	g	0.993		0	0.282	1.122
Leucine	g	1.605		0	0.455	1.814
Lysine	g	1.662		0	0.471	1.878
Methionine	g	0.471		0	0.134	0.532
Cystine	g	0.228		0	0.065	0.258
Phenylalanine	g	0.814		0	0.231	0.920
Tyrosine	g	0.643		0	0.182	0.727
Valine	g	1.115		0	0.316	1.260
Arginine	g	1.186		0	0.336	1.340
Histidine	g	0.732		0	0.208	0.827
Alanine	g	1.199		0	0.340	1.355
Aspartic acid	g	1.740		0	0.493	1.966
Glutamic acid	g	3.190		0	0.904	3.605
Glycine	g	1.036		0	0.294	1.171
Proline	g	0.842		0	0.239	0.951
Serine	g	0.756		0	0.214	0.854
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 195 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 69g	Measure 3*
Proximates:							
Water	g	56.96	0.621	12	48.42	39.30	
Energy	kcal	226		0	192	156	
Energy	kj	946		0	804	653	
Protein (N x 5.95)	g	33.57	0.295	12	28.53	23.16	
Total lipid (fat)	g	9.15	0.366	12	7.78	6.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15	0.024	12	0.98	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	32	3.810	12	27	22	
Iron	mg	1.10	0.039	12	0.94	0.76	
Magnesium	mg	27	0.686	12	23	19	
Phosphorus	mg	237	5.157	12	201	164	
Potassium	mg	297	4.836	12	252	205	
Sodium	mg	84	2.201	12	71	58	
Zinc	mg	4.09	0.057	12	3.48	2.82	
Copper	mg	0.099	0.011	12	0.084	0.068	
Manganese	mg	0.038		0	0.032	0.026	
Selenium	:g	14.4		0	12.2	9.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050	0.004	11	0.043	0.035	
Riboflavin	mg	0.340	0.020	12	0.289	0.235	
Niacin	mg	10.050	1.173	12	8.543	6.935	
Pantothenic acid	mg	0.850	0.076	12	0.723	0.587	
Vitamin B-6	mg	0.280	0.044	12	0.238	0.193	
Folate	:g	15	2.485	12	13	10	
Vitamin B-12	:g	1.32	0.237	11	1.12	0.91	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	0.357	0.290	
Lipids:							
Saturated, total	g	2.550		0	2.167	1.759	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.020		73	0.017	0.014	
14:0	g	0.170		73	0.145	0.117	
15.0	g						
16:0	g	1.490		73	1.266	1.028	
17:0	g						
18:0	g	0.870		73	0.740	0.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.270		0	2.780	2.256
14:1	g					
16:1	g	0.290		73	0.247	0.200
18:1	g	2.940		73	2.499	2.029
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.820		0	0.697	0.566
18:2	g	0.630		73	0.536	0.435
18:3	g	0.040		73	0.034	0.028
18:4	g	0.000		0	0.000	0.000
20:4	g	0.150		73	0.128	0.104
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	125	10.932	22	106	86
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340		0	0.289	0.235
Threonine	g	1.466		0	1.246	1.012
Isoleucine	g	1.653		0	1.405	1.141
Leucine	g	2.672		0	2.271	1.844
Lysine	g	2.766		0	2.351	1.909
Methionine	g	0.783		0	0.666	0.540
Cystine	g	0.379		0	0.322	0.262
Phenylalanine	g	1.355		0	1.152	0.935
Tyrosine	g	1.070		0	0.910	0.738
Valine	g	1.855		0	1.577	1.280
Arginine	g	1.974		0	1.678	1.362
Histidine	g	1.218		0	1.035	0.840
Alanine	g	1.996		0	1.697	1.377
Aspartic acid	g	2.896		0	2.462	1.998
Glutamic acid	g	5.309		0	4.513	3.663
Glycine	g	1.725		0	1.466	1.190
Proline	g	1.401		0	1.191	0.967
Serine	g	1.258		0	1.069	0.868
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 195 g; yields excluding refuse

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	Samples	Measure 1* 208g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.59		0	134.35	54.90	
Energy	kcal	175		0	364	149	
Energy	kj	732		0	1523	622	
Protein (N x 5.95)	g	26.32		0	54.75	22.37	
Total lipid (fat)	g	6.94		0	14.44	5.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.43		0	2.97	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	44	18	
Iron	mg	0.85		0	1.77	0.72	
Magnesium	mg	26		0	54	22	
Phosphorus	mg	222		0	462	189	
Potassium	mg	340		0	707	289	
Sodium	mg	96		0	200	82	
Zinc	mg	3.24		0	6.74	2.75	
Copper	mg	0.117		0	0.243	0.099	
Manganese	mg	0.030		0	0.062	0.026	
Selenium	:g	11.6		0	24.1	9.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.125	0.051	
Riboflavin	mg	0.300		0	0.624	0.255	
Niacin	mg	9.460		0	19.677	8.041	
Pantothenic acid	mg	1.270		0	2.642	1.080	
Vitamin B-6	mg	0.370		0	0.770	0.315	
Folate	:g	16		0	33	14	
Vitamin B-12	:g	1.31		0	2.72	1.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.490		0	1.019	0.417	
Lipids:							
Saturated, total	g	2.580		0	5.366	2.193	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.042	0.017	
14:0	g	0.210		0	0.437	0.179	
15.0	g						
16:0	g	1.390		0	2.891	1.182	
17:0	g						
18:0	g	0.870		0	1.810	0.740	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.490	0	5.179	2.117
14:1	g				
16:1	g	0.270	0	0.562	0.230
18:1	g	2.160	0	4.493	1.836
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.570	0	1.186	0.484
18:2	g	0.420	0	0.874	0.357
18:3	g	0.040	0	0.083	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.229	0.094
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	106	0	220	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.553	0.226
Threonine	g	1.150	0	2.392	0.977
Isoleucine	g	1.296	0	2.696	1.102
Leucine	g	2.095	0	4.358	1.781
Lysine	g	2.169	0	4.512	1.844
Methionine	g	0.614	0	1.277	0.522
Cystine	g	0.297	0	0.618	0.252
Phenylalanine	g	1.062	0	2.209	0.903
Tyrosine	g	0.839	0	1.745	0.713
Valine	g	1.455	0	3.026	1.237
Arginine	g	1.548	0	3.220	1.316
Histidine	g	0.955	0	1.986	0.812
Alanine	g	1.565	0	3.255	1.330
Aspartic acid	g	2.271	0	4.724	1.930
Glutamic acid	g	4.163	0	8.659	3.539
Glycine	g	1.353	0	2.814	1.150
Proline	g	1.099	0	2.286	0.934
Serine	g	0.987	0	2.053	0.839
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17110 Veal, rib, separable lean and fat, raw

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.15		0	20.17	322.74	
Energy	kcal	162		0	46	735	
Energy	kj	678		0	192	3075	
Protein (N x 5.95)	g	18.86		0	5.35	85.55	
Total lipid (fat)	g	9.01		0	2.55	40.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	59	
Iron	mg	0.86		0	0.24	3.90	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	184		0	52	835	
Potassium	mg	290		0	82	1315	
Sodium	mg	89		0	25	404	
Zinc	mg	3.24		0	0.92	14.70	
Copper	mg	0.102		0	0.029	0.463	
Manganese	mg	0.027		0	0.008	0.122	
Selenium	:g	8.2		0	2.3	37.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.020	0.318	
Riboflavin	mg	0.230		0	0.065	1.043	
Niacin	mg	6.680		0	1.894	30.300	
Pantothenic acid	mg	1.130		0	0.320	5.126	
Vitamin B-6	mg	0.420		0	0.119	1.905	
Folate	:g	12		0	3	54	
Vitamin B-12	:g	1.29		0	0.37	5.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.230		0	0.065	1.043	
Lipids:							
Saturated, total	g	3.710		0	1.052	16.829	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.350		0	0.099	1.588	
15.0	g						
16:0	g	1.960		0	0.556	8.891	
17:0	g						
18:0	g	1.230		0	0.349	5.579	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.430	0	0.972	15.558
14:1	g				
16:1	g	0.390	0	0.111	1.769
18:1	g	2.950	0	0.836	13.381
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	0.179	2.858
18:2	g	0.480	0	0.136	2.177
18:3	g	0.060	0	0.017	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.408
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	23	372
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.191	0	0.054	0.866
Threonine	g	0.824	0	0.234	3.738
Isoleucine	g	0.929	0	0.263	4.214
Leucine	g	1.501	0	0.426	6.809
Lysine	g	1.554	0	0.441	7.049
Methionine	g	0.440	0	0.125	1.996
Cystine	g	0.213	0	0.060	0.966
Phenylalanine	g	0.761	0	0.216	3.452
Tyrosine	g	0.601	0	0.170	2.726
Valine	g	1.042	0	0.295	4.727
Arginine	g	1.109	0	0.314	5.030
Histidine	g	0.684	0	0.194	3.103
Alanine	g	1.121	0	0.318	5.085
Aspartic acid	g	1.627	0	0.461	7.380
Glutamic acid	g	2.983	0	0.846	13.531
Glycine	g	0.969	0	0.275	4.395
Proline	g	0.787	0	0.223	3.570
Serine	g	0.707	0	0.200	3.207
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 177g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.33		0	94.39	45.33	
Energy	kcal	251		0	444	213	
Energy	kj	1050		0	1859	893	
Protein (N x 5.95)	g	32.43		0	57.40	27.57	
Total lipid (fat)	g	12.53		0	22.18	10.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.68		0	2.97	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	39	19	
Iron	mg	1.41		0	2.50	1.20	
Magnesium	mg	25		0	44	21	
Phosphorus	mg	210		0	372	179	
Potassium	mg	306		0	542	260	
Sodium	mg	95		0	168	81	
Zinc	mg	5.57		0	9.86	4.73	
Copper	mg	0.132		0	0.234	0.112	
Manganese	mg	0.038		0	0.067	0.032	
Selenium	΄g	13.9		0	24.6	11.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.089	0.043	
Riboflavin	mg	0.290		0	0.513	0.247	
Niacin	mg	7.500		0	13.275	6.375	
Pantothenic acid	mg	1.070		0	1.894	0.910	
Vitamin B-6	mg	0.320		0	0.566	0.272	
Folate	΄g	16		0	28	14	
Vitamin B-12	΄g	1.45		0	2.57	1.23	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.340		0	0.602	0.289	
Lipids:							
Saturated, total	g	4.950		0	8.761	4.207	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.018	0.009	
12:0	g	0.030		0	0.053	0.026	
14:0	g	0.440		0	0.779	0.374	
15.0	g						
16:0	g	2.640		0	4.673	2.244	
17:0	g						
18:0	g	1.650		0	2.921	1.403	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.650	0	8.231	3.953
14:1	g				
16:1	g	0.520	0	0.920	0.442
18:1	g	4.020	0	7.115	3.417
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.940	0	1.664	0.799
18:2	g	0.710	0	1.257	0.603
18:3	g	0.080	0	0.142	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.160	0	0.283	0.136
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	139	0	246	118
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.328	0	0.581	0.279
Threonine	g	1.417	0	2.508	1.204
Isoleucine	g	1.597	0	2.827	1.357
Leucine	g	2.581	0	4.568	2.194
Lysine	g	2.673	0	4.731	2.272
Methionine	g	0.757	0	1.340	0.643
Cystine	g	0.366	0	0.648	0.311
Phenylalanine	g	1.309	0	2.317	1.113
Tyrosine	g	1.034	0	1.830	0.879
Valine	g	1.793	0	3.174	1.524
Arginine	g	1.908	0	3.377	1.622
Histidine	g	1.177	0	2.083	1.000
Alanine	g	1.929	0	3.414	1.640
Aspartic acid	g	2.798	0	4.952	2.378
Glutamic acid	g	5.130	0	9.080	4.361
Glycine	g	1.667	0	2.951	1.417
Proline	g	1.354	0	2.397	1.151
Serine	g	1.216	0	2.152	1.034
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 240g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.91		0	143.78	50.92	
Energy	kcal	228		0	547	194	
Energy	kj	954		0	2290	811	
Protein (N x 5.95)	g	23.96		0	57.50	20.37	
Total lipid (fat)	g	13.96		0	33.50	11.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	2.52	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	26	9	
Iron	mg	0.97		0	2.33	0.82	
Magnesium	mg	22		0	53	19	
Phosphorus	mg	197		0	473	167	
Potassium	mg	295		0	708	251	
Sodium	mg	92		0	221	78	
Zinc	mg	4.09		0	9.82	3.48	
Copper	mg	0.099		0	0.238	0.084	
Manganese	mg	0.030		0	0.072	0.026	
Selenium	:g	10.5		0	25.2	8.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.120	0.043	
Riboflavin	mg	0.270		0	0.648	0.230	
Niacin	mg	6.980		0	16.752	5.933	
Pantothenic acid	mg	1.280		0	3.072	1.088	
Vitamin B-6	mg	0.250		0	0.600	0.213	
Folate	:g	13		0	31	11	
Vitamin B-12	:g	1.46		0	3.50	1.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.350		0	0.840	0.298	
Lipids:							
Saturated, total	g	5.410		0	12.984	4.599	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.024	0.009	
12:0	g	0.040		0	0.096	0.034	
14:0	g	0.530		0	1.272	0.451	
15.0	g						
16:0	g	2.910		0	6.984	2.474	
17:0	g						
18:0	g	1.780		0	4.272	1.513	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.440	0	13.056	4.624
14:1	g				
16:1	g	0.590	0	1.416	0.501
18:1	g	4.730	0	11.352	4.021
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.950	0	2.280	0.808
18:2	g	0.750	0	1.800	0.637
18:3	g	0.090	0	0.216	0.077
18:4	g				
20:4	g	0.110	0	0.264	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	110	0	264	94
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.583	0.207
Threonine	g	1.047	0	2.513	0.890
Isoleucine	g	1.180	0	2.832	1.003
Leucine	g	1.907	0	4.577	1.621
Lysine	g	1.974	0	4.738	1.678
Methionine	g	0.559	0	1.342	0.475
Cystine	g	0.270	0	0.648	0.230
Phenylalanine	g	0.967	0	2.321	0.822
Tyrosine	g	0.764	0	1.834	0.649
Valine	g	1.324	0	3.178	1.125
Arginine	g	1.409	0	3.382	1.198
Histidine	g	0.870	0	2.088	0.740
Alanine	g	1.425	0	3.420	1.211
Aspartic acid	g	2.067	0	4.961	1.757
Glutamic acid	g	3.790	0	9.096	3.221
Glycine	g	1.231	0	2.954	1.046
Proline	g	1.000	0	2.400	0.850
Serine	g	0.898	0	2.155	0.763
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.18	0.415	12	21.31	341.02	
Energy	kcal	120		0	34	544	
Energy	kj	502		0	142	2277	
Protein (N x 5.95)	g	19.97	0.312	12	5.66	90.58	
Total lipid (fat)	g	3.89	0.324	12	1.10	17.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.024	12	0.29	4.63	
Sugars, total	g						
Minerals:							
Calcium	mg	14	2.384	12	4	64	
Iron	mg	0.88	0.042	12	0.25	3.99	
Magnesium	mg	23	0.525	12	7	104	
Phosphorus	mg	194	4.501	12	55	880	
Potassium	mg	306	3.563	12	87	1388	
Sodium	mg	95	3.263	12	27	431	
Zinc	mg	3.47	0.095	12	0.98	15.74	
Copper	mg	0.108	0.006	12	0.031	0.490	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	‡g	8.5		0	2.4	38.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.005	12	0.020	0.318	
Riboflavin	mg	0.240	0.016	12	0.068	1.089	
Niacin	mg	7.050	0.660	12	1.999	31.979	
Pantothenic acid	mg	1.190	0.129	12	0.337	5.398	
Vitamin B-6	mg	0.440	0.072	12	0.125	1.996	
Folate	‡g	13	2.848	12	4	59	
Vitamin B-12	‡g	1.36	0.168	12	0.39	6.17	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	‡g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	1.170		0	0.332	5.307	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.060		147	0.017	0.272	
15.0	g						
16:0	g	0.670		147	0.190	3.039	
17:0	g						
18:0	g	0.410		147	0.116	1.860	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.250		0	0.354	5.670
14:1	g					
16:1	g	0.130		147	0.037	0.590
18:1	g	1.110		147	0.315	5.035
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.400		0	0.113	1.814
18:2	g	0.290		147	0.082	1.315
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.100		147	0.028	0.454
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	4.112	12	24	376
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.202		0	0.057	0.916
Threonine	g	0.873		0	0.247	3.960
Isoleucine	g	0.984		0	0.279	4.463
Leucine	g	1.590		0	0.451	7.212
Lysine	g	1.646		0	0.467	7.466
Methionine	g	0.466		0	0.132	2.114
Cystine	g	0.225		0	0.064	1.021
Phenylalanine	g	0.806		0	0.229	3.656
Tyrosine	g	0.637		0	0.181	2.889
Valine	g	1.104		0	0.313	5.008
Arginine	g	1.175		0	0.333	5.330
Histidine	g	0.725		0	0.206	3.289
Alanine	g	1.188		0	0.337	5.389
Aspartic acid	g	1.723		0	0.488	7.816
Glutamic acid	g	3.159		0	0.896	14.329
Glycine	g	1.026		0	0.291	4.654
Proline	g	0.834		0	0.236	3.783
Serine	g	0.749		0	0.212	3.397
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 163g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.08		0	91.41	47.67	
Energy	kcal	218		0	355	185	
Energy	kj	912		0	1487	775	
Protein (N x 5.95)	g	34.44		0	56.14	29.27	
Total lipid (fat)	g	7.81		0	12.73	6.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.76		0	2.87	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	39	20	
Iron	mg	1.45		0	2.36	1.23	
Magnesium	mg	26		0	42	22	
Phosphorus	mg	218		0	355	185	
Potassium	mg	318		0	518	270	
Sodium	mg	99		0	161	84	
Zinc	mg	5.98		0	9.75	5.08	
Copper	mg	0.140		0	0.228	0.119	
Manganese	mg	0.040		0	0.065	0.034	
Selenium	:g	14.6		0	23.8	12.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.098	0.051	
Riboflavin	mg	0.310		0	0.505	0.264	
Niacin	mg	7.910		0	12.893	6.724	
Pantothenic acid	mg	1.130		0	1.842	0.961	
Vitamin B-6	mg	0.340		0	0.554	0.289	
Folate	:g	16		0	26	14	
Vitamin B-12	:g	1.53		0	2.49	1.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.350		0	0.571	0.298	
Lipids:							
Saturated, total	g	2.560		0	4.173	2.176	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.016	0.009	
14:0	g	0.160		0	0.261	0.136	
15.0	g						
16:0	g	1.430		0	2.331	1.216	
17:0	g						
18:0	g	0.880		0	1.434	0.748	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.620	0	4.271	2.227
14:1	g				
16:1	g	0.270	0	0.440	0.230
18:1	g	2.310	0	3.765	1.964
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.740	0	1.206	0.629
18:2	g	0.540	0	0.880	0.459
18:3	g	0.030	0	0.049	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.277	0.145
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	144	0	235	122
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.349	0	0.569	0.297
Threonine	g	1.504	0	2.452	1.278
Isoleucine	g	1.696	0	2.764	1.442
Leucine	g	2.741	0	4.468	2.330
Lysine	g	2.838	0	4.626	2.412
Methionine	g	0.804	0	1.311	0.683
Cystine	g	0.389	0	0.634	0.331
Phenylalanine	g	1.390	0	2.266	1.182
Tyrosine	g	1.098	0	1.790	0.933
Valine	g	1.903	0	3.102	1.618
Arginine	g	2.025	0	3.301	1.721
Histidine	g	1.250	0	2.038	1.063
Alanine	g	2.048	0	3.338	1.741
Aspartic acid	g	2.971	0	4.843	2.525
Glutamic acid	g	5.447	0	8.879	4.630
Glycine	g	1.770	0	2.885	1.504
Proline	g	1.438	0	2.344	1.222
Serine	g	1.291	0	2.104	1.097
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 215g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.64	0.419	12	138.98	54.94	
Energy	kcal	177		0	381	150	
Energy	kj	741		0	1593	630	
Protein (N x 5.95)	g	25.76	0.489	12	55.38	21.90	
Total lipid (fat)	g	7.44	0.356	12	16.00	6.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.010	12	2.32	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.924	11	26	10	
Iron	mg	0.96	0.022	12	2.06	0.82	
Magnesium	mg	24	0.487	12	52	20	
Phosphorus	mg	207	5.964	12	445	176	
Potassium	mg	311	4.110	12	669	264	
Sodium	mg	97	2.754	12	209	82	
Zinc	mg	4.49	0.069	12	9.65	3.82	
Copper	mg	0.106	0.004	12	0.228	0.090	
Manganese	mg	0.032		0	0.069	0.027	
Selenium	:g	11.1		0	23.9	9.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.005	12	0.129	0.051	
Riboflavin	mg	0.290	0.009	12	0.623	0.247	
Niacin	mg	7.500	0.607	12	16.125	6.375	
Pantothenic acid	mg	1.380	0.235	12	2.967	1.173	
Vitamin B-6	mg	0.270	0.053	13	0.581	0.230	
Folate	:g	14	2.606	12	30	12	
Vitamin B-12	:g	1.58	0.217	12	3.40	1.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.360		0	0.774	0.306	
Lipids:							
Saturated, total	g	2.080		0	4.472	1.768	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.022	0.009	
14:0	g	0.140		73	0.301	0.119	
15.0	g						
16:0	g	1.210		73	2.601	1.028	
17:0	g						
18:0	g	0.710		73	1.527	0.603	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660		0	5.719	2.261
14:1	g					
16:1	g	0.240		73	0.516	0.204
18:1	g	2.390		73	5.139	2.031
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.670		0	1.441	0.570
18:2	g	0.510		73	1.097	0.434
18:3	g	0.030		73	0.065	0.026
18:4	g					
20:4	g	0.120		73	0.258	0.102
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	115	4.147	22	247	98
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.261		0	0.561	0.222
Threonine	g	1.125		0	2.419	0.956
Isoleucine	g	1.268		0	2.726	1.078
Leucine	g	2.050		0	4.407	1.742
Lysine	g	2.122		0	4.562	1.804
Methionine	g	0.601		0	1.292	0.511
Cystine	g	0.291		0	0.626	0.247
Phenylalanine	g	1.040		0	2.236	0.884
Tyrosine	g	0.821		0	1.765	0.698
Valine	g	1.424		0	3.062	1.210
Arginine	g	1.515		0	3.257	1.288
Histidine	g	0.935		0	2.010	0.795
Alanine	g	1.532		0	3.294	1.302
Aspartic acid	g	2.222		0	4.777	1.889
Glutamic acid	g	4.074		0	8.759	3.463
Glycine	g	1.324		0	2.847	1.125
Proline	g	1.075		0	2.311	0.914
Serine	g	0.965		0	2.075	0.820
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.78		0	21.20	339.20	
Energy	kcal	130		0	37	590	
Energy	kj	544		0	154	2468	
Protein (N x 5.95)	g	19.27		0	5.46	87.41	
Total lipid (fat)	g	5.28		0	1.50	23.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	6	100	
Iron	mg	0.91		0	0.26	4.13	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	203		0	58	921	
Potassium	mg	302		0	86	1370	
Sodium	mg	91		0	26	413	
Zinc	mg	3.93		0	1.11	17.83	
Copper	mg	0.119		0	0.034	0.540	
Manganese	mg	0.028		0	0.008	0.127	
Selenium	:g	8.1		0	2.3	36.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.290		0	0.082	1.315	
Niacin	mg	6.190		0	1.755	28.078	
Pantothenic acid	mg	1.420		0	0.403	6.441	
Vitamin B-6	mg	0.390		0	0.111	1.769	
Folate	:g	12		0	3	54	
Vitamin B-12	:g	1.67		0	0.47	7.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.270		0	0.077	1.225	
Lipids:							
Saturated, total	g	2.050		0	0.581	9.299	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.180		0	0.051	0.816	
15.0	g						
16:0	g	1.100		0	0.312	4.990	
17:0	g						
18:0	g	0.680		0	0.193	3.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	0	0.550	8.800
14:1	g				
16:1	g	0.220	0	0.062	0.998
18:1	g	1.680	0	0.476	7.620
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.410	0	0.116	1.860
18:2	g	0.300	0	0.085	1.361
18:3	g	0.030	0	0.009	0.136
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.020	0.318
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	87	0	25	395
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.195	0	0.055	0.885
Threonine	g	0.842	0	0.239	3.819
Isoleucine	g	0.949	0	0.269	4.305
Leucine	g	1.534	0	0.435	6.958
Lysine	g	1.588	0	0.450	7.203
Methionine	g	0.450	0	0.128	2.041
Cystine	g	0.217	0	0.062	0.984
Phenylalanine	g	0.778	0	0.221	3.529
Tyrosine	g	0.614	0	0.174	2.785
Valine	g	1.065	0	0.302	4.831
Arginine	g	1.133	0	0.321	5.139
Histidine	g	0.699	0	0.198	3.171
Alanine	g	1.146	0	0.325	5.198
Aspartic acid	g	1.662	0	0.471	7.539
Glutamic acid	g	3.048	0	0.864	13.826
Glycine	g	0.990	0	0.281	4.491
Proline	g	0.804	0	0.228	3.647
Serine	g	0.722	0	0.205	3.275
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.40		0	107.72	47.94	
Energy	kcal	228		0	435	194	
Energy	kj	954		0	1822	811	
Protein (N x 5.95)	g	32.06		0	61.23	27.25	
Total lipid (fat)	g	10.14		0	19.37	8.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24		0	2.37	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	67	30	
Iron	mg	1.42		0	2.71	1.21	
Magnesium	mg	27		0	52	23	
Phosphorus	mg	250		0	478	213	
Potassium	mg	309		0	590	263	
Sodium	mg	95		0	181	81	
Zinc	mg	6.59		0	12.59	5.60	
Copper	mg	0.151		0	0.288	0.128	
Manganese	mg	0.036		0	0.069	0.031	
Selenium	:g	14.2		0	27.1	12.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.115	0.051	
Riboflavin	mg	0.340		0	0.649	0.289	
Niacin	mg	6.420		0	12.262	5.457	
Pantothenic acid	mg	1.530		0	2.922	1.301	
Vitamin B-6	mg	0.250		0	0.478	0.213	
Folate	:g	15		0	29	13	
Vitamin B-12	:g	1.84		0	3.51	1.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	0.802	0.357	
Lipids:							
Saturated, total	g	3.750		0	7.162	3.188	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.030		0	0.057	0.026	
14:0	g	0.350		0	0.669	0.298	
15.0	g						
16:0	g	2.030		0	3.877	1.725	
17:0	g						
18:0	g	1.240		0	2.368	1.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.900	0	7.449	3.315
14:1	g				
16:1	g	0.410	0	0.783	0.349
18:1	g	3.410	0	6.513	2.899
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	1.394	0.620
18:2	g	0.570	0	1.089	0.484
18:3	g	0.060	0	0.115	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.191	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	126	0	241	107
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.621	0.276
Threonine	g	1.401	0	2.676	1.191
Isoleucine	g	1.579	0	3.016	1.342
Leucine	g	2.552	0	4.874	2.169
Lysine	g	2.642	0	5.046	2.246
Methionine	g	0.748	0	1.429	0.636
Cystine	g	0.362	0	0.691	0.308
Phenylalanine	g	1.294	0	2.472	1.100
Tyrosine	g	1.022	0	1.952	0.869
Valine	g	1.772	0	3.385	1.506
Arginine	g	1.886	0	3.602	1.603
Histidine	g	1.164	0	2.223	0.989
Alanine	g	1.907	0	3.642	1.621
Aspartic acid	g	2.766	0	5.283	2.351
Glutamic acid	g	5.071	0	9.686	4.310
Glycine	g	1.648	0	3.148	1.401
Proline	g	1.339	0	2.557	1.138
Serine	g	1.202	0	2.296	1.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 258g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.31		0	168.50	55.51	
Energy	kcal	184		0	475	156	
Energy	kj	770		0	1987	655	
Protein (N x 5.95)	g	25.32		0	65.33	21.52	
Total lipid (fat)	g	8.42		0	21.72	7.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	3.61	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	70	23	
Iron	mg	1.03		0	2.66	0.88	
Magnesium	mg	25		0	65	21	
Phosphorus	mg	215		0	555	183	
Potassium	mg	322		0	831	274	
Sodium	mg	96		0	248	82	
Zinc	mg	5.12		0	13.21	4.35	
Copper	mg	0.139		0	0.359	0.118	
Manganese	mg	0.030		0	0.077	0.026	
Selenium	:g	10.7		0	27.6	9.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.181	0.060	
Riboflavin	mg	0.340		0	0.877	0.289	
Niacin	mg	6.330		0	16.331	5.380	
Pantothenic acid	mg	1.300		0	3.354	1.105	
Vitamin B-6	mg	0.260		0	0.671	0.221	
Folate	:g	12		0	31	10	
Vitamin B-12	:g	1.82		0	4.70	1.55	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.460		0	1.187	0.391	
Lipids:							
Saturated, total	g	3.400		0	8.772	2.890	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.026	0.009	
12:0	g	0.020		0	0.052	0.017	
14:0	g	0.310		0	0.800	0.264	
15.0	g						
16:0	g	1.810		0	4.670	1.539	
17:0	g						
18:0	g	1.130		0	2.915	0.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.160	0	8.153	2.686
14:1	g				
16:1	g	0.360	0	0.929	0.306
18:1	g	2.730	0	7.043	2.321
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.610	0	1.574	0.518
18:2	g	0.460	0	1.187	0.391
18:3	g	0.050	0	0.129	0.043
18:4	g				
20:4	g	0.100	0	0.258	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	113	0	292	96
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.660	0.218
Threonine	g	1.106	0	2.853	0.940
Isoleucine	g	1.247	0	3.217	1.060
Leucine	g	2.015	0	5.199	1.713
Lysine	g	2.087	0	5.384	1.774
Methionine	g	0.591	0	1.525	0.502
Cystine	g	0.286	0	0.738	0.243
Phenylalanine	g	1.022	0	2.637	0.869
Tyrosine	g	0.807	0	2.082	0.686
Valine	g	1.400	0	3.612	1.190
Arginine	g	1.489	0	3.842	1.266
Histidine	g	0.919	0	2.371	0.781
Alanine	g	1.506	0	3.885	1.280
Aspartic acid	g	2.184	0	5.635	1.856
Glutamic acid	g	4.005	0	10.333	3.404
Glycine	g	1.301	0	3.357	1.106
Proline	g	1.057	0	2.727	0.898
Serine	g	0.949	0	2.448	0.807
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.58	0.181	18	21.71	347.37	
Energy	kcal	112		0	32	508	
Energy	kj	469		0	133	2127	
Protein (N x 5.95)	g	19.79	0.214	18	5.61	89.77	
Total lipid (fat)	g	3.00	0.054	18	0.85	13.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.024	18	0.30	4.85	
Sugars, total	g						
Minerals:							
Calcium	mg	22	2.163	18	6	100	
Iron	mg	0.90	0.058	18	0.26	4.08	
Magnesium	mg	24	0.466	18	7	109	
Phosphorus	mg	208	4.432	18	59	943	
Potassium	mg	311	5.936	18	88	1411	
Sodium	mg	92	3.561	18	26	417	
Zinc	mg	4.06	0.060	18	1.15	18.42	
Copper	mg	0.121	0.005	18	0.034	0.549	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	:g	8.3		0	2.4	37.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.006	18	0.026	0.408	
Riboflavin	mg	0.290	0.016	18	0.082	1.315	
Niacin	mg	6.150	0.631	18	1.744	27.896	
Pantothenic acid	mg	1.450	0.149	18	0.411	6.577	
Vitamin B-6	mg	0.400	0.044	19	0.113	1.814	
Folate	:g	11	2.034	18	3	50	
Vitamin B-12	:g	1.68	0.225	18	0.48	7.62	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	0.900		0	0.255	4.082	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.050		147	0.014	0.227	
15.0	g						
16:0	g	0.510		147	0.145	2.313	
17:0	g						
18:0	g	0.320		147	0.091	1.452	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.960		0	0.272	4.355
14:1	g					
16:1	g	0.100		147	0.028	0.454
18:1	g	0.860		147	0.244	3.901
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.310		0	0.088	1.406
18:2	g	0.220		147	0.062	0.998
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.080		147	0.023	0.363
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	86	4.577	18	24	390
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.200		0	0.057	0.907
Threonine	g	0.864		0	0.245	3.919
Isoleucine	g	0.974		0	0.276	4.418
Leucine	g	1.575		0	0.447	7.144
Lysine	g	1.630		0	0.462	7.394
Methionine	g	0.462		0	0.131	2.096
Cystine	g	0.223		0	0.063	1.012
Phenylalanine	g	0.799		0	0.227	3.624
Tyrosine	g	0.631		0	0.179	2.862
Valine	g	1.094		0	0.310	4.962
Arginine	g	1.164		0	0.330	5.280
Histidine	g	0.718		0	0.204	3.257
Alanine	g	1.177		0	0.334	5.339
Aspartic acid	g	1.707		0	0.484	7.743
Glutamic acid	g	3.130		0	0.887	14.198
Glycine	g	1.017		0	0.288	4.613
Proline	g	0.826		0	0.234	3.747
Serine	g	0.742		0	0.210	3.366
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 182g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.88	0.309	12	107.16	50.05	
Energy	kcal	199		0	362	169	
Energy	kj	833		0	1516	708	
Protein (N x 5.95)	g	33.68	0.324	12	61.30	28.63	
Total lipid (fat)	g	6.10	0.070	12	11.10	5.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27	0.027	12	2.31	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	37	3.047	12	67	31	
Iron	mg	1.45	0.039	12	2.64	1.23	
Magnesium	mg	28	0.634	12	51	24	
Phosphorus	mg	260	7.304	12	473	221	
Potassium	mg	319	3.828	12	581	271	
Sodium	mg	97	4.385	12	177	82	
Zinc	mg	7.00	0.157	12	12.74	5.95	
Copper	mg	0.159	0.012	12	0.289	0.135	
Manganese	mg	0.038		0	0.069	0.032	
Selenium	ΐg	14.7		0	26.8	12.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.006	12	0.109	0.051	
Riboflavin	mg	0.350	0.020	12	0.637	0.298	
Niacin	mg	6.680	0.922	12	12.158	5.678	
Pantothenic acid	mg	1.610	0.356	12	2.930	1.369	
Vitamin B-6	mg	0.260	0.041	12	0.473	0.221	
Folate	ΐg	16	3.146	12	29	14	
Vitamin B-12	ΐg	1.94	0.296	12	3.53	1.65	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	ΐg	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.450		0	0.819	0.383	
Lipids:							
Saturated, total	g	1.700		0	3.094	1.445	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.018	0.009	
14:0	g	0.120		73	0.218	0.102	
15.0	g						
16:0	g	0.990		73	1.802	0.842	
17:0	g						
18:0	g	0.580		73	1.056	0.493	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.180		0	3.968	1.853
14:1	g					
16:1	g	0.200		73	0.364	0.170
18:1	g	1.960		73	3.567	1.666
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.550		0	1.001	0.468
18:2	g	0.420		73	0.764	0.357
18:3	g	0.030		73	0.055	0.026
18:4	g					
20:4	g	0.100		73	0.182	0.085
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	130	7.780	22	237	111
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.341		0	0.621	0.290
Threonine	g	1.471		0	2.677	1.250
Isoleucine	g	1.658		0	3.018	1.409
Leucine	g	2.680		0	4.878	2.278
Lysine	g	2.775		0	5.051	2.359
Methionine	g	0.786		0	1.431	0.668
Cystine	g	0.380		0	0.692	0.323
Phenylalanine	g	1.359		0	2.473	1.155
Tyrosine	g	1.074		0	1.955	0.913
Valine	g	1.861		0	3.387	1.582
Arginine	g	1.981		0	3.605	1.684
Histidine	g	1.222		0	2.224	1.039
Alanine	g	2.003		0	3.645	1.703
Aspartic acid	g	2.905		0	5.287	2.469
Glutamic acid	g	5.327		0	9.695	4.528
Glycine	g	1.731		0	3.150	1.471
Proline	g	1.406		0	2.559	1.195
Serine	g	1.262		0	2.297	1.073
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 251g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.66		0	167.32	56.66	
Energy	kcal	170		0	427	145	
Energy	kj	711		0	1785	604	
Protein (N x 5.95)	g	25.81		0	64.78	21.94	
Total lipid (fat)	g	6.62		0	16.62	5.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		0	3.54	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	68	23	
Iron	mg	1.03		0	2.59	0.88	
Magnesium	mg	25		0	63	21	
Phosphorus	mg	218		0	547	185	
Potassium	mg	327		0	821	278	
Sodium	mg	97		0	243	82	
Zinc	mg	5.25		0	13.18	4.46	
Copper	mg	0.142		0	0.356	0.121	
Manganese	mg	0.030		0	0.075	0.026	
Selenium	:g	10.9		0	27.4	9.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.176	0.060	
Riboflavin	mg	0.340		0	0.853	0.289	
Niacin	mg	6.440		0	16.164	5.474	
Pantothenic acid	mg	1.320		0	3.313	1.122	
Vitamin B-6	mg	0.260		0	0.653	0.221	
Folate	:g	13		0	33	11	
Vitamin B-12	:g	1.86		0	4.67	1.58	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.500		0	1.255	0.425	
Lipids:							
Saturated, total	g	2.500		0	6.275	2.125	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.050	0.017	
14:0	g	0.210		0	0.527	0.179	
15.0	g						
16:0	g	1.350		0	3.389	1.148	
17:0	g						
18:0	g	0.840		0	2.108	0.714	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.400	0	6.024	2.040
14:1	g				
16:1	g	0.270	0	0.678	0.230
18:1	g	2.080	0	5.221	1.768
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.530	0	1.330	0.451
18:2	g	0.390	0	0.979	0.331
18:3	g	0.040	0	0.100	0.034
18:4	g				
20:4	g	0.100	0	0.251	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	114	0	286	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.261	0	0.655	0.222
Threonine	g	1.128	0	2.831	0.959
Isoleucine	g	1.271	0	3.190	1.080
Leucine	g	2.055	0	5.158	1.747
Lysine	g	2.127	0	5.339	1.808
Methionine	g	0.602	0	1.511	0.512
Cystine	g	0.291	0	0.730	0.247
Phenylalanine	g	1.042	0	2.615	0.886
Tyrosine	g	0.823	0	2.066	0.700
Valine	g	1.427	0	3.582	1.213
Arginine	g	1.518	0	3.810	1.290
Histidine	g	0.937	0	2.352	0.796
Alanine	g	1.535	0	3.853	1.305
Aspartic acid	g	2.227	0	5.590	1.893
Glutamic acid	g	4.083	0	10.248	3.471
Glycine	g	1.327	0	3.331	1.128
Proline	g	1.078	0	2.706	0.916
Serine	g	0.968	0	2.430	0.823
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 304g	Measure 3*
Proximates:							
Water	g	74.05		0	20.99	225.11	
Energy	kcal	132		0	37	401	
Energy	kj	552		0	156	1678	
Protein (N x 5.95)	g	19.34		0	5.48	58.79	
Total lipid (fat)	g	5.44		0	1.54	16.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	0.31	3.28	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	6	64	
Iron	mg	1.00		0	0.28	3.04	
Magnesium	mg	25		0	7	76	
Phosphorus	mg	208		0	59	632	
Potassium	mg	327		0	93	994	
Sodium	mg	83		0	24	252	
Zinc	mg	3.20		0	0.91	9.73	
Copper	mg	0.120		0	0.034	0.365	
Manganese	mg	0.028		0	0.008	0.085	
Selenium	:g	8.4		0	2.4	25.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.243	
Riboflavin	mg	0.270		0	0.077	0.821	
Niacin	mg	7.630		0	2.163	23.195	
Pantothenic acid	mg	1.260		0	0.357	3.830	
Vitamin B-6	mg	0.440		0	0.125	1.338	
Folate	:g	15		0	4	46	
Vitamin B-12	:g	1.37		0	0.39	4.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.270		0	0.077	0.821	
Lipids:							
Saturated, total	g	2.260		0	0.641	6.870	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.006	0.061	
14:0	g	0.220		0	0.062	0.669	
15.0	g						
16:0	g	1.200		0	0.340	3.648	
17:0	g						
18:0	g	0.750		0	0.213	2.280	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.080	0	0.590	6.323
14:1	g				
16:1	g	0.240	0	0.068	0.730
18:1	g	1.790	0	0.507	5.442
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.380	0	0.108	1.155
18:2	g	0.290	0	0.082	0.882
18:3	g	0.040	0	0.011	0.122
18:4	g	0.000	0	0.000	0.000
20:4	g	0.050	0	0.014	0.152
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	23	249
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.596
Threonine	g	0.845	0	0.240	2.569
Isoleucine	g	0.952	0	0.270	2.894
Leucine	g	1.539	0	0.436	4.679
Lysine	g	1.594	0	0.452	4.846
Methionine	g	0.451	0	0.128	1.371
Cystine	g	0.218	0	0.062	0.663
Phenylalanine	g	0.781	0	0.221	2.374
Tyrosine	g	0.617	0	0.175	1.876
Valine	g	1.069	0	0.303	3.250
Arginine	g	1.137	0	0.322	3.456
Histidine	g	0.702	0	0.199	2.134
Alanine	g	1.150	0	0.326	3.496
Aspartic acid	g	1.669	0	0.473	5.074
Glutamic acid	g	3.059	0	0.867	9.299
Glycine	g	0.994	0	0.282	3.022
Proline	g	0.807	0	0.229	2.453
Serine	g	0.725	0	0.206	2.204
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw streak with refuse, 385 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 173g	Measure 3*
Proximates:							
Water	g	55.28		0	46.99	95.63	
Energy	kcal	236		0	201	408	
Energy	kj	987		0	839	1708	
Protein (N x 5.95)	g	33.63		0	28.59	58.18	
Total lipid (fat)	g	10.24		0	8.70	17.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	1.08	2.20	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	24	48	
Iron	mg	1.38		0	1.17	2.39	
Magnesium	mg	29		0	25	50	
Phosphorus	mg	263		0	224	455	
Potassium	mg	333		0	283	576	
Sodium	mg	87		0	74	151	
Zinc	mg	5.81		0	4.94	10.05	
Copper	mg	0.128		0	0.109	0.221	
Manganese	mg	0.036		0	0.031	0.062	
Selenium	:g	14.5		0	12.3	25.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.051	0.104	
Riboflavin	mg	0.310		0	0.264	0.536	
Niacin	mg	10.080		0	8.568	17.438	
Pantothenic acid	mg	1.310		0	1.114	2.266	
Vitamin B-6	mg	0.290		0	0.247	0.502	
Folate	:g	18		0	15	31	
Vitamin B-12	:g	1.72		0	1.46	2.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.460		0	0.391	0.796	
Lipids:							
Saturated, total	g	3.960		0	3.366	6.851	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.009	0.017	
12:0	g	0.030		0	0.026	0.052	
14:0	g	0.380		0	0.323	0.657	
15.0	g						
16:0	g	2.130		0	1.810	3.685	
17:0	g						
18:0	g	1.310		0	1.114	2.266	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.990	0	3.392	6.903
14:1	g				
16:1	g	0.430	0	0.366	0.744
18:1	g	3.470	0	2.950	6.003
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.700	0	0.595	1.211
18:2	g	0.550	0	0.468	0.952
18:3	g	0.070	0	0.060	0.121
18:4	g				
20:4	g	0.080	0	0.068	0.138
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	148	0	126	256
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.289	0.588
Threonine	g	1.469	0	1.249	2.541
Isoleucine	g	1.656	0	1.408	2.865
Leucine	g	2.676	0	2.275	4.629
Lysine	g	2.771	0	2.355	4.794
Methionine	g	0.785	0	0.667	1.358
Cystine	g	0.380	0	0.323	0.657
Phenylalanine	g	1.357	0	1.153	2.348
Tyrosine	g	1.072	0	0.911	1.855
Valine	g	1.858	0	1.579	3.214
Arginine	g	1.978	0	1.681	3.422
Histidine	g	1.221	0	1.038	2.112
Alanine	g	2.000	0	1.700	3.460
Aspartic acid	g	2.901	0	2.466	5.019
Glutamic acid	g	5.319	0	4.521	9.202
Glycine	g	1.728	0	1.469	2.989
Proline	g	1.404	0	1.193	2.429
Serine	g	1.260	0	1.071	2.180
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw streak with refuse, 385 g; yields excluding refuse

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	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.68		0	183.04	54.98	
Energy	kcal	183		0	518	156	
Energy	kj	766		0	2168	651	
Protein (N x 5.95)	g	25.46		0	72.05	21.64	
Total lipid (fat)	g	8.25		0	23.35	7.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		0	4.08	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	74	22	
Iron	mg	1.15		0	3.25	0.98	
Magnesium	mg	26		0	74	22	
Phosphorus	mg	221		0	625	188	
Potassium	mg	348		0	985	296	
Sodium	mg	90		0	255	77	
Zinc	mg	4.18		0	11.83	3.55	
Copper	mg	0.141		0	0.399	0.120	
Manganese	mg	0.030		0	0.085	0.026	
Selenium	:g	11.1		0	31.4	9.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.170	0.051	
Riboflavin	mg	0.320		0	0.906	0.272	
Niacin	mg	8.020		0	22.697	6.817	
Pantothenic acid	mg	1.160		0	3.283	0.986	
Vitamin B-6	mg	0.290		0	0.821	0.247	
Folate	:g	17		0	48	14	
Vitamin B-12	:g	1.53		0	4.33	1.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.460		0	1.302	0.391	
Lipids:							
Saturated, total	g	3.510		0	9.933	2.983	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.028	0.009	
12:0	g	0.020		0	0.057	0.017	
14:0	g	0.350		0	0.991	0.298	
15.0	g						
16:0	g	1.850		0	5.236	1.573	
17:0	g						
18:0	g	1.160		0	3.283	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.200	0	9.056	2.720
14:1	g				
16:1	g	0.370	0	1.047	0.315
18:1	g	2.740	0	7.754	2.329
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.540	0	1.528	0.459
18:2	g	0.420	0	1.189	0.357
18:3	g	0.060	0	0.170	0.051
18:4	g				
20:4	g	0.070	0	0.198	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	108	0	306	92
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.258	0	0.730	0.219
Threonine	g	1.112	0	3.147	0.945
Isoleucine	g	1.254	0	3.549	1.066
Leucine	g	2.027	0	5.736	1.723
Lysine	g	2.098	0	5.937	1.783
Methionine	g	0.594	0	1.681	0.505
Cystine	g	0.287	0	0.812	0.244
Phenylalanine	g	1.028	0	2.909	0.874
Tyrosine	g	0.812	0	2.298	0.690
Valine	g	1.407	0	3.982	1.196
Arginine	g	1.498	0	4.239	1.273
Histidine	g	0.924	0	2.615	0.785
Alanine	g	1.515	0	4.287	1.288
Aspartic acid	g	2.197	0	6.218	1.867
Glutamic acid	g	4.028	0	11.399	3.424
Glycine	g	1.309	0	3.704	1.113
Proline	g	1.063	0	3.008	0.904
Serine	g	0.954	0	2.700	0.811
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 289g	Measure 3*
Proximates:							
Water	g	76.64	0.276	12	21.73	221.49	
Energy	kcal	105		0	30	303	
Energy	kj	439		0	124	1269	
Protein (N x 5.95)	g	20.04	0.316	12	5.68	57.92	
Total lipid (fat)	g	2.16	0.080	12	0.61	6.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12	0.021	12	0.32	3.24	
Sugars, total	g						
Minerals:							
Calcium	mg	22	3.666	12	6	64	
Iron	mg	1.02	0.168	12	0.29	2.95	
Magnesium	mg	26	0.543	12	7	75	
Phosphorus	mg	215	4.396	12	61	621	
Potassium	mg	339	8.677	12	96	980	
Sodium	mg	86	3.817	12	24	249	
Zinc	mg	3.34	0.133	12	0.95	9.65	
Copper	mg	0.124	0.007	12	0.035	0.358	
Manganese	mg	0.029		0	0.008	0.084	
Selenium	˙g	8.6		0	2.4	24.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.005	12	0.023	0.231	
Riboflavin	mg	0.280	0.014	12	0.079	0.809	
Niacin	mg	7.910	0.822	12	2.242	22.860	
Pantothenic acid	mg	1.300	0.067	11	0.369	3.757	
Vitamin B-6	mg	0.460	0.074	12	0.130	1.329	
Folate	˙g	16	3.877	12	5	46	
Vitamin B-12	˙g	1.42	0.199	12	0.40	4.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	˙g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.270		0	0.077	0.780	
Lipids:							
Saturated, total	g	0.650		0	0.184	1.878	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.030		147	0.009	0.087	
15.0	g						
16:0	g	0.370		147	0.105	1.069	
17:0	g						
18:0	g	0.230		147	0.065	0.665	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.690		0	0.196	1.994
14:1	g					
16:1	g	0.070		147	0.020	0.202
18:1	g	0.620		147	0.176	1.792
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.220		0	0.062	0.636
18:2	g	0.160		147	0.045	0.462
18:3	g	0.010		147	0.003	0.029
18:4	g					
20:4	g	0.060		147	0.017	0.173
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	4.826	12	24	240
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.203		0	0.058	0.587
Threonine	g	0.876		0	0.248	2.532
Isoleucine	g	0.987		0	0.280	2.852
Leucine	g	1.595		0	0.452	4.610
Lysine	g	1.652		0	0.468	4.774
Methionine	g	0.468		0	0.133	1.353
Cystine	g	0.226		0	0.064	0.653
Phenylalanine	g	0.809		0	0.229	2.338
Tyrosine	g	0.639		0	0.181	1.847
Valine	g	1.108		0	0.314	3.202
Arginine	g	1.179		0	0.334	3.407
Histidine	g	0.727		0	0.206	2.101
Alanine	g	1.192		0	0.338	3.445
Aspartic acid	g	1.729		0	0.490	4.997
Glutamic acid	g	3.170		0	0.899	9.161
Glycine	g	1.030		0	0.292	2.977
Proline	g	0.837		0	0.237	2.419
Serine	g	0.751		0	0.213	2.170
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw streak with refuse, 385 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 160g	Measure 3*
Proximates:							
Water	g	58.20	0.339	12	49.47	93.12	
Energy	kcal	201		0	171	322	
Energy	kj	841		0	715	1346	
Protein (N x 5.95)	g	35.73	0.397	12	30.37	57.17	
Total lipid (fat)	g	5.33	0.161	12	4.53	8.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31	0.030	12	1.11	2.10	
Sugars, total	g						
Minerals:							
Calcium	mg	30	3.251	12	26	48	
Iron	mg	1.41	0.034	12	1.20	2.26	
Magnesium	mg	30	0.779	12	26	48	
Phosphorus	mg	276	7.947	12	235	442	
Potassium	mg	347	6.079	12	295	555	
Sodium	mg	90	3.967	12	77	144	
Zinc	mg	6.24	0.288	12	5.30	9.98	
Copper	mg	0.135	0.010	12	0.115	0.216	
Manganese	mg	0.038		0	0.032	0.061	
Selenium	:g	15.3		0	13.0	24.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.011	11	0.051	0.096	
Riboflavin	mg	0.330	0.024	11	0.281	0.528	
Niacin	mg	10.710	1.359	10	9.104	17.136	
Pantothenic acid	mg	1.390	0.108	10	1.182	2.224	
Vitamin B-6	mg	0.300	0.044	11	0.255	0.480	
Folate	:g	19	4.047	11	16	30	
Vitamin B-12	:g	1.82	0.285	11	1.55	2.91	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.470		0	0.400	0.752	
Lipids:							
Saturated, total	g	1.490		0	1.266	2.384	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.009	0.016	
14:0	g	0.100		73	0.085	0.160	
15.0	g						
16:0	g	0.870		73	0.740	1.392	
17:0	g						
18:0	g	0.510		73	0.434	0.816	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.900		0	1.615	3.040
14:1	g					
16:1	g	0.170		73	0.145	0.272
18:1	g	1.710		73	1.454	2.736
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.480		0	0.408	0.768
18:2	g	0.370		73	0.315	0.592
18:3	g	0.020		73	0.017	0.032
18:4	g					
20:4	g	0.090		73	0.077	0.144
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	155	12.866	12	132	248
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.362		0	0.308	0.579
Threonine	g	1.561		0	1.327	2.498
Isoleucine	g	1.760		0	1.496	2.816
Leucine	g	2.844		0	2.417	4.550
Lysine	g	2.944		0	2.502	4.710
Methionine	g	0.834		0	0.709	1.334
Cystine	g	0.403		0	0.343	0.645
Phenylalanine	g	1.442		0	1.226	2.307
Tyrosine	g	1.139		0	0.968	1.822
Valine	g	1.975		0	1.679	3.160
Arginine	g	2.101		0	1.786	3.362
Histidine	g	1.297		0	1.102	2.075
Alanine	g	2.125		0	1.806	3.400
Aspartic acid	g	3.082		0	2.620	4.931
Glutamic acid	g	5.651		0	4.803	9.042
Glycine	g	1.836		0	1.561	2.938
Proline	g	1.492		0	1.268	2.387
Serine	g	1.339		0	1.138	2.142
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw streak with refuse, 385 g; yields excluding refuse

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	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.47		0	180.80	56.50	
Energy	kcal	164		0	446	139	
Energy	kj	686		0	1866	583	
Protein (N x 5.95)	g	26.13		0	71.07	22.21	
Total lipid (fat)	g	5.81		0	15.80	4.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.47		0	4.00	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	73	23	
Iron	mg	1.16		0	3.16	0.99	
Magnesium	mg	27		0	73	23	
Phosphorus	mg	226		0	615	192	
Potassium	mg	356		0	968	303	
Sodium	mg	91		0	248	77	
Zinc	mg	4.32		0	11.75	3.67	
Copper	mg	0.146		0	0.397	0.124	
Manganese	mg	0.030		0	0.082	0.026	
Selenium	:g	11.3		0	30.7	9.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.190	0.060	
Riboflavin	mg	0.330		0	0.898	0.281	
Niacin	mg	8.240		0	22.413	7.004	
Pantothenic acid	mg	1.190		0	3.237	1.011	
Vitamin B-6	mg	0.300		0	0.816	0.255	
Folate	:g	17		0	46	14	
Vitamin B-12	:g	1.57		0	4.27	1.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.500		0	1.360	0.425	
Lipids:							
Saturated, total	g	2.310		0	6.283	1.964	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.027	0.009	
14:0	g	0.210		0	0.571	0.179	
15.0	g						
16:0	g	1.230		0	3.346	1.045	
17:0	g						
18:0	g	0.770		0	2.094	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.160	0	5.875	1.836
14:1	g				
16:1	g	0.240	0	0.653	0.204
18:1	g	1.870	0	5.086	1.590
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.430	0	1.170	0.366
18:2	g	0.320	0	0.870	0.272
18:3	g	0.040	0	0.109	0.034
18:4	g				
20:4	g	0.070	0	0.190	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	109	0	296	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.721	0.225
Threonine	g	1.142	0	3.106	0.971
Isoleucine	g	1.287	0	3.501	1.094
Leucine	g	2.080	0	5.658	1.768
Lysine	g	2.153	0	5.856	1.830
Methionine	g	0.610	0	1.659	0.518
Cystine	g	0.295	0	0.802	0.251
Phenylalanine	g	1.055	0	2.870	0.897
Tyrosine	g	0.833	0	2.266	0.708
Valine	g	1.444	0	3.928	1.227
Arginine	g	1.537	0	4.181	1.306
Histidine	g	0.949	0	2.581	0.807
Alanine	g	1.554	0	4.227	1.321
Aspartic acid	g	2.254	0	6.131	1.916
Glutamic acid	g	4.133	0	11.242	3.513
Glycine	g	1.343	0	3.653	1.142
Proline	g	1.091	0	2.968	0.927
Serine	g	0.980	0	2.666	0.833
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17128 Veal, shoulder, blade, separable lean and fat, raw

Refuse: 32% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.15		0	21.31	340.88	
Energy	kcal	129		0	37	585	
Energy	kj	540		0	153	2449	
Protein (N x 5.95)	g	19.23		0	5.45	87.23	
Total lipid (fat)	g	5.20		0	1.47	23.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	7	104	
Iron	mg	0.87		0	0.25	3.95	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	200		0	57	907	
Potassium	mg	289		0	82	1311	
Sodium	mg	95		0	27	431	
Zinc	mg	4.31		0	1.22	19.55	
Copper	mg	0.118		0	0.033	0.535	
Manganese	mg	0.028		0	0.008	0.127	
Selenium	:g	8.1		0	2.3	36.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.408	
Riboflavin	mg	0.300		0	0.085	1.361	
Niacin	mg	5.450		0	1.545	24.721	
Pantothenic acid	mg	1.510		0	0.428	6.849	
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	:g	10		0	3	45	
Vitamin B-12	:g	1.82		0	0.52	8.26	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.280		0	0.079	1.270	
Lipids:							
Saturated, total	g	1.940		0	0.550	8.800	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.160		0	0.045	0.726	
15.0	g						
16:0	g	1.050		0	0.298	4.763	
17:0	g						
18:0	g	0.650		0	0.184	2.948	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.870	0	0.530	8.482
14:1	g				
16:1	g	0.210	0	0.060	0.953
18:1	g	1.620	0	0.459	7.348
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.420	0	0.119	1.905
18:2	g	0.310	0	0.088	1.406
18:3	g	0.030	0	0.009	0.136
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	26	408
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.195	0	0.055	0.885
Threonine	g	0.840	0	0.238	3.810
Isoleucine	g	0.947	0	0.268	4.296
Leucine	g	1.531	0	0.434	6.945
Lysine	g	1.585	0	0.449	7.190
Methionine	g	0.449	0	0.127	2.037
Cystine	g	0.217	0	0.062	0.984
Phenylalanine	g	0.776	0	0.220	3.520
Tyrosine	g	0.613	0	0.174	2.781
Valine	g	1.063	0	0.301	4.822
Arginine	g	1.131	0	0.321	5.130
Histidine	g	0.698	0	0.198	3.166
Alanine	g	1.144	0	0.324	5.189
Aspartic acid	g	1.659	0	0.470	7.525
Glutamic acid	g	3.042	0	0.862	13.799
Glycine	g	0.988	0	0.280	4.482
Proline	g	0.803	0	0.228	3.642
Serine	g	0.721	0	0.204	3.270
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 186g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.98		0	105.98	48.43	
Energy	kcal	225		0	419	191	
Energy	kj	941		0	1750	800	
Protein (N x 5.95)	g	31.26		0	58.14	26.57	
Total lipid (fat)	g	10.09		0	18.77	8.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22		0	2.27	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	71	32	
Iron	mg	1.44		0	2.68	1.22	
Magnesium	mg	26		0	48	22	
Phosphorus	mg	244		0	454	207	
Potassium	mg	297		0	552	252	
Sodium	mg	98		0	182	83	
Zinc	mg	7.00		0	13.02	5.95	
Copper	mg	0.164		0	0.305	0.139	
Manganese	mg	0.036		0	0.067	0.031	
Selenium	:g	14.0		0	26.0	11.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.112	0.051	
Riboflavin	mg	0.350		0	0.651	0.298	
Niacin	mg	5.500		0	10.230	4.675	
Pantothenic acid	mg	1.520		0	2.827	1.292	
Vitamin B-6	mg	0.240		0	0.446	0.204	
Folate	:g	15		0	28	13	
Vitamin B-12	:g	1.93		0	3.59	1.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.440		0	0.818	0.374	
Lipids:							
Saturated, total	g	3.640		0	6.770	3.094	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.019	0.009	
12:0	g	0.030		0	0.056	0.026	
14:0	g	0.330		0	0.614	0.281	
15.0	g						
16:0	g	1.990		0	3.701	1.692	
17:0	g						
18:0	g	1.210		0	2.251	1.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.850	0	7.161	3.272
14:1	g				
16:1	g	0.400	0	0.744	0.340
18:1	g	3.370	0	6.268	2.865
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.740	0	1.376	0.629
18:2	g	0.580	0	1.079	0.493
18:3	g	0.060	0	0.112	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.186	0.085
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	153	0	285	130
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.588	0.269
Threonine	g	1.366	0	2.541	1.161
Isoleucine	g	1.540	0	2.864	1.309
Leucine	g	2.488	0	4.628	2.115
Lysine	g	2.576	0	4.791	2.190
Methionine	g	0.730	0	1.358	0.620
Cystine	g	0.353	0	0.657	0.300
Phenylalanine	g	1.262	0	2.347	1.073
Tyrosine	g	0.997	0	1.854	0.847
Valine	g	1.728	0	3.214	1.469
Arginine	g	1.839	0	3.421	1.563
Histidine	g	1.135	0	2.111	0.965
Alanine	g	1.859	0	3.458	1.580
Aspartic acid	g	2.697	0	5.016	2.292
Glutamic acid	g	4.945	0	9.198	4.203
Glycine	g	1.607	0	2.989	1.366
Proline	g	1.305	0	2.427	1.109
Serine	g	1.172	0	2.180	0.996
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 244g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.54		0	159.92	55.71	
Energy	kcal	186		0	454	158	
Energy	kj	778		0	1898	661	
Protein (N x 5.95)	g	25.15		0	61.37	21.38	
Total lipid (fat)	g	8.67		0	21.15	7.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	3.37	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	68	24	
Iron	mg	1.00		0	2.44	0.85	
Magnesium	mg	24		0	59	20	
Phosphorus	mg	212		0	517	180	
Potassium	mg	306		0	747	260	
Sodium	mg	100		0	244	85	
Zinc	mg	5.58		0	13.62	4.74	
Copper	mg	0.138		0	0.337	0.117	
Manganese	mg	0.030		0	0.073	0.026	
Selenium	:g	10.6		0	25.9	9.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.171	0.060	
Riboflavin	mg	0.350		0	0.854	0.298	
Niacin	mg	5.730		0	13.981	4.870	
Pantothenic acid	mg	1.380		0	3.367	1.173	
Vitamin B-6	mg	0.240		0	0.586	0.204	
Folate	:g	11		0	27	9	
Vitamin B-12	:g	2.01		0	4.90	1.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.470		0	1.147	0.400	
Lipids:							
Saturated, total	g	3.460		0	8.442	2.941	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.024	0.009	
12:0	g	0.020		0	0.049	0.017	
14:0	g	0.310		0	0.756	0.264	
15.0	g						
16:0	g	1.840		0	4.490	1.564	
17:0	g						
18:0	g	1.150		0	2.806	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.240	0	7.906	2.754
14:1	g				
16:1	g	0.370	0	0.903	0.315
18:1	g	2.790	0	6.808	2.372
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.640	0	1.562	0.544
18:2	g	0.480	0	1.171	0.408
18:3	g	0.050	0	0.122	0.043
18:4	g				
20:4	g	0.110	0	0.268	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	117	0	285	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.622	0.217
Threonine	g	1.099	0	2.682	0.934
Isoleucine	g	1.238	0	3.021	1.052
Leucine	g	2.002	0	4.885	1.702
Lysine	g	2.072	0	5.056	1.761
Methionine	g	0.587	0	1.432	0.499
Cystine	g	0.284	0	0.693	0.241
Phenylalanine	g	1.015	0	2.477	0.863
Tyrosine	g	0.802	0	1.957	0.682
Valine	g	1.390	0	3.392	1.182
Arginine	g	1.479	0	3.609	1.257
Histidine	g	0.913	0	2.228	0.776
Alanine	g	1.496	0	3.650	1.272
Aspartic acid	g	2.170	0	5.295	1.844
Glutamic acid	g	3.978	0	9.706	3.381
Glycine	g	1.292	0	3.152	1.098
Proline	g	1.050	0	2.562	0.893
Serine	g	0.943	0	2.301	0.802
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17131 Veal, shoulder, blade, separable lean only, raw

Refuse: 34% Bone 32%, separable fat 2%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.71	0.193	12	21.75	347.96	
Energy	kcal	113		0	32	513	
Energy	kj	473		0	134	2146	
Protein (N x 5.95)	g	19.64	0.215	12	5.57	89.09	
Total lipid (fat)	g	3.26	0.067	12	0.92	14.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.027	12	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	23	2.688	12	7	104	
Iron	mg	0.88	0.029	12	0.25	3.99	
Magnesium	mg	23	0.446	12	7	104	
Phosphorus	mg	204	5.032	12	58	925	
Potassium	mg	295	4.801	12	84	1338	
Sodium	mg	97	3.421	12	27	440	
Zinc	mg	4.42	0.092	12	1.25	20.05	
Copper	mg	0.121	0.007	12	0.034	0.549	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	：g	8.1		0	2.3	36.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.009	12	0.026	0.408	
Riboflavin	mg	0.310	0.018	12	0.088	1.406	
Niacin	mg	5.550	0.578	12	1.573	25.175	
Pantothenic acid	mg	1.540	0.155	12	0.437	6.985	
Vitamin B-6	mg	0.370	0.036	12	0.105	1.678	
Folate	：g	10	1.753	12	3	45	
Vitamin B-12	：g	1.86	0.272	12	0.53	8.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.270		0	0.077	1.225	
Lipids:							
Saturated, total	g	0.980		0	0.278	4.445	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.050		147	0.014	0.227	
15.0	g						
16:0	g	0.560		147	0.159	2.540	
17:0	g						
18:0	g	0.340		147	0.096	1.542	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.050		0	0.298	4.763
14:1	g					
16:1	g	0.110		147	0.031	0.499
18:1	g	0.930		147	0.264	4.218
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.340		0	0.096	1.542
18:2	g	0.240		147	0.068	1.089
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.090		147	0.026	0.408
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	90	4.871	12	26	408
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.199		0	0.056	0.903
Threonine	g	0.858		0	0.243	3.892
Isoleucine	g	0.967		0	0.274	4.386
Leucine	g	1.563		0	0.443	7.090
Lysine	g	1.618		0	0.459	7.339
Methionine	g	0.458		0	0.130	2.077
Cystine	g	0.222		0	0.063	1.007
Phenylalanine	g	0.793		0	0.225	3.597
Tyrosine	g	0.626		0	0.177	2.840
Valine	g	1.085		0	0.308	4.922
Arginine	g	1.155		0	0.327	5.239
Histidine	g	0.713		0	0.202	3.234
Alanine	g	1.168		0	0.331	5.298
Aspartic acid	g	1.694		0	0.480	7.684
Glutamic acid	g	3.106		0	0.881	14.089
Glycine	g	1.009		0	0.286	4.577
Proline	g	0.820		0	0.232	3.720
Serine	g	0.736		0	0.209	3.338
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 174g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.24	0.392	12	103.08	50.35	
Energy	kcal	198		0	345	168	
Energy	kj	828		0	1441	704	
Protein (N x 5.95)	g	32.66	0.407	12	56.83	27.76	
Total lipid (fat)	g	6.48	0.175	12	11.28	5.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24	0.029	12	2.16	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	40	3.167	12	70	34	
Iron	mg	1.47	0.045	12	2.56	1.25	
Magnesium	mg	28	0.572	12	49	24	
Phosphorus	mg	252	7.458	12	438	214	
Potassium	mg	305	4.531	12	531	259	
Sodium	mg	101	4.750	12	176	86	
Zinc	mg	7.39	0.126	12	12.86	6.28	
Copper	mg	0.171	0.015	12	0.298	0.145	
Manganese	mg	0.038		0	0.066	0.032	
Selenium	：g	14.5		0	25.2	12.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.006	12	0.104	0.051	
Riboflavin	mg	0.360	0.019	12	0.626	0.306	
Niacin	mg	5.680	0.613	12	9.883	4.828	
Pantothenic acid	mg	1.590	0.363	12	2.767	1.352	
Vitamin B-6	mg	0.250	0.040	12	0.435	0.213	
Folate	：g	15	3.048	12	26	13	
Vitamin B-12	：g	2.01	0.327	12	3.50	1.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.450		0	0.783	0.383	
Lipids:							
Saturated, total	g	1.810		0	3.149	1.539	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.017	0.009	
14:0	g	0.120		73	0.209	0.102	
15.0	g						
16:0	g	1.060		73	1.844	0.901	
17:0	g						
18:0	g	0.620		73	1.079	0.527	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.310		0	4.019	1.964
14:1	g					
16:1	g	0.210		73	0.365	0.179
18:1	g	2.080		73	3.619	1.768
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.580		0	1.009	0.493
18:2	g	0.440		73	0.766	0.374
18:3	g	0.030		73	0.052	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.110		73	0.191	0.094
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	158	13.538	12	275	134
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.331		0	0.576	0.281
Threonine	g	1.427		0	2.483	1.213
Isoleucine	g	1.608		0	2.798	1.367
Leucine	g	2.599		0	4.522	2.209
Lysine	g	2.691		0	4.682	2.287
Methionine	g	0.762		0	1.326	0.648
Cystine	g	0.369		0	0.642	0.314
Phenylalanine	g	1.318		0	2.293	1.120
Tyrosine	g	1.041		0	1.811	0.885
Valine	g	1.805		0	3.141	1.534
Arginine	g	1.921		0	3.343	1.633
Histidine	g	1.185		0	2.062	1.007
Alanine	g	1.942		0	3.379	1.651
Aspartic acid	g	2.817		0	4.902	2.394
Glutamic acid	g	5.166		0	8.989	4.391
Glycine	g	1.678		0	2.920	1.426
Proline	g	1.363		0	2.372	1.159
Serine	g	1.224		0	2.130	1.040
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 236g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.90		0	157.88	56.87	
Energy	kcal	171		0	404	145	
Energy	kj	715		0	1687	608	
Protein (N x 5.95)	g	25.64		0	60.51	21.79	
Total lipid (fat)	g	6.88		0	16.24	5.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.28	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	66	24	
Iron	mg	1.00		0	2.36	0.85	
Magnesium	mg	24		0	57	20	
Phosphorus	mg	215		0	507	183	
Potassium	mg	310		0	732	264	
Sodium	mg	102		0	241	87	
Zinc	mg	5.72		0	13.50	4.86	
Copper	mg	0.141		0	0.333	0.120	
Manganese	mg	0.030		0	0.071	0.026	
Selenium	:g	10.7		0	25.3	9.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.165	0.060	
Riboflavin	mg	0.360		0	0.850	0.306	
Niacin	mg	5.820		0	13.735	4.947	
Pantothenic acid	mg	1.410		0	3.328	1.198	
Vitamin B-6	mg	0.240		0	0.566	0.204	
Folate	:g	11		0	26	9	
Vitamin B-12	:g	2.06		0	4.86	1.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.500		0	1.180	0.425	
Lipids:							
Saturated, total	g	2.570		0	6.065	2.184	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.047	0.017	
14:0	g	0.210		0	0.496	0.179	
15.0	g						
16:0	g	1.390		0	3.280	1.182	
17:0	g						
18:0	g	0.860		0	2.030	0.731	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.470	0	5.829	2.100
14:1	g				
16:1	g	0.270	0	0.637	0.230
18:1	g	2.150	0	5.074	1.827
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.560	0	1.322	0.476
18:2	g	0.410	0	0.968	0.349
18:3	g	0.040	0	0.094	0.034
18:4	g				
20:4	g	0.110	0	0.260	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	119	0	281	101
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.611	0.220
Threonine	g	1.120	0	2.643	0.952
Isoleucine	g	1.262	0	2.978	1.073
Leucine	g	2.040	0	4.814	1.734
Lysine	g	2.112	0	4.984	1.795
Methionine	g	0.598	0	1.411	0.508
Cystine	g	0.289	0	0.682	0.246
Phenylalanine	g	1.035	0	2.443	0.880
Tyrosine	g	0.817	0	1.928	0.694
Valine	g	1.417	0	3.344	1.204
Arginine	g	1.508	0	3.559	1.282
Histidine	g	0.931	0	2.197	0.791
Alanine	g	1.525	0	3.599	1.296
Aspartic acid	g	2.212	0	5.220	1.880
Glutamic acid	g	4.055	0	9.570	3.447
Glycine	g	1.317	0	3.108	1.119
Proline	g	1.070	0	2.525	0.910
Serine	g	0.961	0	2.268	0.817
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.85		0	20.37	325.91	
Energy	kcal	152		0	43	689	
Energy	kj	636		0	180	2885	
Protein (N x 5.95)	g	19.07		0	5.41	86.50	
Total lipid (fat)	g	7.81		0	2.21	35.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	50	
Iron	mg	0.78		0	0.22	3.54	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	209		0	59	948	
Potassium	mg	329		0	93	1492	
Sodium	mg	76		0	22	345	
Zinc	mg	2.55		0	0.72	11.57	
Copper	mg	0.110		0	0.031	0.499	
Manganese	mg	0.027		0	0.008	0.122	
Selenium	:g	8.5		0	2.4	38.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.300		0	0.085	1.361	
Niacin	mg	8.440		0	2.393	38.284	
Pantothenic acid	mg	1.360		0	0.386	6.169	
Vitamin B-6	mg	0.490		0	0.139	2.223	
Folate	:g	13		0	4	59	
Vitamin B-12	:g	1.27		0	0.36	5.76	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.071	1.134	
Lipids:							
Saturated, total	g	3.350		0	0.950	15.196	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.045	
12:0	g	0.020		0	0.006	0.091	
14:0	g	0.330		0	0.094	1.497	
15.0	g						
16:0	g	1.760		0	0.499	7.983	
17:0	g						
18:0	g	1.100		0	0.312	4.990	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.040	0	0.862	13.789
14:1	g				
16:1	g	0.350	0	0.099	1.588
18:1	g	2.600	0	0.737	11.794
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.510	0	0.145	2.313
18:2	g	0.390	0	0.111	1.769
18:3	g	0.060	0	0.017	0.272
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.017	0.272
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	22	354
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.055	0.875
Threonine	g	0.833	0	0.236	3.778
Isoleucine	g	0.939	0	0.266	4.259
Leucine	g	1.517	0	0.430	6.881
Lysine	g	1.571	0	0.445	7.126
Methionine	g	0.445	0	0.126	2.019
Cystine	g	0.215	0	0.061	0.975
Phenylalanine	g	0.769	0	0.218	3.488
Tyrosine	g	0.608	0	0.172	2.758
Valine	g	1.054	0	0.299	4.781
Arginine	g	1.121	0	0.318	5.085
Histidine	g	0.692	0	0.196	3.139
Alanine	g	1.134	0	0.321	5.144
Aspartic acid	g	1.645	0	0.466	7.462
Glutamic acid	g	3.016	0	0.855	13.681
Glycine	g	0.980	0	0.278	4.445
Proline	g	0.796	0	0.226	3.611
Serine	g	0.715	0	0.203	3.243
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 205g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.49		0	111.70	46.32	
Energy	kcal	252		0	517	214	
Energy	kj	1054		0	2161	896	
Protein (N x 5.95)	g	31.26		0	64.08	26.57	
Total lipid (fat)	g	13.14		0	26.94	11.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	2.38	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	35	14	
Iron	mg	1.20		0	2.46	1.02	
Magnesium	mg	27		0	55	23	
Phosphorus	mg	243		0	498	207	
Potassium	mg	321		0	658	273	
Sodium	mg	79		0	162	67	
Zinc	mg	4.32		0	8.86	3.67	
Copper	mg	0.128		0	0.262	0.109	
Manganese	mg	0.035		0	0.072	0.030	
Selenium	:g	14.0		0	28.7	11.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.103	0.043	
Riboflavin	mg	0.350		0	0.718	0.298	
Niacin	mg	6.580		0	13.489	5.593	
Pantothenic acid	mg	1.010		0	2.071	0.859	
Vitamin B-6	mg	0.350		0	0.718	0.298	
Folate	:g	15		0	31	13	
Vitamin B-12	:g	1.48		0	3.03	1.26	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.410		0	0.841	0.349	
Lipids:							
Saturated, total	g	5.180		0	10.619	4.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.020	0.009	
12:0	g	0.040		0	0.082	0.034	
14:0	g	0.510		0	1.045	0.434	
15.0	g						
16:0	g	2.770		0	5.679	2.354	
17:0	g						
18:0	g	1.700		0	3.485	1.445	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.150	0	10.557	4.378
14:1	g				
16:1	g	0.560	0	1.148	0.476
18:1	g	4.460	0	9.143	3.791
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.870	0	1.783	0.740
18:2	g	0.690	0	1.414	0.587
18:3	g	0.090	0	0.185	0.077
18:4	g				
20:4	g	0.100	0	0.205	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	108	0	221	92
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.648	0.269
Threonine	g	1.366	0	2.800	1.161
Isoleucine	g	1.539	0	3.155	1.308
Leucine	g	2.488	0	5.100	2.115
Lysine	g	2.576	0	5.281	2.190
Methionine	g	0.729	0	1.494	0.620
Cystine	g	0.353	0	0.724	0.300
Phenylalanine	g	1.262	0	2.587	1.073
Tyrosine	g	0.997	0	2.044	0.847
Valine	g	1.728	0	3.542	1.469
Arginine	g	1.838	0	3.768	1.562
Histidine	g	1.135	0	2.327	0.965
Alanine	g	1.859	0	3.811	1.580
Aspartic acid	g	2.697	0	5.529	2.292
Glutamic acid	g	4.944	0	10.135	4.202
Glycine	g	1.606	0	3.292	1.365
Proline	g	1.305	0	2.675	1.109
Serine	g	1.172	0	2.403	0.996
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 269g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.66		0	168.56	53.26	
Energy	kcal	202		0	543	172	
Energy	kj	845		0	2273	718	
Protein (N x 5.95)	g	25.14		0	67.63	21.37	
Total lipid (fat)	g	10.45		0	28.11	8.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	3.74	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	35	11	
Iron	mg	0.92		0	2.47	0.78	
Magnesium	mg	26		0	70	22	
Phosphorus	mg	223		0	600	190	
Potassium	mg	351		0	944	298	
Sodium	mg	83		0	223	71	
Zinc	mg	3.35		0	9.01	2.85	
Copper	mg	0.129		0	0.347	0.110	
Manganese	mg	0.029		0	0.078	0.025	
Selenium	:g	11.1		0	29.9	9.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.161	0.051	
Riboflavin	mg	0.350		0	0.941	0.298	
Niacin	mg	8.870		0	23.860	7.539	
Pantothenic acid	mg	1.260		0	3.389	1.071	
Vitamin B-6	mg	0.320		0	0.861	0.272	
Folate	:g	15		0	40	13	
Vitamin B-12	:g	1.42		0	3.82	1.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	1.130	0.357	
Lipids:							
Saturated, total	g	4.510		0	12.132	3.833	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.027	0.009	
12:0	g	0.030		0	0.081	0.026	
14:0	g	0.450		0	1.210	0.383	
15.0	g						
16:0	g	2.360		0	6.348	2.006	
17:0	g						
18:0	g	1.480		0	3.981	1.258	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.080	0	10.975	3.468
14:1	g				
16:1	g	0.480	0	1.291	0.408
18:1	g	3.490	0	9.388	2.967
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	1.829	0.578
18:2	g	0.520	0	1.399	0.442
18:3	g	0.070	0	0.188	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.215	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	102	0	274	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.683	0.216
Threonine	g	1.098	0	2.954	0.933
Isoleucine	g	1.238	0	3.330	1.052
Leucine	g	2.001	0	5.383	1.701
Lysine	g	2.072	0	5.574	1.761
Methionine	g	0.587	0	1.579	0.499
Cystine	g	0.284	0	0.764	0.241
Phenylalanine	g	1.015	0	2.730	0.863
Tyrosine	g	0.802	0	2.157	0.682
Valine	g	1.390	0	3.739	1.182
Arginine	g	1.479	0	3.979	1.257
Histidine	g	0.913	0	2.456	0.776
Alanine	g	1.495	0	4.022	1.271
Aspartic acid	g	2.169	0	5.835	1.844
Glutamic acid	g	3.976	0	10.695	3.380
Glycine	g	1.292	0	3.475	1.098
Proline	g	1.050	0	2.825	0.893
Serine	g	0.942	0	2.534	0.801
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.94	0.096	12	21.53	344.46	
Energy	kcal	110		0	31	499	
Energy	kj	460		0	130	2087	
Protein (N x 5.95)	g	20.20	0.662	12	5.73	91.63	
Total lipid (fat)	g	2.59	0.087	12	0.73	11.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.023	12	0.31	4.94	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.645	12	3	50	
Iron	mg	0.80	0.032	12	0.23	3.63	
Magnesium	mg	26	0.516	12	7	118	
Phosphorus	mg	220	5.552	12	62	998	
Potassium	mg	348	4.973	12	99	1579	
Sodium	mg	80	4.085	12	23	363	
Zinc	mg	2.73	0.043	12	0.77	12.38	
Copper	mg	0.116	0.009	12	0.033	0.526	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	：g	8.7		0	2.5	39.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.006	12	0.023	0.363	
Riboflavin	mg	0.310	0.018	12	0.088	1.406	
Niacin	mg	8.970	0.892	12	2.543	40.688	
Pantothenic acid	mg	1.450	0.117	12	0.411	6.577	
Vitamin B-6	mg	0.520	0.044	12	0.147	2.359	
Folate	：g	14	2.811	12	4	64	
Vitamin B-12	：g	1.34	0.182	12	0.38	6.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.071	1.134	
Lipids:							
Saturated, total	g	0.780		0	0.221	3.538	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.040		147	0.011	0.181	
15.0	g						
16:0	g	0.440		147	0.125	1.996	
17:0	g						
18:0	g	0.270		147	0.077	1.225	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.830		0	0.235	3.765
14:1	g					
16:1	g	0.080		147	0.023	0.363
18:1	g	0.740		147	0.210	3.357
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.270		0	0.077	1.225
18:2	g	0.190		147	0.054	0.862
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.070		147	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	79	4.854	12	22	358
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.204		0	0.058	0.925
Threonine	g	0.882		0	0.250	4.001
Isoleucine	g	0.995		0	0.282	4.513
Leucine	g	1.608		0	0.456	7.294
Lysine	g	1.665		0	0.472	7.552
Methionine	g	0.471		0	0.134	2.136
Cystine	g	0.228		0	0.065	1.034
Phenylalanine	g	0.815		0	0.231	3.697
Tyrosine	g	0.644		0	0.183	2.921
Valine	g	1.116		0	0.316	5.062
Arginine	g	1.188		0	0.337	5.389
Histidine	g	0.733		0	0.208	3.325
Alanine	g	1.201		0	0.340	5.448
Aspartic acid	g	1.743		0	0.494	7.906
Glutamic acid	g	3.195		0	0.906	14.493
Glycine	g	1.038		0	0.294	4.708
Proline	g	0.843		0	0.239	3.824
Serine	g	0.757		0	0.215	3.434
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 183g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.55	0.285	11	107.15	49.77	
Energy	kcal	204		0	373	173	
Energy	kj	854		0	1563	726	
Protein (N x 5.95)	g	33.96	0.444	11	62.15	28.87	
Total lipid (fat)	g	6.51	0.389	11	11.91	5.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.031	11	2.20	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.102	11	35	16	
Iron	mg	1.23	0.051	11	2.25	1.05	
Magnesium	mg	29	0.802	11	53	25	
Phosphorus	mg	259	7.599	11	474	220	
Potassium	mg	339	6.581	11	620	288	
Sodium	mg	81	4.758	11	148	69	
Zinc	mg	4.75	0.049	11	8.69	4.04	
Copper	mg	0.138	0.014	11	0.253	0.117	
Manganese	mg	0.038		0	0.070	0.032	
Selenium	：g	15.0		0	27.4	12.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.006	11	0.110	0.051	
Riboflavin	mg	0.380	0.025	11	0.695	0.323	
Niacin	mg	7.050	0.737	11	12.901	5.992	
Pantothenic acid	mg	1.080	0.169	10	1.976	0.918	
Vitamin B-6	mg	0.380	0.069	11	0.695	0.323	
Folate	：g	16	2.008	11	29	14	
Vitamin B-12	：g	1.59	0.283	11	2.91	1.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.440		0	0.805	0.374	
Lipids:							
Saturated, total	g	1.820		0	3.331	1.547	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		73	0.000	0.000	
12:0	g	0.010		73	0.018	0.009	
14:0	g	0.120		73	0.220	0.102	
15.0	g						
16:0	g	1.060		73	1.940	0.901	
17:0	g						
18:0	g	0.620		73	1.135	0.527	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.330		0	4.264	1.981
14:1	g					
16:1	g	0.210		73	0.384	0.179
18:1	g	2.090		73	3.825	1.776
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.580		0	1.061	0.493
18:2	g	0.450		73	0.824	0.383
18:3	g	0.030		73	0.055	0.026
18:4	g					
20:4	g	0.110		73	0.201	0.094
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	113	9.589	18	207	96
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.344		0	0.630	0.292
Threonine	g	1.483		0	2.714	1.261
Isoleucine	g	1.672		0	3.060	1.421
Leucine	g	2.703		0	4.946	2.298
Lysine	g	2.798		0	5.120	2.378
Methionine	g	0.792		0	1.449	0.673
Cystine	g	0.383		0	0.701	0.326
Phenylalanine	g	1.371		0	2.509	1.165
Tyrosine	g	1.083		0	1.982	0.921
Valine	g	1.877		0	3.435	1.595
Arginine	g	1.997		0	3.655	1.697
Histidine	g	1.233		0	2.256	1.048
Alanine	g	2.020		0	3.697	1.717
Aspartic acid	g	2.930		0	5.362	2.490
Glutamic acid	g	5.371		0	9.829	4.565
Glycine	g	1.745		0	3.193	1.483
Proline	g	1.418		0	2.595	1.205
Serine	g	1.273		0	2.330	1.082
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 251g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.74		0	165.01	55.88	
Energy	kcal	168		0	422	143	
Energy	kj	703		0	1765	598	
Protein (N x 5.95)	g	26.32		0	66.06	22.37	
Total lipid (fat)	g	6.22		0	15.61	5.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		0	3.61	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	35	12	
Iron	mg	0.91		0	2.28	0.77	
Magnesium	mg	27		0	68	23	
Phosphorus	mg	231		0	580	196	
Potassium	mg	365		0	916	310	
Sodium	mg	85		0	213	72	
Zinc	mg	3.54		0	8.89	3.01	
Copper	mg	0.136		0	0.341	0.116	
Manganese	mg	0.030		0	0.075	0.026	
Selenium	:g	11.5		0	28.9	9.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.151	0.051	
Riboflavin	mg	0.370		0	0.929	0.315	
Niacin	mg	9.330		0	23.418	7.930	
Pantothenic acid	mg	1.320		0	3.313	1.122	
Vitamin B-6	mg	0.340		0	0.853	0.289	
Folate	:g	16		0	40	14	
Vitamin B-12	:g	1.49		0	3.74	1.27	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.460		0	1.155	0.391	
Lipids:							
Saturated, total	g	2.410		0	6.049	2.049	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.025	0.009	
14:0	g	0.210		0	0.527	0.179	
15.0	g						
16:0	g	1.290		0	3.238	1.097	
17:0	g						
18:0	g	0.800		0	2.008	0.680	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.280	0	5.723	1.938
14:1	g				
16:1	g	0.250	0	0.627	0.213
18:1	g	1.970	0	4.945	1.674
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.480	0	1.205	0.408
18:2	g	0.360	0	0.904	0.306
18:3	g	0.040	0	0.100	0.034
18:4	g				
20:4	g	0.090	0	0.226	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	104	0	261	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.668	0.226
Threonine	g	1.150	0	2.886	0.977
Isoleucine	g	1.296	0	3.253	1.102
Leucine	g	2.095	0	5.258	1.781
Lysine	g	2.169	0	5.444	1.844
Methionine	g	0.614	0	1.541	0.522
Cystine	g	0.297	0	0.745	0.252
Phenylalanine	g	1.062	0	2.666	0.903
Tyrosine	g	0.839	0	2.106	0.713
Valine	g	1.455	0	3.652	1.237
Arginine	g	1.548	0	3.885	1.316
Histidine	g	0.956	0	2.400	0.813
Alanine	g	1.566	0	3.931	1.331
Aspartic acid	g	2.271	0	5.700	1.930
Glutamic acid	g	4.164	0	10.452	3.539
Glycine	g	1.353	0	3.396	1.150
Proline	g	1.099	0	2.758	0.934
Serine	g	0.987	0	2.477	0.839
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.39	0.142	12	21.66	346.51	
Energy	kcal	109		0	31	494	
Energy	kj	456		0	129	2068	
Protein (N x 5.95)	g	20.27	0.282	12	5.75	91.94	
Total lipid (fat)	g	2.50	0.050	12	0.71	11.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.022	12	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.349	12	5	77	
Iron	mg	0.88	0.036	12	0.25	3.99	
Magnesium	mg	25	0.501	12	7	113	
Phosphorus	mg	213	4.463	12	60	966	
Potassium	mg	331	6.453	12	94	1501	
Sodium	mg	83	2.886	12	24	376	
Zinc	mg	3.48	0.037	12	0.99	15.79	
Copper	mg	0.118	0.005	12	0.033	0.535	
Manganese	mg	0.029		0	0.008	0.132	
Selenium	ΐg	8.8		0	2.5	39.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090	0.007	12	0.026	0.408	
Riboflavin	mg	0.290	0.013	12	0.082	1.315	
Niacin	mg	7.400	0.721	12	2.098	33.566	
Pantothenic acid	mg	1.250	0.070	12	0.354	5.670	
Vitamin B-6	mg	0.450	0.044	12	0.128	2.041	
Folate	ΐg	13	2.351	12	4	59	
Vitamin B-12	ΐg	1.49	0.192	12	0.42	6.76	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	ΐg	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.270		0	0.077	1.225	
Lipids:							
Saturated, total	g	0.750		0	0.213	3.402	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		147	0.000	0.000	
12:0	g	0.000		147	0.000	0.000	
14:0	g	0.040		147	0.011	0.181	
15.0	g						
16:0	g	0.430		147	0.122	1.950	
17:0	g						
18:0	g	0.260		147	0.074	1.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800		0	0.227	3.629
14:1	g					
16:1	g	0.080		147	0.023	0.363
18:1	g	0.710		147	0.201	3.221
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.260		0	0.074	1.179
18:2	g	0.180		147	0.051	0.816
18:3	g	0.010		147	0.003	0.045
18:4	g					
20:4	g	0.070		147	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84	4.834	12	24	381
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.205		0	0.058	0.930
Threonine	g	0.885		0	0.251	4.014
Isoleucine	g	0.998		0	0.283	4.527
Leucine	g	1.613		0	0.457	7.317
Lysine	g	1.670		0	0.473	7.575
Methionine	g	0.473		0	0.134	2.146
Cystine	g	0.229		0	0.065	1.039
Phenylalanine	g	0.818		0	0.232	3.710
Tyrosine	g	0.646		0	0.183	2.930
Valine	g	1.120		0	0.318	5.080
Arginine	g	1.192		0	0.338	5.407
Histidine	g	0.736		0	0.209	3.338
Alanine	g	1.205		0	0.342	5.466
Aspartic acid	g	1.748		0	0.496	7.929
Glutamic acid	g	3.206		0	0.909	14.542
Glycine	g	1.042		0	0.295	4.727
Proline	g	0.846		0	0.240	3.837
Serine	g	0.760		0	0.215	3.447
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 263g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.29		0	155.93	50.40	
Energy	kcal	188		0	494	160	
Energy	kj	787		0	2070	669	
Protein (N x 5.95)	g	34.94		0	91.89	29.70	
Total lipid (fat)	g	4.31		0	11.34	3.66	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.89		0	4.97	1.61	
Sugars, total	g						
Minerals:							
Calcium	mg	29		0	76	25	
Iron	mg	1.44		0	3.79	1.22	
Magnesium	mg	28		0	74	24	
Phosphorus	mg	239		0	629	203	
Potassium	mg	342		0	899	291	
Sodium	mg	93		0	245	79	
Zinc	mg	6.01		0	15.81	5.11	
Copper	mg	0.153		0	0.402	0.130	
Manganese	mg	0.040		0	0.105	0.034	
Selenium	:g	15.2		0	40.0	12.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.184	0.060	
Riboflavin	mg	0.400		0	1.052	0.340	
Niacin	mg	8.300		0	21.829	7.055	
Pantothenic acid	mg	1.190		0	3.130	1.011	
Vitamin B-6	mg	0.380		0	0.999	0.323	
Folate	:g	16		0	42	14	
Vitamin B-12	:g	1.67		0	4.39	1.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.450		0	1.184	0.383	
Lipids:							
Saturated, total	g	1.300		0	3.419	1.105	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.009	
14:0	g	0.070		0	0.184	0.060	
15.0	g						
16:0	g	0.740		0	1.946	0.629	
17:0	g						
18:0	g	0.450		0	1.184	0.383	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.390	0	3.656	1.182
14:1	g				
16:1	g	0.140	0	0.368	0.119
18:1	g	1.230	0	3.235	1.045
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.450	0	1.184	0.383
18:2	g	0.320	0	0.842	0.272
18:3	g	0.020	0	0.053	0.017
18:4	g				
20:4	g	0.110	0	0.289	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	145	0	381	123
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.354	0	0.931	0.301
Threonine	g	1.527	0	4.016	1.298
Isoleucine	g	1.721	0	4.526	1.463
Leucine	g	2.781	0	7.314	2.364
Lysine	g	2.879	0	7.572	2.447
Methionine	g	0.815	0	2.143	0.693
Cystine	g	0.394	0	1.036	0.335
Phenylalanine	g	1.410	0	3.708	1.198
Tyrosine	g	1.114	0	2.930	0.947
Valine	g	1.931	0	5.079	1.641
Arginine	g	2.055	0	5.405	1.747
Histidine	g	1.268	0	3.335	1.078
Alanine	g	2.078	0	5.465	1.766
Aspartic acid	g	3.015	0	7.929	2.563
Glutamic acid	g	5.527	0	14.536	4.698
Glycine	g	1.796	0	4.723	1.527
Proline	g	1.459	0	3.837	1.240
Serine	g	1.310	0	3.445	1.114
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 17142 Veal, ground, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	72.84		0	20.65	82.31	
Energy	kcal	144		0	41	163	
Energy	kj	602		0	171	680	
Protein (N x 5.95)	g	19.35		0	5.49	21.87	
Total lipid (fat)	g	6.77		0	1.92	7.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.29	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	17	
Iron	mg	0.83		0	0.24	0.94	
Magnesium	mg	24		0	7	27	
Phosphorus	mg	203		0	58	229	
Potassium	mg	315		0	89	356	
Sodium	mg	82		0	23	93	
Zinc	mg	3.06		0	0.87	3.46	
Copper	mg	0.109		0	0.031	0.123	
Manganese	mg	0.028		0	0.008	0.032	
Selenium	:g	8.1		0	2.3	9.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.023	0.090	
Riboflavin	mg	0.270		0	0.077	0.305	
Niacin	mg	7.500		0	2.126	8.475	
Pantothenic acid	mg	1.310		0	0.371	1.480	
Vitamin B-6	mg	0.410		0	0.116	0.463	
Folate	:g	13		0	4	15	
Vitamin B-12	:g	1.34		0	0.38	1.51	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	0.294	
Lipids:							
Saturated, total	g	2.790		0	0.791	3.153	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.003	0.011	
12:0	g	0.020		0	0.006	0.023	
14:0	g	0.260		0	0.074	0.294	
15.0	g						
16:0	g	1.480		0	0.420	1.672	
17:0	g						
18:0	g	0.920		0	0.261	1.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.570	0	0.729	2.904
14:1	g				
16:1	g	0.290	0	0.082	0.328
18:1	g	2.210	0	0.627	2.497
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.480	0	0.136	0.542
18:2	g	0.360	0	0.102	0.407
18:3	g	0.040	0	0.011	0.045
18:4	g				
20:4	g	0.070	0	0.020	0.079
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	23	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.056	0.221
Threonine	g	0.845	0	0.240	0.955
Isoleucine	g	0.953	0	0.270	1.077
Leucine	g	1.540	0	0.437	1.740
Lysine	g	1.594	0	0.452	1.801
Methionine	g	0.452	0	0.128	0.511
Cystine	g	0.218	0	0.062	0.246
Phenylalanine	g	0.781	0	0.221	0.883
Tyrosine	g	0.617	0	0.175	0.697
Valine	g	1.069	0	0.303	1.208
Arginine	g	1.138	0	0.323	1.286
Histidine	g	0.702	0	0.199	0.793
Alanine	g	1.151	0	0.326	1.301
Aspartic acid	g	1.669	0	0.473	1.886
Glutamic acid	g	3.060	0	0.868	3.458
Glycine	g	0.994	0	0.282	1.123
Proline	g	0.808	0	0.229	0.913
Serine	g	0.725	0	0.206	0.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 299g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.76		0	199.61	56.75	
Energy	kcal	172		0	514	146	
Energy	kj	720		0	2153	612	
Protein (N x 5.95)	g	24.38		0	72.90	20.72	
Total lipid (fat)	g	7.56		0	22.60	6.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	3.92	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	51	14	
Iron	mg	0.99		0	2.96	0.84	
Magnesium	mg	24		0	72	20	
Phosphorus	mg	217		0	649	184	
Potassium	mg	337		0	1008	286	
Sodium	mg	83		0	248	71	
Zinc	mg	3.87		0	11.57	3.29	
Copper	mg	0.103		0	0.308	0.088	
Manganese	mg	0.035		0	0.105	0.030	
Selenium	:g	13.7		0	41.0	11.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.209	0.060	
Riboflavin	mg	0.270		0	0.807	0.230	
Niacin	mg	8.030		0	24.010	6.825	
Pantothenic acid	mg	1.160		0	3.468	0.986	
Vitamin B-6	mg	0.390		0	1.166	0.331	
Folate	:g	11		0	33	9	
Vitamin B-12	:g	1.27		0	3.80	1.08	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.449	0.128	
Lipids:							
Saturated, total	g	3.040		0	9.090	2.584	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.030	0.009	
12:0	g	0.020		0	0.060	0.017	
14:0	g	0.280		0	0.837	0.238	
15.0	g						
16:0	g	1.620		0	4.844	1.377	
17:0	g						
18:0	g	1.010		0	3.020	0.859	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.840	0	8.492	2.414
14:1	g				
16:1	g	0.320	0	0.957	0.272
18:1	g	2.450	0	7.326	2.083
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.645	0.468
18:2	g	0.420	0	1.256	0.357
18:3	g	0.050	0	0.150	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.269	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	103	0	308	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.739	0.210
Threonine	g	1.065	0	3.184	0.905
Isoleucine	g	1.201	0	3.591	1.021
Leucine	g	1.940	0	5.801	1.649
Lysine	g	2.009	0	6.007	1.708
Methionine	g	0.569	0	1.701	0.484
Cystine	g	0.275	0	0.822	0.234
Phenylalanine	g	0.984	0	2.942	0.836
Tyrosine	g	0.777	0	2.323	0.660
Valine	g	1.347	0	4.028	1.145
Arginine	g	1.434	0	4.288	1.219
Histidine	g	0.885	0	2.646	0.752
Alanine	g	1.450	0	4.335	1.232
Aspartic acid	g	2.103	0	6.288	1.788
Glutamic acid	g	3.856	0	11.529	3.278
Glycine	g	1.253	0	3.746	1.065
Proline	g	1.018	0	3.044	0.865
Serine	g	0.914	0	2.733	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.08	0.178	54	21.00	336.03	
Energy	kcal	114		0	32	517	
Energy	kj	477		0	135	2164	
Protein (N x 5.95)	g	22.38	0.136	24	6.34	101.52	
Total lipid (fat)	g	2.03	0.195	54	0.58	9.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.017	22	0.31	4.99	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.091	22	1	14	
Iron	mg	3.19	0.082	22	0.90	14.47	
Magnesium	mg	27	0.213	22	8	122	
Phosphorus	mg	188	1.055	22	53	853	
Potassium	mg	353	3.358	22	100	1601	
Sodium	mg	51	1.200	22	14	231	
Zinc	mg	1.28	0.095	22	0.36	5.81	
Copper	mg	0.180	0.005	22	0.051	0.816	
Manganese	mg	0.020	0.001	22	0.006	0.091	
Selenium	:g	9.7		0	2.7	44.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.320	0.014	18	0.091	1.452	
Riboflavin	mg	0.580	0.013	18	0.164	2.631	
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.740		0	0.210	3.357	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		2	0.000	0.000	
12:0	g	0.000		2	0.000	0.000	
14:0	g	0.020		2	0.006	0.091	
15.0	g						
16:0	g	0.340		2	0.096	1.542	
17:0	g						
18:0	g	0.370		2	0.105	1.678	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480		0	0.136	2.177
14:1	g					
16:1	g	0.010		2	0.003	0.045
18:1	g	0.480		2	0.136	2.177
20:1	g	0.000		2	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.440		0	0.125	1.996
18:2	g	0.250		2	0.071	1.134
18:3	g	0.070		2	0.020	0.318
18:4	g					
20:4	g	0.120		2	0.034	0.544
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	95	6.797	36	27	431
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	1.035		22	0.293	4.695
Isoleucine	g	0.856		22	0.243	3.883
Leucine	g	1.891		22	0.536	8.578
Lysine	g	1.871		22	0.530	8.487
Methionine	g	0.637		22	0.181	2.889
Cystine	g	0.199		22	0.056	0.903
Phenylalanine	g	0.886		22	0.251	4.019
Tyrosine	g	0.776		22	0.220	3.520
Valine	g	0.995		22	0.282	4.513
Arginine	g	1.473		22	0.418	6.682
Histidine	g	1.065		22	0.302	4.831
Alanine	g	1.304		22	0.370	5.915
Aspartic acid	g	2.120		22	0.601	9.616
Glutamic acid	g	3.365		22	0.954	15.264
Glycine	g	1.005		22	0.285	4.559
Proline	g	1.025		22	0.291	4.649
Serine	g	0.946		22	0.268	4.291
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.90		0	224.06	56.02	
Energy	kcal	150		0	510	128	
Energy	kj	628		0	2135	534	
Protein (N x 5.95)	g	29.45		0	100.13	25.03	
Total lipid (fat)	g	2.67		0	9.08	2.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		0	4.93	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	14	3	
Iron	mg	4.20		0	14.28	3.57	
Magnesium	mg	28		0	95	24	
Phosphorus	mg	210		0	714	179	
Potassium	mg	372		0	1265	316	
Sodium	mg	54		0	184	46	
Zinc	mg	1.68		0	5.71	1.43	
Copper	mg	0.213		0	0.724	0.181	
Manganese	mg	0.022		0	0.075	0.019	
Selenium	:g	12.9		0	43.9	11.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.260		0	0.884	0.221	
Riboflavin	mg	0.730		0	2.482	0.620	
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.970		0	3.298	0.825	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.102	0.026	
15.0	g						
16:0	g	0.450		0	1.530	0.383	
17:0	g						
18:0	g	0.490		0	1.666	0.417	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.630	0	2.142	0.536
14:1	g				
16:1	g	0.010	0	0.034	0.009
18:1	g	0.630	0	2.142	0.536
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.580	0	1.972	0.493
18:2	g	0.330	0	1.122	0.281
18:3	g	0.100	0	0.340	0.085
18:4	g				
20:4	g	0.160	0	0.544	0.136
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	126	0	428	107
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.362	0	4.631	1.158
Isoleucine	g	1.126	0	3.828	0.957
Leucine	g	2.489	0	8.463	2.116
Lysine	g	2.462	0	8.371	2.093
Methionine	g	0.838	0	2.849	0.712
Cystine	g	0.262	0	0.891	0.223
Phenylalanine	g	1.166	0	3.964	0.991
Tyrosine	g	1.022	0	3.475	0.869
Valine	g	1.310	0	4.454	1.114
Arginine	g	1.938	0	6.589	1.647
Histidine	g	1.401	0	4.763	1.191
Alanine	g	1.716	0	5.834	1.459
Aspartic acid	g	2.790	0	9.486	2.372
Glutamic acid	g	4.427	0	15.052	3.763
Glycine	g	1.323	0	4.498	1.125
Proline	g	1.349	0	4.587	1.147
Serine	g	1.244	0	4.230	1.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.20		1	20.19	322.96	
Energy	kcal	161		0	46	730	
Energy	kj	674		0	191	3057	
Protein (N x 5.95)	g	20.10		1	5.70	91.17	
Total lipid (fat)	g	8.30		1	2.35	37.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70		1	0.20	3.18	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	1	14	
Iron	mg	6.65	0.550	2	1.89	30.16	
Magnesium	mg						
Phosphorus	mg	151	11.500	2	43	685	
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	8.3		0	2.4	37.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.160		1	0.045	0.726	
Riboflavin	mg	0.680		1	0.193	3.084	
Niacin	mg	3.200		1	0.907	14.515	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
Phytosterols	mg
Amino acids:	
Tryptophan	g
Threonine	g
Isoleucine	g
Leucine	g
Lysine	g
Methionine	g
Cystine	g
Phenylalanine	g
Tyrosine	g
Valine	g
Arginine	g
Histidine	g
Alanine	g
Aspartic acid	g
Glutamic acid	g
Glycine	g
Proline	g
Serine	g
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 277g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.55		0	148.33	45.52	
Energy	kcal	259		0	717	220	
Energy	kj	1084		0	3003	921	
Protein (N x 5.95)	g	32.42		0	89.80	27.56	
Total lipid (fat)	g	13.39		0	37.09	11.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13		0	3.13	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	14	4	
Iron	mg	10.73		0	29.72	9.12	
Magnesium	mg	23		0	64	20	
Phosphorus	mg	170		0	471	145	
Potassium	mg	263		0	729	224	
Sodium	mg	71		0	197	60	
Zinc	mg	10.27		0	28.45	8.73	
Copper	mg	0.148		0	0.410	0.126	
Manganese	mg						
Selenium	:g	11.2		0	31.0	9.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.277	0.085	
Riboflavin	mg	0.820		0	2.271	0.697	
Niacin	mg	3.350		0	9.280	2.848	
Pantothenic acid	mg						
Vitamin B-6	mg	0.290		0	0.803	0.247	
Folate	:g	6		0	17	5	
Vitamin B-12	:g	2.47		0	6.84	2.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.720	0.221	
Lipids:							
Saturated, total	g	3.540		0	9.806	3.009	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.188		0	0.521	0.160	
15.0	g						
16:0	g	2.073		0	5.742	1.762	
17:0	g						
18:0	g	0.769		0	2.130	0.654	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.660	0	15.678	4.811
14:1	g				
16:1	g	0.725	0	2.008	0.616
18:1	g	4.130	0	11.440	3.510
20:1	g	0.057	0	0.158	0.048
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.400	0	6.648	2.040
18:2	g	1.572	0	4.354	1.336
18:3	g	0.049	0	0.136	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.321	0	0.889	0.273
20:5	g	0.000	0	0.000	0.000
22:5	g	0.034	0	0.094	0.029
22:6	g	0.037	0	0.102	0.031
Cholesterol	mg	98	0	271	83
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.97	1.789	3	20.12	321.92	
Energy	kcal	146		0	41	662	
Energy	kj	611		0	173	2771	
Protein (N x 5.95)	g	24.05	2.750	2	6.82	109.09	
Total lipid (fat)	g	4.80	0.000	2	1.36	21.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.000	2	0.28	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	4	68	
Iron	mg	6.90		1	1.96	31.30	
Magnesium	mg	25		1	7	113	
Phosphorus	mg	237	26.181	3	67	1075	
Potassium	mg	348		1	99	1579	
Sodium	mg	51		1	14	231	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	26.6		0	7.5	120.7	
Vitamins:							
Ascorbic acid	mg	2.0		1	0.6	9.1	
Thiamin	mg	0.060	0.005	2	0.017	0.272	
Riboflavin	mg	0.220	0.085	2	0.062	0.998	
Niacin	mg	1.900		1	0.539	8.618	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.916	1	0.260	4.155
Isoleucine	g	1.027	1	0.291	4.658
Leucine	g	1.897	1	0.538	8.605
Lysine	g	2.236	1	0.634	10.142
Methionine	g	0.546	1	0.155	2.477
Cystine	g				
Phenylalanine	g	0.977	1	0.277	4.432
Tyrosine	g	0.750	1	0.213	3.402
Valine	g	0.981	1	0.278	4.450
Arginine	g	1.478	1	0.419	6.704
Histidine	g	0.947	1	0.268	4.296
Alanine	g	1.116	1	0.316	5.062
Aspartic acid	g	1.912	1	0.542	8.673
Glutamic acid	g	3.436	1	0.974	15.586
Glycine	g	0.912	1	0.259	4.137
Proline	g	0.862	1	0.244	3.910
Serine	g	0.797	1	0.226	3.615
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.92		0	181.29	49.23	
Energy	kcal	212		0	664	180	
Energy	kj	887		0	2776	754	
Protein (N x 5.95)	g	34.85		0	109.08	29.62	
Total lipid (fat)	g	6.96		0	21.78	5.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		0	4.54	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	69	19	
Iron	mg	10.00		0	31.30	8.50	
Magnesium	mg	29		0	91	25	
Phosphorus	mg	292		0	914	248	
Potassium	mg	403		0	1261	343	
Sodium	mg	59		0	185	50	
Zinc	mg	2.27		0	7.11	1.93	
Copper	mg	0.189		0	0.592	0.161	
Manganese	mg						
Selenium	:g	43.1		0	134.9	36.6	
Vitamins:							
Ascorbic acid	mg	3.0		0	9.4	2.5	
Thiamin	mg	0.050		0	0.157	0.043	
Riboflavin	mg	0.310		0	0.970	0.264	
Niacin	mg	2.200		0	6.886	1.870	
Pantothenic acid	mg	0.930		0	2.911	0.791	
Vitamin B-6	mg	0.470		0	1.471	0.400	
Folate	:g	11		0	34	9	
Vitamin B-12	:g	8.30		0	25.98	7.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.790		0	2.473	0.672	
Lipids:							
Saturated, total	g	2.070		0	6.479	1.759	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		0	0.563	0.153	
15.0	g						
16:0	g	1.570		0	4.914	1.335	
17:0	g						
18:0	g	0.320		0	1.002	0.272	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.890	0	5.916	1.607
14:1	g				
16:1	g	0.240	0	0.751	0.204
18:1	g	1.610	0	5.039	1.369
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.350	0	4.226	1.148
18:2	g	1.070	0	3.349	0.910
18:3	g	0.280	0	0.876	0.238
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	117	0	366	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.327	0	4.154	1.128
Isoleucine	g	1.489	0	4.661	1.266
Leucine	g	2.749	0	8.604	2.337
Lysine	g	3.240	0	10.141	2.754
Methionine	g	0.792	0	2.479	0.673
Cystine	g				
Phenylalanine	g	1.417	0	4.435	1.204
Tyrosine	g	1.087	0	3.402	0.924
Valine	g	1.422	0	4.451	1.209
Arginine	g	2.141	0	6.701	1.820
Histidine	g	1.372	0	4.294	1.166
Alanine	g	1.617	0	5.061	1.374
Aspartic acid	g	2.772	0	8.676	2.356
Glutamic acid	g	4.980	0	15.587	4.233
Glycine	g	1.322	0	4.138	1.124
Proline	g	1.249	0	3.909	1.062
Serine	g	1.154	0	3.612	0.981
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	70.89	1.008	6	20.10	321.56	
Energy	kcal	143		0	41	649	
Energy	kj	598		0	170	2713	
Protein (N x 5.95)	g	23.30	0.334	6	6.61	105.69	
Total lipid (fat)	g	4.80	0.736	6	1.36	21.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		1	0.26	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	18	5.669	4	5	82	
Iron	mg	2.32	0.195	5	0.66	10.52	
Magnesium	mg						
Phosphorus	mg	224	15.845	5	64	1016	
Potassium	mg	436	7.557	5	124	1978	
Sodium	mg	78	5.875	5	22	354	
Zinc	mg	4.86	0.635	7	1.38	22.04	
Copper	mg						
Manganese	mg						
Selenium	΄g	9.8		0	2.8	44.5	
Vitamins:							
Ascorbic acid	mg	7.0		1	2.0	31.8	
Thiamin	mg	0.040	0.006	3	0.011	0.181	
Riboflavin	mg	0.090	0.005	3	0.026	0.408	
Niacin	mg	4.640	0.288	3	1.315	21.047	
Pantothenic acid	mg	0.550	0.020	3	0.156	2.495	
Vitamin B-6	mg						
Folate	΄g	15	3.325	3	4	68	
Vitamin B-12	΄g	2.42	0.299	3	0.69	10.98	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	΄g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.040		0	0.578	9.253	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.100		1	0.028	0.454	
15.0	g						
16:0	g	0.960		1	0.272	4.355	
17:0	g						
18:0	g	0.920		1	0.261	4.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.040		0	0.578	9.253
14:1	g					
16:1	g	0.180		1	0.051	0.816
18:1	g	1.820		1	0.516	8.256
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.150		0	0.043	0.680
18:2	g	0.110		1	0.031	0.499
18:3	g	0.040		1	0.011	0.181
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	44	5.438	7	12	200
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.70		0	209.78	52.45	
Energy	kcal	188		0	639	160	
Energy	kj	787		0	2676	669	
Protein (N x 5.95)	g	30.66		0	104.24	26.06	
Total lipid (fat)	g	6.32		0	21.49	5.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	4.11	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	82	20	
Iron	mg	3.05		0	10.37	2.59	
Magnesium	mg						
Phosphorus	mg	250		0	850	213	
Potassium	mg	459		0	1561	390	
Sodium	mg	82		0	279	70	
Zinc	mg	6.40		0	21.76	5.44	
Copper	mg						
Manganese	mg						
Selenium	:g	13.1		0	44.5	11.1	
Vitamins:							
Ascorbic acid	mg	9.0		0	30.6	7.7	
Thiamin	mg	0.030		0	0.102	0.026	
Riboflavin	mg	0.110		0	0.374	0.094	
Niacin	mg	4.890		0	16.626	4.156	
Pantothenic acid	mg	0.580		0	1.972	0.493	
Vitamin B-6	mg						
Folate	:g	18		0	61	15	
Vitamin B-12	:g	2.55		0	8.67	2.17	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.680		0	9.112	2.278	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.034	0.009	
14:0	g	0.130		0	0.442	0.111	
15.0	g						
16:0	g	1.260		0	4.284	1.071	
17:0	g						
18:0	g	1.200		0	4.080	1.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.680	0	9.112	2.278
14:1	g				
16:1	g	0.240	0	0.816	0.204
18:1	g	2.400	0	8.160	2.040
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.200	0	0.680	0.170
18:2	g	0.150	0	0.510	0.128
18:3	g	0.060	0	0.204	0.051
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	58	0	197	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

NDB No. 17156 Game meat, bison, raw

Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.57	0.259	33	21.14	338.25	
Energy	kcal	109		0	31	494	
Energy	kj	456		0	129	2068	
Protein (N x 5.95)	g	21.62	0.164	33	6.13	98.07	
Total lipid (fat)	g	1.84	0.158	33	0.52	8.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.036	33	0.34	5.44	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.240	23	2	27	
Iron	mg	2.60	0.060	30	0.74	11.79	
Magnesium	mg	25	0.329	30	7	113	
Phosphorus	mg	187	2.611	30	53	848	
Potassium	mg	343	5.295	30	97	1556	
Sodium	mg	54	0.913	30	15	245	
Zinc	mg	2.80	0.069	30	0.79	12.70	
Copper	mg	0.090	0.010	30	0.026	0.408	
Manganese	mg	0.007	0.000	30	0.002	0.032	
Selenium	:g	27.0		0	7.7	122.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin **(1)**	mg	0.094	0.007	24	0.027	0.426	
Niacin **(1)**	mg	1.910	0.117	24	0.541	8.664	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.690		0	0.196	3.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		22	0.006	0.091	
15.0	g						
16:0	g	0.330		22	0.094	1.497	
17:0	g						
18:0	g	0.350		22	0.099	1.588	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.720		0	0.204	3.266
14:1	g					
16:1	g	0.040		22	0.011	0.181
18:1	g	0.670		22	0.190	3.039
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.190		0	0.054	0.862
18:2	g	0.110		22	0.031	0.499
18:3	g	0.030		22	0.009	0.136
18:4	g					
20:4	g	0.050		22	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	62	2.437	50	18	281
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.890		1	0.252	4.037
Isoleucine	g	0.911		1	0.258	4.132
Leucine	g	1.679		1	0.476	7.616
Lysine	g	1.686		1	0.478	7.648
Methionine	g	0.513		1	0.145	2.327
Cystine	g					
Phenylalanine	g	0.809		1	0.229	3.670
Tyrosine	g	0.695		1	0.197	3.153
Valine	g	0.978		1	0.277	4.436
Arginine	g	1.282		1	0.363	5.815
Histidine	g	0.573		1	0.162	2.599
Alanine	g	1.228		1	0.348	5.570
Aspartic acid	g	1.875		1	0.532	8.505
Glutamic acid	g	3.150		1	0.893	14.288
Glycine	g	1.039		1	0.295	4.713
Proline	g	0.863		1	0.245	3.915
Serine	g	0.823		1	0.233	3.733
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

Footnotes:

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

NDB No. 17157 Game meat, bison, cooked, roasted

Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.54		0	226.24	56.56	
Energy	kcal	143		0	486	122	
Energy	kj	598		0	2033	508	
Protein (N x 5.95)	g	28.44		0	96.70	24.17	
Total lipid (fat)	g	2.42		0	8.23	2.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.58		0	5.37	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	27	7	
Iron	mg	3.42		0	11.63	2.91	
Magnesium	mg	26		0	88	22	
Phosphorus	mg	209		0	711	178	
Potassium	mg	361		0	1227	307	
Sodium	mg	57		0	194	48	
Zinc	mg	3.68		0	12.51	3.13	
Copper	mg	0.107		0	0.364	0.091	
Manganese	mg	0.008		0	0.027	0.007	
Selenium	:g	35.5		0	120.7	30.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.340	0.085	
Riboflavin	mg	0.270		0	0.918	0.230	
Niacin	mg	3.710		0	12.614	3.154	
Pantothenic acid	mg						
Vitamin B-6	mg	0.400		0	1.360	0.340	
Folate	:g	8		0	27	7	
Vitamin B-12	:g	2.86		0	9.72	2.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.476	0.119	
Lipids:							
Saturated, total	g	0.910		0	3.094	0.774	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.102	0.026	
15.0	g						
16:0	g	0.430		0	1.462	0.366	
17:0	g						
18:0	g	0.450		0	1.530	0.383	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950	0	3.230	0.808
14:1	g				
16:1	g	0.060	0	0.204	0.051
18:1	g	0.880	0	2.992	0.748
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.816	0.204
18:2	g	0.140	0	0.476	0.119
18:3	g	0.040	0	0.136	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.238	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	279	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.171	0	3.981	0.995
Isoleucine	g	1.198	0	4.073	1.018
Leucine	g	2.210	0	7.514	1.878
Lysine	g	2.219	0	7.545	1.886
Methionine	g	0.674	0	2.292	0.573
Cystine	g				
Phenylalanine	g	1.065	0	3.621	0.905
Tyrosine	g	0.914	0	3.108	0.777
Valine	g	1.287	0	4.376	1.094
Arginine	g	1.686	0	5.732	1.433
Histidine	g	0.754	0	2.564	0.641
Alanine	g	1.615	0	5.491	1.373
Aspartic acid	g	2.467	0	8.388	2.097
Glutamic acid	g	4.145	0	14.093	3.523
Glycine	g	1.367	0	4.648	1.162
Proline	g	1.136	0	3.862	0.966
Serine	g	1.083	0	3.682	0.921
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.54	1.144	2	20.57	329.04	
Energy	kcal	122		0	35	553	
Energy	kj	510		0	145	2313	
Protein (N x 5.95)	g	21.51	2.640	3	6.10	97.57	
Total lipid (fat)	g	3.33	1.670	2	0.94	15.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		1	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	3	54	
Iron	mg						
Magnesium	mg						
Phosphorus	mg	120		1	34	544	
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	9.8		0	2.8	44.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.390		1	0.111	1.769	
Riboflavin	mg	0.110		1	0.031	0.499	
Niacin	mg	4.000		1	1.134	18.144	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.990		0	0.281	4.491	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.040		3	0.011	0.181	
15.0	g						
16:0	g	0.580		3	0.164	2.631	
17:0	g						
18:0	g	0.330		3	0.094	1.497	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.300	0	0.369	5.897
14:1	g				
16:1	g	0.170	3	0.048	0.771
18:1	g	1.130	3	0.320	5.126
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.480	0	0.136	2.177
18:2	g	0.380	3	0.108	1.724
18:3	g	0.020	3	0.006	0.091
18:4	g				
20:4	g	0.080	3	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	1	0.082	1.311
Threonine	g	1.012	1	0.287	4.590
Isoleucine	g	1.039	1	0.295	4.713
Leucine	g	1.748	1	0.496	7.929
Lysine	g	2.120	1	0.601	9.616
Methionine	g	0.530	1	0.150	2.404
Cystine	g	0.279	1	0.079	1.266
Phenylalanine	g	0.860	1	0.244	3.901
Tyrosine	g	0.767	1	0.217	3.479
Valine	g	1.153	1	0.327	5.230
Arginine	g	1.493	1	0.423	6.772
Histidine	g	1.091	1	0.309	4.949
Alanine	g	1.273	1	0.361	5.774
Aspartic acid	g	1.996	1	0.566	9.054
Glutamic acid	g	3.341	1	0.947	15.155
Glycine	g	0.981	1	0.278	4.450
Proline	g	0.816	1	0.231	3.701
Serine	g	0.884	1	0.251	4.010
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.87		0	217.16	54.29	
Energy	kcal	160		0	544	136	
Energy	kj	669		0	2275	569	
Protein (N x 5.95)	g	28.30		0	96.22	24.05	
Total lipid (fat)	g	4.38		0	14.89	3.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	4.32	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	54	14	
Iron	mg	1.12		0	3.81	0.95	
Magnesium	mg	27		0	92	23	
Phosphorus	mg	134		0	456	114	
Potassium	mg	396		0	1346	337	
Sodium	mg	60		0	204	51	
Zinc	mg	3.01		0	10.23	2.56	
Copper	mg	0.056		0	0.190	0.048	
Manganese	mg						
Selenium	:g	13.0		0	44.2	11.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.310		0	1.054	0.264	
Riboflavin	mg	0.140		0	0.476	0.119	
Niacin	mg	4.210		0	14.314	3.579	
Pantothenic acid	mg						
Vitamin B-6	mg	0.418		0	1.421	0.355	
Folate	:g	6		0	20	5	
Vitamin B-12	:g	0.70		0	2.38	0.60	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.884	0.221	
Lipids:							
Saturated, total	g	1.300		0	4.420	1.105	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.170	0.043	
15.0	g						
16:0	g	0.770		0	2.618	0.655	
17:0	g						
18:0	g	0.440		0	1.496	0.374	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.710	0	5.814	1.454
14:1	g				
16:1	g	0.220	0	0.748	0.187
18:1	g	1.490	0	5.066	1.266
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	2.176	0.544
18:2	g	0.500	0	1.700	0.425
18:3	g	0.030	0	0.102	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.374	0.094
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	77	0	262	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.380	0	1.292	0.323
Threonine	g	1.331	0	4.525	1.131
Isoleucine	g	1.367	0	4.648	1.162
Leucine	g	2.300	0	7.820	1.955
Lysine	g	2.789	0	9.483	2.371
Methionine	g	0.697	0	2.370	0.592
Cystine	g	0.367	0	1.248	0.312
Phenylalanine	g	1.132	0	3.849	0.962
Tyrosine	g	1.010	0	3.434	0.859
Valine	g	1.517	0	5.158	1.289
Arginine	g	1.965	0	6.681	1.670
Histidine	g	1.435	0	4.879	1.220
Alanine	g	1.675	0	5.695	1.424
Aspartic acid	g	2.626	0	8.928	2.232
Glutamic acid	g	4.396	0	14.946	3.737
Glycine	g	1.290	0	4.386	1.097
Proline	g	1.073	0	3.648	0.912
Serine	g	1.164	0	3.958	0.989
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.30	0.181	80	21.63	346.10	
Energy	kcal	99		0	28	449	
Energy	kj	414		0	117	1878	
Protein (N x 5.95)	g	20.39	0.155	85	5.78	92.49	
Total lipid (fat)	g	1.37	0.122	85	0.39	6.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.020	67	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.223	147	3	54	
Iron	mg	1.61	0.276	6	0.46	7.30	
Magnesium	mg	32	0.326	143	9	145	
Phosphorus	mg	197	0.982	137	56	894	
Potassium	mg	297	2.050	128	84	1347	
Sodium	mg	53	0.338	128	15	240	
Zinc	mg	1.93	0.049	130	0.55	8.75	
Copper	mg	0.151	0.003	135	0.043	0.685	
Manganese	mg						
Selenium	:g	9.0		0	2.6	40.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.009	6	0.011	0.181	
Riboflavin	mg	0.200	0.008	51	0.057	0.907	
Niacin	mg	5.970	0.169	51	1.692	27.080	
Pantothenic acid	mg	0.160	0.006	45	0.045	0.726	
Vitamin B-6	mg	0.530	0.019	45	0.150	2.404	
Folate	:g	8		1	2	36	
Vitamin B-12	:g	1.66	0.112	45	0.47	7.53	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.460		0	0.130	2.087	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		2	0.003	0.045	
15.0	g						
16:0	g	0.250		2	0.071	1.134	
17:0	g						
18:0	g	0.190		2	0.054	0.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.420		0	0.119	1.905
14:1	g					
16:1	g	0.030		2	0.009	0.136
18:1	g	0.370		2	0.105	1.678
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.270		0	0.077	1.225
18:2	g	0.160		2	0.045	0.726
18:3	g	0.040		2	0.011	0.181
18:4	g					
20:4	g	0.070		2	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	46	3.099	5	13	209
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.249		3	0.071	1.129
Threonine	g	0.976		5	0.277	4.427
Isoleucine	g	1.023		5	0.290	4.640
Leucine	g	1.755		5	0.498	7.961
Lysine	g	1.610		5	0.456	7.303
Methionine	g	0.511		5	0.145	2.318
Cystine	g	0.326		1	0.092	1.479
Phenylalanine	g	0.817		5	0.232	3.706
Tyrosine	g	0.818		5	0.232	3.710
Valine	g	1.084		5	0.307	4.917
Arginine	g	1.278		5	0.362	5.797
Histidine	g	0.675		5	0.191	3.062
Alanine	g					
Aspartic acid	g	2.034		2	0.577	9.226
Glutamic acid	g	2.956		2	0.838	13.408
Glycine	g	0.795		2	0.225	3.606
Proline	g	0.780		2	0.221	3.538
Serine	g	0.875		2	0.248	3.969
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.81		0	233.95	58.49	
Energy	kcal	131		0	445	111	
Energy	kj	548		0	1863	466	
Protein (N x 5.95)	g	26.83		0	91.22	22.81	
Total lipid (fat)	g	1.80		0	6.12	1.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39		0	4.73	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	51	13	
Iron	mg	2.12		0	7.21	1.80	
Magnesium	mg	33		0	112	28	
Phosphorus	mg	220		0	748	187	
Potassium	mg	313		0	1064	266	
Sodium	mg	56		0	190	48	
Zinc	mg	2.54		0	8.64	2.16	
Copper	mg	0.178		0	0.605	0.151	
Manganese	mg						
Selenium	:g	12.0		0	40.8	10.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		0	0.102	0.026	
Riboflavin	mg	0.250		0	0.850	0.213	
Niacin	mg	6.290		0	21.386	5.346	
Pantothenic acid	mg	0.170		0	0.578	0.145	
Vitamin B-6	mg	0.460		0	1.564	0.391	
Folate	:g	9		0	31	8	
Vitamin B-12	:g	1.75		0	5.95	1.49	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.600		0	2.040	0.510	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.068	0.017	
15.0	g						
16:0	g	0.330		0	1.122	0.281	
17:0	g						
18:0	g	0.250		0	0.850	0.213	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.550	0	1.870	0.468
14:1	g				
16:1	g	0.040	0	0.136	0.034
18:1	g	0.490	0	1.666	0.417
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.360	0	1.224	0.306
18:2	g	0.210	0	0.714	0.179
18:3	g	0.050	0	0.170	0.043
18:4	g				
20:4	g	0.100	0	0.340	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	0	207	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.327	0	1.112	0.278
Threonine	g	1.284	0	4.366	1.091
Isoleucine	g	1.346	0	4.576	1.144
Leucine	g	2.309	0	7.851	1.963
Lysine	g	2.118	0	7.201	1.800
Methionine	g	0.672	0	2.285	0.571
Cystine	g	0.429	0	1.459	0.365
Phenylalanine	g	1.075	0	3.655	0.914
Tyrosine	g	1.077	0	3.662	0.915
Valine	g	1.427	0	4.852	1.213
Arginine	g	1.681	0	5.715	1.429
Histidine	g	0.888	0	3.019	0.755
Alanine	g				
Aspartic acid	g	2.676	0	9.098	2.275
Glutamic acid	g	3.890	0	13.226	3.307
Glycine	g	1.046	0	3.556	0.889
Proline	g	1.027	0	3.492	0.873
Serine	g	1.151	0	3.913	0.978
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	71.45	0.504	45	20.26	324.10	
Energy	kcal	127		0	36	576	
Energy	kj	531		0	151	2409	
Protein (N x 5.95)	g	22.63	0.457	30	6.42	102.65	
Total lipid (fat)	g	3.36	0.330	41	0.95	15.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.055	40	0.32	5.17	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.026	11	5	77	
Iron	mg	4.69	0.379	19	1.33	21.27	
Magnesium	mg	26	1.685	9	7	118	
Phosphorus	mg	208	21.426	8	59	943	
Potassium	mg	295	22.093	10	84	1338	
Sodium	mg	57	2.469	9	16	259	
Zinc	mg	4.00	0.800	2	1.13	18.14	
Copper	mg	0.222	0.038	7	0.063	1.007	
Manganese	mg	0.078		1	0.022	0.354	
Selenium	:g	10.2		0	2.9	46.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.320	0.077	7	0.091	1.452	
Riboflavin	mg	0.720	0.064	17	0.204	3.266	
Niacin	mg	5.500	0.344	13	1.559	24.948	
Pantothenic acid	mg	2.550		1	0.723	11.567	
Vitamin B-6	mg	0.370		1	0.105	1.678	
Folate	:g	4		1	1	18	
Vitamin B-12	:g	6.31		1	1.79	28.62	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.290		0	0.366	5.851	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.090		2	0.026	0.408	
15.0	g						
16:0	g	0.680		2	0.193	3.084	
17:0	g						
18:0	g	0.450		2	0.128	2.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.010		0	0.286	4.581
14:1	g					
16:1	g	0.080		2	0.023	0.363
18:1	g	0.930		2	0.264	4.218
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.470		0	0.133	2.132
18:2	g	0.230		2	0.065	1.043
18:3	g	0.030		2	0.009	0.136
18:4	g					
20:4	g	0.140		2	0.040	0.635
20:5	g					
22:5	g	0.020	0.000	2	0.006	0.091
22:6	g	0.050		2	0.014	0.227
Cholesterol	mg	83		1	24	376
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.348		2	0.099	1.579
Threonine	g	0.967		5	0.274	4.386
Isoleucine	g	1.024		5	0.290	4.645
Leucine	g	1.867		5	0.529	8.469
Lysine	g	2.049		5	0.581	9.294
Methionine	g	0.506		5	0.143	2.295
Cystine	g	0.163		1	0.046	0.739
Phenylalanine	g	1.006		5	0.285	4.563
Tyrosine	g	0.742		5	0.210	3.366
Valine	g	1.063		5	0.301	4.822
Arginine	g	1.346		5	0.382	6.105
Histidine	g	0.896		5	0.254	4.064
Alanine	g	1.211		5	0.343	5.493
Aspartic acid	g	2.001		5	0.567	9.077
Glutamic acid	g	3.551		5	1.007	16.107
Glycine	g	0.949		5	0.269	4.305
Proline	g	0.703		5	0.199	3.189
Serine	g	0.795		5	0.225	3.606
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.43		0	212.26	53.07	
Energy	kcal	167		0	568	142	
Energy	kj	699		0	2377	594	
Protein (N x 5.95)	g	29.77		0	101.22	25.30	
Total lipid (fat)	g	4.42		0	15.03	3.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50		0	5.10	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	75	19	
Iron	mg	6.17		0	20.98	5.24	
Magnesium	mg	27		0	92	23	
Phosphorus	mg	233		0	792	198	
Potassium	mg	310		0	1054	264	
Sodium	mg	60		0	204	51	
Zinc	mg	5.26		0	17.88	4.47	
Copper	mg	0.263		0	0.894	0.224	
Manganese	mg	0.087		0	0.296	0.074	
Selenium	：g	13.6		0	46.2	11.6	
Vitamins:							
Ascorbic acid	mg	3.0		0	10.2	2.5	
Thiamin	mg	0.250		0	0.850	0.213	
Riboflavin	mg	0.900		0	3.060	0.765	
Niacin	mg	5.790		0	19.686	4.922	
Pantothenic acid	mg	2.680		0	9.112	2.278	
Vitamin B-6	mg	0.320		0	1.088	0.272	
Folate	：g	5		0	17	4	
Vitamin B-12	：g	6.64		0	22.58	5.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.030		0	0.102	0.026	
Lipids:							
Saturated, total	g	1.700		0	5.780	1.445	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.120		0	0.408	0.102	
15.0	g						
16:0	g	0.890		0	3.026	0.757	
17:0	g						
18:0	g	0.590		0	2.006	0.501	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.330	0	4.522	1.131
14:1	g				
16:1	g	0.110	0	0.374	0.094
18:1	g	1.220	0	4.148	1.037
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.620	0	2.108	0.527
18:2	g	0.310	0	1.054	0.264
18:3	g	0.030	0	0.102	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.180	0	0.612	0.153
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.102	0.026
22:6	g	0.060	0	0.204	0.051
Cholesterol	mg	109	0	371	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.458	0	1.557	0.389
Threonine	g	1.273	0	4.328	1.082
Isoleucine	g	1.347	0	4.580	1.145
Leucine	g	2.457	0	8.354	2.088
Lysine	g	2.697	0	9.170	2.292
Methionine	g	0.665	0	2.261	0.565
Cystine	g	0.214	0	0.728	0.182
Phenylalanine	g	1.324	0	4.502	1.125
Tyrosine	g	0.976	0	3.318	0.830
Valine	g	1.399	0	4.757	1.189
Arginine	g	1.771	0	6.021	1.505
Histidine	g	1.179	0	4.009	1.002
Alanine	g	1.593	0	5.416	1.354
Aspartic acid	g	2.633	0	8.952	2.238
Glutamic acid	g	4.673	0	15.888	3.972
Glycine	g	1.249	0	4.247	1.062
Proline	g	0.925	0	3.145	0.786
Serine	g	1.047	0	3.560	0.890
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.57	0.188	44	20.86	333.71	
Energy	kcal	120		0	34	544	
Energy	kj	502		0	142	2277	
Protein (N x 5.95)	g	22.96	0.263	33	6.51	104.15	
Total lipid (fat)	g	2.42	0.211	50	0.69	10.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16	0.053	27	0.33	5.26	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.470	20	1	23	
Iron	mg	3.40	0.221	20	0.96	15.42	
Magnesium	mg	23	0.292	14	7	104	
Phosphorus	mg	202	4.781	19	57	916	
Potassium	mg	318	14.334	19	90	1442	
Sodium	mg	51	2.065	19	14	231	
Zinc	mg	2.09	0.142	14	0.59	9.48	
Copper	mg	0.253	0.011	19	0.072	1.148	
Manganese	mg	0.041	0.002	13	0.012	0.186	
Selenium	:g	9.7		0	2.7	44.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.220	0.006	63	0.062	0.998	
Riboflavin	mg	0.480	0.015	33	0.136	2.177	
Niacin	mg	6.370	0.633	4	1.806	28.894	
Pantothenic acid	mg						
Vitamin B-6	mg	0.370		0	0.105	1.678	
Folate	:g	4		0	1	18	
Vitamin B-12	:g	6.31		0	1.79	28.62	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.057	0.907	
Lipids:							
Saturated, total	g	0.950		0	0.269	4.309	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		16	0.000	0.000	
12:0	g	0.000		16	0.000	0.000	
14:0	g	0.020		16	0.006	0.091	
15.0	g						
16:0	g	0.410		16	0.116	1.860	
17:0	g						
18:0	g	0.510		16	0.145	2.313	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.670		0	0.190	3.039
14:1	g					
16:1	g	0.030		16	0.009	0.136
18:1	g	0.630		16	0.179	2.858
20:1	g	0.000		16	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	0.133	2.132
18:2	g	0.310		16	0.088	1.406
18:3	g	0.070		16	0.020	0.318
18:4	g	0.000		0	0.000	0.000
20:4	g	0.100		16	0.028	0.454
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	85	5.527	43	24	386
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	1.080		13	0.306	4.899
Isoleucine	g	0.908		13	0.257	4.119
Leucine	g	1.951		13	0.553	8.850
Lysine	g	2.006		13	0.569	9.099
Methionine	g	0.566		13	0.160	2.567
Cystine	g	0.257		13	0.073	1.166
Phenylalanine	g	0.937		13	0.266	4.250
Tyrosine	g	0.812		13	0.230	3.683
Valine	g	1.073		13	0.304	4.867
Arginine	g	1.653		13	0.469	7.498
Histidine	g	1.135		13	0.322	5.148
Alanine	g	1.433		13	0.406	6.500
Aspartic acid	g	2.130		13	0.604	9.662
Glutamic acid	g	3.336		13	0.946	15.132
Glycine	g	1.175		13	0.333	5.330
Proline	g	1.183		13	0.335	5.366
Serine	g	0.974		13	0.276	4.418
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.23		0	221.78	55.45	
Energy	kcal	158		0	537	134	
Energy	kj	661		0	2247	562	
Protein (N x 5.95)	g	30.21		0	102.71	25.68	
Total lipid (fat)	g	3.19		0	10.85	2.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.52		0	5.17	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	4.47		0	15.20	3.80	
Magnesium	mg	24		0	82	20	
Phosphorus	mg	226		0	768	192	
Potassium	mg	335		0	1139	285	
Sodium	mg	54		0	184	46	
Zinc	mg	2.75		0	9.35	2.34	
Copper	mg	0.300		0	1.020	0.255	
Manganese	mg	0.046		0	0.156	0.039	
Selenium	:g	12.9		0	43.9	11.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.180		0	0.612	0.153	
Riboflavin	mg	0.600		0	2.040	0.510	
Niacin	mg	6.710		0	22.814	5.704	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.250		0	4.250	1.063	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.102	0.026	
15.0	g						
16:0	g	0.540		0	1.836	0.459	
17:0	g						
18:0	g	0.670		0	2.278	0.570	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.880	0	2.992	0.748
14:1	g				
16:1	g	0.040	0	0.136	0.034
18:1	g	0.830	0	2.822	0.706
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.620	0	2.108	0.527
18:2	g	0.400	0	1.360	0.340
18:3	g	0.090	0	0.306	0.077
18:4	g				
20:4	g	0.130	0	0.442	0.111
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	112	0	381	95
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.421	0	4.831	1.208
Isoleucine	g	1.194	0	4.060	1.015
Leucine	g	2.566	0	8.724	2.181
Lysine	g	2.639	0	8.973	2.243
Methionine	g	0.745	0	2.533	0.633
Cystine	g	0.338	0	1.149	0.287
Phenylalanine	g	1.233	0	4.192	1.048
Tyrosine	g	1.069	0	3.635	0.909
Valine	g	1.412	0	4.801	1.200
Arginine	g	2.175	0	7.395	1.849
Histidine	g	1.494	0	5.080	1.270
Alanine	g	1.885	0	6.409	1.602
Aspartic acid	g	2.803	0	9.530	2.383
Glutamic acid	g	4.389	0	14.923	3.731
Glycine	g	1.546	0	5.256	1.314
Proline	g	1.557	0	5.294	1.323
Serine	g	1.281	0	4.355	1.089
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.38	0.204	30	21.09	337.39	
Energy	kcal	111		0	31	503	
Energy	kj	464		0	132	2105	
Protein (N x 5.95)	g	22.95	0.187	22	6.51	104.10	
Total lipid (fat)	g	1.45	0.160	30	0.41	6.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.017	22	0.28	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.147	21	1	18	
Iron	mg	2.76	0.099	23	0.78	12.52	
Magnesium	mg	23	0.314	21	7	104	
Phosphorus	mg	161	1.793	21	46	730	
Potassium	mg	312	5.876	21	88	1415	
Sodium	mg	58	1.792	21	16	263	
Zinc	mg	2.40	0.069	21	0.68	10.89	
Copper	mg	0.120	0.003	21	0.034	0.544	
Manganese	mg	0.012	0.000	21	0.003	0.054	
Selenium	:g	9.8		0	2.8	44.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.530		0	0.150	2.404	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		3	0.000	0.000	
12:0	g	0.000		3	0.000	0.000	
14:0	g	0.030		3	0.009	0.136	
15.0	g						
16:0	g	0.350		3	0.099	1.588	
17:0	g						
18:0	g	0.140		3	0.040	0.635	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.360		0	0.102	1.633
14:1	g					
16:1	g	0.130		3	0.037	0.590
18:1	g	0.230		3	0.065	1.043
20:1	g	0.000		3	0.000	0.000
22.1	g					
Polyunsaturated, total	g	0.300		0	0.085	1.361
18:2	g	0.170		3	0.048	0.771
18:3	g	0.040		3	0.011	0.181
18:4	g					
20:4	g	0.090		3	0.026	0.408
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	3.264	29	16	249
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.414		1	0.117	1.878
Threonine	g	0.999		1	0.283	4.531
Isoleucine	g	0.740		1	0.210	3.357
Leucine	g	1.935		1	0.549	8.777
Lysine	g	2.131		1	0.604	9.666
Methionine	g	0.551		1	0.156	2.499
Cystine	g					
Phenylalanine	g	0.910		1	0.258	4.128
Tyrosine	g	0.822		1	0.233	3.729
Valine	g	0.810		1	0.230	3.674
Arginine	g	1.575		1	0.447	7.144
Histidine	g	0.733		1	0.208	3.325
Alanine	g	1.441		1	0.409	6.536
Aspartic acid	g	2.251		1	0.638	10.211
Glutamic acid	g	3.651		1	1.035	16.561
Glycine	g	0.974		1	0.276	4.418
Proline	g	0.992		1	0.281	4.500
Serine	g	1.002		1	0.284	4.545
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.28		0	225.35	56.34	
Energy	kcal	146		0	496	124	
Energy	kj	611		0	2077	519	
Protein (N x 5.95)	g	30.19		0	102.65	25.66	
Total lipid (fat)	g	1.90		0	6.46	1.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32		0	4.49	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	17	4	
Iron	mg	3.63		0	12.34	3.09	
Magnesium	mg	24		0	82	20	
Phosphorus	mg	180		0	612	153	
Potassium	mg	328		0	1115	279	
Sodium	mg	61		0	207	52	
Zinc	mg	3.16		0	10.74	2.69	
Copper	mg	0.142		0	0.483	0.121	
Manganese	mg	0.013		0	0.044	0.011	
Selenium	:g	13.0		0	44.2	11.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.700		0	2.380	0.595	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.170	0.043	
15.0	g						
16:0	g	0.460		0	1.564	0.391	
17:0	g						
18:0	g	0.190		0	0.646	0.161	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	1.632	0.408
14:1	g				
16:1	g	0.170	0	0.578	0.145
18:1	g	0.300	0	1.020	0.255
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.400	0	1.360	0.340
18:2	g	0.230	0	0.782	0.196
18:3	g	0.060	0	0.204	0.051
18:4	g				
20:4	g	0.110	0	0.374	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	73	0	248	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.545	0	1.853	0.463
Threonine	g	1.315	0	4.471	1.118
Isoleucine	g	0.973	0	3.308	0.827
Leucine	g	2.546	0	8.656	2.164
Lysine	g	2.803	0	9.530	2.383
Methionine	g	0.725	0	2.465	0.616
Cystine	g				
Phenylalanine	g	1.198	0	4.073	1.018
Tyrosine	g	1.081	0	3.675	0.919
Valine	g	1.066	0	3.624	0.906
Arginine	g	2.073	0	7.048	1.762
Histidine	g	0.964	0	3.278	0.819
Alanine	g	1.896	0	6.446	1.612
Aspartic acid	g	2.962	0	10.071	2.518
Glutamic acid	g	4.804	0	16.334	4.083
Glycine	g	1.282	0	4.359	1.090
Proline	g	1.306	0	4.440	1.110
Serine	g	1.318	0	4.481	1.120
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.84	0.215	92	21.50	344.01	
Energy	kcal	109		0	31	494	
Energy	kj	456		0	129	2068	
Protein (N x 5.95)	g	20.60	0.179	97	5.84	93.44	
Total lipid (fat)	g	2.31	0.102	118	0.65	10.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.021	91	0.31	5.03	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.366	14	4	59	
Iron	mg	2.83	0.207	52	0.80	12.84	
Magnesium	mg						
Phosphorus	mg	180	11.701	14	51	816	
Potassium	mg	385	8.520	7	109	1746	
Sodium	mg	82	5.598	7	23	372	
Zinc	mg	4.00	0.088	47	1.13	18.14	
Copper	mg	0.256	0.015	46	0.073	1.161	
Manganese	mg	0.038	0.004	46	0.011	0.172	
Selenium	:g	8.8		0	2.5	39.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.009	6	0.031	0.499	
Riboflavin	mg	0.490	0.053	6	0.139	2.223	
Niacin	mg	3.750	0.190	9	1.063	17.010	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g	5		1	1	23	
Vitamin B-12	:g	1.13		1	0.32	5.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.710		0	0.201	3.221	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		13	0.000	0.000	
12:0	g	0.000		13	0.000	0.000	
14:0	g	0.030		13	0.009	0.136	
15.0	g						
16:0	g	0.330		13	0.094	1.497	
17:0	g						
18:0	g	0.330		13	0.094	1.497	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030		0	0.292	4.672
14:1	g					
16:1	g	0.040		13	0.011	0.181
18:1	g	0.940		13	0.266	4.264
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.170		0	0.048	0.771
18:2	g	0.100		13	0.028	0.454
18:3	g	0.020		13	0.006	0.091
18:4	g					
20:4	g	0.060		13	0.017	0.272
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	57	1.792	7	16	259
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		1	0.087	1.388
Threonine	g	0.981		1	0.278	4.450
Isoleucine	g	1.042		1	0.295	4.727
Leucine	g	1.716		1	0.486	7.784
Lysine	g	1.532		1	0.434	6.949
Methionine	g	0.552		1	0.156	2.504
Cystine	g	0.245		1	0.069	1.111
Phenylalanine	g	0.715		1	0.203	3.243
Tyrosine	g	0.633		1	0.179	2.871
Valine	g	1.103		1	0.313	5.003
Arginine	g	1.512		1	0.429	6.858
Histidine	g	0.429		1	0.122	1.946
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.21		0	231.91	57.98	
Energy	kcal	143		0	486	122	
Energy	kj	598		0	2033	508	
Protein (N x 5.95)	g	27.10		0	92.14	23.04	
Total lipid (fat)	g	3.03		0	10.30	2.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.46		0	4.96	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	58	14	
Iron	mg	3.73		0	12.68	3.17	
Magnesium	mg	0		0	0	0	
Phosphorus	mg	201		0	683	171	
Potassium	mg	405		0	1377	344	
Sodium	mg	86		0	292	73	
Zinc	mg	5.27		0	17.92	4.48	
Copper	mg	0.303		0	1.030	0.258	
Manganese	mg	0.042		0	0.143	0.036	
Selenium	:g	11.8		0	40.1	10.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.306	0.077	
Riboflavin	mg	0.610		0	2.074	0.518	
Niacin	mg	3.950		0	13.430	3.357	
Pantothenic acid	mg						
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	:g	5		0	17	4	
Vitamin B-12	:g	1.19		0	4.05	1.01	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.050		0	0.170	0.043	
Lipids:							
Saturated, total	g	0.930		0	3.162	0.791	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.136	0.034	
15.0	g						
16:0	g	0.430		0	1.462	0.366	
17:0	g						
18:0	g	0.430		0	1.462	0.366	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360	0	4.624	1.156
14:1	g				
16:1	g	0.060	0	0.204	0.051
18:1	g	1.240	0	4.216	1.054
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.782	0.196
18:2	g	0.130	0	0.442	0.111
18:3	g	0.020	0	0.068	0.017
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.272	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	75	0	255	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.403	0	1.370	0.343
Threonine	g	1.290	0	4.386	1.097
Isoleucine	g	1.371	0	4.661	1.165
Leucine	g	2.258	0	7.677	1.919
Lysine	g	2.016	0	6.854	1.714
Methionine	g	0.726	0	2.468	0.617
Cystine	g	0.323	0	1.098	0.275
Phenylalanine	g	0.941	0	3.199	0.800
Tyrosine	g	0.833	0	2.832	0.708
Valine	g	1.452	0	4.937	1.234
Arginine	g	1.989	0	6.763	1.691
Histidine	g	0.565	0	1.921	0.480
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.63	0.341	139	20.59	329.45	
Energy	kcal	133		0	38	603	
Energy	kj	556		0	158	2522	
Protein (N x 5.95)	g	21.39	0.230	123	6.06	97.03	
Total lipid (fat)	g	4.60	0.394	119	1.30	20.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.014	69	0.28	4.49	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.238	25	2	27	
Iron	mg	3.82	0.339	21	1.08	17.33	
Magnesium	mg	24	0.625	46	7	109	
Phosphorus	mg	221	9.668	23	63	1002	
Potassium	mg	360	6.714	45	102	1633	
Sodium	mg	53	1.638	36	15	240	
Zinc	mg	2.90	0.479	16	0.82	13.15	
Copper	mg	0.144	0.006	263	0.041	0.653	
Manganese	mg	0.019	0.005	8	0.005	0.086	
Selenium	:g	10.1		0	2.9	45.8	
Vitamins:							
Ascorbic acid	mg	1.0		1	0.3	4.5	
Thiamin	mg	0.130		1	0.037	0.590	
Riboflavin	mg	0.100		1	0.028	0.454	
Niacin	mg	4.600		1	1.304	20.866	
Pantothenic acid	mg						
Vitamin B-6	mg	0.380	0.067	6	0.108	1.724	
Folate	:g						
Vitamin B-12	:g	3.00		1	0.85	13.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.440		0	0.408	6.532	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		21	0.003	0.045	
14:0	g	0.170		21	0.048	0.771	
15.0	g						
16:0	g	1.080		21	0.306	4.899	
17:0	g						
18:0	g	0.160		21	0.045	0.726	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.610		0	0.456	7.303
14:1	g					
16:1	g	0.310		21	0.088	1.406
18:1	g	1.300		21	0.369	5.897
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.650		0	0.184	2.948
18:2	g	0.290		21	0.082	1.315
18:3	g	0.360		21	0.102	1.633
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	52	2.516	13	15	236
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.265		72	0.075	1.202
Threonine	g	0.959		27	0.272	4.350
Isoleucine	g	1.014		27	0.287	4.600
Leucine	g	1.696		27	0.481	7.693
Lysine	g	1.823		27	0.517	8.269
Methionine	g	0.473		27	0.134	2.146
Cystine	g	0.299		23	0.085	1.356
Phenylalanine	g	0.879		27	0.249	3.987
Tyrosine	g	0.670		27	0.190	3.039
Valine	g	1.108		27	0.314	5.026
Arginine	g	1.401		27	0.397	6.355
Histidine	g	0.822		27	0.233	3.729
Alanine	g	1.228		27	0.348	5.570
Aspartic acid	g	2.104		27	0.596	9.544
Glutamic acid	g	3.116		27	0.883	14.134
Glycine	g	1.033		27	0.293	4.686
Proline	g	0.994		27	0.282	4.509
Serine	g	0.817		27	0.232	3.706
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.98		0	217.53	54.38	
Energy	kcal	175		0	595	149	
Energy	kj	732		0	2489	622	
Protein (N x 5.95)	g	28.14		0	95.68	23.92	
Total lipid (fat)	g	6.05		0	20.57	5.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.45	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	27	7	
Iron	mg	5.03		0	17.10	4.28	
Magnesium	mg	25		0	85	21	
Phosphorus	mg	247		0	840	210	
Potassium	mg	379		0	1289	322	
Sodium	mg	55		0	187	47	
Zinc	mg	3.82		0	12.99	3.25	
Copper	mg	0.171		0	0.581	0.145	
Manganese	mg	0.022		0	0.075	0.019	
Selenium	:g	13.5		0	45.9	11.5	
Vitamins:							
Ascorbic acid	mg	2.0		0	6.8	1.7	
Thiamin	mg	0.100		0	0.340	0.085	
Riboflavin	mg	0.120		0	0.408	0.102	
Niacin	mg	4.840		0	16.456	4.114	
Pantothenic acid	mg						
Vitamin B-6	mg	0.330		0	1.122	0.281	
Folate	:g						
Vitamin B-12	:g	3.16		0	10.74	2.69	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.900		0	6.460	1.615	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.034	0.009	
14:0	g	0.220		0	0.748	0.187	
15.0	g						
16:0	g	1.410		0	4.794	1.198	
17:0	g						
18:0	g	0.200		0	0.680	0.170	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.120	0	7.208	1.802
14:1	g				
16:1	g	0.410	0	1.394	0.349
18:1	g	1.710	0	5.814	1.454
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.850	0	2.890	0.723
18:2	g	0.380	0	1.292	0.323
18:3	g	0.470	0	1.598	0.400
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	231	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.349	0	1.187	0.297
Threonine	g	1.262	0	4.291	1.073
Isoleucine	g	1.334	0	4.536	1.134
Leucine	g	2.232	0	7.589	1.897
Lysine	g	2.398	0	8.153	2.038
Methionine	g	0.623	0	2.118	0.530
Cystine	g	0.393	0	1.336	0.334
Phenylalanine	g	1.157	0	3.934	0.983
Tyrosine	g	0.882	0	2.999	0.750
Valine	g	1.458	0	4.957	1.239
Arginine	g	1.843	0	6.266	1.567
Histidine	g	1.081	0	3.675	0.919
Alanine	g	1.616	0	5.494	1.374
Aspartic acid	g	2.768	0	9.411	2.353
Glutamic acid	g	4.101	0	13.943	3.486
Glycine	g	1.359	0	4.621	1.155
Proline	g	1.307	0	4.444	1.111
Serine	g	1.074	0	3.652	0.913
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	75.55	0.348	36	21.42	342.69	
Energy	kcal	102		0	29	463	
Energy	kj	427		0	121	1937	
Protein (N x 5.95)	g	22.24	0.298	35	6.31	100.88	
Total lipid (fat)	g	0.74	0.103	37	0.21	3.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13	0.025	36	0.32	5.13	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.546	29	1	23	
Iron	mg	3.21	0.167	29	0.91	14.56	
Magnesium	mg	23	0.376	27	7	104	
Phosphorus	mg	158	4.278	30	45	717	
Potassium	mg	317	3.438	27	90	1438	
Sodium	mg	65	1.182	27	18	295	
Zinc	mg	2.80	0.056	26	0.79	12.70	
Copper	mg	0.067	0.002	26	0.019	0.304	
Manganese	mg	0.008	0.000	26	0.002	0.036	
Selenium	:g	9.6		0	2.7	43.5	
Vitamins:							
Ascorbic acid	mg	4.0		1	1.1	18.1	
Thiamin	mg	0.060	0.021	3	0.017	0.272	
Riboflavin	mg	0.270	0.092	2	0.077	1.225	
Niacin	mg	5.000		1	1.418	22.680	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.220		0	0.062	0.998	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		1	0.000	0.000	
15.0	g						
16:0	g	0.090		1	0.026	0.408	
17:0	g						
18:0	g	0.130		1	0.037	0.590	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.150		0	0.043	0.680
14:1	g					
16:1	g	0.010		1	0.003	0.045
18:1	g	0.140		1	0.040	0.635
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.240		0	0.068	1.089
18:2	g	0.140		1	0.040	0.635
18:3	g	0.030		1	0.009	0.136
18:4	g					
20:4	g	0.070		1	0.020	0.318
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59	3.253	33	17	268
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	1.021		1	0.289	4.631
Isoleucine	g	1.068		1	0.303	4.844
Leucine	g	1.957		1	0.555	8.877
Lysine	g	2.018		1	0.572	9.154
Methionine	g	0.569		1	0.161	2.581
Cystine	g					
Phenylalanine	g	0.961		1	0.272	4.359
Tyrosine	g	0.819		1	0.232	3.715
Valine	g	1.210		1	0.343	5.489
Arginine	g	1.438		1	0.408	6.523
Histidine	g	0.747		1	0.212	3.388
Alanine	g	1.281		1	0.363	5.811
Aspartic acid	g	2.089		1	0.592	9.476
Glutamic acid	g	3.602		1	1.021	16.339
Glycine	g	0.972		1	0.276	4.409
Proline	g	0.904		1	0.256	4.101
Serine	g	0.797		1	0.226	3.615
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 340g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.83		0	230.62	57.66	
Energy	kcal	134		0	456	114	
Energy	kj	561		0	1907	477	
Protein (N x 5.95)	g	29.27		0	99.52	24.88	
Total lipid (fat)	g	0.97		0	3.30	0.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	5.07	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	20	5	
Iron	mg	4.22		0	14.35	3.59	
Magnesium	mg	24		0	82	20	
Phosphorus	mg	176		0	598	150	
Potassium	mg	334		0	1136	284	
Sodium	mg	69		0	235	59	
Zinc	mg	3.68		0	12.51	3.13	
Copper	mg	0.079		0	0.269	0.067	
Manganese	mg	0.009		0	0.031	0.008	
Selenium	:g	12.8		0	43.5	10.9	
Vitamins:							
Ascorbic acid	mg	5.0		0	17.0	4.3	
Thiamin	mg	0.050		0	0.170	0.043	
Riboflavin	mg	0.340		0	1.156	0.289	
Niacin	mg	5.260		0	17.884	4.471	
Pantothenic acid	mg						
Vitamin B-6	mg	0.370		0	1.258	0.315	
Folate	:g	4		0	14	3	
Vitamin B-12	:g	6.31		0	21.45	5.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.680	0.170	
Lipids:							
Saturated, total	g	0.290		0	0.986	0.247	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.120		0	0.408	0.102	
17:0	g						
18:0	g	0.170		0	0.578	0.145	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.680	0.170
14:1	g				
16:1	g	0.010	0	0.034	0.009
18:1	g	0.180	0	0.612	0.153
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.310	0	1.054	0.264
18:2	g	0.190	0	0.646	0.161
18:3	g	0.030	0	0.102	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.306	0.077
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	78	0	265	66
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.344	0	4.570	1.142
Isoleucine	g	1.405	0	4.777	1.194
Leucine	g	2.576	0	8.758	2.190
Lysine	g	2.655	0	9.027	2.257
Methionine	g	0.749	0	2.547	0.637
Cystine	g				
Phenylalanine	g	1.264	0	4.298	1.074
Tyrosine	g	1.077	0	3.662	0.915
Valine	g	1.592	0	5.413	1.353
Arginine	g	1.892	0	6.433	1.608
Histidine	g	0.983	0	3.342	0.836
Alanine	g	1.686	0	5.732	1.433
Aspartic acid	g	2.749	0	9.347	2.337
Glutamic acid	g	4.739	0	16.113	4.028
Glycine	g	1.278	0	4.345	1.086
Proline	g	1.189	0	4.043	1.011
Serine	g	1.049	0	3.567	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	69.35	1.502	4	19.66	314.57	
Energy	kcal	162		0	46	735	
Energy	kj	678		0	192	3075	
Protein (N x 5.95)	g	20.76	0.507	5	5.89	94.17	
Total lipid (fat)	g	8.10	2.454	4	2.30	36.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18	0.049	5	0.33	5.35	
Sugars, total	g						
Minerals:							
Calcium	mg	25		1	7	113	
Iron	mg						
Magnesium	mg	22		1	6	100	
Phosphorus	mg	220		1	62	998	
Potassium	mg	276		1	78	1252	
Sodium	mg	82		1	23	372	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	9.1		0	2.6	41.3	
Vitamins:							
Ascorbic acid	mg	5.0		1	1.4	22.7	
Thiamin	mg	0.090	0.005	2	0.026	0.408	
Riboflavin	mg	0.520	0.144	2	0.147	2.359	
Niacin	mg	6.200		1	1.758	28.123	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.854	1	0.242	3.874
Isoleucine	g	0.791	1	0.224	3.588
Leucine	g	1.638	1	0.464	7.430
Lysine	g	1.628	1	0.462	7.385
Methionine	g	0.345	1	0.098	1.565
Cystine	g				
Phenylalanine	g	0.857	1	0.243	3.887
Tyrosine	g	0.568	1	0.161	2.576
Valine	g	0.923	1	0.262	4.187
Arginine	g	0.996	1	0.282	4.518
Histidine	g	0.618	1	0.175	2.803
Alanine	g	1.096	1	0.311	4.971
Aspartic acid	g	1.794	1	0.509	8.138
Glutamic acid	g	2.644	1	0.750	11.993
Glycine	g	1.013	1	0.287	4.595
Proline	g	0.830	1	0.235	3.765
Serine	g	0.744	1	0.211	3.375
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.58		0	173.97	47.24	
Energy	kcal	234		0	732	199	
Energy	kj	979		0	3064	832	
Protein (N x 5.95)	g	30.09		0	94.18	25.58	
Total lipid (fat)	g	11.74		0	36.75	9.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.71		0	5.35	1.45	
Sugars, total	g						
Minerals:							
Calcium	mg	36		0	113	31	
Iron	mg	7.10		0	22.22	6.04	
Magnesium	mg	26		0	81	22	
Phosphorus	mg	271		0	848	230	
Potassium	mg	320		0	1002	272	
Sodium	mg	95		0	297	81	
Zinc	mg	2.27		0	7.11	1.93	
Copper	mg	0.189		0	0.592	0.161	
Manganese	mg	0.032		0	0.100	0.027	
Selenium	:g	14.8		0	46.3	12.6	
Vitamins:							
Ascorbic acid	mg	7.0		0	21.9	6.0	
Thiamin	mg	0.080		0	0.250	0.068	
Riboflavin	mg	0.710		0	2.222	0.603	
Niacin	mg	7.190		0	22.505	6.111	
Pantothenic acid	mg	0.930		0	2.911	0.791	
Vitamin B-6	mg	0.470		0	1.471	0.400	
Folate	:g	11		0	34	9	
Vitamin B-12	:g	8.30		0	25.98	7.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	121	0	379	103
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.237	0	3.872	1.051
Isoleucine	g	1.146	0	3.587	0.974
Leucine	g	2.373	0	7.427	2.017
Lysine	g	2.359	0	7.384	2.005
Methionine	g	0.501	0	1.568	0.426
Cystine	g				
Phenylalanine	g	1.242	0	3.887	1.056
Tyrosine	g	0.823	0	2.576	0.700
Valine	g	1.338	0	4.188	1.137
Arginine	g	1.444	0	4.520	1.227
Histidine	g	0.895	0	2.801	0.761
Alanine	g	1.589	0	4.974	1.351
Aspartic acid	g	2.600	0	8.138	2.210
Glutamic acid	g	3.832	0	11.994	3.257
Glycine	g	1.468	0	4.595	1.248
Proline	g	1.203	0	3.765	1.023
Serine	g	1.078	0	3.374	0.916
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 399g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.30		1	232.62	49.55	
Energy	kcal	221		0	882	188	
Energy	kj	925		0	3691	786	
Protein (N x 5.95)	g	30.20		1	120.50	25.67	
Total lipid (fat)	g	10.20		1	40.70	8.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.30		1	9.18	1.95	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	68	14	
Iron	mg	4.64		0	18.51	3.94	
Magnesium	mg	34		0	136	29	
Phosphorus	mg	278		0	1109	236	
Potassium	mg	438		0	1748	372	
Sodium	mg	58		0	231	49	
Zinc	mg	2.28		0	9.10	1.94	
Copper	mg	0.189		0	0.754	0.161	
Manganese	mg						
Selenium	:g	18.2		0	72.6	15.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		1	0.399	0.085	
Riboflavin	mg	0.370		1	1.476	0.315	
Niacin	mg	8.430		0	33.636	7.165	
Pantothenic acid	mg						
Vitamin B-6	mg	0.470		0	1.875	0.400	
Folate	:g	10		0	40	9	
Vitamin B-12	:g	8.30		0	33.12	7.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.790		0	3.152	0.672	
Lipids:							
Saturated, total	g	1.206		0	4.812	1.025	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.044		0	0.176	0.037	
15.0	g						
16:0	g	0.965		0	3.850	0.820	
17:0	g						
18:0	g	0.176		0	0.702	0.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.773	0	15.054	3.207
14:1	g				
16:1	g	0.307	0	1.225	0.261
18:1	g	3.444	0	13.742	2.927
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.983	0	11.902	2.536
18:2	g	2.939	0	11.727	2.498
18:3	g	0.066	0	0.263	0.056
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	129	0	515	110
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	72.82	0.271	87	20.64	330.31	
Energy	kcal	136		0	39	617	
Energy	kj	569		0	161	2581	
Protein (N x 5.95)	g	20.05	0.260	60	5.68	90.95	
Total lipid (fat)	g	5.55	0.339	62	1.57	25.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.72	0.069	34	0.20	3.27	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.712	23	4	59	
Iron	mg	1.57	0.296	3	0.45	7.12	
Magnesium	mg	19	1.697	26	5	86	
Phosphorus	mg	213	12.018	3	60	966	
Potassium	mg	330	25.166	3	94	1497	
Sodium	mg	41	1.529	21	12	186	
Zinc	mg	1.57	0.088	3	0.45	7.12	
Copper	mg	0.145	0.045	2	0.041	0.658	
Manganese	mg	0.026	0.004	8	0.007	0.118	
Selenium	:g	23.7		0	6.7	107.5	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.100		1	0.028	0.454	
Riboflavin	mg	0.150	0.040	2	0.043	0.680	
Niacin	mg	7.270	1.125	2	2.061	32.977	
Pantothenic acid	mg	0.800		1	0.227	3.629	
Vitamin B-6	mg	0.500		1	0.142	2.268	
Folate	:g	8	3.350	2	2	36	
Vitamin B-12	:g	7.16	2.840	2	2.03	32.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.660		0	0.471	7.530	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.150		21	0.043	0.680	
15.0	g						
16:0	g	1.250		21	0.354	5.670	
17:0	g						
18:0	g	0.260		21	0.074	1.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.500		0	0.425	6.804
14:1	g					
16:1	g	0.180		21	0.051	0.816
18:1	g	1.280		21	0.363	5.806
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.080		0	0.306	4.899
18:2	g	0.860		21	0.244	3.901
18:3	g	0.220		21	0.062	0.998
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	57	1.976	77	16	259
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.265		2	0.075	1.202
Threonine	g	0.897		8	0.254	4.069
Isoleucine	g	0.951		8	0.270	4.314
Leucine	g	1.562		8	0.443	7.085
Lysine	g	1.756		8	0.498	7.965
Methionine	g	0.502		8	0.142	2.277
Cystine	g	0.252		2	0.071	1.143
Phenylalanine	g	0.823		8	0.233	3.733
Tyrosine	g	0.714		4	0.202	3.239
Valine	g	1.019		8	0.289	4.622
Arginine	g	1.239		8	0.351	5.620
Histidine	g	0.562		8	0.159	2.549
Alanine	g	1.210		4	0.343	5.489
Aspartic acid	g	1.959		4	0.555	8.886
Glutamic acid	g	3.217		4	0.912	14.592
Glycine	g	1.089		4	0.309	4.940
Proline	g	0.980		4	0.278	4.445
Serine	g	0.889		4	0.252	4.033
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.61		0	189.71	51.52	
Energy	kcal	197		0	617	167	
Energy	kj	824		0	2579	700	
Protein (N x 5.95)	g	29.06		0	90.96	24.70	
Total lipid (fat)	g	8.05		0	25.20	6.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	3.26	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	59	16	
Iron	mg	2.27		0	7.11	1.93	
Magnesium	mg	21		0	66	18	
Phosphorus	mg	263		0	823	224	
Potassium	mg	383		0	1199	326	
Sodium	mg	47		0	147	40	
Zinc	mg	2.27		0	7.11	1.93	
Copper	mg	0.189		0	0.592	0.161	
Manganese	mg	0.032		0	0.100	0.027	
Selenium	:g	38.5		0	120.5	32.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.282	0.077	
Riboflavin	mg	0.210		0	0.657	0.179	
Niacin	mg	8.430		0	26.386	7.165	
Pantothenic acid	mg	0.930		0	2.911	0.791	
Vitamin B-6	mg	0.470		0	1.471	0.400	
Folate	:g	11		0	34	9	
Vitamin B-12	:g	8.30		0	25.98	7.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.400		0	7.512	2.040	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.210		0	0.657	0.179	
15.0	g						
16:0	g	1.810		0	5.665	1.539	
17:0	g						
18:0	g	0.380		0	1.189	0.323	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.170	0	6.792	1.844
14:1	g				
16:1	g	0.260	0	0.814	0.221
18:1	g	1.860	0	5.822	1.581
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.560	0	4.883	1.326
18:2	g	1.240	0	3.881	1.054
18:3	g	0.320	0	1.002	0.272
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	257	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.384	0	1.202	0.326
Threonine	g	1.300	0	4.069	1.105
Isoleucine	g	1.379	0	4.316	1.172
Leucine	g	2.264	0	7.086	1.924
Lysine	g	2.544	0	7.963	2.162
Methionine	g	0.727	0	2.276	0.618
Cystine	g	0.365	0	1.142	0.310
Phenylalanine	g	1.193	0	3.734	1.014
Tyrosine	g	1.035	0	3.240	0.880
Valine	g	1.477	0	4.623	1.255
Arginine	g	1.795	0	5.618	1.526
Histidine	g	0.815	0	2.551	0.693
Alanine	g	1.753	0	5.487	1.490
Aspartic acid	g	2.839	0	8.886	2.413
Glutamic acid	g	4.662	0	14.592	3.963
Glycine	g	1.578	0	4.939	1.341
Proline	g	1.420	0	4.445	1.207
Serine	g	1.288	0	4.031	1.095
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 299g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.82		0	175.87	50.00	
Energy	kcal	206		0	616	175	
Energy	kj	862		0	2577	733	
Protein (N x 5.95)	g	30.38		0	90.84	25.82	
Total lipid (fat)	g	8.41		0	25.15	7.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	3.26	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	60	17	
Iron	mg	2.37		0	7.09	2.01	
Magnesium	mg	20		0	60	17	
Phosphorus	mg	226		0	676	192	
Potassium	mg	300		0	897	255	
Sodium	mg	37		0	111	31	
Zinc	mg	2.37		0	7.09	2.01	
Copper	mg	0.176		0	0.526	0.150	
Manganese	mg	0.032		0	0.096	0.027	
Selenium	:g	38.5		0	115.1	32.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.179	0.051	
Riboflavin	mg	0.170		0	0.508	0.145	
Niacin	mg	7.160		0	21.408	6.086	
Pantothenic acid	mg	0.670		0	2.003	0.570	
Vitamin B-6	mg	0.340		0	1.017	0.289	
Folate	:g	9		0	27	8	
Vitamin B-12	:g	6.51		0	19.46	5.53	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.790		0	2.362	0.672	
Lipids:							
Saturated, total	g	2.510		0	7.505	2.133	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.220		0	0.658	0.187	
15.0	g						
16:0	g	1.890		0	5.651	1.607	
17:0	g						
18:0	g	0.390		0	1.166	0.331	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.270	0	6.787	1.930
14:1	g				
16:1	g	0.280	0	0.837	0.238
18:1	g	1.940	0	5.801	1.649
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.630	0	4.874	1.385
18:2	g	1.300	0	3.887	1.105
18:3	g	0.340	0	1.017	0.289
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	86	0	257	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.401	0	1.199	0.341
Threonine	g	1.359	0	4.063	1.155
Isoleucine	g	1.441	0	4.309	1.225
Leucine	g	2.367	0	7.077	2.012
Lysine	g	2.660	0	7.953	2.261
Methionine	g	0.760	0	2.272	0.646
Cystine	g	0.382	0	1.142	0.325
Phenylalanine	g	1.247	0	3.729	1.060
Tyrosine	g	1.082	0	3.235	0.920
Valine	g	1.544	0	4.617	1.312
Arginine	g	1.877	0	5.612	1.595
Histidine	g	0.852	0	2.547	0.724
Alanine	g	1.833	0	5.481	1.558
Aspartic acid	g	2.968	0	8.874	2.523
Glutamic acid	g	4.874	0	14.573	4.143
Glycine	g	1.649	0	4.931	1.402
Proline	g	1.485	0	4.440	1.262
Serine	g	1.346	0	4.025	1.144
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	74.51	0.412	31	21.12	337.98	
Energy	kcal	114		0	32	517	
Energy	kj	477		0	135	2164	
Protein (N x 5.95)	g	21.79	0.183	32	6.18	98.84	
Total lipid (fat)	g	2.32	0.396	30	0.66	10.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12	0.017	28	0.32	5.08	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	3	54	
Iron	mg	3.20		1	0.91	14.52	
Magnesium	mg	29		1	8	132	
Phosphorus	mg	226		1	64	1025	
Potassium	mg	378	6.305	98	107	1715	
Sodium	mg	50	0.875	98	14	227	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	9.4		0	2.7	42.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030		1	0.009	0.136	
Riboflavin	mg	0.060		1	0.017	0.272	
Niacin	mg	6.500		1	1.843	29.484	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.690		0	0.196	3.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.060		21	0.017	0.272	
15.0	g						
16:0	g	0.520		21	0.147	2.359	
17:0	g						
18:0	g	0.110		21	0.031	0.499	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.630		0	0.179	2.858
14:1	g					
16:1	g	0.080		21	0.023	0.363
18:1	g	0.540		21	0.153	2.449
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.450		0	0.128	2.041
18:2	g	0.360		21	0.102	1.633
18:3	g	0.090		21	0.026	0.408
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81	1.603	40	23	367
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.288		2	0.082	1.306
Threonine	g	0.975		8	0.276	4.423
Isoleucine	g	1.034		8	0.293	4.690
Leucine	g	1.698		8	0.481	7.702
Lysine	g	1.908		8	0.541	8.655
Methionine	g	0.545		8	0.155	2.472
Cystine	g	0.274		2	0.078	1.243
Phenylalanine	g	0.895		8	0.254	4.060
Tyrosine	g	0.776		4	0.220	3.520
Valine	g	1.108		8	0.314	5.026
Arginine	g	1.346		8	0.382	6.105
Histidine	g	0.611		8	0.173	2.771
Alanine	g	1.315		4	0.373	5.965
Aspartic acid	g	2.129		4	0.604	9.657
Glutamic acid	g	3.496		4	0.991	15.858
Glycine	g	1.183		4	0.335	5.366
Proline	g	1.065		4	0.302	4.831
Serine	g	0.966		4	0.274	4.382
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 299g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.37		0	183.50	52.16	
Energy	kcal	173		0	517	147	
Energy	kj	724		0	2165	615	
Protein (N x 5.95)	g	33.02		0	98.73	28.07	
Total lipid (fat)	g	3.51		0	10.49	2.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.70		0	5.08	1.45	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	54	15	
Iron	mg	4.85		0	14.50	4.12	
Magnesium	mg	31		0	93	26	
Phosphorus	mg	240		0	718	204	
Potassium	mg	343		0	1026	292	
Sodium	mg	45		0	135	38	
Zinc	mg	2.38		0	7.12	2.02	
Copper	mg	0.176		0	0.526	0.150	
Manganese	mg						
Selenium	:g	15.2		0	45.4	12.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.060	0.017	
Riboflavin	mg	0.070		0	0.209	0.060	
Niacin	mg	6.400		0	19.136	5.440	
Pantothenic acid	mg						
Vitamin B-6	mg	0.340		0	1.017	0.289	
Folate	:g	8		0	24	7	
Vitamin B-12	:g	6.51		0	19.46	5.53	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.790		0	2.362	0.672	
Lipids:							
Saturated, total	g	1.050		0	3.139	0.893	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090		0	0.269	0.077	
15.0	g						
16:0	g	0.790		0	2.362	0.672	
17:0	g						
18:0	g	0.160		0	0.478	0.136	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950	0	2.841	0.808
14:1	g				
16:1	g	0.120	0	0.359	0.102
18:1	g	0.810	0	2.422	0.689
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	2.033	0.578
18:2	g	0.540	0	1.615	0.459
18:3	g	0.140	0	0.419	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	123	0	368	105
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.436	0	1.304	0.371
Threonine	g	1.477	0	4.416	1.255
Isoleucine	g	1.567	0	4.685	1.332
Leucine	g	2.573	0	7.693	2.187
Lysine	g	2.891	0	8.644	2.457
Methionine	g	0.826	0	2.470	0.702
Cystine	g	0.415	0	1.241	0.353
Phenylalanine	g	1.355	0	4.051	1.152
Tyrosine	g	1.176	0	3.516	1.000
Valine	g	1.678	0	5.017	1.426
Arginine	g	2.040	0	6.100	1.734
Histidine	g	0.926	0	2.769	0.787
Alanine	g	1.992	0	5.956	1.693
Aspartic acid	g	3.226	0	9.646	2.742
Glutamic acid	g	5.297	0	15.838	4.502
Glycine	g	1.793	0	5.361	1.524
Proline	g	1.614	0	4.826	1.372
Serine	g	1.463	0	4.374	1.244
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking
Measure 2: 3 oz

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	Samples	Measure 1* 399g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.30		1	216.66	46.16	
Energy	kcal	255		0	1017	217	
Energy	kj	1067		0	4257	907	
Protein (N x 5.95)	g	29.20		1	116.51	24.82	
Total lipid (fat)	g	14.50		1	57.85	12.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50		1	5.99	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	56	12	
Iron	mg	7.10		0	28.33	6.04	
Magnesium	mg	30		0	120	26	
Phosphorus	mg	261		0	1041	222	
Potassium	mg	398		0	1588	338	
Sodium	mg	79		0	315	67	
Zinc	mg	2.27		0	9.06	1.93	
Copper	mg	0.189		0	0.754	0.161	
Manganese	mg						
Selenium	:g	18.0		0	71.8	15.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.590	0.013	2	2.354	0.501	
Riboflavin	mg	0.520		1	2.075	0.442	
Niacin	mg	4.680		0	18.673	3.978	
Pantothenic acid	mg						
Vitamin B-6	mg	0.470		0	1.875	0.400	
Folate	:g	11		0	44	9	
Vitamin B-12	:g	8.30		0	33.12	7.06	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.790		0	3.152	0.672	
Lipids:							
Saturated, total	g	4.070		0	16.239	3.460	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.552		0	2.202	0.469	
15.0	g						
16:0	g	2.285		0	9.117	1.942	
17:0	g						
18:0	g	1.131		0	4.513	0.961	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.210	0	20.788	4.429
14:1	g				
16:1	g	0.961	0	3.834	0.817
18:1	g	4.079	0	16.275	3.467
20:1	g	0.056	0	0.223	0.048
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.090	0	8.339	1.776
18:2	g	1.281	0	5.111	1.089
18:3	g	0.063	0	0.251	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.371	0	1.480	0.315
20:5	g	0.051	0	0.203	0.043
22:5	g	0.100	0	0.399	0.085
22:6	g	0.032	0	0.128	0.027
Cholesterol	mg	97	0	387	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	73.83	0.507	17	20.93	334.89	
Energy	kcal	120		0	34	544	
Energy	kj	502		0	142	2277	
Protein (N x 5.95)	g	21.23	0.194	17	6.02	96.30	
Total lipid (fat)	g	3.21	0.563	16	0.91	14.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16	0.047	16	0.33	5.26	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	1	9	
Iron	mg	4.70		1	1.33	21.32	
Magnesium	mg	24		1	7	109	
Phosphorus	mg	172	3.500	2	49	780	
Potassium	mg	304		1	86	1379	
Sodium	mg	103		1	29	467	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	:g	9.3		0	2.6	42.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		1	0.020	0.318	
Riboflavin	mg	0.210		1	0.060	0.953	
Niacin	mg	4.000		1	1.134	18.144	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.380		0	0.108	1.724	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		5	0.006	0.091	
15.0	g						
16:0	g	0.300		5	0.085	1.361	
17:0	g						
18:0	g	0.050		5	0.014	0.227	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.180		0	0.335	5.352
14:1	g					
16:1	g	0.100		5	0.028	0.454
18:1	g	1.080		5	0.306	4.899
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.940		0	0.266	4.264
18:2	g	0.920		5	0.261	4.173
18:3	g	0.020		5	0.006	0.091
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	5.069	15	24	376
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.809		1	0.229	3.670
Isoleucine	g	0.809		1	0.229	3.670
Leucine	g	1.525		1	0.432	6.917
Lysine	g	1.536		1	0.435	6.967
Methionine	g	0.465		1	0.132	2.109
Cystine	g					
Phenylalanine	g	0.822		1	0.233	3.729
Tyrosine	g	0.635		1	0.180	2.880
Valine	g	0.839		1	0.238	3.806
Arginine	g	1.107		1	0.314	5.021
Histidine	g	0.554		1	0.157	2.513
Alanine	g	1.006		1	0.285	4.563
Aspartic acid	g	1.688		1	0.479	7.657
Glutamic acid	g	2.871		1	0.814	13.023
Glycine	g	0.921		1	0.261	4.178
Proline	g	0.792		1	0.225	3.593
Serine	g	0.696		1	0.197	3.157
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.07		0	194.28	52.76	
Energy	kcal	173		0	541	147	
Energy	kj	724		0	2266	615	
Protein (N x 5.95)	g	30.77		0	96.31	26.15	
Total lipid (fat)	g	4.69		0	14.68	3.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.68		0	5.26	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	9	3	
Iron	mg	6.81		0	21.32	5.79	
Magnesium	mg	28		0	88	24	
Phosphorus	mg	211		0	660	179	
Potassium	mg	352		0	1102	299	
Sodium	mg	119		0	372	101	
Zinc	mg	1.78		0	5.57	1.51	
Copper	mg	0.148		0	0.463	0.126	
Manganese	mg	0.032		0	0.100	0.027	
Selenium	:g	15.1		0	47.3	12.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.188	0.051	
Riboflavin	mg	0.290		0	0.908	0.247	
Niacin	mg	4.640		0	14.523	3.944	
Pantothenic acid	mg	0.930		0	2.911	0.791	
Vitamin B-6	mg	0.370		0	1.158	0.315	
Folate	:g	9		0	28	8	
Vitamin B-12	:g	6.51		0	20.38	5.53	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.750		0	2.348	0.637	
Lipids:							
Saturated, total	g	0.850		0	2.661	0.723	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.063	0.017	
15.0	g						
16:0	g	0.440		0	1.377	0.374	
17:0	g						
18:0	g	0.080		0	0.250	0.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.330	0	4.163	1.131
14:1	g				
16:1	g	0.140	0	0.438	0.119
18:1	g	1.570	0	4.914	1.335
20:1	g	0.076	0	0.238	0.065
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.460	0	4.570	1.241
18:2	g	1.340	0	4.194	1.139
18:3	g	0.030	0	0.094	0.026
18:4	g	0.000	0	0.000	0.000
20:4	g	0.189	0	0.592	0.161
20:5	g	0.006	0	0.019	0.005
22:5	g	0.015	0	0.047	0.013
22:6	g	0.103	0	0.322	0.088
Cholesterol	mg	121	0	379	103
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.172	0	3.668	0.996
Isoleucine	g	1.172	0	3.668	0.996
Leucine	g	2.211	0	6.920	1.879
Lysine	g	2.225	0	6.964	1.891
Methionine	g	0.675	0	2.113	0.574
Cystine	g				
Phenylalanine	g	1.191	0	3.728	1.012
Tyrosine	g	0.921	0	2.883	0.783
Valine	g	1.216	0	3.806	1.034
Arginine	g	1.605	0	5.024	1.364
Histidine	g	0.803	0	2.513	0.683
Alanine	g	1.457	0	4.560	1.238
Aspartic acid	g	2.447	0	7.659	2.080
Glutamic acid	g	4.160	0	13.021	3.536
Glycine	g	1.334	0	4.175	1.134
Proline	g	1.147	0	3.590	0.975
Serine	g	1.009	0	3.158	0.858
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw, boneless, yield after cooking

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.20	0.281	5	22.45	89.81	
Energy	kcal	122		0	35	138	
Energy	kj	510		0	145	578	
Protein (N x 5.95)	g	10.40	0.512	6	2.95	11.79	
Total lipid (fat)	g	8.58	0.504	5	2.43	9.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33	0.047	5	0.38	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	9	4.100	2	3	10	
Iron	mg	1.75	0.193	5	0.50	1.98	
Magnesium	mg	12	0.000	2	3	14	
Phosphorus	mg	270		1	77	306	
Potassium	mg	296	25.266	5	84	336	
Sodium	mg	112	6.597	6	32	127	
Zinc	mg	1.17	0.075	4	0.33	1.33	
Copper	mg	0.240		1	0.068	0.272	
Manganese	mg	0.044	0.001	13	0.012	0.050	
Selenium	:g	9.0	1.008	3	2.6	10.2	
Vitamins:							
Ascorbic acid	mg	16.0	2.764	7	4.5	18.1	
Thiamin	mg	0.130	0.033	40	0.037	0.147	
Riboflavin	mg	0.300	0.095	2	0.085	0.340	
Niacin	mg	3.900	1.200	2	1.106	4.423	
Pantothenic acid	mg	0.920		1	0.261	1.043	
Vitamin B-6	mg	0.290		1	0.082	0.329	
Folate	:g	3		1	1	3	
Vitamin B-12	:g	11.30		1	3.20	12.81	
Vitamin A	IU	0		9	0	0	
Vitamin A, RE	:g	0		9	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.190		0	0.621	2.483	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		2	0.000	0.000	
14:0	g	0.040		2	0.011	0.045	
15.0	g						
16:0	g	1.060		2	0.301	1.202	
17:0	g						
18:0	g	1.070		2	0.303	1.213	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550		0	0.439	1.758
14:1	g					
16:1	g	0.050		2	0.014	0.057
18:1	g	1.290		2	0.366	1.463
20:1	g	0.120		2	0.034	0.136
22.1	g	0.000		2	0.000	0.000
Polyunsaturated, total	g	0.880		0	0.249	0.998
18:2	g	0.030		2	0.009	0.034
18:3	g	0.000		2	0.000	0.000
18:4	g					
20:4	g	0.230		2	0.065	0.261
20:5	g	0.000		2	0.000	0.000
22:5	g	0.130	0.000	2	0.037	0.147
22:6	g	0.490		2	0.139	0.556
Cholesterol	mg	1352		1	383	1533
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.107		6	0.030	0.121
Threonine	g	0.466		7	0.132	0.528
Isoleucine	g	0.414		7	0.117	0.469
Leucine	g	0.813		7	0.230	0.922
Lysine	g	0.667		7	0.189	0.756
Methionine	g	0.207		7	0.059	0.235
Cystine	g	0.108		6	0.031	0.122
Phenylalanine	g	0.501		7	0.142	0.568
Tyrosine	g	0.380		7	0.108	0.431
Valine	g	0.495		7	0.140	0.561
Arginine	g	0.701		7	0.199	0.795
Histidine	g	0.276		7	0.078	0.313
Alanine	g	0.589		7	0.167	0.668
Aspartic acid	g	0.868		7	0.246	0.984
Glutamic acid	g	1.233		7	0.350	1.398
Glycine	g	0.492		7	0.139	0.558
Proline	g	0.448		7	0.127	0.508
Serine	g	0.541		7	0.153	0.613
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 347g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.73	0.784	6	262.78	64.37	
Energy	kcal	145		0	503	123	
Energy	kj	607		0	2106	516	
Protein (N x 5.95)	g	12.55	0.192	6	43.55	10.67	
Total lipid (fat)	g	10.17	1.014	6	35.29	8.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.049	5	4.72	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	12	2.650	2	42	10	
Iron	mg	1.68	0.147	3	5.83	1.43	
Magnesium	mg	14	1.017	3	49	12	
Phosphorus	mg	337	16.500	2	1169	286	
Potassium	mg	205	39.435	3	711	174	
Sodium	mg	134	39.074	3	465	114	
Zinc	mg	1.36	0.086	3	4.72	1.16	
Copper	mg	0.210		1	0.729	0.179	
Manganese	mg	0.059		1	0.205	0.050	
Selenium	：g	12.0	1.638	3	41.6	10.2	
Vitamins:							
Ascorbic acid	mg	12.0	3.533	2	41.6	10.2	
Thiamin	mg	0.110	0.010	3	0.382	0.094	
Riboflavin	mg	0.240	0.032	3	0.833	0.204	
Niacin	mg	2.470	0.578	3	8.571	2.100	
Pantothenic acid	mg	0.990	0.410	2	3.435	0.842	
Vitamin B-6	mg	0.110	0.030	2	0.382	0.094	
Folate	：g	5	1.450	2	17	4	
Vitamin B-12	：g	9.25	1.250	2	32.10	7.86	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	：g	0		1	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	1.529		0	5.306	1.300	
Lipids:							
Saturated, total	g	2.600		0	9.022	2.210	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		2	0.000	0.000	
14:0	g	0.040		2	0.139	0.034	
15.0	g						
16:0	g	1.250		2	4.338	1.063	
17:0	g						
18:0	g	1.270		2	4.407	1.080	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.840		0	6.385	1.564
14:1	g					
16:1	g	0.060		2	0.208	0.051
18:1	g	1.530		2	5.309	1.301
20:1	g	0.150		2	0.520	0.128
22.1	g	0.000		2	0.000	0.000
Polyunsaturated, total	g	1.040		0	3.609	0.884
18:2	g	0.030		2	0.104	0.026
18:3	g	0.000		2	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.270		2	0.937	0.230
20:5	g	0.000		2	0.000	0.000
22:5	g	0.150	0.000	2	0.520	0.128
22:6	g	0.590		2	2.047	0.501
Cholesterol	mg	2043	157.000	2	7089	1737
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.129		0	0.448	0.110
Threonine	g	0.562		0	1.950	0.478
Isoleucine	g	0.499		0	1.732	0.424
Leucine	g	0.980		0	3.401	0.833
Lysine	g	0.805		0	2.793	0.684
Methionine	g	0.250		0	0.868	0.213
Cystine	g	0.131		0	0.455	0.111
Phenylalanine	g	0.605		0	2.099	0.514
Tyrosine	g	0.459		0	1.593	0.390
Valine	g	0.598		0	2.075	0.508
Arginine	g	0.846		0	2.936	0.719
Histidine	g	0.333		0	1.156	0.283
Alanine	g	0.711		0	2.467	0.604
Aspartic acid	g	1.047		0	3.633	0.890
Glutamic acid	g	1.487		0	5.160	1.264
Glycine	g	0.594		0	2.061	0.505
Proline	g	0.540		0	1.874	0.459
Serine	g	0.653		0	2.266	0.555
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 240g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.71		1	145.70	51.60	
Energy	kcal	273		0	655	232	
Energy	kj	1142		0	2741	971	
Protein (N x 5.95)	g	16.97		1	40.73	14.42	
Total lipid (fat)	g	22.19		1	53.26	18.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.82		1	4.37	1.55	
Sugars, total	g						
Minerals:							
Calcium	mg	21		1	50	18	
Iron	mg	2.04		1	4.90	1.73	
Magnesium	mg	22		1	53	19	
Phosphorus	mg	495		1	1188	421	
Potassium	mg	358		1	859	304	
Sodium	mg	157		1	377	133	
Zinc	mg	2.00		1	4.80	1.70	
Copper	mg	0.480		1	1.152	0.408	
Manganese	mg	0.067		1	0.161	0.057	
Selenium	΄g	12.0	3.845	4	28.8	10.2	
Vitamins:							
Ascorbic acid	mg	23.0		1	55.2	19.6	
Thiamin	mg	0.170		1	0.408	0.145	
Riboflavin	mg	0.370		1	0.888	0.315	
Niacin	mg	4.550		1	10.920	3.868	
Pantothenic acid	mg	1.560		1	3.744	1.326	
Vitamin B-6	mg	0.230		1	0.552	0.196	
Folate	΄g	7		1	17	6	
Vitamin B-12	΄g	24.10		1	57.84	20.48	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	΄g	0		1	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.670		0	13.608	4.819	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		2	0.000	0.000	
14:0	g	0.090		2	0.216	0.077	
15.0	g						
16:0	g	2.740		2	6.576	2.329	
17:0	g						
18:0	g	2.780		2	6.672	2.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.020		0	9.648	3.417
14:1	g					
16:1	g	0.130		2	0.312	0.111
18:1	g	3.330		2	7.992	2.831
20:1	g	0.320		2	0.768	0.272
22.1	g	0.000		2	0.000	0.000
Polyunsaturated, total	g	2.280		0	5.472	1.938
18:2	g	0.070		2	0.168	0.060
18:3	g	0.000		2	0.000	0.000
18:4	g					
20:4	g	0.600		2	1.440	0.510
20:5	g	0.000		2	0.000	0.000
22:5	g	0.330	0.000	2	0.792	0.281
22:6	g	1.280		2	3.072	1.088
Cholesterol	mg	2504		1	6010	2128
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.175		6	0.420	0.149
Threonine	g	0.760		7	1.824	0.646
Isoleucine	g	0.675		7	1.620	0.574
Leucine	g	1.326		7	3.182	1.127
Lysine	g	1.088		7	2.611	0.925
Methionine	g	0.338		7	0.811	0.287
Cystine	g	0.177		6	0.425	0.150
Phenylalanine	g	0.818		7	1.963	0.695
Tyrosine	g	0.621		7	1.490	0.528
Valine	g	0.808		7	1.939	0.687
Arginine	g	1.144		7	2.746	0.972
Histidine	g	0.450		7	1.080	0.383
Alanine	g	0.962		7	2.309	0.818
Aspartic acid	g	1.416		7	3.398	1.204
Glutamic acid	g	2.012		7	4.829	1.710
Glycine	g	0.804		7	1.930	0.683
Proline	g	0.731		7	1.754	0.621
Serine	g	0.883		7	2.119	0.751
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.78	0.310	9	22.62	90.47	
Energy	kcal	118		0	33	134	
Energy	kj	494		0	140	560	
Protein (N x 5.95)	g	10.32	0.046	9	2.93	11.70	
Total lipid (fat)	g	8.21	0.353	9	2.33	9.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.016	9	0.39	1.54	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.500	2	3	11	
Iron	mg	2.13	0.606	5	0.60	2.42	
Magnesium	mg	14	0.150	2	4	16	
Phosphorus	mg	274	25.000	2	78	311	
Potassium	mg	315	22.229	6	89	357	
Sodium	mg	127	1.301	6	36	144	
Zinc	mg	1.11		1	0.31	1.26	
Copper	mg	0.220	0.080	2	0.062	0.249	
Manganese	mg	0.037		1	0.010	0.042	
Selenium	：g	10.0	1.603	4	2.8	11.3	
Vitamins:							
Ascorbic acid	mg	14.0	12.350	2	4.0	15.9	
Thiamin	mg	0.130		1	0.037	0.147	
Riboflavin	mg	0.260		1	0.074	0.295	
Niacin	mg	4.300		1	1.219	4.876	
Pantothenic acid	mg	2.720		1	0.771	3.084	
Vitamin B-6	mg	0.280		1	0.079	0.318	
Folate	：g	3		1	1	3	
Vitamin B-12	：g	12.20		1	3.46	13.83	
Vitamin A	IU	0		8	0	0	
Vitamin A, RE	：g	0		8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.910		0	0.541	2.166	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.640		0	0.465	1.860
14:1	g					
16:1	g					
18:1	g	1.310		0	0.371	1.486
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.950		0	0.269	1.077
18:2	g	0.020		0	0.006	0.023
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	1590	220.000	2	451	1803
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.103		6	0.029	0.117
Threonine	g	0.511		6	0.145	0.579
Isoleucine	g	0.420		6	0.119	0.476
Leucine	g	0.797		6	0.226	0.904
Lysine	g	0.640		6	0.181	0.726
Methionine	g	0.227		6	0.064	0.257
Cystine	g	0.108		6	0.031	0.122
Phenylalanine	g	0.543		6	0.154	0.616
Tyrosine	g	0.400		6	0.113	0.454
Valine	g	0.491		6	0.139	0.557
Arginine	g	0.566		6	0.160	0.642
Histidine	g	0.258		6	0.073	0.293
Alanine	g	0.531		6	0.151	0.602
Aspartic acid	g	0.876		6	0.248	0.993
Glutamic acid	g	1.234		6	0.350	1.399
Glycine	g	0.453		6	0.128	0.514
Proline	g	0.426		6	0.121	0.483
Serine	g	0.530		6	0.150	0.601
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 339g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.89	2.012	5	260.66	65.36	
Energy	kcal	136		0	461	116	
Energy	kj	569		0	1929	484	
Protein (N x 5.95)	g	11.48	0.609	5	38.92	9.76	
Total lipid (fat)	g	9.63	1.483	5	32.65	8.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.041	4	4.75	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	16		1	54	14	
Iron	mg	1.67	0.625	2	5.66	1.42	
Magnesium	mg	16	1.300	2	54	14	
Phosphorus	mg	385	4.500	2	1305	327	
Potassium	mg	214	23.500	2	725	182	
Sodium	mg	156	54.000	2	529	133	
Zinc	mg	1.61	0.115	2	5.46	1.37	
Copper	mg	0.260		1	0.881	0.221	
Manganese	mg	0.038		1	0.129	0.032	
Selenium	：g	11.0	2.767	4	37.3	9.3	
Vitamins:							
Ascorbic acid	mg	13.0		1	44.1	11.1	
Thiamin	mg	0.080	0.005	2	0.271	0.068	
Riboflavin	mg	0.200	0.015	2	0.678	0.170	
Niacin	mg	2.430	0.235	2	8.238	2.066	
Pantothenic acid	mg	1.000	0.395	2	3.390	0.850	
Vitamin B-6	mg	0.170	0.050	2	0.576	0.145	
Folate	：g	3	0.400	2	10	3	
Vitamin B-12	：g	9.65	2.650	2	32.71	8.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.180		0	7.390	1.853	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.740	0	5.899	1.479
14:1	g				
16:1	g				
18:1	g	1.110	0	3.763	0.944
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.490	0	5.051	1.266
18:2	g	0.090	0	0.305	0.077
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3100	1	10509	2635
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.115	0	0.390	0.098
Threonine	g	0.568	0	1.926	0.483
Isoleucine	g	0.467	0	1.583	0.397
Leucine	g	0.886	0	3.004	0.753
Lysine	g	0.711	0	2.410	0.604
Methionine	g	0.252	0	0.854	0.214
Cystine	g	0.120	0	0.407	0.102
Phenylalanine	g	0.604	0	2.048	0.513
Tyrosine	g	0.445	0	1.509	0.378
Valine	g	0.546	0	1.851	0.464
Arginine	g	0.629	0	2.132	0.535
Histidine	g	0.287	0	0.973	0.244
Alanine	g	0.591	0	2.003	0.502
Aspartic acid	g	0.974	0	3.302	0.828
Glutamic acid	g	1.373	0	4.654	1.167
Glycine	g	0.504	0	1.709	0.428
Proline	g	0.474	0	1.607	0.403
Serine	g	0.589	0	1.997	0.501
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 330g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.56		1	226.25	58.28	
Energy	kcal	213		0	703	181	
Energy	kj	891		0	2940	757	
Protein (N x 5.95)	g	14.48		1	47.78	12.31	
Total lipid (fat)	g	16.75		1	55.27	14.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.88		1	6.20	1.60	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	33	9	
Iron	mg	1.07		1	3.53	0.91	
Magnesium	mg	18		1	59	15	
Phosphorus	mg	434		1	1432	369	
Potassium	mg	472		1	1558	401	
Sodium	mg	176		1	581	150	
Zinc	mg	1.82		1	6.01	1.55	
Copper	mg	0.300		1	0.990	0.255	
Manganese	mg	0.044		1	0.145	0.037	
Selenium	：g	12.0	2.207	4	39.6	10.2	
Vitamins:							
Ascorbic acid	mg	15.0		1	49.5	12.8	
Thiamin	mg	0.150		1	0.495	0.128	
Riboflavin	mg	0.360		1	1.188	0.306	
Niacin	mg	5.620		1	18.546	4.777	
Pantothenic acid	mg	1.130		1	3.729	0.961	
Vitamin B-6	mg	0.330		1	1.089	0.281	
Folate	：g	6		1	20	5	
Vitamin B-12	：g	21.30		1	70.29	18.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.960		0	13.068	3.366	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.210	0	13.893	3.579
14:1	g				
16:1	g				
18:1	g	3.670	0	12.111	3.119
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.440	0	8.052	2.074
18:2	g	0.890	0	2.937	0.757
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2120	1	6996	1802
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.145	0	0.478	0.123
Threonine	g	0.716	0	2.363	0.609
Isoleucine	g	0.589	0	1.944	0.501
Leucine	g	1.118	0	3.689	0.950
Lysine	g	0.897	0	2.960	0.762
Methionine	g	0.318	0	1.049	0.270
Cystine	g	0.151	0	0.498	0.128
Phenylalanine	g	0.762	0	2.515	0.648
Tyrosine	g	0.561	0	1.851	0.477
Valine	g	0.689	0	2.274	0.586
Arginine	g	0.794	0	2.620	0.675
Histidine	g	0.363	0	1.198	0.309
Alanine	g	0.745	0	2.458	0.633
Aspartic acid	g	1.228	0	4.052	1.044
Glutamic acid	g	1.732	0	5.716	1.472
Glycine	g	0.635	0	2.095	0.540
Proline	g	0.598	0	1.973	0.508
Serine	g	0.743	0	2.452	0.632
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	76.71	0.529	19	21.75	86.99	
Energy	kcal	122		0	35	138	
Energy	kj	510		0	145	578	
Protein (N x 5.95)	g	16.47	0.381	6	4.67	18.68	
Total lipid (fat)	g	5.68	0.433	12	1.61	6.44	
Carbohydrate, by difference	g	0.21		0	0.06	0.24	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.038	9	0.26	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.272	7	2	7	
Iron	mg	4.60	0.150	18	1.30	5.22	
Magnesium	mg	17	0.858	7	5	19	
Phosphorus	mg	175	9.816	6	50	198	
Potassium	mg	316	3.041	87	90	358	
Sodium	mg	89	0.828	83	25	101	
Zinc	mg	1.87	0.098	18	0.53	2.12	
Copper	mg	0.397	0.022	13	0.113	0.450	
Manganese	mg	0.046	0.003	34	0.013	0.052	
Selenium	：g	32.0	2.645	3	9.1	36.3	
Vitamins:							
Ascorbic acid	mg	5.0	0.633	13	1.4	5.7	
Thiamin	mg	0.370	0.105	4	0.105	0.420	
Riboflavin	mg	0.990	0.059	3	0.281	1.123	
Niacin	mg	6.140	0.391	3	1.741	6.963	
Pantothenic acid	mg	2.630	0.135	2	0.746	2.982	
Vitamin B-6	mg	0.390	0.105	2	0.111	0.442	
Folate	：g	2	0.000	2	1	2	
Vitamin B-12	：g	10.25	2.250	2	2.91	11.62	
Vitamin A	IU	0		9	0	0	
Vitamin A, RE	：g	0		9	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.250		0	0.638	2.551	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020		3	0.006	0.023	
14:0	g	0.130		3	0.037	0.147	
15.0	g						
16:0	g	0.860		3	0.244	0.975	
17:0	g						
18:0	g	1.160		3	0.329	1.315	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.600		0	0.454	1.814
14:1	g					
16:1	g	0.070		3	0.020	0.079
18:1	g	1.380		3	0.391	1.565
20:1	g	0.000		3	0.000	0.000
22.1	g	0.040		3	0.011	0.045
Polyunsaturated, total	g	0.550		0	0.156	0.624
18:2	g	0.240		3	0.068	0.272
18:3	g	0.130		3	0.037	0.147
18:4	g					
20:4	g	0.090		3	0.026	0.102
20:5	g	0.040		3	0.011	0.045
22:5	g	0.030	0.000	3	0.009	0.034
22:6	g	0.030		3	0.009	0.034
Cholesterol	mg	135	5.500	2	38	153
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.178		4	0.050	0.202
Threonine	g	0.777		5	0.220	0.881
Isoleucine	g	0.714		5	0.202	0.810
Leucine	g	1.401		5	0.397	1.589
Lysine	g	1.240		5	0.352	1.406
Methionine	g	0.361		5	0.102	0.409
Cystine	g	0.138		4	0.039	0.156
Phenylalanine	g	0.712		5	0.202	0.807
Tyrosine	g	0.513		5	0.145	0.582
Valine	g	0.819		5	0.232	0.929
Arginine	g	1.077		5	0.305	1.221
Histidine	g	0.377		5	0.107	0.428
Alanine	g	1.000		5	0.284	1.134
Aspartic acid	g	1.419		5	0.402	1.609
Glutamic acid	g	2.103		5	0.596	2.385
Glycine	g	0.795		5	0.225	0.902
Proline	g	0.747		5	0.212	0.847
Serine	g	0.636		5	0.180	0.721
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.20	0.762	6	122.62	54.57	
Energy	kcal	185		0	353	157	
Energy	kj	774		0	1478	658	
Protein (N x 5.95)	g	24.97		1	47.69	21.22	
Total lipid (fat)	g	7.91	0.578	6	15.11	6.72	
Carbohydrate, by difference	g	1.93		0	3.69	1.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		1	1.89	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	27	12	
Iron	mg	5.52		1	10.54	4.69	
Magnesium	mg	24		1	46	20	
Phosphorus	mg	254		1	485	216	
Potassium	mg	188		1	359	160	
Sodium	mg	63		1	120	54	
Zinc	mg	3.68		1	7.03	3.13	
Copper	mg	0.610		1	1.165	0.518	
Manganese	mg	0.055		1	0.105	0.047	
Selenium	:g	47.0	5.783	3	89.8	40.0	
Vitamins:							
Ascorbic acid	mg	7.0		1	13.4	6.0	
Thiamin	mg	0.170		1	0.325	0.145	
Riboflavin	mg	1.190		1	2.273	1.011	
Niacin	mg	4.360		1	8.328	3.706	
Pantothenic acid	mg	1.370		1	2.617	1.165	
Vitamin B-6	mg	0.300		1	0.573	0.255	
Folate	:g	2		1	4	2	
Vitamin B-12	:g	11.20		1	21.39	9.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.140		0	5.997	2.669	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020		3	0.038	0.017	
14:0	g	0.180		3	0.344	0.153	
15.0	g						
16:0	g	1.200		3	2.292	1.020	
17:0	g						
18:0	g	1.620		3	3.094	1.377	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.220		0	4.240	1.887
14:1	g					
16:1	g	0.100		3	0.191	0.085
18:1	g	1.920		3	3.667	1.632
20:1	g	0.000		3	0.000	0.000
22.1	g	0.060		3	0.115	0.051
Polyunsaturated, total	g	0.770		0	1.471	0.655
18:2	g	0.330		3	0.630	0.281
18:3	g	0.180		3	0.344	0.153
18:4	g					
20:4	g	0.120		3	0.229	0.102
20:5	g	0.060		3	0.115	0.051
22:5	g	0.040	0.000	3	0.076	0.034
22:6	g	0.040		3	0.076	0.034
Cholesterol	mg	249		1	476	212
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.271		0	0.518	0.230
Threonine	g	1.178		0	2.250	1.001
Isoleucine	g	1.082		0	2.067	0.920
Leucine	g	2.124		0	4.057	1.805
Lysine	g	1.881		0	3.593	1.599
Methionine	g	0.547		0	1.045	0.465
Cystine	g	0.209		0	0.399	0.178
Phenylalanine	g	1.080		0	2.063	0.918
Tyrosine	g	0.778		0	1.486	0.661
Valine	g	1.243		0	2.374	1.057
Arginine	g	1.633		0	3.119	1.388
Histidine	g	0.571		0	1.091	0.485
Alanine	g	1.516		0	2.896	1.289
Aspartic acid	g	2.152		0	4.110	1.829
Glutamic acid	g	3.188		0	6.089	2.710
Glycine	g	1.205		0	2.302	1.024
Proline	g	1.133		0	2.164	0.963
Serine	g	0.965		0	1.843	0.820
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	77.69	0.601	7	22.03	88.10	
Energy	kcal	110		0	31	125	
Energy	kj	460		0	130	522	
Protein (N x 5.95)	g	17.18	0.314	6	4.87	19.48	
Total lipid (fat)	g	3.98	0.520	6	1.13	4.51	
Carbohydrate, by difference	g	0.08		0	0.02	0.09	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.032	6	0.30	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.659	3	1	6	
Iron	mg	4.24	0.467	6	1.20	4.81	
Magnesium	mg	18	1.703	3	5	20	
Phosphorus	mg	211	41.100	2	60	239	
Potassium	mg	261	35.016	3	74	296	
Sodium	mg	77	16.969	3	22	87	
Zinc	mg	1.47	0.032	2	0.42	1.67	
Copper	mg	0.340		1	0.096	0.386	
Manganese	mg	0.036		0	0.010	0.041	
Selenium	:g	33.3		0	9.4	37.8	
Vitamins:							
Ascorbic acid	mg	8.0	0.358	5	2.3	9.1	
Thiamin	mg	0.520		1	0.147	0.590	
Riboflavin	mg	1.000		1	0.284	1.134	
Niacin	mg	6.400		1	1.814	7.258	
Pantothenic acid	mg	2.780		1	0.788	3.153	
Vitamin B-6	mg	0.430		0	0.122	0.488	
Folate	:g	2		0	1	2	
Vitamin B-12	:g	13.76		0	3.90	15.60	
Vitamin A	IU	0		9	0	0	
Vitamin A, RE	:g	0		9	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.070		0	0.303	1.213	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020		13	0.006	0.023	
14:0	g	0.070		13	0.020	0.079	
15.0	g						
16:0	g	0.480		13	0.136	0.544	
17:0	g						
18:0	g	0.470		13	0.133	0.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840		0	0.238	0.953
14:1	g					
16:1	g	0.060		13	0.017	0.068
18:1	g	0.730		13	0.207	0.828
20:1	g	0.000		13	0.000	0.000
22.1	g	0.030		13	0.009	0.034
Polyunsaturated, total	g	1.050		0	0.298	1.191
18:2	g	0.710		13	0.201	0.805
18:3	g	0.030		13	0.009	0.034
18:4	g					
20:4	g	0.240		13	0.068	0.272
20:5	g	0.030		13	0.009	0.034
22:5	g	0.030	0.000	13	0.009	0.034
22:6	g	0.000		13	0.000	0.000
Cholesterol	mg	104		1	29	118
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.183		2	0.052	0.208
Threonine	g	0.760		2	0.215	0.862
Isoleucine	g	0.823		2	0.233	0.933
Leucine	g	1.349		2	0.382	1.530
Lysine	g	1.479		2	0.419	1.677
Methionine	g	0.392		2	0.111	0.445
Cystine	g	0.185		2	0.052	0.210
Phenylalanine	g	0.745		2	0.211	0.845
Tyrosine	g	0.564		2	0.160	0.640
Valine	g	0.898		1	0.255	1.018
Arginine	g	1.067		1	0.302	1.210
Histidine	g	0.462		1	0.131	0.524
Alanine	g	1.067		1	0.302	1.210
Aspartic acid	g	1.595		1	0.452	1.809
Glutamic acid	g	2.480		1	0.703	2.812
Glycine	g	0.938		1	0.266	1.064
Proline	g	0.797		1	0.226	0.904
Serine	g	0.797		1	0.226	0.904
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.18		0	123.12	52.85	
Energy	kcal	186		0	368	158	
Energy	kj	778		0	1540	661	
Protein (N x 5.95)	g	29.12		0	57.66	24.75	
Total lipid (fat)	g	6.75		0	13.37	5.74	
Carbohydrate, by difference	g	0.13		0	0.26	0.11	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.82		0	3.60	1.55	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	16	7	
Iron	mg	4.32		0	8.55	3.67	
Magnesium	mg	18		0	36	15	
Phosphorus	mg	250		0	495	213	
Potassium	mg	199		0	394	169	
Sodium	mg	58		0	115	49	
Zinc	mg	2.24		0	4.44	1.90	
Copper	mg	0.432		0	0.855	0.367	
Manganese	mg	0.061		0	0.121	0.052	
Selenium	:g	52.4		0	103.8	44.5	
Vitamins:							
Ascorbic acid	mg	10.0		0	19.8	8.5	
Thiamin	mg	0.350		0	0.693	0.298	
Riboflavin	mg	0.930		0	1.841	0.791	
Niacin	mg	4.880		0	9.662	4.148	
Pantothenic acid	mg	1.650		0	3.267	1.403	
Vitamin B-6	mg	0.210		0	0.416	0.179	
Folate	:g	2		0	4	2	
Vitamin B-12	:g	14.46		0	28.63	12.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.820		0	3.604	1.547	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040		0	0.079	0.034	
14:0	g	0.120		0	0.238	0.102	
15.0	g						
16:0	g	0.820		0	1.624	0.697	
17:0	g						
18:0	g	0.800		0	1.584	0.680	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.420	0	2.812	1.207
14:1	g				
16:1	g	0.110	0	0.218	0.094
18:1	g	1.230	0	2.435	1.045
20:1	g	0.000	0	0.000	0.000
22.1	g	0.050	0	0.099	0.043
Polyunsaturated, total	g	1.780	0	3.524	1.513
18:2	g	1.210	0	2.396	1.028
18:3	g	0.050	0	0.099	0.043
18:4	g				
20:4	g	0.410	0	0.812	0.349
20:5	g	0.060	0	0.119	0.051
22:5	g	0.060	0	0.119	0.051
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	176	0	348	150
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.614	0.264
Threonine	g	1.288	0	2.550	1.095
Isoleucine	g	1.395	0	2.762	1.186
Leucine	g	2.287	0	4.528	1.944
Lysine	g	2.507	0	4.964	2.131
Methionine	g	0.664	0	1.315	0.564
Cystine	g	0.313	0	0.620	0.266
Phenylalanine	g	1.263	0	2.501	1.074
Tyrosine	g	0.955	0	1.891	0.812
Valine	g	1.523	0	3.016	1.295
Arginine	g	1.808	0	3.580	1.537
Histidine	g	0.783	0	1.550	0.666
Alanine	g	1.808	0	3.580	1.537
Aspartic acid	g	2.703	0	5.352	2.298
Glutamic acid	g	4.203	0	8.322	3.573
Glycine	g	1.589	0	3.146	1.351
Proline	g	1.351	0	2.675	1.148
Serine	g	1.351	0	2.675	1.148
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.23	0.209	35	22.46	89.85	
Energy	kcal	97		0	27	110	
Energy	kj	406		0	115	460	
Protein (N x 5.95)	g	15.74	0.234	12	4.46	17.85	
Total lipid (fat)	g	2.95	0.159	21	0.84	3.35	
Carbohydrate, by difference	g	0.82		0	0.23	0.93	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26	0.025	11	0.36	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.120	8	4	15	
Iron	mg	6.38	0.355	19	1.81	7.23	
Magnesium	mg	17	0.456	7	5	19	
Phosphorus	mg	246	6.649	6	70	279	
Potassium	mg	277	1.944	77	79	314	
Sodium	mg	156	1.984	75	44	177	
Zinc	mg	2.24	0.100	23	0.64	2.54	
Copper	mg	0.446	0.016	519	0.126	0.506	
Manganese	mg	0.118	0.007	31	0.033	0.134	
Selenium	:g	126.9	5.143	16	36.0	143.9	
Vitamins:							
Ascorbic acid	mg	11.0	0.979	14	3.1	12.5	
Thiamin	mg	0.620	0.043	7	0.176	0.703	
Riboflavin	mg	2.240	0.081	8	0.635	2.540	
Niacin	mg	7.510	0.185	8	2.129	8.516	
Pantothenic acid	mg	4.220	0.330	3	1.196	4.785	
Vitamin B-6	mg	0.220	0.075	2	0.062	0.249	
Folate	:g	28	1.778	3	8	32	
Vitamin B-12	:g	52.41	9.038	4	14.86	59.43	
Vitamin A	IU	316	23.433	18	90	358	
Vitamin A, RE	:g	95	7.036	18	27	108	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.000		0	0.284	1.134	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		3	0.003	0.011	
14:0	g	0.030		3	0.009	0.034	
15.0	g						
16:0	g	0.420		3	0.119	0.476	
17:0	g						
18:0	g	0.520		3	0.147	0.590	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.630		0	0.179	0.714
14:1	g					
16:1	g	0.040		3	0.011	0.045
18:1	g	0.550		3	0.156	0.624
20:1	g	0.000		3	0.000	0.000
22.1	g	0.010		3	0.003	0.011
Polyunsaturated, total	g	0.550		0	0.156	0.624
18:2	g	0.210		3	0.060	0.238
18:3	g	0.070		3	0.020	0.079
18:4	g					
20:4	g	0.140		3	0.040	0.159
20:5	g	0.050		3	0.014	0.057
22:5	g	0.040	0.000	3	0.011	0.045
22:6	g	0.030		3	0.009	0.034
Cholesterol	mg	337	24.375	8	96	382
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.212		4	0.060	0.240
Threonine	g	0.741		5	0.210	0.840
Isoleucine	g	0.626		5	0.177	0.710
Leucine	g	1.181		5	0.335	1.339
Lysine	g	1.020		5	0.289	1.157
Methionine	g	0.319		5	0.090	0.362
Cystine	g	0.179		4	0.051	0.203
Phenylalanine	g	0.729		5	0.207	0.827
Tyrosine	g	0.554		5	0.157	0.628
Valine	g	0.923		5	0.262	1.047
Arginine	g	0.908		5	0.257	1.030
Histidine	g	0.396		5	0.112	0.449
Alanine	g	0.853		5	0.242	0.967
Aspartic acid	g	1.355		5	0.384	1.537
Glutamic acid	g	1.707		5	0.484	1.936
Glycine	g	0.915		5	0.259	1.038
Proline	g	0.804		5	0.228	0.912
Serine	g	0.734		5	0.208	0.832
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 255g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.45	0.676	5	179.65	59.88	
Energy	kcal	137		0	349	116	
Energy	kj	573		0	1461	487	
Protein (N x 5.95)	g	23.65	0.805	5	60.31	20.10	
Total lipid (fat)	g	3.62	0.177	5	9.23	3.08	
Carbohydrate, by difference	g	0.99		0	2.52	0.84	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.29	0.077	5	3.29	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.900	2	46	15	
Iron	mg	12.40	1.005	2	31.62	10.54	
Magnesium	mg	20	2.000	2	51	17	
Phosphorus	mg	290		1	740	247	
Potassium	mg	178	62.000	2	454	151	
Sodium	mg	151	49.500	2	385	128	
Zinc	mg	3.80	0.100	2	9.69	3.23	
Copper	mg	0.370		1	0.943	0.315	
Manganese	mg	0.144		1	0.367	0.122	
Selenium	:g	218.8		0	557.9	186.0	
Vitamins:							
Ascorbic acid	mg	12.0	2.928	2	30.6	10.2	
Thiamin	mg	0.350	0.130	2	0.893	0.298	
Riboflavin	mg	2.070	0.270	2	5.278	1.759	
Niacin	mg	5.990	0.905	2	15.274	5.091	
Pantothenic acid	mg	2.040		1	5.202	1.734	
Vitamin B-6	mg	0.120		1	0.306	0.102	
Folate	:g	81		1	207	69	
Vitamin B-12	:g	78.90	9.204	6	201.19	67.07	
Vitamin A	IU	455	89.041	2	1160	387	
Vitamin A, RE	:g	137	26.735	2	349	116	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.230		0	3.136	1.045	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		3	0.026	0.009	
14:0	g	0.040		3	0.102	0.034	
15.0	g						
16:0	g	0.510		3	1.301	0.434	
17:0	g						
18:0	g	0.630		3	1.607	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.770		0	1.964	0.655
14:1	g					
16:1	g	0.050		3	0.128	0.043
18:1	g	0.680		3	1.734	0.578
20:1	g	0.000		3	0.000	0.000
22.1	g	0.010		3	0.026	0.009
Polyunsaturated, total	g	0.670		0	1.709	0.570
18:2	g	0.260		3	0.663	0.221
18:3	g	0.090		3	0.230	0.077
18:4	g					
20:4	g	0.170		3	0.434	0.145
20:5	g	0.060		3	0.153	0.051
22:5	g	0.050	0.000	3	0.128	0.043
22:6	g	0.040		3	0.102	0.034
Cholesterol	mg	565	15.306	2	1441	480
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.319		0	0.813	0.271
Threonine	g	1.113		0	2.838	0.946
Isoleucine	g	0.941		0	2.400	0.800
Leucine	g	1.775		0	4.526	1.509
Lysine	g	1.533		0	3.909	1.303
Methionine	g	0.480		0	1.224	0.408
Cystine	g	0.270		0	0.689	0.230
Phenylalanine	g	1.095		0	2.792	0.931
Tyrosine	g	0.833		0	2.124	0.708
Valine	g	1.387		0	3.537	1.179
Arginine	g	1.365		0	3.481	1.160
Histidine	g	0.595		0	1.517	0.506
Alanine	g	1.282		0	3.269	1.090
Aspartic acid	g	2.037		0	5.194	1.731
Glutamic acid	g	2.565		0	6.541	2.180
Glycine	g	1.375		0	3.506	1.169
Proline	g	1.209		0	3.083	1.028
Serine	g	1.103		0	2.813	0.938
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.07	0.857	4	22.42	89.67	
Energy	kcal	99		0	28	112	
Energy	kj	414		0	117	469	
Protein (N x 5.95)	g	15.76	0.445	5	4.47	17.87	
Total lipid (fat)	g	3.12	0.489	3	0.88	3.54	
Carbohydrate, by difference	g	0.85		0	0.24	0.96	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.032	5	0.34	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.914	4	3	12	
Iron	mg	3.36	0.524	4	0.95	3.81	
Magnesium	mg	16	0.150	2	5	18	
Phosphorus	mg	241		1	68	273	
Potassium	mg	272	28.500	2	77	308	
Sodium	mg	178	22.500	2	50	202	
Zinc	mg	1.97	0.310	3	0.56	2.23	
Copper	mg	0.494	0.124	38	0.140	0.560	
Manganese	mg	0.080		1	0.023	0.091	
Selenium	‡g	80.0	3.055	3	22.7	90.7	
Vitamins:							
Ascorbic acid	mg	5.0	3.270	2	1.4	5.7	
Thiamin	mg	0.320	0.042	4	0.091	0.363	
Riboflavin	mg	1.900	0.164	4	0.539	2.155	
Niacin	mg	6.990	0.267	4	1.982	7.927	
Pantothenic acid	mg	3.300	0.716	2	0.936	3.742	
Vitamin B-6	mg	0.370	0.059	4	0.105	0.420	
Folate	‡g	21		4	6	24	
Vitamin B-12	‡g	28.20		4	7.99	31.98	
Vitamin A	IU	308	50.790	5	87	349	
Vitamin A, RE	‡g	92	12.250	5	26	104	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.204	
Lipids:							
Saturated, total	g	0.960		0	0.272	1.089	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		2	0.003	0.011	
14:0	g	0.060		2	0.017	0.068	
15.0	g						
16:0	g	0.520		2	0.147	0.590	
17:0	g						
18:0	g	0.350		2	0.099	0.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680		0	0.193	0.771
14:1	g					
16:1	g	0.060		2	0.017	0.068
18:1	g	0.590		2	0.167	0.669
20:1	g	0.000		2	0.000	0.000
22.1	g	0.010		2	0.003	0.011
Polyunsaturated, total	g	0.620		0	0.176	0.703
18:2	g	0.300		2	0.085	0.340
18:3	g	0.040		2	0.011	0.045
18:4	g	0.000		0	0.000	0.000
20:4	g	0.180		2	0.051	0.204
20:5	g	0.050		2	0.014	0.057
22:5	g	0.040	0.000	2	0.011	0.045
22:6	g	0.020		2	0.006	0.023
Cholesterol	mg	364	46.361	3	103	413
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.202		4	0.057	0.229
Threonine	g	0.719		4	0.204	0.815
Isoleucine	g	0.670		4	0.190	0.760
Leucine	g	1.276		4	0.362	1.447
Lysine	g	1.048		3	0.297	1.188
Methionine	g	0.330		4	0.094	0.374
Cystine	g	0.175		4	0.050	0.198
Phenylalanine	g	0.748		4	0.212	0.848
Tyrosine	g	0.604		4	0.171	0.685
Valine	g	0.833		4	0.236	0.945
Arginine	g	0.971		4	0.275	1.101
Histidine	g	0.381		4	0.108	0.432
Alanine	g	0.833		4	0.236	0.945
Aspartic acid	g	1.363		4	0.386	1.546
Glutamic acid	g	1.465		4	0.415	1.661
Glycine	g	0.930		4	0.264	1.055
Proline	g	0.773		4	0.219	0.877
Serine	g	0.687		4	0.195	0.779
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 184g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.67	1.194	4	124.51	57.52	
Energy	kcal	163		0	300	139	
Energy	kj	682		0	1255	580	
Protein (N x 5.95)	g	26.32	0.328	4	48.43	22.37	
Total lipid (fat)	g	5.66	0.404	4	10.41	4.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45	0.063	4	2.67	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	29		1	53	25	
Iron	mg	3.04		1	5.59	2.58	
Magnesium	mg	24		1	44	20	
Phosphorus	mg	372		1	684	316	
Potassium	mg	159		1	293	135	
Sodium	mg	110		1	202	94	
Zinc	mg	4.25		1	7.82	3.61	
Copper	mg	0.360		1	0.662	0.306	
Manganese	mg	0.127		1	0.234	0.108	
Selenium	:g	100.0	10.295	4	184.0	85.0	
Vitamins:							
Ascorbic acid	mg	8.0		1	14.7	6.8	
Thiamin	mg	0.190		1	0.350	0.161	
Riboflavin	mg	1.990		1	3.662	1.692	
Niacin	mg	4.630		1	8.519	3.936	
Pantothenic acid	mg	0.860		1	1.582	0.731	
Vitamin B-6	mg	0.180		1	0.331	0.153	
Folate	:g	21		1	39	18	
Vitamin B-12	:g	36.90		1	67.90	31.36	
Vitamin A	IU	669		1	1231	569	
Vitamin A, RE	:g	201		1	370	171	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.740		0	3.202	1.479	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		2	0.018	0.009	
14:0	g	0.110		2	0.202	0.094	
15.0	g						
16:0	g	0.940		2	1.730	0.799	
17:0	g						
18:0	g	0.630		2	1.159	0.536	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.240		0	2.282	1.054
14:1	g					
16:1	g	0.100		2	0.184	0.085
18:1	g	1.070		2	1.969	0.910
20:1	g	0.000		2	0.000	0.000
22.1	g	0.030		2	0.055	0.026
Polyunsaturated, total	g	1.130		0	2.079	0.961
18:2	g	0.550		2	1.012	0.468
18:3	g	0.070		2	0.129	0.060
18:4	g					
20:4	g	0.320		2	0.589	0.272
20:5	g	0.090		2	0.166	0.077
22:5	g	0.070	0.000	2	0.129	0.060
22:6	g	0.030		2	0.055	0.026
Cholesterol	mg	791		1	1455	672
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.338		0	0.622	0.287
Threonine	g	1.200		0	2.208	1.020
Isoleucine	g	1.119		0	2.059	0.951
Leucine	g	2.131		0	3.921	1.811
Lysine	g	1.751		0	3.222	1.488
Methionine	g	0.552		0	1.016	0.469
Cystine	g	0.292		0	0.537	0.248
Phenylalanine	g	1.248		0	2.296	1.061
Tyrosine	g	1.009		0	1.857	0.858
Valine	g	1.392		0	2.561	1.183
Arginine	g	1.622		0	2.984	1.379
Histidine	g	0.636		0	1.170	0.541
Alanine	g	1.392		0	2.561	1.183
Aspartic acid	g	2.277		0	4.190	1.935
Glutamic acid	g	2.447		0	4.502	2.080
Glycine	g	1.554		0	2.859	1.321
Proline	g	1.292		0	2.377	1.098
Serine	g	1.147		0	2.110	0.975
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	71.37	0.201	17	20.23	80.93	
Energy	kcal	139		0	39	158	
Energy	kj	582		0	165	660	
Protein (N x 5.95)	g	20.38		1	5.78	23.11	
Total lipid (fat)	g	5.02		1	1.42	5.69	
Carbohydrate, by difference	g	1.78		0	0.50	2.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		1	0.41	1.63	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	8	
Iron	mg	7.37		1	2.09	8.36	
Magnesium	mg	19		1	5	22	
Phosphorus	mg	364		1	103	413	
Potassium	mg	313		1	89	355	
Sodium	mg	70		1	20	79	
Zinc	mg	4.66	0.375	8	1.32	5.28	
Copper	mg	6.979	0.228	520	1.979	7.914	
Manganese	mg	0.184	0.028	13	0.052	0.209	
Selenium	:g	82.4	7.680	13	23.4	93.4	
Vitamins:							
Ascorbic acid	mg	4.0		1	1.1	4.5	
Thiamin	mg	0.340		1	0.096	0.386	
Riboflavin	mg	3.630		1	1.029	4.116	
Niacin	mg	16.110		1	4.567	18.269	
Pantothenic acid	mg	6.130		1	1.738	6.951	
Vitamin B-6	mg	0.900		1	0.255	1.021	
Folate	:g	230	19.068	4	65	261	
Vitamin B-12	:g	90.05	5.464	19	25.53	102.12	
Vitamin A	IU	24612	1964.995	2	6978	27910	
Vitamin A, RE	:g	7390	590.000	2	2095	8380	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.940		0	0.550	2.200	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.050		21	0.014	0.057	
15.0	g						
16:0	g	0.680		21	0.193	0.771	
17:0	g						
18:0	g	1.120		21	0.318	1.270	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.050		0	0.298	1.191
14:1	g					
16:1	g	0.130		21	0.037	0.147
18:1	g	0.920		21	0.261	1.043
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.750		0	0.213	0.851
18:2	g	0.320		21	0.091	0.363
18:3	g	0.070		21	0.020	0.079
18:4	g					
20:4	g	0.360		21	0.102	0.408
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	371	43.495	4	105	421
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.236		6	0.067	0.268
Threonine	g	0.882		6	0.250	1.000
Isoleucine	g	0.878		6	0.249	0.996
Leucine	g	1.665		6	0.472	1.888
Lysine	g	1.102		6	0.312	1.250
Methionine	g	0.442		6	0.125	0.501
Cystine	g	0.214		6	0.061	0.243
Phenylalanine	g	0.910		6	0.258	1.032
Tyrosine	g	0.727		6	0.206	0.824
Valine	g	1.122		6	0.318	1.272
Arginine	g	1.143		6	0.324	1.296
Histidine	g	0.479		6	0.136	0.543
Alanine	g	1.022		6	0.290	1.159
Aspartic acid	g	1.758		6	0.498	1.994
Glutamic acid	g	2.198		6	0.623	2.493
Glycine	g	0.985		6	0.279	1.117
Proline	g	0.974		6	0.276	1.105
Serine	g	0.878		6	0.249	0.996
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 336g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.67		1	190.41	48.17	
Energy	kcal	220		0	739	187	
Energy	kj	920		0	3091	782	
Protein (N x 5.95)	g	30.57		1	102.72	25.98	
Total lipid (fat)	g	8.81		1	29.60	7.49	
Carbohydrate, by difference	g	2.53		0	8.50	2.15	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.42		1	4.77	1.21	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	27	7	
Iron	mg	8.28		1	27.82	7.04	
Magnesium	mg	22		1	74	19	
Phosphorus	mg	420		1	1411	357	
Potassium	mg	221		1	743	188	
Sodium	mg	56		1	188	48	
Zinc	mg	7.89		1	26.51	6.71	
Copper	mg	7.074		1	23.769	6.013	
Manganese	mg	0.520		1	1.747	0.442	
Selenium	：g	111.4		0	374.3	94.7	
Vitamins:							
Ascorbic acid	mg	4.0		1	13.4	3.4	
Thiamin	mg	0.230		1	0.773	0.196	
Riboflavin	mg	4.030		1	13.541	3.426	
Niacin	mg	12.150		1	40.824	10.328	
Pantothenic acid	mg	3.960		1	13.306	3.366	
Vitamin B-6	mg	0.490		1	1.646	0.417	
Folate	：g	73		1	245	62	
Vitamin B-12	：g	76.50		1	257.04	65.03	
Vitamin A	IU	24945		1	83815	21203	
Vitamin A, RE	：g	7490		1	25166	6367	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.700		0	2.352	0.595	
Lipids:							
Saturated, total	g	3.410		0	11.458	2.899	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		21	0.336	0.085	
15.0	g						
16:0	g	1.200		21	4.032	1.020	
17:0	g						
18:0	g	1.960		21	6.586	1.666	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.840	0	6.182	1.564
14:1	g				
16:1	g	0.220	21	0.739	0.187
18:1	g	1.620	21	5.443	1.377
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.310	0	4.402	1.114
18:2	g	0.570	21	1.915	0.484
18:3	g	0.120	21	0.403	0.102
18:4	g	0.000	0	0.000	0.000
20:4	g	0.630	21	2.117	0.536
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	501	1	1683	426
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.355	0	1.193	0.302
Threonine	g	1.322	0	4.442	1.124
Isoleucine	g	1.316	0	4.422	1.119
Leucine	g	2.497	0	8.390	2.122
Lysine	g	1.653	0	5.554	1.405
Methionine	g	0.664	0	2.231	0.564
Cystine	g	0.320	0	1.075	0.272
Phenylalanine	g	1.365	0	4.586	1.160
Tyrosine	g	1.090	0	3.662	0.927
Valine	g	1.683	0	5.655	1.431
Arginine	g	1.714	0	5.759	1.457
Histidine	g	0.718	0	2.412	0.610
Alanine	g	1.533	0	5.151	1.303
Aspartic acid	g	2.636	0	8.857	2.241
Glutamic acid	g	3.297	0	11.078	2.802
Glycine	g	1.478	0	4.966	1.256
Proline	g	1.462	0	4.912	1.243
Serine	g	1.316	0	4.422	1.119
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 322g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.20	1.815	3	180.96	47.77	
Energy	kcal	238		0	766	202	
Energy	kj	996		0	3207	847	
Protein (N x 5.95)	g	25.53	1.312	3	82.21	21.70	
Total lipid (fat)	g	12.65	1.200	3	40.73	10.75	
Carbohydrate, by difference	g	3.78		0	12.17	3.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.83	0.070	2	5.89	1.56	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.481	3	29	8	
Iron	mg	10.20	0.473	3	32.84	8.67	
Magnesium	mg	23	0.393	3	74	20	
Phosphorus	mg	427	27.000	2	1375	363	
Potassium	mg	352	26.407	3	1133	299	
Sodium	mg	124	33.617	3	399	105	
Zinc	mg	5.63	0.949	3	18.13	4.79	
Copper	mg	9.830		1	31.653	8.355	
Manganese	mg	0.594		1	1.913	0.505	
Selenium	：g	116.1		0	373.8	98.7	
Vitamins:							
Ascorbic acid	mg	13.0	5.401	3	41.9	11.1	
Thiamin	mg	0.350	0.092	3	1.127	0.298	
Riboflavin	mg	4.590	0.146	3	14.780	3.902	
Niacin	mg	16.680	1.841	3	53.710	14.178	
Pantothenic acid	mg	6.330	1.270	2	20.383	5.380	
Vitamin B-6	mg	0.950	0.140	2	3.059	0.808	
Folate	：g	400	160.000	2	1288	340	
Vitamin B-12	：g	85.70	4.700	2	275.95	72.84	
Vitamin A	IU	25998		1	83714	22098	
Vitamin A, RE	：g	7806		1	25135	6635	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.700		0	2.254	0.595	
Lipids:							
Saturated, total	g	4.900		0	15.778	4.165	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.140		21	0.451	0.119	
15.0	g						
16:0	g	1.720		21	5.538	1.462	
17:0	g						
18:0	g	2.820		21	9.080	2.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.640		0	8.501	2.244
14:1	g					
16:1	g	0.320		21	1.030	0.272
18:1	g	2.330		21	7.503	1.981
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.890		0	6.086	1.607
18:2	g	0.810		21	2.608	0.689
18:3	g	0.170		21	0.547	0.145
18:4	g	0.000		0	0.000	0.000
20:4	g	0.900		21	2.898	0.765
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	493	92.500	2	1587	419
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.296		0	0.953	0.252
Threonine	g	1.104		0	3.555	0.938
Isoleucine	g	1.100		0	3.542	0.935
Leucine	g	2.086		0	6.717	1.773
Lysine	g	1.381		0	4.447	1.174
Methionine	g	0.554		0	1.784	0.471
Cystine	g	0.268		0	0.863	0.228
Phenylalanine	g	1.140		0	3.671	0.969
Tyrosine	g	0.910		0	2.930	0.774
Valine	g	1.405		0	4.524	1.194
Arginine	g	1.432		0	4.611	1.217
Histidine	g	0.600		0	1.932	0.510
Alanine	g	1.281		0	4.125	1.089
Aspartic acid	g	2.202		0	7.090	1.872
Glutamic acid	g	2.754		0	8.868	2.341
Glycine	g	1.234		0	3.973	1.049
Proline	g	1.221		0	3.932	1.038
Serine	g	1.100		0	3.542	0.935
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 17202 Veal, 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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	71.87	0.676	11	20.38	81.50	
Energy	kcal	134		0	38	152	
Energy	kj	561		0	159	636	
Protein (N x 5.95)	g	17.86	1.099	5	5.06	20.25	
Total lipid (fat)	g	4.38	0.898	6	1.24	4.97	
Carbohydrate, by difference	g	4.59		0	1.30	5.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.068	5	0.37	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	9	3.600	2	3	10	
Iron	mg	4.79	1.055	7	1.36	5.43	
Magnesium	mg	18	0.350	2	5	20	
Phosphorus	mg	268	14.000	2	76	304	
Potassium	mg	292	27.221	3	83	331	
Sodium	mg	62	4.631	3	18	70	
Zinc	mg	4.03	1.095	2	1.14	4.57	
Copper	mg	5.830	0.811	37	1.653	6.611	
Manganese	mg	0.077	0.051	2	0.022	0.087	
Selenium	：g	38.0	0.577	3	10.8	43.1	
Vitamins:							
Ascorbic acid	mg	22.0	3.945	6	6.2	24.9	
Thiamin	mg	0.190		1	0.054	0.215	
Riboflavin	mg	1.760		1	0.499	1.996	
Niacin	mg	11.750		1	3.331	13.325	
Pantothenic acid	mg	3.010		1	0.853	3.413	
Vitamin B-6	mg	0.740	0.198	2	0.210	0.839	
Folate	：g	642	58.903	3	182	728	
Vitamin B-12	：g	46.80		1	13.27	53.07	
Vitamin A	IU	14744	1203.669	12	4180	16720	
Vitamin A, RE	：g	4427	361.408	12	1255	5020	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.340		0	0.096	0.386	
Lipids:							
Saturated, total	g	1.630		0	0.462	1.848	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.890		9	0.252	1.009	
17:0	g						
18:0	g	0.730		9	0.207	0.828	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.940		0	0.266	1.066
14:1	g					
16:1	g	0.130		9	0.037	0.147
18:1	g	0.810		9	0.230	0.919
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.690		0	0.196	0.782
18:2	g	0.390		9	0.111	0.442
18:3	g	0.050		9	0.014	0.057
18:4	g	0.000		0	0.000	0.000
20:4	g	0.250		9	0.071	0.284
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	309	38.202	4	88	350
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.187		6	0.053	0.212
Threonine	g	0.760		6	0.215	0.862
Isoleucine	g	0.786		6	0.223	0.891
Leucine	g	1.454		6	0.412	1.649
Lysine	g	0.805		6	0.228	0.913
Methionine	g	0.282		6	0.080	0.320
Cystine	g	0.197		6	0.056	0.223
Phenylalanine	g	0.864		6	0.245	0.980
Tyrosine	g	0.642		5	0.182	0.728
Valine	g	0.999		6	0.283	1.133
Arginine	g	0.858		6	0.243	0.973
Histidine	g	0.390		6	0.111	0.442
Alanine	g	0.969		6	0.275	1.099
Aspartic acid	g	1.651		6	0.468	1.872
Glutamic acid	g	2.132		6	0.604	2.418
Glycine	g	0.907		6	0.257	1.029
Proline	g	0.781		6	0.221	0.886
Serine	g	0.755		6	0.214	0.856
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 17203 Veal, 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	Samples	Measure 1* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.34	1.772	4	168.35	57.24	
Energy	kcal	165		0	413	140	
Energy	kj	690		0	1725	587	
Protein (N x 5.95)	g	21.63	0.351	4	54.08	18.39	
Total lipid (fat)	g	6.90	0.770	4	17.25	5.87	
Carbohydrate, by difference	g	2.72		0	6.80	2.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.103	4	3.50	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	18	6	
Iron	mg	2.62		1	6.55	2.23	
Magnesium	mg	19		1	48	16	
Phosphorus	mg	319		1	798	271	
Potassium	mg	205		1	513	174	
Sodium	mg	53		1	133	45	
Zinc	mg	9.52		1	23.80	8.09	
Copper	mg	7.951		1	19.878	6.758	
Manganese	mg	0.112		1	0.280	0.095	
Selenium	:g	51.0	0.882	3	127.5	43.4	
Vitamins:							
Ascorbic acid	mg	31.0		1	77.5	26.4	
Thiamin	mg	0.130		1	0.325	0.111	
Riboflavin	mg	1.940		1	4.850	1.649	
Niacin	mg	8.480		1	21.200	7.208	
Pantothenic acid	mg	2.280		1	5.700	1.938	
Vitamin B-6	mg	0.490		1	1.225	0.417	
Folate	:g	759		1	1898	645	
Vitamin B-12	:g	36.50		1	91.25	31.02	
Vitamin A	IU	26883		1	67208	22851	
Vitamin A, RE	:g	8049		1	20123	6842	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.340		0	0.850	0.289	
Lipids:							
Saturated, total	g	2.560		0	6.400	2.176	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	1.400		9	3.500	1.190	
17:0	g						
18:0	g	1.160		9	2.900	0.986	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.490	0	3.725	1.266
14:1	g				
16:1	g	0.210	9	0.525	0.179
18:1	g	1.280	9	3.200	1.088
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.090	0	2.725	0.927
18:2	g	0.610	9	1.525	0.518
18:3	g	0.080	9	0.200	0.068
18:4	g	0.000	0	0.000	0.000
20:4	g	0.400	9	1.000	0.340
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	561	1	1403	477
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.227	0	0.568	0.193
Threonine	g	0.920	0	2.300	0.782
Isoleucine	g	0.952	0	2.380	0.809
Leucine	g	1.761	0	4.402	1.497
Lysine	g	0.975	0	2.438	0.829
Methionine	g	0.342	0	0.855	0.291
Cystine	g	0.239	0	0.598	0.203
Phenylalanine	g	1.046	0	2.615	0.889
Tyrosine	g	0.777	0	1.942	0.660
Valine	g	1.210	0	3.025	1.028
Arginine	g	1.039	0	2.598	0.883
Histidine	g	0.472	0	1.180	0.401
Alanine	g	1.173	0	2.933	0.997
Aspartic acid	g	1.999	0	4.997	1.699
Glutamic acid	g	2.581	0	6.452	2.194
Glycine	g	1.098	0	2.745	0.933
Proline	g	0.946	0	2.365	0.804
Serine	g	0.914	0	2.285	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

NDB No. 17204 Veal, 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	Samples	Measure 1* 272g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.11		1	144.46	45.14	
Energy	kcal	245		0	666	208	
Energy	kj	1025		0	2788	871	
Protein (N x 5.95)	g	29.77		1	80.97	25.30	
Total lipid (fat)	g	11.38		1	30.95	9.67	
Carbohydrate, by difference	g	3.94		0	10.72	3.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.79		1	4.87	1.52	
Sugars, total	g						
Minerals:							
Calcium	mg	12	3.450	2	33	10	
Iron	mg	5.23	2.270	2	14.23	4.45	
Magnesium	mg	26	0.200	2	71	22	
Phosphorus	mg	439	31.000	2	1194	373	
Potassium	mg	438	28.000	2	1191	372	
Sodium	mg	132	38.000	2	359	112	
Zinc	mg	7.87	1.675	2	21.41	6.69	
Copper	mg	9.882		1	26.879	8.400	
Manganese	mg	0.206		1	0.560	0.175	
Selenium	:g	53.0	0.666	3	144.2	45.0	
Vitamins:							
Ascorbic acid	mg	22.0	8.667	2	59.8	18.7	
Thiamin	mg	0.250	0.020	2	0.680	0.213	
Riboflavin	mg	3.360	0.840	2	9.139	2.856	
Niacin	mg	16.920	1.320	2	46.022	14.382	
Pantothenic acid	mg	4.850		1	13.192	4.122	
Vitamin B-6	mg	0.860	0.130	2	2.339	0.731	
Folate	:g	320		1	870	272	
Vitamin B-12	:g	63.95	23.050	2	173.94	54.36	
Vitamin A	IU	18798		1	51131	15978	
Vitamin A, RE	:g	5628		1	15308	4784	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.500		0	1.360	0.425	
Lipids:							
Saturated, total	g	4.230		0	11.506	3.595	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	2.320		9	6.310	1.972	
17:0	g						
18:0	g	1.910		9	5.195	1.623	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.450	0	6.664	2.083
14:1	g				
16:1	g	0.340	9	0.925	0.289
18:1	g	2.110	9	5.739	1.793
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.800	0	4.896	1.530
18:2	g	1.010	9	2.747	0.859
18:3	g	0.140	9	0.381	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.660	9	1.795	0.561
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	330	1	898	281
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	0.849	0.265
Threonine	g	1.267	0	3.446	1.077
Isoleucine	g	1.311	0	3.566	1.114
Leucine	g	2.424	0	6.593	2.060
Lysine	g	1.342	0	3.650	1.141
Methionine	g	0.471	0	1.281	0.400
Cystine	g	0.329	0	0.895	0.280
Phenylalanine	g	1.440	0	3.917	1.224
Tyrosine	g	1.070	0	2.910	0.910
Valine	g	1.665	0	4.529	1.415
Arginine	g	1.430	0	3.890	1.216
Histidine	g	0.650	0	1.768	0.553
Alanine	g	1.615	0	4.393	1.373
Aspartic acid	g	2.751	0	7.483	2.338
Glutamic acid	g	3.552	0	9.661	3.019
Glycine	g	1.511	0	4.110	1.284
Proline	g	1.302	0	3.541	1.107
Serine	g	1.257	0	3.419	1.068
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.70	0.286	3	22.59	90.38	
Energy	kcal	95		0	27	108	
Energy	kj	397		0	113	450	
Protein (N x 5.95)	g	16.70	0.231	3	4.73	18.94	
Total lipid (fat)	g	2.60	0.058	3	0.74	2.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.058	3	0.31	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	11	
Iron	mg	6.40	0.520	3	1.81	7.26	
Magnesium	mg	14		0	4	16	
Phosphorus	mg	219		0	62	248	
Potassium	mg	238	4.394	4	67	270	
Sodium	mg	157	1.228	4	45	178	
Zinc	mg	1.80	0.200	2	0.51	2.04	
Copper	mg	0.254		0	0.072	0.288	
Manganese	mg	0.019		0	0.005	0.022	
Selenium	:g	17.7		0	5.0	20.1	
Vitamins:							
Ascorbic acid	mg	31.0	0.626	5	8.8	35.2	
Thiamin	mg	0.048		0	0.014	0.054	
Riboflavin	mg	0.237		0	0.067	0.269	
Niacin	mg	4.124		0	1.169	4.677	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.125	
Folate	:g	12		0	3	14	
Vitamin B-12	:g	3.93		0	1.11	4.46	
Vitamin A	IU	89	10.175	8	25	101	
Vitamin A, RE	:g	27	3.055	8	8	31	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.890		0	0.252	1.009	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.670	0	0.190	0.760
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350	0	0.099	0.397
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.171	1	0.048	0.194
Threonine	g	0.614	2	0.174	0.696
Isoleucine	g	0.527	2	0.149	0.598
Leucine	g	1.337	2	0.379	1.516
Lysine	g	1.080	2	0.306	1.225
Methionine	g	0.301	2	0.085	0.341
Cystine	g	0.262	2	0.074	0.297
Phenylalanine	g	0.688	2	0.195	0.780
Tyrosine	g	0.471	2	0.134	0.534
Valine	g	0.920	2	0.261	1.043
Arginine	g	1.005	2	0.285	1.140
Histidine	g	0.420	2	0.119	0.476
Alanine	g	1.053	2	0.299	1.194
Aspartic acid	g	1.318	2	0.374	1.495
Glutamic acid	g	1.795	2	0.509	2.036
Glycine	g	1.409	2	0.399	1.598
Proline	g	1.066	2	0.302	1.209
Serine	g	0.666	2	0.189	0.755
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 381g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.83		0	288.91	64.46	
Energy	kcal	113		0	431	96	
Energy	kj	473		0	1802	402	
Protein (N x 5.95)	g	19.88		0	75.74	16.90	
Total lipid (fat)	g	3.10		0	11.81	2.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		0	4.99	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	46	10	
Iron	mg	4.57		0	17.41	3.88	
Magnesium	mg	11		0	42	9	
Phosphorus	mg	188		0	716	160	
Potassium	mg	127		0	484	108	
Sodium	mg	84		0	320	71	
Zinc	mg	1.93		0	7.35	1.64	
Copper	mg	0.234		0	0.892	0.199	
Manganese	mg	0.016		0	0.061	0.014	
Selenium	:g	21.1		0	80.4	17.9	
Vitamins:							
Ascorbic acid	mg	28.0		0	106.7	23.8	
Thiamin	mg	0.034		0	0.130	0.029	
Riboflavin	mg	0.139		0	0.530	0.118	
Niacin	mg	2.428		0	9.251	2.064	
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.229	0.051	
Folate	:g	8		0	30	7	
Vitamin B-12	:g	2.52		0	9.60	2.14	
Vitamin A	IU	106		0	404	90	
Vitamin A, RE	:g	32		0	122	27	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	4.039	0.901	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800	0	3.048	0.680
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.430	0	1.638	0.366
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	284	0	1082	241
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.204	0	0.777	0.173
Threonine	g	0.731	0	2.785	0.621
Isoleucine	g	0.628	0	2.393	0.534
Leucine	g	1.591	0	6.062	1.352
Lysine	g	1.286	0	4.900	1.093
Methionine	g	0.359	0	1.368	0.305
Cystine	g	0.312	0	1.189	0.265
Phenylalanine	g	0.819	0	3.120	0.696
Tyrosine	g	0.560	0	2.134	0.476
Valine	g	1.095	0	4.172	0.931
Arginine	g	1.196	0	4.557	1.017
Histidine	g	0.500	0	1.905	0.425
Alanine	g	1.253	0	4.774	1.065
Aspartic acid	g	1.569	0	5.978	1.334
Glutamic acid	g	2.137	0	8.142	1.816
Glycine	g	1.677	0	6.389	1.425
Proline	g	1.269	0	4.835	1.079
Serine	g	0.793	0	3.021	0.674
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	80.50	0.447	4	22.82	91.29	
Energy	kcal	90		0	26	102	
Energy	kj	377		0	107	428	
Protein (N x 5.95)	g	16.30	0.404	3	4.62	18.48	
Total lipid (fat)	g	2.30	0.058	3	0.65	2.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.058	3	0.31	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.981	5	2	8	
Iron	mg	5.23	1.032	8	1.48	5.93	
Magnesium	mg	12		1	3	14	
Phosphorus	mg	288		1	82	327	
Potassium	mg	274		1	78	311	
Sodium	mg	108		1	31	122	
Zinc	mg	1.16		1	0.33	1.32	
Copper	mg	0.241		0	0.068	0.273	
Manganese	mg	0.018		0	0.005	0.020	
Selenium	:g	17.2		0	4.9	19.5	
Vitamins:							
Ascorbic acid	mg	39.0	1.833	5	11.1	44.2	
Thiamin	mg	0.047		0	0.013	0.053	
Riboflavin	mg	0.231		0	0.065	0.262	
Niacin	mg	4.025		0	1.141	4.564	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.125	
Folate	:g	11		0	3	12	
Vitamin B-12	:g	3.83		0	1.09	4.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.790		0	0.224	0.896	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.590	0	0.167	0.669
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.310	0	0.088	0.352
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	229	0	65	260
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.129	1	0.037	0.146
Threonine	g	0.606	1	0.172	0.687
Isoleucine	g	0.676	1	0.192	0.767
Leucine	g	0.931	1	0.264	1.056
Lysine	g	1.208	1	0.342	1.370
Methionine	g	0.259	1	0.073	0.294
Cystine	g	0.139	1	0.039	0.158
Phenylalanine	g	0.579	1	0.164	0.657
Tyrosine	g	0.344	1	0.098	0.390
Valine	g	0.694	1	0.197	0.787
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 300g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.59		0	232.77	65.95	
Energy	kcal	104		0	312	88	
Energy	kj	435		0	1305	370	
Protein (N x 5.95)	g	18.74		0	56.22	15.93	
Total lipid (fat)	g	2.64		0	7.92	2.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		0	3.78	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	21	6	
Iron	mg	3.61		0	10.83	3.07	
Magnesium	mg	8		0	24	7	
Phosphorus	mg	232		0	696	197	
Potassium	mg	142		0	426	121	
Sodium	mg	56		0	168	48	
Zinc	mg	1.20		0	3.60	1.02	
Copper	mg	0.221		0	0.663	0.188	
Manganese	mg	0.015		0	0.045	0.013	
Selenium	：g	19.8		0	59.4	16.8	
Vitamins:							
Ascorbic acid	mg	34.0		0	102.0	28.9	
Thiamin	mg	0.032		0	0.096	0.027	
Riboflavin	mg	0.131		0	0.393	0.111	
Niacin	mg	2.289		0	6.867	1.946	
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		0	0.180	0.051	
Folate	：g	8		0	24	7	
Vitamin B-12	：g	2.38		0	7.14	2.02	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.910		0	2.730	0.774	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680	0	2.040	0.578
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.360	0	1.080	0.306
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	263	0	789	224
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.149	0	0.447	0.127
Threonine	g	0.697	0	2.091	0.592
Isoleucine	g	0.777	0	2.331	0.660
Leucine	g	1.071	0	3.213	0.910
Lysine	g	1.388	0	4.164	1.180
Methionine	g	0.297	0	0.891	0.252
Cystine	g	0.160	0	0.480	0.136
Phenylalanine	g	0.665	0	1.995	0.565
Tyrosine	g	0.396	0	1.188	0.337
Valine	g	0.797	0	2.391	0.677
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	58.68	4.617	5	16.64	133.09	
Energy	kcal	276		0	78	626	
Energy	kj	1155		0	327	2620	
Protein (N x 5.95)	g	14.97		1	4.24	33.95	
Total lipid (fat)	g	23.54	4.617	6	6.67	53.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		1	0.34	2.74	
Sugars, total	g						
Minerals:							
Calcium	mg	162	23.958	5	46	367	
Iron	mg	5.90		0	1.67	13.38	
Magnesium	mg	18		0	5	41	
Phosphorus	mg	337		0	96	764	
Potassium	mg	288		0	82	653	
Sodium	mg	59		0	17	134	
Zinc	mg	3.72		0	1.05	8.44	
Copper	mg	0.058		0	0.016	0.132	
Manganese	mg	0.012		0	0.003	0.027	
Selenium	:g	20.1		0	5.7	45.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.072		0	0.020	0.163	
Riboflavin	mg	0.118		0	0.033	0.268	
Niacin	mg	2.546		0	0.722	5.774	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.249	
Folate	:g	5		0	1	11	
Vitamin B-12	:g	2.56		0	0.73	5.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	11.790		0	3.342	26.740	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.450	0	2.396	19.165
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.760	0	0.215	1.724
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	213	0	60	483
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.525	1	0.149	1.191
Isoleucine	g	0.838	1	0.238	1.901
Leucine	g	1.138	1	0.323	2.581
Lysine	g	1.138	1	0.323	2.581
Methionine	g	0.419	1	0.119	0.950
Cystine	g				
Phenylalanine	g	0.584	1	0.166	1.325
Tyrosine	g				
Valine	g	0.719	1	0.204	1.631
Arginine	g	1.063	1	0.301	2.411
Histidine	g	0.525	1	0.149	1.191
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 8 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	73.77	0.707	4	20.91	83.66	
Energy	kcal	152		0	43	172	
Energy	kj	636		0	180	721	
Protein (N x 5.95)	g	14.84	0.213	4	4.21	16.83	
Total lipid (fat)	g	9.82	0.884	4	2.78	11.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.058	3	0.40	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	2	9	
Iron	mg	2.30	0.286	4	0.65	2.61	
Magnesium	mg	21		1	6	24	
Phosphorus	mg	400		1	113	454	
Potassium	mg	420		1	119	476	
Sodium	mg	75		1	21	85	
Zinc	mg	1.93	0.260	3	0.55	2.19	
Copper	mg	0.061		0	0.017	0.069	
Manganese	mg	0.040		1	0.011	0.045	
Selenium	:g	34.3		0	9.7	38.9	
Vitamins:							
Ascorbic acid	mg	18.0	0.626	5	5.1	20.4	
Thiamin	mg	0.030		1	0.009	0.034	
Riboflavin	mg	0.250		1	0.071	0.284	
Niacin	mg	3.700		1	1.049	4.196	
Pantothenic acid	mg	1.000		1	0.284	1.134	
Vitamin B-6	mg	0.070	0.040	2	0.020	0.079	
Folate	:g	13		1	4	15	
Vitamin B-12	:g	6.00		1	1.70	6.80	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	:g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.440		0	1.259	5.035	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.060		1	0.017	0.068	
14:0	g	0.420		1	0.119	0.476	
15.0	g						
16:0	g	1.880		1	0.533	2.132	
17:0	g						
18:0	g	1.940		1	0.550	2.200	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.540	0	1.004	4.014
14:1	g				
16:1	g	0.220	1	0.062	0.249
18:1	g	3.210	1	0.910	3.640
20:1	g	0.000	1	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.480	0	0.136	0.544
18:2	g	0.180	1	0.051	0.204
18:3	g	0.190	1	0.054	0.215
18:4	g				
20:4	g	0.110	1	0.031	0.125
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	260	1	74	295
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.190	1	0.054	0.215
Threonine	g	0.546	1	0.155	0.619
Isoleucine	g	0.522	1	0.148	0.592
Leucine	g	0.950	1	0.269	1.077
Lysine	g	1.282	1	0.363	1.454
Methionine	g	0.214	1	0.061	0.243
Cystine	g	0.190	1	0.054	0.215
Phenylalanine	g	0.499	1	0.141	0.566
Tyrosine	g	0.356	1	0.101	0.404
Valine	g	0.641	1	0.182	0.727
Arginine	g	0.878	1	0.249	0.996
Histidine	g	0.427	1	0.121	0.484
Alanine	g	0.760	1	0.215	0.862
Aspartic acid	g	1.021	1	0.289	1.158
Glutamic acid	g	2.065	1	0.585	2.342
Glycine	g	0.926	1	0.263	1.050
Proline	g	0.760	1	0.215	0.862
Serine	g	0.593	1	0.168	0.672
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.65		0	137.79	50.70	
Energy	kcal	234		0	541	199	
Energy	kj	979		0	2261	832	
Protein (N x 5.95)	g	22.83		0	52.74	19.41	
Total lipid (fat)	g	15.12		0	34.93	12.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.15		0	4.97	1.83	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	28	10	
Iron	mg	2.12		0	4.90	1.80	
Magnesium	mg	19		0	44	16	
Phosphorus	mg	431		0	996	366	
Potassium	mg	291		0	672	247	
Sodium	mg	52		0	120	44	
Zinc	mg	2.68		0	6.19	2.28	
Copper	mg	0.083		0	0.192	0.071	
Manganese	mg	0.043		0	0.099	0.037	
Selenium	:g	64.8		0	149.7	55.1	
Vitamins:							
Ascorbic acid	mg	20.0		0	46.2	17.0	
Thiamin	mg	0.020		0	0.046	0.017	
Riboflavin	mg	0.210		0	0.485	0.179	
Niacin	mg	2.560		0	5.914	2.176	
Pantothenic acid	mg	0.850		0	1.964	0.723	
Vitamin B-6	mg	0.050		0	0.116	0.043	
Folate	:g	13		0	30	11	
Vitamin B-12	:g	5.54		0	12.80	4.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.840		0	15.800	5.814	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.090		0	0.208	0.077	
14:0	g	0.650		0	1.502	0.553	
15.0	g						
16:0	g	2.890		0	6.676	2.457	
17:0	g						
18:0	g	2.980		0	6.884	2.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.450	0	12.590	4.633
14:1	g				
16:1	g	0.350	0	0.809	0.298
18:1	g	4.930	0	11.388	4.190
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.740	0	1.709	0.629
18:2	g	0.280	0	0.647	0.238
18:3	g	0.290	0	0.670	0.247
18:4	g				
20:4	g	0.170	0	0.393	0.145
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	400	0	924	340
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.292	0	0.675	0.248
Threonine	g	0.840	0	1.940	0.714
Isoleucine	g	0.804	0	1.857	0.683
Leucine	g	1.461	0	3.375	1.242
Lysine	g	1.972	0	4.555	1.676
Methionine	g	0.329	0	0.760	0.280
Cystine	g	0.292	0	0.675	0.248
Phenylalanine	g	0.767	0	1.772	0.652
Tyrosine	g	0.548	0	1.266	0.466
Valine	g	0.986	0	2.278	0.838
Arginine	g	1.351	0	3.121	1.148
Histidine	g	0.657	0	1.518	0.558
Alanine	g	1.169	0	2.700	0.994
Aspartic acid	g	1.570	0	3.627	1.335
Glutamic acid	g	3.178	0	7.341	2.701
Glycine	g	1.424	0	3.289	1.210
Proline	g	1.169	0	2.700	0.994
Serine	g	0.913	0	2.109	0.776
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	70.60	0.807	3	20.02	80.06	
Energy	kcal	182		0	52	206	
Energy	kj	761		0	216	863	
Protein (N x 5.95)	g	15.00	0.231	3	4.25	17.01	
Total lipid (fat)	g	13.10	0.289	3	3.71	14.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.058	3	0.37	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	5	22	
Iron	mg	2.10	0.289	3	0.60	2.38	
Magnesium	mg	18		0	5	20	
Phosphorus	mg	329		0	93	373	
Potassium	mg	278		0	79	315	
Sodium	mg	67		0	19	76	
Zinc	mg	2.60		0	0.74	2.95	
Copper	mg	0.060		0	0.017	0.068	
Manganese	mg	0.151		0	0.043	0.171	
Selenium	:g	20.7		0	5.9	23.5	
Vitamins:							
Ascorbic acid	mg	16.0	0.358	5	4.5	18.1	
Thiamin	mg	0.134		0	0.038	0.152	
Riboflavin	mg	0.425		0	0.120	0.482	
Niacin	mg	4.252		0	1.205	4.822	
Pantothenic acid	mg						
Vitamin B-6	mg	0.190		0	0.054	0.215	
Folate	:g	3		0	1	3	
Vitamin B-12	:g	13.38		0	3.79	15.17	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	:g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.510		0	1.279	5.114	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.540	0	1.287	5.148
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.440	0	0.692	2.767
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	173	0	49	196
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 240g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.70	2.078	3	133.68	47.34	
Energy	kcal	256		0	614	218	
Energy	kj	1071		0	2570	910	
Protein (N x 5.95)	g	29.10	0.230	3	69.84	24.73	
Total lipid (fat)	g	14.60	2.021	3	35.04	12.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50	0.116	3	3.60	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	43	15	
Iron	mg	2.38		0	5.71	2.02	
Magnesium	mg	24		0	58	20	
Phosphorus	mg	512		0	1229	435	
Potassium	mg	278		0	667	236	
Sodium	mg	68		0	163	58	
Zinc	mg	5.20		0	12.48	4.42	
Copper	mg	0.101		0	0.242	0.086	
Manganese	mg	0.235		0	0.564	0.200	
Selenium	:g	39.1		0	93.8	33.2	
Vitamins:							
Ascorbic acid	mg	6.0		1	14.4	5.1	
Thiamin	mg	0.187		0	0.449	0.159	
Riboflavin	mg	0.506		0	1.214	0.430	
Niacin	mg	4.146		0	9.950	3.524	
Pantothenic acid	mg						
Vitamin B-6	mg	0.190		0	0.456	0.161	
Folate	:g	3		0	7	3	
Vitamin B-12	:g	17.33		0	41.59	14.73	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	:g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.010		0	12.024	4.258	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.030	0	12.072	4.276
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.720	0	6.528	2.312
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields
Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	78.15	0.147	11	22.16	88.62	
Energy	kcal	101		0	29	115	
Energy	kj	423		0	120	480	
Protein (N x 5.95)	g	17.20	0.404	3	4.88	19.50	
Total lipid (fat)	g	3.10	0.116	3	0.88	3.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.000	3	0.37	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	10	
Iron	mg	41.89	6.992	11	11.88	47.50	
Magnesium	mg	21		0	6	24	
Phosphorus	mg	280		0	79	318	
Potassium	mg	358	5.332	4	101	406	
Sodium	mg	84	1.047	4	24	95	
Zinc	mg	2.84	0.162	11	0.81	3.22	
Copper	mg	0.121	0.005	8	0.034	0.137	
Manganese	mg	0.051	0.003	26	0.014	0.058	
Selenium	：g	32.4		0	9.2	36.7	
Vitamins:							
Ascorbic acid	mg	23.0	0.643	12	6.5	26.1	
Thiamin	mg	0.047		0	0.013	0.053	
Riboflavin	mg	0.348		0	0.099	0.395	
Niacin	mg	7.895		0	2.238	8.953	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.125	
Folate	：g	4		0	1	5	
Vitamin B-12	：g	5.34		0	1.51	6.06	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	：g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.030		0	0.292	1.168	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.810		0	0.230	0.919
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.230		0	0.065	0.261
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	250	15.275	3	71	284
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.190		1	0.054	0.215
Threonine	g	0.702		1	0.199	0.796
Isoleucine	g	1.090		1	0.309	1.236
Leucine	g	1.530		1	0.434	1.735
Lysine	g	1.332		1	0.378	1.510
Methionine	g	0.327		1	0.093	0.371
Cystine	g	0.220		1	0.062	0.249
Phenylalanine	g	0.782		1	0.222	0.887
Tyrosine	g	0.501		1	0.142	0.568
Valine	g	1.123		1	0.318	1.273
Arginine	g	1.087		1	0.308	1.233
Histidine	g	0.572		1	0.162	0.649
Alanine	g	1.112		1	0.315	1.261
Aspartic acid	g	1.492		1	0.423	1.692
Glutamic acid	g	2.003		1	0.568	2.271
Glycine	g	1.117		1	0.317	1.267
Proline	g	0.958		1	0.272	1.086
Serine	g	0.751		1	0.213	0.852
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 295g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.38		0	195.82	56.42	
Energy	kcal	156		0	460	133	
Energy	kj	653		0	1926	555	
Protein (N x 5.95)	g	26.46		0	78.06	22.49	
Total lipid (fat)	g	4.77		0	14.07	4.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.00		0	5.90	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	38	11	
Iron	mg	38.67		0	114.08	32.87	
Magnesium	mg	21		0	62	18	
Phosphorus	mg	341		0	1006	290	
Potassium	mg	248		0	732	211	
Sodium	mg	58		0	171	49	
Zinc	mg	3.94		0	11.62	3.35	
Copper	mg	0.139		0	0.410	0.118	
Manganese	mg	0.062		0	0.183	0.053	
Selenium	：g	49.8		0	146.9	42.3	
Vitamins:							
Ascorbic acid	mg	26.0		0	76.7	22.1	
Thiamin	mg	0.051		0	0.150	0.043	
Riboflavin	mg	0.316		0	0.932	0.269	
Niacin	mg	5.868		0	17.311	4.988	
Pantothenic acid	mg						
Vitamin B-6	mg	0.080		0	0.236	0.068	
Folate	：g	4		0	12	3	
Vitamin B-12	：g	5.29		0	15.61	4.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	：g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.580		0	4.661	1.343	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.270	0	3.746	1.080
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350	0	1.032	0.298
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	385	0	1136	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.292	0	0.861	0.248
Threonine	g	1.080	0	3.186	0.918
Isoleucine	g	1.677	0	4.947	1.425
Leucine	g	2.354	0	6.944	2.001
Lysine	g	2.049	0	6.045	1.742
Methionine	g	0.504	0	1.487	0.428
Cystine	g	0.339	0	1.000	0.288
Phenylalanine	g	1.202	0	3.546	1.022
Tyrosine	g	0.771	0	2.274	0.655
Valine	g	1.727	0	5.095	1.468
Arginine	g	1.672	0	4.932	1.421
Histidine	g	0.881	0	2.599	0.749
Alanine	g	1.710	0	5.045	1.454
Aspartic acid	g	2.295	0	6.770	1.951
Glutamic acid	g	3.082	0	9.092	2.620
Glycine	g	1.719	0	5.071	1.461
Proline	g	1.473	0	4.345	1.252
Serine	g	1.156	0	3.410	0.983
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	78.15	0.325	4	22.16	88.62	
Energy	kcal	98		0	28	111	
Energy	kj	410		0	116	465	
Protein (N x 5.95)	g	18.30	0.173	3	5.19	20.75	
Total lipid (fat)	g	2.20	0.116	3	0.62	2.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.058	3	0.37	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.897	5	2	7	
Iron	mg	9.32	0.621	8	2.64	10.57	
Magnesium	mg	17		1	5	19	
Phosphorus	mg	339		1	96	384	
Potassium	mg	362		1	103	411	
Sodium	mg	97		1	27	110	
Zinc	mg	1.61		1	0.46	1.83	
Copper	mg	0.167		0	0.047	0.189	
Manganese	mg	0.072		0	0.020	0.082	
Selenium	：g	61.7		0	17.5	70.0	
Vitamins:							
Ascorbic acid	mg	41.0	0.537	5	11.6	46.5	
Thiamin	mg	0.047		0	0.013	0.053	
Riboflavin	mg	0.348		0	0.099	0.395	
Niacin	mg	7.895		0	2.238	8.953	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.125	
Folate	：g	4		0	1	5	
Vitamin B-12	：g	5.34		0	1.51	6.06	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	：g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.730		0	0.207	0.828	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.590	0	0.167	0.669
14:1	g				
16:1	g				
18:1	g	0.500	0	0.142	0.567
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.160	0	0.045	0.181
18:2	g	0.160	0	0.045	0.181
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	340	1	96	386
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.180	1	0.051	0.204
Threonine	g	0.741	1	0.210	0.840
Isoleucine	g	0.841	1	0.238	0.954
Leucine	g	1.162	1	0.329	1.318
Lysine	g	1.354	1	0.384	1.535
Methionine	g	0.399	1	0.113	0.452
Cystine	g	0.216	1	0.061	0.245
Phenylalanine	g	0.650	1	0.184	0.737
Tyrosine	g	0.499	1	0.141	0.566
Valine	g	0.850	1	0.241	0.964
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 345g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.25		0	245.81	60.56	
Energy	kcal	129		0	445	110	
Energy	kj	540		0	1863	459	
Protein (N x 5.95)	g	24.08		0	83.08	20.47	
Total lipid (fat)	g	2.89		0	9.97	2.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.71		0	5.90	1.45	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	24	6	
Iron	mg	7.36		0	25.39	6.26	
Magnesium	mg	14		0	48	12	
Phosphorus	mg	312		0	1076	265	
Potassium	mg	215		0	742	183	
Sodium	mg	58		0	200	49	
Zinc	mg	1.91		0	6.59	1.62	
Copper	mg	0.925		0	3.191	0.786	
Manganese	mg	0.075		0	0.259	0.064	
Selenium	:g	81.2		0	280.1	69.0	
Vitamins:							
Ascorbic acid	mg	40.0		0	138.0	34.0	
Thiamin	mg	0.046		0	0.159	0.039	
Riboflavin	mg	0.288		0	0.994	0.245	
Niacin	mg	5.341		0	18.426	4.540	
Pantothenic acid	mg						
Vitamin B-6	mg	0.070		0	0.242	0.060	
Folate	:g	4		0	14	3	
Vitamin B-12	:g	4.82		0	16.63	4.10	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.960		0	3.312	0.816	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.780	0	2.691	0.663
14:1	g				
16:1	g				
18:1	g	0.660	0	2.277	0.561
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.210	0	0.725	0.179
18:2	g	0.210	0	0.725	0.179
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	447	0	1542	380
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.236	0	0.814	0.201
Threonine	g	0.975	0	3.364	0.829
Isoleucine	g	1.106	0	3.816	0.940
Leucine	g	1.529	0	5.275	1.300
Lysine	g	1.782	0	6.148	1.515
Methionine	g	0.525	0	1.811	0.446
Cystine	g	0.284	0	0.980	0.241
Phenylalanine	g	0.855	0	2.950	0.727
Tyrosine	g	0.657	0	2.267	0.558
Valine	g	1.118	0	3.857	0.950
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	79.75	0.377	12	22.61	90.44	
Energy	kcal	99		0	28	112	
Energy	kj	414		0	117	469	
Protein (N x 5.95)	g	18.00	0.519	3	5.10	20.41	
Total lipid (fat)	g	2.45	0.425	13	0.69	2.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.90	0.116	3	0.54	2.15	
Sugars, total	g						
Minerals:							
Calcium	mg	2		1	1	2	
Iron	mg	1.91	0.186	4	0.54	2.17	
Magnesium	mg	16		1	5	18	
Phosphorus	mg	558		1	158	633	
Potassium	mg	433		1	123	491	
Sodium	mg	83		1	24	94	
Zinc	mg	3.09		0	0.88	3.50	
Copper	mg	0.072		0	0.020	0.082	
Manganese	mg	0.180		0	0.051	0.204	
Selenium	：g	55.9		0	15.8	63.4	
Vitamins:							
Ascorbic acid	mg	56.0	1.163	5	15.9	63.5	
Thiamin	mg	0.080	0.009	4	0.023	0.091	
Riboflavin	mg	0.170	0.019	4	0.048	0.193	
Niacin	mg	2.580		1	0.731	2.926	
Pantothenic acid	mg						
Vitamin B-6	mg	0.110		1	0.031	0.125	
Folate	：g	3		0	1	3	
Vitamin B-12	：g	3.15		0	0.89	3.57	
Vitamin A	IU	0	0.000	8	0	0	
Vitamin A, RE	：g	0	0.000	8	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.840		0	0.238	0.953	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850		0	0.241	0.964
14:1	g					
16:1	g					
18:1	g	0.700		0	0.198	0.794
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.460		0	0.130	0.522
18:2	g	0.270		0	0.077	0.306
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	268	42.500	2	76	304
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.161		1	0.046	0.183
Threonine	g	0.846		1	0.240	0.959
Isoleucine	g	1.062		1	0.301	1.204
Leucine	g	1.364		1	0.387	1.547
Lysine	g	1.593		1	0.452	1.806
Methionine	g	0.512		1	0.145	0.581
Cystine	g					
Phenylalanine	g	0.707		1	0.200	0.802
Tyrosine	g					
Valine	g	0.996		1	0.282	1.129
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 17219 Veal, variety meats and by-products, thymus, 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	Samples	Measure 1* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.47		0	166.98	54.80	
Energy	kcal	174		0	451	148	
Energy	kj	728		0	1886	619	
Protein (N x 5.95)	g	31.58		0	81.79	26.84	
Total lipid (fat)	g	4.29		0	11.11	3.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.33		0	8.62	2.83	
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	8	3	
Iron	mg	2.01		0	5.21	1.71	
Magnesium	mg	17		0	44	14	
Phosphorus	mg	685		0	1774	582	
Potassium	mg	342		0	886	291	
Sodium	mg	66		0	171	56	
Zinc	mg	3.10		0	8.03	2.63	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.000		0	0.000	0.000	
Selenium	:g	98.1		0	254.1	83.4	
Vitamins:							
Ascorbic acid	mg	74.0		0	191.7	62.9	
Thiamin	mg	0.060		0	0.155	0.051	
Riboflavin	mg	0.160		0	0.414	0.136	
Niacin	mg	2.040		0	5.284	1.734	
Pantothenic acid	mg						
Vitamin B-6	mg	0.090		0	0.233	0.077	
Folate	:g	1		0	3	1	
Vitamin B-12	:g	2.18		0	5.65	1.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.770		0	1.994	0.655	
Lipids:							
Saturated, total	g	1.480		0	3.833	1.258	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.480	0	3.833	1.258
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	1.230	0	3.186	1.045
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.800	0	2.072	0.680
18:2	g	0.470	0	1.217	0.400
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	469	0	1215	399
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.730	0.240
Threonine	g	1.485	0	3.846	1.262
Isoleucine	g	1.864	0	4.828	1.584
Leucine	g	2.393	0	6.198	2.034
Lysine	g	2.794	0	7.236	2.375
Methionine	g	0.899	0	2.328	0.764
Cystine	g				
Phenylalanine	g	1.241	0	3.214	1.055
Tyrosine	g				
Valine	g	1.748	0	4.527	1.486
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	66.60	0.437	7	18.88	75.52	
Energy	kcal	222		0	63	252	
Energy	kj	929		0	263	1053	
Protein (N x 5.95)	g	15.70	0.638	10	4.45	17.80	
Total lipid (fat)	g	17.17	0.851	6	4.87	19.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92	0.062	9	0.26	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.394	7	3	10	
Iron	mg	2.65	0.200	10	0.75	3.01	
Magnesium	mg	21	2.386	7	6	24	
Phosphorus	mg	184	14.570	6	52	209	
Potassium	mg	257	17.682	7	73	291	
Sodium	mg	78	4.500	2	22	88	
Zinc	mg	2.32	0.177	7	0.66	2.63	
Copper	mg	0.212	0.012	5	0.060	0.240	
Manganese	mg	0.049	0.006	6	0.014	0.056	
Selenium	:g	15.0	0.998	3	4.3	17.0	
Vitamins:							
Ascorbic acid	mg	6.0	0.959	6	1.7	6.8	
Thiamin	mg	0.150	0.010	3	0.043	0.170	
Riboflavin	mg	0.380	0.058	3	0.108	0.431	
Niacin	mg	4.650	0.161	3	1.318	5.273	
Pantothenic acid	mg	0.970	0.025	2	0.275	1.100	
Vitamin B-6	mg	0.180	0.044	3	0.051	0.204	
Folate	:g	4	0.050	2	1	5	
Vitamin B-12	:g	7.20	0.200	2	2.04	8.16	
Vitamin A	IU	0	0.000	9	0	0	
Vitamin A, RE	:g	0	0.000	9	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.630		0	1.880	7.518	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.030		1	0.009	0.034	
14:0	g	0.480		1	0.136	0.544	
15.0	g						
16:0	g	3.290		1	0.933	3.731	
17:0	g						
18:0	g	2.520		1	0.714	2.858	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.460		0	2.398	9.594
14:1	g					
16:1	g	0.430		1	0.122	0.488
18:1	g	7.820		1	2.217	8.868
20:1	g	0.000		1	0.000	0.000
22.1	g	0.190		1	0.054	0.215
Polyunsaturated, total	g	1.060		0	0.301	1.202
18:2	g	0.480		1	0.136	0.544
18:3	g	0.510		1	0.145	0.578
18:4	g					
20:4	g	0.060		1	0.017	0.068
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	156	24.000	2	44	177
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.159		4	0.045	0.180
Threonine	g	0.710		5	0.201	0.805
Isoleucine	g	0.613		5	0.174	0.695
Leucine	g	1.117		5	0.317	1.267
Lysine	g	1.112		5	0.315	1.261
Methionine	g	0.333		5	0.094	0.378
Cystine	g	0.171		4	0.048	0.194
Phenylalanine	g	0.586		5	0.166	0.665
Tyrosine	g	0.465		5	0.132	0.527
Valine	g	0.752		5	0.213	0.853
Arginine	g	1.034		5	0.293	1.173
Histidine	g	0.347		5	0.098	0.393
Alanine	g	0.900		5	0.255	1.021
Aspartic acid	g	1.403		5	0.398	1.591
Glutamic acid	g	2.026		5	0.574	2.297
Glycine	g	1.022		5	0.290	1.159
Proline	g	0.826		5	0.234	0.937
Serine	g	0.618		5	0.175	0.701
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 255g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.86	0.551	5	147.54	49.18	
Energy	kcal	275		0	701	234	
Energy	kj	1151		0	2935	978	
Protein (N x 5.95)	g	21.57	0.643	5	55.00	18.33	
Total lipid (fat)	g	20.28	0.320	5	51.71	17.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73	0.081	5	1.86	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.750	2	26	9	
Iron	mg	2.63	0.365	2	6.71	2.24	
Magnesium	mg	16	0.800	2	41	14	
Phosphorus	mg	134		1	342	114	
Potassium	mg	158	52.500	2	403	134	
Sodium	mg	67	21.500	2	171	57	
Zinc	mg	2.99	0.090	2	7.62	2.54	
Copper	mg	0.210		1	0.536	0.179	
Manganese	mg	0.033		1	0.084	0.028	
Selenium	:g	28.0	2.603	3	71.4	23.8	
Vitamins:							
Ascorbic acid	mg	7.0		1	17.9	6.0	
Thiamin	mg	0.080	0.010	2	0.204	0.068	
Riboflavin	mg	0.420	0.080	2	1.071	0.357	
Niacin	mg	3.690	1.210	2	9.409	3.136	
Pantothenic acid	mg	0.340		1	0.867	0.289	
Vitamin B-6	mg	0.170		1	0.434	0.145	
Folate	:g	3		1	8	3	
Vitamin B-12	:g	6.30		1	16.07	5.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.830		0	19.966	6.656	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040		1	0.102	0.034	
14:0	g	0.570		1	1.454	0.484	
15.0	g						
16:0	g	3.890		1	9.920	3.307	
17:0	g						
18:0	g	2.980		1	7.599	2.533	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.000		0	25.500	8.500
14:1	g					
16:1	g	0.510		1	1.301	0.434
18:1	g	9.240		1	23.562	7.854
20:1	g	0.000		1	0.000	0.000
22.1	g	0.230		1	0.587	0.196
Polyunsaturated, total	g	1.250		0	3.188	1.063
18:2	g	0.570		0	1.454	0.484
18:3	g	0.610		1	1.555	0.518
18:4	g					
20:4	g	0.080		1	0.204	0.068
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		1	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	189	43.418	2	482	161
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.218		0	0.556	0.185
Threonine	g	0.975		0	2.486	0.829
Isoleucine	g	0.843		0	2.150	0.717
Leucine	g	1.535		0	3.914	1.305
Lysine	g	1.527		0	3.894	1.298
Methionine	g	0.457		0	1.165	0.388
Cystine	g	0.236		0	0.602	0.201
Phenylalanine	g	0.805		0	2.053	0.684
Tyrosine	g	0.639		0	1.629	0.543
Valine	g	1.033		0	2.634	0.878
Arginine	g	1.421		0	3.624	1.208
Histidine	g	0.477		0	1.216	0.405
Alanine	g	1.237		0	3.154	1.051
Aspartic acid	g	1.928		0	4.916	1.639
Glutamic acid	g	2.783		0	7.097	2.366
Glycine	g	1.404		0	3.580	1.193
Proline	g	1.135		0	2.894	0.965
Serine	g	0.849		0	2.165	0.722
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	74.53	0.469	4	21.13	84.52	
Energy	kcal	131		0	37	149	
Energy	kj	548		0	155	621	
Protein (N x 5.95)	g	17.18	0.787	4	4.87	19.48	
Total lipid (fat)	g	5.48	1.575	4	1.55	6.21	
Carbohydrate, by difference	g	1.91		0	0.54	2.17	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89	0.041	4	0.25	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	2	8	
Iron	mg	2.72	0.527	4	0.77	3.08	
Magnesium	mg	17		1	5	19	
Phosphorus	mg	159		1	45	180	
Potassium	mg	271		1	77	307	
Sodium	mg	82		1	23	93	
Zinc	mg	2.63		1	0.75	2.98	
Copper	mg	0.200		1	0.057	0.227	
Manganese	mg	0.023		1	0.007	0.026	
Selenium	：g	7.0	0.133	3	2.0	7.9	
Vitamins:							
Ascorbic acid	mg	5.0	0.432	6	1.4	5.7	
Thiamin	mg	0.170	0.005	2	0.048	0.193	
Riboflavin	mg	0.410		1	0.116	0.465	
Niacin	mg	2.220		1	0.629	2.517	
Pantothenic acid	mg	1.200		1	0.340	1.361	
Vitamin B-6	mg	0.190		1	0.054	0.215	
Folate	：g	5		1	1	6	
Vitamin B-12	：g	6.10		1	1.73	6.92	
Vitamin A	IU	1	1.000	10	0	1	
Vitamin A, RE	：g	0	0.300	10	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.350		0	0.666	2.665	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.510	0	0.712	2.846
14:1	g				
16:1	g				
18:1	g	2.230	0	0.632	2.529
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.310	0	0.088	0.352
18:2	g	0.200	0	0.057	0.227
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	0	18	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	5	0.052	0.210
Threonine	g	0.691	5	0.196	0.784
Isoleucine	g	0.736	5	0.209	0.835
Leucine	g	1.238	5	0.351	1.404
Lysine	g	1.263	5	0.358	1.432
Methionine	g	0.354	5	0.100	0.401
Cystine	g	0.171	5	0.048	0.194
Phenylalanine	g	0.677	5	0.192	0.768
Tyrosine	g	0.515	5	0.146	0.584
Valine	g	0.788	5	0.223	0.894
Arginine	g	1.005	4	0.285	1.140
Histidine	g	0.392	4	0.111	0.445
Alanine	g	0.960	4	0.272	1.089
Aspartic acid	g	1.462	4	0.414	1.658
Glutamic acid	g	2.333	4	0.661	2.646
Glycine	g	1.008	4	0.286	1.143
Proline	g	0.812	4	0.230	0.921
Serine	g	0.639	4	0.181	0.725
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

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	Samples	Measure 1* 255g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.08	2.234	4	163.40	54.47	
Energy	kcal	202		0	515	172	
Energy	kj	845		0	2155	718	
Protein (N x 5.95)	g	25.85	0.402	4	65.92	21.97	
Total lipid (fat)	g	10.10	1.809	4	25.75	8.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91	0.099	4	2.32	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	23	8	
Iron	mg	2.09		1	5.33	1.78	
Magnesium	mg	18		1	46	15	
Phosphorus	mg	166		1	423	141	
Potassium	mg	162		1	413	138	
Sodium	mg	64		1	163	54	
Zinc	mg	4.51		1	11.50	3.83	
Copper	mg	0.210		1	0.536	0.179	
Manganese	mg	0.047		1	0.120	0.040	
Selenium	:g	11.0	0.333	3	28.1	9.3	
Vitamins:							
Ascorbic acid	mg	6.0		1	15.3	5.1	
Thiamin	mg	0.070		1	0.179	0.060	
Riboflavin	mg	0.350		1	0.893	0.298	
Niacin	mg	1.470		1	3.748	1.250	
Pantothenic acid	mg	0.740		1	1.887	0.629	
Vitamin B-6	mg	0.150		1	0.383	0.128	
Folate	:g	9		1	23	8	
Vitamin B-12	:g	5.30		1	13.52	4.50	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.350		0	11.092	3.697	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.610	0	11.756	3.919
14:1	g				
16:1	g				
18:1	g	4.300	0	10.965	3.655
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.380	0	0.969	0.323
18:2	g	0.280	0	0.714	0.238
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	238	0	607	202
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.711	0.237
Threonine	g	1.040	0	2.652	0.884
Isoleucine	g	1.108	0	2.825	0.942
Leucine	g	1.863	0	4.751	1.584
Lysine	g	1.901	0	4.848	1.616
Methionine	g	0.533	0	1.359	0.453
Cystine	g	0.257	0	0.655	0.218
Phenylalanine	g	1.018	0	2.596	0.865
Tyrosine	g	0.774	0	1.974	0.658
Valine	g	1.186	0	3.024	1.008
Arginine	g	1.512	0	3.856	1.285
Histidine	g	0.589	0	1.502	0.501
Alanine	g	1.444	0	3.682	1.227
Aspartic acid	g	2.200	0	5.610	1.870
Glutamic acid	g	3.510	0	8.950	2.983
Glycine	g	1.516	0	3.866	1.289
Proline	g	1.221	0	3.114	1.038
Serine	g	0.961	0	2.451	0.817
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	59.47		0	16.86	67.20	
Energy	kcal	282		0	80	319	
Energy	kj	1180		0	335	1333	
Protein (N x 5.95)	g	16.56		0	4.69	18.71	
Total lipid (fat)	g	23.41		0	6.64	26.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.25	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	18	
Iron	mg	1.55		0	0.44	1.75	
Magnesium	mg	21		0	6	24	
Phosphorus	mg	157		0	45	177	
Potassium	mg	222		0	63	251	
Sodium	mg	59		0	17	67	
Zinc	mg	3.41		0	0.97	3.85	
Copper	mg	0.101		0	0.029	0.114	
Manganese	mg	0.019		0	0.005	0.021	
Selenium	:g	18.8		0	5.3	21.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.124	
Riboflavin	mg	0.210		0	0.060	0.237	
Niacin	mg	5.960		0	1.690	6.735	
Pantothenic acid	mg	0.650		0	0.184	0.735	
Vitamin B-6	mg	0.130		0	0.037	0.147	
Folate	:g	18		0	5	20	
Vitamin B-12	:g	2.31		0	0.65	2.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.200		0	0.057	0.226	
Lipids:							
Saturated, total	g	10.190		0	2.889	11.515	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060		0	0.017	0.068	
12:0	g	0.100		0	0.028	0.113	
14:0	g	0.930		0	0.264	1.051	
15.0	g						
16:0	g	5.130		0	1.454	5.797	
17:0	g						
18:0	g	3.220		0	0.913	3.639	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.600	0	2.722	10.848
14:1	g				
16:1	g	0.680	0	0.193	0.768
18:1	g	8.620	0	2.444	9.741
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.850	0	0.524	2.091
18:2	g	1.360	0	0.386	1.537
18:3	g	0.420	0	0.119	0.475
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.023	0.090
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	73	0	21	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.055	0.218
Threonine	g	0.709	0	0.201	0.801
Isoleucine	g	0.799	0	0.227	0.903
Leucine	g	1.288	0	0.365	1.455
Lysine	g	1.462	0	0.414	1.652
Methionine	g	0.425	0	0.120	0.480
Cystine	g	0.198	0	0.056	0.224
Phenylalanine	g	0.674	0	0.191	0.762
Tyrosine	g	0.556	0	0.158	0.628
Valine	g	0.893	0	0.253	1.009
Arginine	g	0.984	0	0.279	1.112
Histidine	g	0.524	0	0.149	0.592
Alanine	g	0.996	0	0.282	1.125
Aspartic acid	g	1.457	0	0.413	1.646
Glutamic acid	g	2.402	0	0.681	2.714
Glycine	g	0.809	0	0.229	0.914
Proline	g	0.694	0	0.197	0.784
Serine	g	0.615	0	0.174	0.695
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 4 oz

NDB No. 17225 Lamb, 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	Samples	Measure 1* 313g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.09		0	172.43	46.83	
Energy	kcal	283		0	886	241	
Energy	kj	1184		0	3706	1006	
Protein (N x 5.95)	g	24.75		0	77.47	21.04	
Total lipid (fat)	g	19.65		0	61.50	16.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	3.57	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	69	19	
Iron	mg	1.79		0	5.60	1.52	
Magnesium	mg	24		0	75	20	
Phosphorus	mg	201		0	629	171	
Potassium	mg	339		0	1061	288	
Sodium	mg	81		0	254	69	
Zinc	mg	4.67		0	14.62	3.97	
Copper	mg	0.128		0	0.401	0.109	
Manganese	mg	0.024		0	0.075	0.020	
Selenium	:g	27.7		0	86.7	23.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.313	0.085	
Riboflavin	mg	0.250		0	0.783	0.213	
Niacin	mg	6.700		0	20.971	5.695	
Pantothenic acid	mg	0.660		0	2.066	0.561	
Vitamin B-6	mg	0.140		0	0.438	0.119	
Folate	:g	19		0	59	16	
Vitamin B-12	:g	2.61		0	8.17	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.783	0.213	
Lipids:							
Saturated, total	g	8.120		0	25.416	6.902	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050		0	0.157	0.043	
12:0	g	0.080		0	0.250	0.068	
14:0	g	0.750		0	2.348	0.637	
15.0	g						
16:0	g	4.150		0	12.989	3.528	
17:0	g						
18:0	g	2.630		0	8.232	2.236	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.320	0	26.042	7.072
14:1	g				
16:1	g	0.570	0	1.784	0.484
18:1	g	7.570	0	23.694	6.435
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.400	0	4.382	1.190
18:2	g	1.070	0	3.349	0.910
18:3	g	0.260	0	0.814	0.221
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.219	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	97	0	304	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	0	0.905	0.246
Threonine	g	1.059	0	3.315	0.900
Isoleucine	g	1.194	0	3.737	1.015
Leucine	g	1.925	0	6.025	1.636
Lysine	g	2.186	0	6.842	1.858
Methionine	g	0.635	0	1.988	0.540
Cystine	g	0.295	0	0.923	0.251
Phenylalanine	g	1.008	0	3.155	0.857
Tyrosine	g	0.832	0	2.604	0.707
Valine	g	1.335	0	4.179	1.135
Arginine	g	1.470	0	4.601	1.250
Histidine	g	0.784	0	2.454	0.666
Alanine	g	1.488	0	4.657	1.265
Aspartic acid	g	2.178	0	6.817	1.851
Glutamic acid	g	3.591	0	11.240	3.052
Glycine	g	1.209	0	3.784	1.028
Proline	g	1.038	0	3.249	0.882
Serine	g	0.920	0	2.880	0.782
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw yields

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.17		0	17.91	286.54	
Energy	kcal	243		0	69	1102	
Energy	kj	1017		0	288	4613	
Protein (N x 5.95)	g	17.54		0	4.97	79.56	
Total lipid (fat)	g	18.66		0	5.29	84.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	4.17	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	54	
Iron	mg	1.62		0	0.46	7.35	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	166		0	47	753	
Potassium	mg	239		0	68	1084	
Sodium	mg	59		0	17	268	
Zinc	mg	3.52		0	1.00	15.97	
Copper	mg	0.108		0	0.031	0.490	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	19.7		0	5.6	89.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.220		0	0.062	0.998	
Niacin	mg	6.070		0	1.721	27.534	
Pantothenic acid	mg	0.680		0	0.193	3.084	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.44		0	0.69	11.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	8.070		0	2.288	36.606	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.080		0	0.023	0.363	
14:0	g	0.730		0	0.207	3.311	
15.0	g						
16:0	g	4.070		0	1.154	18.462	
17:0	g						
18:0	g	2.550		0	0.723	11.567	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.650	0	2.169	34.700
14:1	g				
16:1	g	0.540	0	0.153	2.449
18:1	g	6.870	0	1.948	31.162
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.480	0	0.420	6.713
18:2	g	1.090	0	0.309	4.944
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	318
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.930
Threonine	g	0.751	0	0.213	3.407
Isoleucine	g	0.846	0	0.240	3.837
Leucine	g	1.365	0	0.387	6.192
Lysine	g	1.549	0	0.439	7.026
Methionine	g	0.450	0	0.128	2.041
Cystine	g	0.209	0	0.059	0.948
Phenylalanine	g	0.714	0	0.202	3.239
Tyrosine	g	0.590	0	0.167	2.676
Valine	g	0.947	0	0.268	4.296
Arginine	g	1.042	0	0.295	4.727
Histidine	g	0.556	0	0.158	2.522
Alanine	g	1.055	0	0.299	4.785
Aspartic acid	g	1.544	0	0.438	7.004
Glutamic acid	g	2.546	0	0.722	11.549
Glycine	g	0.857	0	0.243	3.887
Proline	g	0.736	0	0.209	3.338
Serine	g	0.652	0	0.185	2.957
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.82		0	139.55	47.45	
Energy	kcal	271		0	678	230	
Energy	kj	1134		0	2835	964	
Protein (N x 5.95)	g	25.51		0	63.77	21.68	
Total lipid (fat)	g	18.01		0	45.02	15.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	2.65	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	40	14	
Iron	mg	1.93		0	4.83	1.64	
Magnesium	mg	24		0	60	20	
Phosphorus	mg	193		0	483	164	
Potassium	mg	318		0	795	270	
Sodium	mg	72		0	180	61	
Zinc	mg	4.74		0	11.85	4.03	
Copper	mg	0.121		0	0.303	0.103	
Manganese	mg	0.024		0	0.060	0.020	
Selenium	:g	27.2		0	68.0	23.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.250	0.085	
Riboflavin	mg	0.260		0	0.650	0.221	
Niacin	mg	6.550		0	16.375	5.567	
Pantothenic acid	mg	0.670		0	1.675	0.570	
Vitamin B-6	mg	0.140		0	0.350	0.119	
Folate	:g	19		0	48	16	
Vitamin B-12	:g	2.57		0	6.42	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.375	0.128	
Lipids:							
Saturated, total	g	7.450		0	18.625	6.332	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.125	0.043	
12:0	g	0.070		0	0.175	0.060	
14:0	g	0.690		0	1.725	0.587	
15.0	g						
16:0	g	3.810		0	9.525	3.239	
17:0	g						
18:0	g	2.410		0	6.025	2.049	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.630	0	19.075	6.485
14:1	g				
16:1	g	0.530	0	1.325	0.451
18:1	g	6.940	0	17.350	5.899
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.290	0	3.225	1.097
18:2	g	0.980	0	2.450	0.833
18:3	g	0.240	0	0.600	0.204
18:4	g				
20:4	g	0.070	0	0.175	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	240	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.745	0.253
Threonine	g	1.092	0	2.730	0.928
Isoleucine	g	1.231	0	3.078	1.046
Leucine	g	1.984	0	4.960	1.686
Lysine	g	2.253	0	5.633	1.915
Methionine	g	0.655	0	1.637	0.557
Cystine	g	0.304	0	0.760	0.258
Phenylalanine	g	1.038	0	2.595	0.882
Tyrosine	g	0.857	0	2.143	0.728
Valine	g	1.376	0	3.440	1.170
Arginine	g	1.516	0	3.790	1.289
Histidine	g	0.808	0	2.020	0.687
Alanine	g	1.534	0	3.835	1.304
Aspartic acid	g	2.245	0	5.612	1.908
Glutamic acid	g	3.702	0	9.255	3.147
Glycine	g	1.246	0	3.115	1.059
Proline	g	1.070	0	2.675	0.910
Serine	g	0.948	0	2.370	0.806
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.01		0	19.00	303.96	
Energy	kcal	201		0	57	912	
Energy	kj	841		0	238	3815	
Protein (N x 5.95)	g	18.91		0	5.36	85.78	
Total lipid (fat)	g	13.38		0	3.79	60.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.27	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	50	
Iron	mg	1.67		0	0.47	7.58	
Magnesium	mg	22		0	6	100	
Phosphorus	mg	170		0	48	771	
Potassium	mg	214		0	61	971	
Sodium	mg	72		0	20	327	
Zinc	mg	5.22		0	1.48	23.68	
Copper	mg	0.101		0	0.029	0.458	
Manganese	mg	0.021		0	0.006	0.095	
Selenium	:g	19.9		0	5.6	90.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	5.470		0	1.551	24.812	
Pantothenic acid	mg	0.690		0	0.196	3.130	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.34		0	0.66	10.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.071	1.134	
Lipids:							
Saturated, total	g	5.830		0	1.653	26.445	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.530		0	0.150	2.404	
15.0	g						
16:0	g	2.940		0	0.833	13.336	
17:0	g						
18:0	g	1.840		0	0.522	8.346	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.490	0	1.556	24.903
14:1	g				
16:1	g	0.390	0	0.111	1.769
18:1	g	4.930	0	1.398	22.362
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.060	0	0.301	4.808
18:2	g	0.770	0	0.218	3.493
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.040	0	0.011	0.181
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	327
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.221	0	0.063	1.002
Threonine	g	0.810	0	0.230	3.674
Isoleucine	g	0.913	0	0.259	4.141
Leucine	g	1.471	0	0.417	6.672
Lysine	g	1.670	0	0.473	7.575
Methionine	g	0.485	0	0.137	2.200
Cystine	g	0.226	0	0.064	1.025
Phenylalanine	g	0.770	0	0.218	3.493
Tyrosine	g	0.636	0	0.180	2.885
Valine	g	1.021	0	0.289	4.631
Arginine	g	1.124	0	0.319	5.098
Histidine	g	0.599	0	0.170	2.717
Alanine	g	1.138	0	0.323	5.162
Aspartic acid	g	1.665	0	0.472	7.552
Glutamic acid	g	2.745	0	0.778	12.451
Glycine	g	0.924	0	0.262	4.191
Proline	g	0.793	0	0.225	3.597
Serine	g	0.703	0	0.199	3.189
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 148g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.80		0	84.06	48.28	
Energy	kcal	243		0	360	207	
Energy	kj	1017		0	1505	864	
Protein (N x 5.95)	g	28.37		0	41.99	24.11	
Total lipid (fat)	g	13.46		0	19.92	11.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.35	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	30	17	
Iron	mg	2.14		0	3.17	1.82	
Magnesium	mg	22		0	33	19	
Phosphorus	mg	166		0	246	141	
Potassium	mg	257		0	380	218	
Sodium	mg	72		0	107	61	
Zinc	mg	7.69		0	11.38	6.54	
Copper	mg	0.123		0	0.182	0.105	
Manganese	mg	0.025		0	0.037	0.021	
Selenium	:g	30.6		0	45.3	26.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.074	0.043	
Riboflavin	mg	0.190		0	0.281	0.161	
Niacin	mg	5.460		0	8.081	4.641	
Pantothenic acid	mg	0.630		0	0.932	0.536	
Vitamin B-6	mg	0.100		0	0.148	0.085	
Folate	:g	17		0	25	14	
Vitamin B-12	:g	2.28		0	3.37	1.94	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.266	0.153	
Lipids:							
Saturated, total	g	5.630		0	8.332	4.785	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.044	0.026	
12:0	g	0.060		0	0.089	0.051	
14:0	g	0.520		0	0.770	0.442	
15.0	g						
16:0	g	2.870		0	4.248	2.440	
17:0	g						
18:0	g	1.820		0	2.694	1.547	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.680	0	8.406	4.828
14:1	g				
16:1	g	0.390	0	0.577	0.331
18:1	g	5.160	0	7.637	4.386
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.970	0	1.436	0.825
18:2	g	0.730	0	1.080	0.620
18:3	g	0.190	0	0.281	0.161
18:4	g				
20:4	g	0.050	0	0.074	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	106	0	157	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.332	0	0.491	0.282
Threonine	g	1.214	0	1.797	1.032
Isoleucine	g	1.369	0	2.026	1.164
Leucine	g	2.207	0	3.266	1.876
Lysine	g	2.505	0	3.707	2.129
Methionine	g	0.728	0	1.077	0.619
Cystine	g	0.339	0	0.502	0.288
Phenylalanine	g	1.155	0	1.709	0.982
Tyrosine	g	0.954	0	1.412	0.811
Valine	g	1.531	0	2.266	1.301
Arginine	g	1.686	0	2.495	1.433
Histidine	g	0.899	0	1.331	0.764
Alanine	g	1.706	0	2.525	1.450
Aspartic acid	g	2.497	0	3.696	2.122
Glutamic acid	g	4.117	0	6.093	3.499
Glycine	g	1.386	0	2.051	1.178
Proline	g	1.190	0	1.761	1.011
Serine	g	1.055	0	1.561	0.897
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.38		0	18.82	301.10	
Energy	kcal	209		0	59	948	
Energy	kj	874		0	248	3964	
Protein (N x 5.95)	g	18.47		0	5.24	83.78	
Total lipid (fat)	g	14.42		0	4.09	65.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	4.40	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	
Iron	mg	1.70		0	0.48	7.71	
Magnesium	mg	24		0	7	109	
Phosphorus	mg	175		0	50	794	
Potassium	mg	258		0	73	1170	
Sodium	mg	57		0	16	259	
Zinc	mg	3.43		0	0.97	15.56	
Copper	mg	0.116		0	0.033	0.526	
Manganese	mg	0.021		0	0.006	0.095	
Selenium	:g	21.3		0	6.0	96.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.240		0	0.068	1.089	
Niacin	mg	6.250		0	1.772	28.350	
Pantothenic acid	mg	0.700		0	0.198	3.175	
Vitamin B-6	mg	0.150		0	0.043	0.680	
Folate	:g	20		0	6	91	
Vitamin B-12	:g	2.54		0	0.72	11.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	6.210		0	1.761	28.169	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.560		0	0.159	2.540	
15.0	g						
16:0	g	3.140		0	0.890	14.243	
17:0	g						
18:0	g	1.960		0	0.556	8.891	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.910	0	1.675	26.808
14:1	g				
16:1	g	0.420	0	0.119	1.905
18:1	g	5.310	0	1.505	24.086
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.150	0	0.326	5.216
18:2	g	0.850	0	0.241	3.856
18:3	g	0.250	0	0.071	1.134
18:4	g				
20:4	g	0.050	0	0.014	0.227
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	0	19	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.061	0.980
Threonine	g	0.791	0	0.224	3.588
Isoleucine	g	0.891	0	0.253	4.042
Leucine	g	1.437	0	0.407	6.518
Lysine	g	1.631	0	0.462	7.398
Methionine	g	0.474	0	0.134	2.150
Cystine	g	0.220	0	0.062	0.998
Phenylalanine	g	0.752	0	0.213	3.411
Tyrosine	g	0.621	0	0.176	2.817
Valine	g	0.997	0	0.283	4.522
Arginine	g	1.097	0	0.311	4.976
Histidine	g	0.585	0	0.166	2.654
Alanine	g	1.111	0	0.315	5.039
Aspartic acid	g	1.626	0	0.461	7.376
Glutamic acid	g	2.680	0	0.760	12.156
Glycine	g	0.902	0	0.256	4.091
Proline	g	0.775	0	0.220	3.515
Serine	g	0.687	0	0.195	3.116
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 260g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.99		0	153.37	50.14	
Energy	kcal	242		0	629	206	
Energy	kj	1013		0	2634	861	
Protein (N x 5.95)	g	26.20		0	68.12	22.27	
Total lipid (fat)	g	14.42		0	37.49	12.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.70	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	26	9	
Iron	mg	2.02		0	5.25	1.72	
Magnesium	mg	24		0	62	20	
Phosphorus	mg	194		0	504	165	
Potassium	mg	319		0	829	271	
Sodium	mg	67		0	174	57	
Zinc	mg	4.53		0	11.78	3.85	
Copper	mg	0.116		0	0.302	0.099	
Manganese	mg	0.025		0	0.065	0.021	
Selenium	:g	27.8		0	72.3	23.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.286	0.094	
Riboflavin	mg	0.280		0	0.728	0.238	
Niacin	mg	6.530		0	16.978	5.551	
Pantothenic acid	mg	0.690		0	1.794	0.587	
Vitamin B-6	mg	0.150		0	0.390	0.128	
Folate	:g	20		0	52	17	
Vitamin B-12	:g	2.60		0	6.76	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.416	0.136	
Lipids:							
Saturated, total	g	5.920		0	15.392	5.032	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.104	0.034	
12:0	g	0.060		0	0.156	0.051	
14:0	g	0.550		0	1.430	0.468	
15.0	g						
16:0	g	3.030		0	7.878	2.575	
17:0	g						
18:0	g	1.920		0	4.992	1.632	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.120	0	15.912	5.202
14:1	g				
16:1	g	0.420	0	1.092	0.357
18:1	g	5.570	0	14.482	4.735
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.020	0	2.652	0.867
18:2	g	0.780	0	2.028	0.663
18:3	g	0.190	0	0.494	0.161
18:4	g				
20:4	g	0.060	0	0.156	0.051
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	239	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.796	0.260
Threonine	g	1.121	0	2.915	0.953
Isoleucine	g	1.264	0	3.286	1.074
Leucine	g	2.038	0	5.299	1.732
Lysine	g	2.314	0	6.016	1.967
Methionine	g	0.672	0	1.747	0.571
Cystine	g	0.313	0	0.814	0.266
Phenylalanine	g	1.067	0	2.774	0.907
Tyrosine	g	0.880	0	2.288	0.748
Valine	g	1.414	0	3.676	1.202
Arginine	g	1.556	0	4.046	1.323
Histidine	g	0.830	0	2.158	0.706
Alanine	g	1.576	0	4.098	1.340
Aspartic acid	g	2.306	0	5.996	1.960
Glutamic acid	g	3.802	0	9.885	3.232
Glycine	g	1.280	0	3.328	1.088
Proline	g	1.099	0	2.857	0.934
Serine	g	0.974	0	2.532	0.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	68.73		0	19.48	311.76	
Energy	kcal	185		0	52	839	
Energy	kj	774		0	219	3511	
Protein (N x 5.95)	g	18.99		0	5.38	86.14	
Total lipid (fat)	g	11.50		0	3.26	52.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	0.28	4.54	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.73		0	0.49	7.85	
Magnesium	mg	25		0	7	113	
Phosphorus	mg	182		0	52	826	
Potassium	mg	267		0	76	1211	
Sodium	mg	58		0	16	263	
Zinc	mg	3.58		0	1.01	16.24	
Copper	mg	0.117		0	0.033	0.531	
Manganese	mg	0.022		0	0.006	0.100	
Selenium	:g	21.9		0	6.2	99.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.240		0	0.068	1.089	
Niacin	mg	6.210		0	1.761	28.169	
Pantothenic acid	mg	0.690		0	0.196	3.130	
Vitamin B-6	mg	0.160		0	0.045	0.726	
Folate	:g	21		0	6	95	
Vitamin B-12	:g	2.54		0	0.72	11.52	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	4.880		0	1.383	22.136	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.009	0.136	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.430		0	0.122	1.950	
15.0	g						
16:0	g	2.480		0	0.703	11.249	
17:0	g						
18:0	g	1.550		0	0.439	7.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.700	0	1.332	21.319
14:1	g				
16:1	g	0.340	0	0.096	1.542
18:1	g	4.230	0	1.199	19.187
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.930	0	0.264	4.218
18:2	g	0.680	0	0.193	3.084
18:3	g	0.200	0	0.057	0.907
18:4	g				
20:4	g	0.050	0	0.014	0.227
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	19	304
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.063	1.007
Threonine	g	0.813	0	0.230	3.688
Isoleucine	g	0.916	0	0.260	4.155
Leucine	g	1.477	0	0.419	6.700
Lysine	g	1.677	0	0.475	7.607
Methionine	g	0.487	0	0.138	2.209
Cystine	g	0.227	0	0.064	1.030
Phenylalanine	g	0.773	0	0.219	3.506
Tyrosine	g	0.638	0	0.181	2.894
Valine	g	1.025	0	0.291	4.649
Arginine	g	1.128	0	0.320	5.117
Histidine	g	0.602	0	0.171	2.731
Alanine	g	1.142	0	0.324	5.180
Aspartic acid	g	1.672	0	0.474	7.584
Glutamic acid	g	2.756	0	0.781	12.501
Glycine	g	0.928	0	0.263	4.209
Proline	g	0.797	0	0.226	3.615
Serine	g	0.706	0	0.200	3.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 267g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.43		0	164.02	52.22	
Energy	kcal	217		0	579	184	
Energy	kj	908		0	2424	772	
Protein (N x 5.95)	g	26.73		0	71.37	22.72	
Total lipid (fat)	g	11.40		0	30.44	9.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	2.83	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	24	8	
Iron	mg	1.99		0	5.31	1.69	
Magnesium	mg	25		0	67	21	
Phosphorus	mg	200		0	534	170	
Potassium	mg	329		0	878	280	
Sodium	mg	65		0	174	55	
Zinc	mg	4.72		0	12.60	4.01	
Copper	mg	0.118		0	0.315	0.100	
Manganese	mg	0.026		0	0.069	0.022	
Selenium	:g	29.7		0	79.3	25.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.267	0.085	
Riboflavin	mg	0.270		0	0.721	0.230	
Niacin	mg	6.520		0	17.408	5.542	
Pantothenic acid	mg	0.700		0	1.869	0.595	
Vitamin B-6	mg	0.160		0	0.427	0.136	
Folate	:g	23		0	61	20	
Vitamin B-12	:g	2.68		0	7.16	2.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.427	0.136	
Lipids:							
Saturated, total	g	4.600		0	12.282	3.910	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.030		0	0.080	0.026	
12:0	g	0.040		0	0.107	0.034	
14:0	g	0.420		0	1.121	0.357	
15.0	g						
16:0	g	2.370		0	6.328	2.014	
17:0	g						
18:0	g	1.500		0	4.005	1.275	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860	0	12.976	4.131
14:1	g				
16:1	g	0.330	0	0.881	0.281
18:1	g	4.430	0	11.828	3.765
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.800	0	2.136	0.680
18:2	g	0.620	0	1.655	0.527
18:3	g	0.140	0	0.374	0.119
18:4	g				
20:4	g	0.050	0	0.134	0.043
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	90	0	240	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	0.833	0.265
Threonine	g	1.144	0	3.054	0.972
Isoleucine	g	1.290	0	3.444	1.097
Leucine	g	2.079	0	5.551	1.767
Lysine	g	2.360	0	6.301	2.006
Methionine	g	0.686	0	1.832	0.583
Cystine	g	0.319	0	0.852	0.271
Phenylalanine	g	1.088	0	2.905	0.925
Tyrosine	g	0.898	0	2.398	0.763
Valine	g	1.442	0	3.850	1.226
Arginine	g	1.588	0	4.240	1.350
Histidine	g	0.847	0	2.261	0.720
Alanine	g	1.607	0	4.291	1.366
Aspartic acid	g	2.353	0	6.283	2.000
Glutamic acid	g	3.879	0	10.357	3.297
Glycine	g	1.305	0	3.484	1.109
Proline	g	1.121	0	2.993	0.953
Serine	g	0.994	0	2.654	0.845
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	61.32		0	17.38	278.15	
Energy	kcal	261		0	74	1184	
Energy	kj	1092		0	310	4953	
Protein (N x 5.95)	g	17.21		0	4.88	78.06	
Total lipid (fat)	g	20.80		0	5.90	94.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	0.26	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.63		0	0.46	7.39	
Magnesium	mg	23		0	7	104	
Phosphorus	mg	161		0	46	730	
Potassium	mg	235		0	67	1066	
Sodium	mg	56		0	16	254	
Zinc	mg	3.13		0	0.89	14.20	
Copper	mg	0.114		0	0.032	0.517	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	19.9		0	5.6	90.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.230		0	0.065	1.043	
Niacin	mg	6.340		0	1.797	28.758	
Pantothenic acid	mg	0.700		0	0.198	3.175	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.50		0	0.71	11.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	9.120		0	2.586	41.368	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.090		0	0.026	0.408	
14:0	g	0.840		0	0.238	3.810	
15.0	g						
16:0	g	4.580		0	1.298	20.775	
17:0	g						
18:0	g	2.870		0	0.814	13.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.540	0	2.421	38.737
14:1	g				
16:1	g	0.600	0	0.170	2.722
18:1	g	7.670	0	2.174	34.791
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.640	0	0.465	7.439
18:2	g	1.200	0	0.340	5.443
18:3	g	0.370	0	0.105	1.678
18:4	g				
20:4	g	0.070	0	0.020	0.318
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.912
Threonine	g	0.737	0	0.209	3.343
Isoleucine	g	0.830	0	0.235	3.765
Leucine	g	1.339	0	0.380	6.074
Lysine	g	1.520	0	0.431	6.895
Methionine	g	0.442	0	0.125	2.005
Cystine	g	0.205	0	0.058	0.930
Phenylalanine	g	0.701	0	0.199	3.180
Tyrosine	g	0.579	0	0.164	2.626
Valine	g	0.929	0	0.263	4.214
Arginine	g	1.023	0	0.290	4.640
Histidine	g	0.545	0	0.155	2.472
Alanine	g	1.035	0	0.293	4.695
Aspartic acid	g	1.515	0	0.430	6.872
Glutamic acid	g	2.498	0	0.708	11.331
Glycine	g	0.841	0	0.238	3.815
Proline	g	0.722	0	0.205	3.275
Serine	g	0.640	0	0.181	2.903
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 260g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.85		0	142.61	46.62	
Energy	kcal	284		0	738	241	
Energy	kj	1188		0	3089	1010	
Protein (N x 5.95)	g	24.95		0	64.87	21.21	
Total lipid (fat)	g	19.67		0	51.14	16.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	2.60	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	29	9	
Iron	mg	2.01		0	5.23	1.71	
Magnesium	mg	23		0	60	20	
Phosphorus	mg	185		0	481	157	
Potassium	mg	304		0	790	258	
Sodium	mg	68		0	177	58	
Zinc	mg	4.20		0	10.92	3.57	
Copper	mg	0.113		0	0.294	0.096	
Manganese	mg	0.023		0	0.060	0.020	
Selenium	:g	25.8		0	67.1	21.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.286	0.094	
Riboflavin	mg	0.280		0	0.728	0.238	
Niacin	mg	6.590		0	17.134	5.601	
Pantothenic acid	mg	0.670		0	1.742	0.570	
Vitamin B-6	mg	0.140		0	0.364	0.119	
Folate	:g	17		0	44	14	
Vitamin B-12	:g	2.54		0	6.60	2.16	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.140		0	0.364	0.119	
Lipids:							
Saturated, total	g	8.260		0	21.476	7.021	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.130	0.043	
12:0	g	0.080		0	0.208	0.068	
14:0	g	0.770		0	2.002	0.655	
15.0	g						
16:0	g	4.200		0	10.920	3.570	
17:0	g						
18:0	g	2.660		0	6.916	2.261	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.300	0	21.580	7.055
14:1	g				
16:1	g	0.570	0	1.482	0.484
18:1	g	7.530	0	19.578	6.401
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.420	0	3.692	1.207
18:2	g	1.070	0	2.782	0.910
18:3	g	0.280	0	0.728	0.238
18:4	g				
20:4	g	0.070	0	0.182	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	250	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.292	0	0.759	0.248
Threonine	g	1.068	0	2.777	0.908
Isoleucine	g	1.204	0	3.130	1.023
Leucine	g	1.941	0	5.047	1.650
Lysine	g	2.203	0	5.728	1.873
Methionine	g	0.640	0	1.664	0.544
Cystine	g	0.298	0	0.775	0.253
Phenylalanine	g	1.016	0	2.642	0.864
Tyrosine	g	0.839	0	2.181	0.713
Valine	g	1.346	0	3.500	1.144
Arginine	g	1.482	0	3.853	1.260
Histidine	g	0.790	0	2.054	0.672
Alanine	g	1.501	0	3.903	1.276
Aspartic acid	g	2.196	0	5.710	1.867
Glutamic acid	g	3.621	0	9.415	3.078
Glycine	g	1.219	0	3.169	1.036
Proline	g	1.047	0	2.722	0.890
Serine	g	0.928	0	2.413	0.789
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 79g	Measure 3*
Proximates:							
Water	g	59.55		0	16.88	47.04	
Energy	kcal	279		0	79	220	
Energy	kj	1167		0	331	922	
Protein (N x 5.95)	g	17.18		0	4.87	13.57	
Total lipid (fat)	g	22.75		0	6.45	17.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	0.25	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	4	11	
Iron	mg	1.66		0	0.47	1.31	
Magnesium	mg	22		0	6	17	
Phosphorus	mg	159		0	45	126	
Potassium	mg	226		0	64	179	
Sodium	mg	59		0	17	47	
Zinc	mg	2.65		0	0.75	2.09	
Copper	mg	0.110		0	0.031	0.087	
Manganese	mg	0.019		0	0.005	0.015	
Selenium	:g	19.4		0	5.5	15.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.095	
Riboflavin	mg	0.210		0	0.060	0.166	
Niacin	mg	6.480		0	1.837	5.119	
Pantothenic acid	mg	0.640		0	0.181	0.506	
Vitamin B-6	mg	0.140		0	0.040	0.111	
Folate	:g	18		0	5	14	
Vitamin B-12	:g	2.07		0	0.59	1.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.142	
Lipids:							
Saturated, total	g	9.950		0	2.821	7.860	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.047	
12:0	g	0.100		0	0.028	0.079	
14:0	g	0.910		0	0.258	0.719	
15.0	g						
16:0	g	5.000		0	1.418	3.950	
17:0	g						
18:0	g	3.140		0	0.890	2.481	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.340	0	2.648	7.379
14:1	g				
16:1	g	0.660	0	0.187	0.521
18:1	g	8.380	0	2.376	6.620
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.790	0	0.507	1.414
18:2	g	1.310	0	0.371	1.035
18:3	g	0.410	0	0.116	0.324
18:4	g				
20:4	g	0.070	0	0.020	0.055
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	0	20	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.159
Threonine	g	0.735	0	0.208	0.581
Isoleucine	g	0.829	0	0.235	0.655
Leucine	g	1.336	0	0.379	1.055
Lysine	g	1.517	0	0.430	1.198
Methionine	g	0.441	0	0.125	0.348
Cystine	g	0.205	0	0.058	0.162
Phenylalanine	g	0.699	0	0.198	0.552
Tyrosine	g	0.577	0	0.164	0.456
Valine	g	0.927	0	0.263	0.732
Arginine	g	1.020	0	0.289	0.806
Histidine	g	0.544	0	0.154	0.430
Alanine	g	1.033	0	0.293	0.816
Aspartic acid	g	1.512	0	0.429	1.194
Glutamic acid	g	2.492	0	0.706	1.969
Glycine	g	0.839	0	0.238	0.663
Proline	g	0.720	0	0.204	0.569
Serine	g	0.639	0	0.181	0.505
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw steak with refuse, 102 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 53g	Measure 3*
Proximates:							
Water	g	53.31		0	45.31	28.25	
Energy	kcal	297		0	252	157	
Energy	kj	1243		0	1057	659	
Protein (N x 5.95)	g	26.06		0	22.15	13.81	
Total lipid (fat)	g	20.61		0	17.52	10.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	0.95	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	17	11	
Iron	mg	1.84		0	1.56	0.98	
Magnesium	mg	25		0	21	13	
Phosphorus	mg	201		0	171	107	
Potassium	mg	336		0	286	178	
Sodium	mg	78		0	66	41	
Zinc	mg	3.60		0	3.06	1.91	
Copper	mg	0.133		0	0.113	0.070	
Manganese	mg	0.023		0	0.020	0.012	
Selenium	:g	28.2		0	24.0	14.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.094	0.058	
Riboflavin	mg	0.260		0	0.221	0.138	
Niacin	mg	7.060		0	6.001	3.742	
Pantothenic acid	mg	0.640		0	0.544	0.339	
Vitamin B-6	mg	0.130		0	0.111	0.069	
Folate	:g	19		0	16	10	
Vitamin B-12	:g	2.48		0	2.11	1.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.111	0.069	
Lipids:							
Saturated, total	g	8.650		0	7.353	4.585	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.043	0.027	
12:0	g	0.090		0	0.077	0.048	
14:0	g	0.800		0	0.680	0.424	
15.0	g						
16:0	g	4.400		0	3.740	2.332	
17:0	g						
18:0	g	2.790		0	2.372	1.479	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.690	0	7.386	4.606
14:1	g				
16:1	g	0.600	0	0.510	0.318
18:1	g	7.890	0	6.707	4.182
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.480	0	1.258	0.784
18:2	g	1.120	0	0.952	0.594
18:3	g	0.290	0	0.247	0.154
18:4	g				
20:4	g	0.070	0	0.060	0.037
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	99	0	84	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.305	0	0.259	0.162
Threonine	g	1.116	0	0.949	0.591
Isoleucine	g	1.258	0	1.069	0.667
Leucine	g	2.027	0	1.723	1.074
Lysine	g	2.302	0	1.957	1.220
Methionine	g	0.669	0	0.569	0.355
Cystine	g	0.311	0	0.264	0.165
Phenylalanine	g	1.061	0	0.902	0.562
Tyrosine	g	0.876	0	0.745	0.464
Valine	g	1.406	0	1.195	0.745
Arginine	g	1.548	0	1.316	0.820
Histidine	g	0.826	0	0.702	0.438
Alanine	g	1.568	0	1.333	0.831
Aspartic acid	g	2.294	0	1.950	1.216
Glutamic acid	g	3.782	0	3.215	2.004
Glycine	g	1.273	0	1.082	0.675
Proline	g	1.093	0	0.929	0.579
Serine	g	0.969	0	0.824	0.514
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 102 g; yields excluding refuse

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	Samples	Measure 1* 265g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.33		0	143.97	46.18	
Energy	kcal	290		0	769	247	
Energy	kj	1213		0	3214	1031	
Protein (N x 5.95)	g	23.27		0	61.67	19.78	
Total lipid (fat)	g	21.12		0	55.97	17.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20		0	3.18	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	48	15	
Iron	mg	2.17		0	5.75	1.84	
Magnesium	mg	24		0	64	20	
Phosphorus	mg	185		0	490	157	
Potassium	mg	250		0	663	213	
Sodium	mg	64		0	170	54	
Zinc	mg	3.52		0	9.33	2.99	
Copper	mg	0.122		0	0.323	0.104	
Manganese	mg	0.021		0	0.056	0.018	
Selenium	:g	25.2		0	66.8	21.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.265	0.085	
Riboflavin	mg	0.240		0	0.636	0.204	
Niacin	mg	7.050		0	18.683	5.992	
Pantothenic acid	mg	0.660		0	1.749	0.561	
Vitamin B-6	mg	0.130		0	0.345	0.111	
Folate	:g	20		0	53	17	
Vitamin B-12	:g	2.20		0	5.83	1.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.130		0	0.345	0.111	
Lipids:							
Saturated, total	g	9.080		0	24.062	7.718	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.133	0.043	
12:0	g	0.090		0	0.239	0.077	
14:0	g	0.820		0	2.173	0.697	
15.0	g						
16:0	g	4.590		0	12.163	3.902	
17:0	g						
18:0	g	2.870		0	7.606	2.440	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.650	0	22.922	7.353
14:1	g				
16:1	g	0.620	0	1.643	0.527
18:1	g	7.770	0	20.590	6.604
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.690	0	4.478	1.437
18:2	g	1.240	0	3.286	1.054
18:3	g	0.370	0	0.981	0.315
18:4	g				
20:4	g	0.080	0	0.212	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	93	0	246	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.721	0.231
Threonine	g	0.996	0	2.639	0.847
Isoleucine	g	1.123	0	2.976	0.955
Leucine	g	1.810	0	4.797	1.539
Lysine	g	2.055	0	5.446	1.747
Methionine	g	0.597	0	1.582	0.507
Cystine	g	0.278	0	0.737	0.236
Phenylalanine	g	0.947	0	2.510	0.805
Tyrosine	g	0.782	0	2.072	0.665
Valine	g	1.256	0	3.328	1.068
Arginine	g	1.383	0	3.665	1.176
Histidine	g	0.737	0	1.953	0.626
Alanine	g	1.400	0	3.710	1.190
Aspartic acid	g	2.048	0	5.427	1.741
Glutamic acid	g	3.377	0	8.949	2.870
Glycine	g	1.137	0	3.013	0.966
Proline	g	0.976	0	2.586	0.830
Serine	g	0.865	0	2.292	0.735
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	53.68		0	15.22	243.49	
Energy	kcal	342		0	97	1551	
Energy	kj	1431		0	406	6491	
Protein (N x 5.95)	g	15.32		0	4.34	69.49	
Total lipid (fat)	g	30.71		0	8.71	139.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	0.22	3.54	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	4	64	
Iron	mg	1.43		0	0.41	6.49	
Magnesium	mg	19		0	5	86	
Phosphorus	mg	143		0	41	649	
Potassium	mg	201		0	57	912	
Sodium	mg	58		0	16	263	
Zinc	mg	2.87		0	0.81	13.02	
Copper	mg	0.092		0	0.026	0.417	
Manganese	mg	0.017		0	0.005	0.077	
Selenium	:g	17.7		0	5.0	80.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.028	0.454	
Riboflavin	mg	0.190		0	0.054	0.862	
Niacin	mg	6.060		0	1.718	27.488	
Pantothenic acid	mg	0.620		0	0.176	2.812	
Vitamin B-6	mg	0.120		0	0.034	0.544	
Folate	:g	15		0	4	68	
Vitamin B-12	:g	2.14		0	0.61	9.71	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	13.430		0	3.807	60.918	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
12:0	g	0.130		0	0.037	0.590	
14:0	g	1.230		0	0.349	5.579	
15.0	g						
16:0	g	6.750		0	1.914	30.618	
17:0	g						
18:0	g	4.230		0	1.199	19.187	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.600	0	3.572	57.154
14:1	g				
16:1	g	0.890	0	0.252	4.037
18:1	g	11.320	0	3.209	51.348
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	2.420	0	0.686	10.977
18:2	g	1.770	0	0.502	8.029
18:3	g	0.550	0	0.156	2.495
18:4	g				
20:4	g	0.100	0	0.028	0.454
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	0	21	336
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.179	0	0.051	0.812
Threonine	g	0.656	0	0.186	2.976
Isoleucine	g	0.739	0	0.210	3.352
Leucine	g	1.191	0	0.338	5.402
Lysine	g	1.353	0	0.384	6.137
Methionine	g	0.393	0	0.111	1.783
Cystine	g	0.183	0	0.052	0.830
Phenylalanine	g	0.624	0	0.177	2.830
Tyrosine	g	0.515	0	0.146	2.336
Valine	g	0.826	0	0.234	3.747
Arginine	g	0.910	0	0.258	4.128
Histidine	g	0.485	0	0.137	2.200
Alanine	g	0.921	0	0.261	4.178
Aspartic acid	g	1.348	0	0.382	6.115
Glutamic acid	g	2.223	0	0.630	10.084
Glycine	g	0.748	0	0.212	3.393
Proline	g	0.642	0	0.182	2.912
Serine	g	0.569	0	0.161	2.581
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 222g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.03		0	108.85	41.68	
Energy	kcal	340		0	755	289	
Energy	kj	1423		0	3159	1210	
Protein (N x 5.95)	g	23.06		0	51.19	19.60	
Total lipid (fat)	g	26.82		0	59.54	22.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	2.64	1.01	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	40	15	
Iron	mg	1.93		0	4.28	1.64	
Magnesium	mg	24		0	53	20	
Phosphorus	mg	184		0	408	156	
Potassium	mg	277		0	615	235	
Sodium	mg	77		0	171	65	
Zinc	mg	4.21		0	9.35	3.58	
Copper	mg	0.124		0	0.275	0.105	
Manganese	mg	0.021		0	0.047	0.018	
Selenium	:g	24.7		0	54.8	21.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.200	0.077	
Riboflavin	mg	0.230		0	0.511	0.196	
Niacin	mg	6.920		0	15.362	5.882	
Pantothenic acid	mg	0.610		0	1.354	0.518	
Vitamin B-6	mg	0.110		0	0.244	0.094	
Folate	:g	15		0	33	13	
Vitamin B-12	:g	2.56		0	5.68	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.110		0	0.244	0.094	
Lipids:							
Saturated, total	g	11.360		0	25.219	9.656	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.155	0.060	
12:0	g	0.110		0	0.244	0.094	
14:0	g	1.010		0	2.242	0.859	
15.0	g						
16:0	g	5.780		0	12.832	4.913	
17:0	g						
18:0	g	3.610		0	8.014	3.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.970	0	24.353	9.325
14:1	g				
16:1	g	0.780	0	1.732	0.663
18:1	g	9.860	0	21.889	8.381
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	2.170	0	4.817	1.844
18:2	g	1.600	0	3.552	1.360
18:3	g	0.460	0	1.021	0.391
18:4	g				
20:4	g	0.120	0	0.266	0.102
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	98	0	218	83
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.270	0	0.599	0.230
Threonine	g	0.987	0	2.191	0.839
Isoleucine	g	1.113	0	2.471	0.946
Leucine	g	1.794	0	3.983	1.525
Lysine	g	2.037	0	4.522	1.731
Methionine	g	0.592	0	1.314	0.503
Cystine	g	0.275	0	0.611	0.234
Phenylalanine	g	0.939	0	2.085	0.798
Tyrosine	g	0.775	0	1.721	0.659
Valine	g	1.244	0	2.762	1.057
Arginine	g	1.370	0	3.041	1.165
Histidine	g	0.731	0	1.623	0.621
Alanine	g	1.387	0	3.079	1.179
Aspartic acid	g	2.030	0	4.507	1.725
Glutamic acid	g	3.347	0	7.430	2.845
Glycine	g	1.126	0	2.500	0.957
Proline	g	0.967	0	2.147	0.822
Serine	g	0.857	0	1.903	0.728
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	49.59		0	122.98	42.15	
Energy	kcal	341		0	846	290	
Energy	kj	1427		0	3539	1213	
Protein (N x 5.95)	g	21.82		0	54.11	18.55	
Total lipid (fat)	g	27.53		0	68.27	23.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	2.36	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	55	19	
Iron	mg	1.62		0	4.02	1.38	
Magnesium	mg	20		0	50	17	
Phosphorus	mg	170		0	422	145	
Potassium	mg	277		0	687	235	
Sodium	mg	74		0	184	63	
Zinc	mg	3.62		0	8.98	3.08	
Copper	mg	0.117		0	0.290	0.099	
Manganese	mg	0.021		0	0.052	0.018	
Selenium	:g	22.3		0	55.3	19.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.223	0.077	
Riboflavin	mg	0.210		0	0.521	0.179	
Niacin	mg	6.670		0	16.542	5.670	
Pantothenic acid	mg	0.640		0	1.587	0.544	
Vitamin B-6	mg	0.120		0	0.298	0.102	
Folate	:g	16		0	40	14	
Vitamin B-12	:g	2.22		0	5.51	1.89	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.110		0	0.273	0.094	
Lipids:							
Saturated, total	g	11.660		0	28.917	9.911	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.174	0.060	
12:0	g	0.120		0	0.298	0.102	
14:0	g	1.090		0	2.703	0.927	
15.0	g						
16:0	g	5.910		0	14.657	5.024	
17:0	g						
18:0	g	3.740		0	9.275	3.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.590	0	28.743	9.851
14:1	g				
16:1	g	0.800	0	1.984	0.680
18:1	g	10.510	0	26.065	8.934
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.990	0	4.935	1.692
18:2	g	1.500	0	3.720	1.275
18:3	g	0.400	0	0.992	0.340
18:4	g				
20:4	g	0.090	0	0.223	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	238	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.632	0.217
Threonine	g	0.934	0	2.316	0.794
Isoleucine	g	1.053	0	2.611	0.895
Leucine	g	1.697	0	4.209	1.442
Lysine	g	1.927	0	4.779	1.638
Methionine	g	0.560	0	1.389	0.476
Cystine	g	0.260	0	0.645	0.221
Phenylalanine	g	0.888	0	2.202	0.755
Tyrosine	g	0.733	0	1.818	0.623
Valine	g	1.177	0	2.919	1.000
Arginine	g	1.296	0	3.214	1.102
Histidine	g	0.691	0	1.714	0.587
Alanine	g	1.312	0	3.254	1.115
Aspartic acid	g	1.920	0	4.762	1.632
Glutamic acid	g	3.166	0	7.852	2.691
Glycine	g	1.065	0	2.641	0.905
Proline	g	0.915	0	2.269	0.778
Serine	g	0.811	0	2.011	0.689
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.36		0	17.96	287.40	
Energy	kcal	244		0	69	1107	
Energy	kj	1021		0	289	4631	
Protein (N x 5.95)	g	17.07		0	4.84	77.43	
Total lipid (fat)	g	18.96		0	5.38	86.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	0.26	4.13	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	73	
Iron	mg	1.53		0	0.43	6.94	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	163		0	46	739	
Potassium	mg	237		0	67	1075	
Sodium	mg	63		0	18	286	
Zinc	mg	4.12		0	1.17	18.69	
Copper	mg	0.100		0	0.028	0.454	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	19.7		0	5.6	89.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	5.620		0	1.593	25.492	
Pantothenic acid	mg	0.680		0	0.193	3.084	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	19		0	5	86	
Vitamin B-12	:g	2.57		0	0.73	11.66	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	8.100		0	2.296	36.742	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.080		0	0.023	0.363	
14:0	g	0.730		0	0.207	3.311	
15.0	g						
16:0	g	4.110		0	1.165	18.643	
17:0	g						
18:0	g	2.570		0	0.729	11.658	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.760	0	2.200	35.199
14:1	g				
16:1	g	0.550	0	0.156	2.495
18:1	g	6.970	0	1.976	31.616
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.520	0	0.431	6.895
18:2	g	1.120	0	0.318	5.080
18:3	g	0.330	0	0.094	1.497
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.730	0	0.207	3.311
Isoleucine	g	0.823	0	0.233	3.733
Leucine	g	1.328	0	0.376	6.024
Lysine	g	1.507	0	0.427	6.836
Methionine	g	0.438	0	0.124	1.987
Cystine	g	0.204	0	0.058	0.925
Phenylalanine	g	0.695	0	0.197	3.153
Tyrosine	g	0.574	0	0.163	2.604
Valine	g	0.921	0	0.261	4.178
Arginine	g	1.014	0	0.287	4.600
Histidine	g	0.541	0	0.153	2.454
Alanine	g	1.026	0	0.291	4.654
Aspartic acid	g	1.502	0	0.426	6.813
Glutamic acid	g	2.477	0	0.702	11.236
Glycine	g	0.834	0	0.236	3.783
Proline	g	0.716	0	0.203	3.248
Serine	g	0.635	0	0.180	2.880
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 213g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.46		0	96.83	38.64	
Energy	kcal	338		0	720	287	
Energy	kj	1414		0	3012	1202	
Protein (N x 5.95)	g	29.46		0	62.75	25.04	
Total lipid (fat)	g	23.57		0	50.20	20.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		0	3.07	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	58	23	
Iron	mg	2.39		0	5.09	2.03	
Magnesium	mg	25		0	53	21	
Phosphorus	mg	193		0	411	164	
Potassium	mg	261		0	556	222	
Sodium	mg	74		0	158	63	
Zinc	mg	6.80		0	14.48	5.78	
Copper	mg	0.126		0	0.268	0.107	
Manganese	mg	0.026		0	0.055	0.022	
Selenium	:g	33.8		0	72.0	28.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.149	0.060	
Riboflavin	mg	0.220		0	0.469	0.187	
Niacin	mg	6.150		0	13.100	5.228	
Pantothenic acid	mg	0.610		0	1.299	0.518	
Vitamin B-6	mg	0.110		0	0.234	0.094	
Folate	:g	18		0	38	15	
Vitamin B-12	:g	2.78		0	5.92	2.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.320	0.128	
Lipids:							
Saturated, total	g	9.710		0	20.682	8.254	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.128	0.051	
12:0	g	0.090		0	0.192	0.077	
14:0	g	0.850		0	1.810	0.723	
15.0	g						
16:0	g	4.980		0	10.607	4.233	
17:0	g						
18:0	g	3.120		0	6.646	2.652	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.720	0	20.704	8.262
14:1	g				
16:1	g	0.690	0	1.470	0.587
18:1	g	8.770	0	18.680	7.454
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.880	0	4.004	1.598
18:2	g	1.400	0	2.982	1.190
18:3	g	0.370	0	0.788	0.315
18:4	g				
20:4	g	0.110	0	0.234	0.094
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	117	0	249	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.344	0	0.733	0.292
Threonine	g	1.261	0	2.686	1.072
Isoleucine	g	1.421	0	3.027	1.208
Leucine	g	2.292	0	4.882	1.948
Lysine	g	2.602	0	5.542	2.212
Methionine	g	0.756	0	1.610	0.643
Cystine	g	0.352	0	0.750	0.299
Phenylalanine	g	1.199	0	2.554	1.019
Tyrosine	g	0.990	0	2.109	0.842
Valine	g	1.590	0	3.387	1.352
Arginine	g	1.750	0	3.728	1.488
Histidine	g	0.933	0	1.987	0.793
Alanine	g	1.772	0	3.774	1.506
Aspartic acid	g	2.593	0	5.523	2.204
Glutamic acid	g	4.275	0	9.106	3.634
Glycine	g	1.439	0	3.065	1.223
Proline	g	1.236	0	2.633	1.051
Serine	g	1.095	0	2.332	0.931
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 242g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.70		0	137.21	48.20	
Energy	kcal	268		0	649	228	
Energy	kj	1121		0	2713	953	
Protein (N x 5.95)	g	23.84		0	57.69	20.26	
Total lipid (fat)	g	18.39		0	44.50	15.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	2.93	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	56	20	
Iron	mg	1.83		0	4.43	1.56	
Magnesium	mg	25		0	61	21	
Phosphorus	mg	201		0	486	171	
Potassium	mg	335		0	811	285	
Sodium	mg	82		0	198	70	
Zinc	mg	5.58		0	13.50	4.74	
Copper	mg	0.126		0	0.305	0.107	
Manganese	mg	0.024		0	0.058	0.020	
Selenium	:g	26.5		0	64.1	22.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.242	0.085	
Riboflavin	mg	0.260		0	0.629	0.221	
Niacin	mg	6.490		0	15.706	5.516	
Pantothenic acid	mg	0.680		0	1.646	0.578	
Vitamin B-6	mg	0.140		0	0.339	0.119	
Folate	:g	18		0	44	15	
Vitamin B-12	:g	2.78		0	6.73	2.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.363	0.128	
Lipids:							
Saturated, total	g	7.530		0	18.223	6.401	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.121	0.043	
12:0	g	0.070		0	0.169	0.060	
14:0	g	0.690		0	1.670	0.587	
15.0	g						
16:0	g	3.860		0	9.341	3.281	
17:0	g						
18:0	g	2.440		0	5.905	2.074	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.750	0	18.755	6.588
14:1	g				
16:1	g	0.540	0	1.307	0.459
18:1	g	7.050	0	17.061	5.992
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.340	0	3.243	1.139
18:2	g	1.020	0	2.468	0.867
18:3	g	0.250	0	0.605	0.213
18:4	g				
20:4	g	0.080	0	0.194	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	0	230	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.675	0.237
Threonine	g	1.020	0	2.468	0.867
Isoleucine	g	1.150	0	2.783	0.977
Leucine	g	1.854	0	4.487	1.576
Lysine	g	2.105	0	5.094	1.789
Methionine	g	0.612	0	1.481	0.520
Cystine	g	0.285	0	0.690	0.242
Phenylalanine	g	0.970	0	2.347	0.825
Tyrosine	g	0.801	0	1.938	0.681
Valine	g	1.286	0	3.112	1.093
Arginine	g	1.416	0	3.427	1.204
Histidine	g	0.755	0	1.827	0.642
Alanine	g	1.434	0	3.470	1.219
Aspartic acid	g	2.098	0	5.077	1.783
Glutamic acid	g	3.459	0	8.371	2.940
Glycine	g	1.164	0	2.817	0.989
Proline	g	1.000	0	2.420	0.850
Serine	g	0.886	0	2.144	0.753
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 263g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.98		0	149.86	48.43	
Energy	kcal	269		0	707	229	
Energy	kj	1125		0	2959	956	
Protein (N x 5.95)	g	22.70		0	59.70	19.30	
Total lipid (fat)	g	19.08		0	50.18	16.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22		0	3.21	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	53	17	
Iron	mg	1.97		0	5.18	1.67	
Magnesium	mg	23		0	60	20	
Phosphorus	mg	185		0	487	157	
Potassium	mg	251		0	660	213	
Sodium	mg	66		0	174	56	
Zinc	mg	5.44		0	14.31	4.62	
Copper	mg	0.108		0	0.284	0.092	
Manganese	mg	0.022		0	0.058	0.019	
Selenium	:g	26.4		0	69.4	22.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.237	0.077	
Riboflavin	mg	0.240		0	0.631	0.204	
Niacin	mg	6.040		0	15.885	5.134	
Pantothenic acid	mg	0.700		0	1.841	0.595	
Vitamin B-6	mg	0.130		0	0.342	0.111	
Folate	:g	21		0	55	18	
Vitamin B-12	:g	2.65		0	6.97	2.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.394	0.128	
Lipids:							
Saturated, total	g	7.980		0	20.987	6.783	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.132	0.043	
12:0	g	0.080		0	0.210	0.068	
14:0	g	0.700		0	1.841	0.595	
15.0	g						
16:0	g	4.080		0	10.730	3.468	
17:0	g						
18:0	g	2.540		0	6.680	2.159	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.790	0	20.488	6.622
14:1	g				
16:1	g	0.560	0	1.473	0.476
18:1	g	7.010	0	18.436	5.958
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.560	0	4.103	1.326
18:2	g	1.150	0	3.024	0.977
18:3	g	0.320	0	0.842	0.272
18:4	g				
20:4	g	0.090	0	0.237	0.077
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	91	0	239	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.697	0.225
Threonine	g	0.971	0	2.554	0.825
Isoleucine	g	1.095	0	2.880	0.931
Leucine	g	1.765	0	4.642	1.500
Lysine	g	2.004	0	5.271	1.703
Methionine	g	0.582	0	1.531	0.495
Cystine	g	0.271	0	0.713	0.230
Phenylalanine	g	0.924	0	2.430	0.785
Tyrosine	g	0.763	0	2.007	0.649
Valine	g	1.225	0	3.222	1.041
Arginine	g	1.348	0	3.545	1.146
Histidine	g	0.719	0	1.891	0.611
Alanine	g	1.365	0	3.590	1.160
Aspartic acid	g	1.998	0	5.255	1.698
Glutamic acid	g	3.294	0	8.663	2.800
Glycine	g	1.109	0	2.917	0.943
Proline	g	0.952	0	2.504	0.809
Serine	g	0.844	0	2.220	0.717
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 84g	Measure 3*
Proximates:							
Water	g	63.30		0	17.95	53.17	
Energy	kcal	244		0	69	205	
Energy	kj	1021		0	289	858	
Protein (N x 5.95)	g	17.19		0	4.87	14.44	
Total lipid (fat)	g	18.94		0	5.37	15.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	0.77	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	4	12	
Iron	mg	1.58		0	0.45	1.33	
Magnesium	mg	22		0	6	18	
Phosphorus	mg	162		0	46	136	
Potassium	mg	244		0	69	205	
Sodium	mg	61		0	17	51	
Zinc	mg	3.52		0	1.00	2.96	
Copper	mg	0.104		0	0.029	0.087	
Manganese	mg	0.020		0	0.006	0.017	
Selenium	:g	19.8		0	5.6	16.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.092	
Riboflavin	mg	0.220		0	0.062	0.185	
Niacin	mg	6.080		0	1.724	5.107	
Pantothenic acid	mg	0.690		0	0.196	0.580	
Vitamin B-6	mg	0.130		0	0.037	0.109	
Folate	:g	19		0	5	16	
Vitamin B-12	:g	2.47		0	0.70	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.176	
Lipids:							
Saturated, total	g	8.240		0	2.336	6.922	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.042	
12:0	g	0.080		0	0.023	0.067	
14:0	g	0.750		0	0.213	0.630	
15.0	g						
16:0	g	4.150		0	1.177	3.486	
17:0	g						
18:0	g	2.600		0	0.737	2.184	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.770	0	2.203	6.527
14:1	g				
16:1	g	0.550	0	0.156	0.462
18:1	g	6.980	0	1.979	5.863
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.500	0	0.425	1.260
18:2	g	1.100	0	0.312	0.924
18:3	g	0.340	0	0.096	0.286
18:4	g				
20:4	g	0.060	0	0.017	0.050
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	0	20	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.169
Threonine	g	0.736	0	0.209	0.618
Isoleucine	g	0.829	0	0.235	0.696
Leucine	g	1.337	0	0.379	1.123
Lysine	g	1.518	0	0.430	1.275
Methionine	g	0.441	0	0.125	0.370
Cystine	g	0.205	0	0.058	0.172
Phenylalanine	g	0.700	0	0.198	0.588
Tyrosine	g	0.578	0	0.164	0.486
Valine	g	0.928	0	0.263	0.780
Arginine	g	1.021	0	0.289	0.858
Histidine	g	0.545	0	0.155	0.458
Alanine	g	1.034	0	0.293	0.869
Aspartic acid	g	1.513	0	0.429	1.271
Glutamic acid	g	2.494	0	0.707	2.095
Glycine	g	0.840	0	0.238	0.706
Proline	g	0.721	0	0.204	0.606
Serine	g	0.639	0	0.181	0.537
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw steak with refuse, 102 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	44.92		0	38.18	20.21	
Energy	kcal	337		0	286	152	
Energy	kj	1410		0	1199	635	
Protein (N x 5.95)	g	31.10		0	26.43	13.99	
Total lipid (fat)	g	22.65		0	19.25	10.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12		0	0.95	0.50	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	21	11	
Iron	mg	2.43		0	2.07	1.09	
Magnesium	mg	26		0	22	12	
Phosphorus	mg	210		0	179	95	
Potassium	mg	311		0	264	140	
Sodium	mg	72		0	61	32	
Zinc	mg	6.24		0	5.30	2.81	
Copper	mg	0.141		0	0.120	0.063	
Manganese	mg	0.023		0	0.020	0.010	
Selenium	:g	37.9		0	32.2	17.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.060	0.032	
Riboflavin	mg	0.250		0	0.213	0.113	
Niacin	mg	6.610		0	5.619	2.974	
Pantothenic acid	mg	0.610		0	0.518	0.274	
Vitamin B-6	mg	0.110		0	0.094	0.050	
Folate	:g	19		0	16	9	
Vitamin B-12	:g	2.59		0	2.20	1.17	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.128	0.068	
Lipids:							
Saturated, total	g	9.210		0	7.829	4.145	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.051	0.027	
12:0	g	0.090		0	0.077	0.041	
14:0	g	0.850		0	0.723	0.383	
15.0	g						
16:0	g	4.730		0	4.021	2.129	
17:0	g						
18:0	g	3.000		0	2.550	1.350	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.630	0	8.186	4.333
14:1	g				
16:1	g	0.660	0	0.561	0.297
18:1	g	8.780	0	7.463	3.951
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.600	0	1.360	0.720
18:2	g	1.230	0	1.045	0.554
18:3	g	0.280	0	0.238	0.126
18:4	g				
20:4	g	0.090	0	0.077	0.041
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	120	0	102	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.363	0	0.309	0.163
Threonine	g	1.331	0	1.131	0.599
Isoleucine	g	1.500	0	1.275	0.675
Leucine	g	2.419	0	2.056	1.089
Lysine	g	2.746	0	2.334	1.236
Methionine	g	0.798	0	0.678	0.359
Cystine	g	0.371	0	0.315	0.167
Phenylalanine	g	1.266	0	1.076	0.570
Tyrosine	g	1.045	0	0.888	0.470
Valine	g	1.678	0	1.426	0.755
Arginine	g	1.847	0	1.570	0.831
Histidine	g	0.985	0	0.837	0.443
Alanine	g	1.870	0	1.590	0.842
Aspartic acid	g	2.737	0	2.326	1.232
Glutamic acid	g	4.512	0	3.835	2.030
Glycine	g	1.519	0	1.291	0.684
Proline	g	1.304	0	1.108	0.587
Serine	g	1.156	0	0.983	0.520
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 102 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 59g	Measure 3*
Proximates:							
Water	g	55.77		0	47.40	32.90	
Energy	kcal	269		0	229	159	
Energy	kj	1125		0	956	664	
Protein (N x 5.95)	g	24.91		0	21.17	14.70	
Total lipid (fat)	g	18.05		0	15.34	10.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	1.13	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	15	11	
Iron	mg	2.12		0	1.80	1.25	
Magnesium	mg	27		0	23	16	
Phosphorus	mg	200		0	170	118	
Potassium	mg	314		0	267	185	
Sodium	mg	78		0	66	46	
Zinc	mg	5.01		0	4.26	2.96	
Copper	mg	0.135		0	0.115	0.080	
Manganese	mg	0.024		0	0.020	0.014	
Selenium	:g	28.1		0	23.9	16.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.085	0.059	
Riboflavin	mg	0.270		0	0.230	0.159	
Niacin	mg	6.990		0	5.941	4.124	
Pantothenic acid	mg	0.680		0	0.578	0.401	
Vitamin B-6	mg	0.120		0	0.102	0.071	
Folate	:g	19		0	16	11	
Vitamin B-12	:g	2.88		0	2.45	1.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.136	0.094	
Lipids:							
Saturated, total	g	7.660		0	6.511	4.519	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.034	0.024	
12:0	g	0.070		0	0.060	0.041	
14:0	g	0.680		0	0.578	0.401	
15.0	g						
16:0	g	3.890		0	3.307	2.295	
17:0	g						
18:0	g	2.430		0	2.066	1.434	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.380	0	6.273	4.354
14:1	g				
16:1	g	0.530	0	0.451	0.313
18:1	g	6.640	0	5.644	3.918
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.460	0	1.241	0.861
18:2	g	1.070	0	0.910	0.631
18:3	g	0.310	0	0.264	0.183
18:4	g				
20:4	g	0.080	0	0.068	0.047
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	82	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.247	0.172
Threonine	g	1.066	0	0.906	0.629
Isoleucine	g	1.202	0	1.022	0.709
Leucine	g	1.937	0	1.646	1.143
Lysine	g	2.200	0	1.870	1.298
Methionine	g	0.639	0	0.543	0.377
Cystine	g	0.297	0	0.252	0.175
Phenylalanine	g	1.014	0	0.862	0.598
Tyrosine	g	0.837	0	0.711	0.494
Valine	g	1.344	0	1.142	0.793
Arginine	g	1.480	0	1.258	0.873
Histidine	g	0.789	0	0.671	0.466
Alanine	g	1.498	0	1.273	0.884
Aspartic acid	g	2.192	0	1.863	1.293
Glutamic acid	g	3.615	0	3.073	2.133
Glycine	g	1.217	0	1.034	0.718
Proline	g	1.045	0	0.888	0.617
Serine	g	0.926	0	0.787	0.546
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw steak with refuse, 102 g; yields excluding refuse

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	Samples	Measure 1* 284g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.07		0	162.08	48.51	
Energy	kcal	267		0	758	227	
Energy	kj	1117		0	3172	949	
Protein (N x 5.95)	g	22.93		0	65.12	19.49	
Total lipid (fat)	g	18.75		0	53.25	15.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23		0	3.49	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	48	14	
Iron	mg	2.05		0	5.82	1.74	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	185		0	525	157	
Potassium	mg	262		0	744	223	
Sodium	mg	65		0	185	55	
Zinc	mg	4.58		0	13.01	3.89	
Copper	mg	0.114		0	0.324	0.097	
Manganese	mg	0.022		0	0.062	0.019	
Selenium	:g	25.8		0	73.3	21.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.256	0.077	
Riboflavin	mg	0.250		0	0.710	0.213	
Niacin	mg	6.620		0	18.801	5.627	
Pantothenic acid	mg	0.710		0	2.016	0.603	
Vitamin B-6	mg	0.130		0	0.369	0.111	
Folate	:g	21		0	60	18	
Vitamin B-12	:g	2.56		0	7.27	2.18	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.426	0.128	
Lipids:							
Saturated, total	g	8.040		0	22.834	6.834	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.142	0.043	
12:0	g	0.080		0	0.227	0.068	
14:0	g	0.720		0	2.045	0.612	
15.0	g						
16:0	g	4.070		0	11.559	3.460	
17:0	g						
18:0	g	2.550		0	7.242	2.167	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.680	0	21.811	6.528
14:1	g				
16:1	g	0.550	0	1.562	0.468
18:1	g	6.900	0	19.596	5.865
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.500	0	4.260	1.275
18:2	g	1.100	0	3.124	0.935
18:3	g	0.330	0	0.937	0.281
18:4	g				
20:4	g	0.070	0	0.199	0.060
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	91	0	258	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.761	0.228
Threonine	g	0.982	0	2.789	0.835
Isoleucine	g	1.106	0	3.141	0.940
Leucine	g	1.784	0	5.067	1.516
Lysine	g	2.025	0	5.751	1.721
Methionine	g	0.589	0	1.673	0.501
Cystine	g	0.274	0	0.778	0.233
Phenylalanine	g	0.934	0	2.653	0.794
Tyrosine	g	0.771	0	2.190	0.655
Valine	g	1.237	0	3.513	1.051
Arginine	g	1.362	0	3.868	1.158
Histidine	g	0.726	0	2.062	0.617
Alanine	g	1.379	0	3.916	1.172
Aspartic acid	g	2.019	0	5.734	1.716
Glutamic acid	g	3.328	0	9.452	2.829
Glycine	g	1.120	0	3.181	0.952
Proline	g	0.962	0	2.732	0.818
Serine	g	0.853	0	2.423	0.725
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	63.39		0	17.97	287.54	
Energy	kcal	244		0	69	1107	
Energy	kj	1021		0	289	4631	
Protein (N x 5.95)	g	17.01		0	4.82	77.16	
Total lipid (fat)	g	18.97		0	5.38	86.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	0.26	4.13	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	77	
Iron	mg	1.50		0	0.43	6.80	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	163		0	46	739	
Potassium	mg	234		0	66	1061	
Sodium	mg	63		0	18	286	
Zinc	mg	4.40		0	1.25	19.96	
Copper	mg	0.098		0	0.028	0.445	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	19.6		0	5.6	88.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.031	0.499	
Riboflavin	mg	0.210		0	0.060	0.953	
Niacin	mg	5.400		0	1.531	24.494	
Pantothenic acid	mg	0.680		0	0.193	3.084	
Vitamin B-6	mg	0.140		0	0.040	0.635	
Folate	:g	20		0	6	91	
Vitamin B-12	:g	2.62		0	0.74	11.88	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	8.040		0	2.279	36.469	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.080		0	0.023	0.363	
14:0	g	0.720		0	0.204	3.266	
15.0	g						
16:0	g	4.090		0	1.160	18.552	
17:0	g						
18:0	g	2.550		0	0.723	11.567	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.760	0	2.200	35.199
14:1	g				
16:1	g	0.560	0	0.159	2.540
18:1	g	6.970	0	1.976	31.616
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.540	0	0.437	6.985
18:2	g	1.130	0	0.320	5.126
18:3	g	0.320	0	0.091	1.452
18:4	g				
20:4	g	0.080	0	0.023	0.363
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.056	0.903
Threonine	g	0.728	0	0.206	3.302
Isoleucine	g	0.821	0	0.233	3.724
Leucine	g	1.323	0	0.375	6.001
Lysine	g	1.502	0	0.426	6.813
Methionine	g	0.437	0	0.124	1.982
Cystine	g	0.203	0	0.058	0.921
Phenylalanine	g	0.692	0	0.196	3.139
Tyrosine	g	0.572	0	0.162	2.595
Valine	g	0.918	0	0.260	4.164
Arginine	g	1.011	0	0.287	4.586
Histidine	g	0.539	0	0.153	2.445
Alanine	g	1.023	0	0.290	4.640
Aspartic acid	g	1.497	0	0.424	6.790
Glutamic acid	g	2.468	0	0.700	11.195
Glycine	g	0.831	0	0.236	3.769
Proline	g	0.714	0	0.202	3.239
Serine	g	0.632	0	0.179	2.867
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 207g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	45.65		0	94.50	38.80	
Energy	kcal	339		0	702	288	
Energy	kj	1418		0	2935	1205	
Protein (N x 5.95)	g	28.92		0	59.86	24.58	
Total lipid (fat)	g	23.88		0	49.43	20.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.55		0	3.21	1.32	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	56	23	
Iron	mg	2.38		0	4.93	2.02	
Magnesium	mg	24		0	50	20	
Phosphorus	mg	187		0	387	159	
Potassium	mg	244		0	505	207	
Sodium	mg	75		0	155	64	
Zinc	mg	6.98		0	14.45	5.93	
Copper	mg	0.121		0	0.250	0.103	
Manganese	mg	0.027		0	0.056	0.023	
Selenium	:g	33.5		0	69.3	28.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.124	0.051	
Riboflavin	mg	0.210		0	0.435	0.179	
Niacin	mg	6.000		0	12.420	5.100	
Pantothenic acid	mg	0.610		0	1.263	0.518	
Vitamin B-6	mg	0.110		0	0.228	0.094	
Folate	:g	18		0	37	15	
Vitamin B-12	:g	2.84		0	5.88	2.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.311	0.128	
Lipids:							
Saturated, total	g	9.880		0	20.452	8.398	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.104	0.043	
12:0	g	0.090		0	0.186	0.077	
14:0	g	0.860		0	1.780	0.731	
15.0	g						
16:0	g	5.070		0	10.495	4.310	
17:0	g						
18:0	g	3.160		0	6.541	2.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.740	0	20.162	8.279
14:1	g				
16:1	g	0.700	0	1.449	0.595
18:1	g	8.770	0	18.154	7.454
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.970	0	4.078	1.674
18:2	g	1.450	0	3.001	1.232
18:3	g	0.400	0	0.828	0.340
18:4	g				
20:4	g	0.120	0	0.248	0.102
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	116	0	240	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	0.700	0.287
Threonine	g	1.238	0	2.563	1.052
Isoleucine	g	1.395	0	2.888	1.186
Leucine	g	2.249	0	4.655	1.912
Lysine	g	2.554	0	5.287	2.171
Methionine	g	0.742	0	1.536	0.631
Cystine	g	0.345	0	0.714	0.293
Phenylalanine	g	1.177	0	2.436	1.000
Tyrosine	g	0.972	0	2.012	0.826
Valine	g	1.560	0	3.229	1.326
Arginine	g	1.718	0	3.556	1.460
Histidine	g	0.916	0	1.896	0.779
Alanine	g	1.739	0	3.600	1.478
Aspartic acid	g	2.545	0	5.268	2.163
Glutamic acid	g	4.196	0	8.686	3.567
Glycine	g	1.412	0	2.923	1.200
Proline	g	1.213	0	2.511	1.031
Serine	g	1.075	0	2.225	0.914
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 250g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.01		0	142.53	48.46	
Energy	kcal	267		0	668	227	
Energy	kj	1117		0	2793	949	
Protein (N x 5.95)	g	23.48		0	58.70	19.96	
Total lipid (fat)	g	18.50		0	46.25	15.72	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		0	2.92	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	60	20	
Iron	mg	1.73		0	4.33	1.47	
Magnesium	mg	24		0	60	20	
Phosphorus	mg	201		0	503	171	
Potassium	mg	341		0	853	290	
Sodium	mg	83		0	208	71	
Zinc	mg	5.77		0	14.43	4.90	
Copper	mg	0.123		0	0.308	0.105	
Manganese	mg	0.024		0	0.060	0.020	
Selenium	:g	27.8		0	69.5	23.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.225	0.077	
Riboflavin	mg	0.250		0	0.625	0.213	
Niacin	mg	6.330		0	15.825	5.380	
Pantothenic acid	mg	0.670		0	1.675	0.570	
Vitamin B-6	mg	0.150		0	0.375	0.128	
Folate	:g	18		0	45	15	
Vitamin B-12	:g	2.74		0	6.85	2.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.375	0.128	
Lipids:							
Saturated, total	g	7.490		0	18.725	6.366	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.125	0.043	
12:0	g	0.070		0	0.175	0.060	
14:0	g	0.690		0	1.725	0.587	
15.0	g						
16:0	g	3.860		0	9.650	3.281	
17:0	g						
18:0	g	2.450		0	6.125	2.083	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.880	0	19.700	6.698
14:1	g				
16:1	g	0.540	0	1.350	0.459
18:1	g	7.190	0	17.975	6.111
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.300	0	3.250	1.105
18:2	g	1.000	0	2.500	0.850
18:3	g	0.230	0	0.575	0.196
18:4	g				
20:4	g	0.080	0	0.200	0.068
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	0	238	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.685	0.233
Threonine	g	1.005	0	2.512	0.854
Isoleucine	g	1.133	0	2.833	0.963
Leucine	g	1.826	0	4.565	1.552
Lysine	g	2.073	0	5.183	1.762
Methionine	g	0.603	0	1.508	0.513
Cystine	g	0.280	0	0.700	0.238
Phenylalanine	g	0.956	0	2.390	0.813
Tyrosine	g	0.789	0	1.972	0.671
Valine	g	1.267	0	3.167	1.077
Arginine	g	1.395	0	3.487	1.186
Histidine	g	0.744	0	1.860	0.632
Alanine	g	1.412	0	3.530	1.200
Aspartic acid	g	2.067	0	5.168	1.757
Glutamic acid	g	3.407	0	8.518	2.896
Glycine	g	1.147	0	2.868	0.975
Proline	g	0.985	0	2.462	0.837
Serine	g	0.873	0	2.183	0.742
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 256g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.95		0	145.79	48.41	
Energy	kcal	270		0	691	230	
Energy	kj	1130		0	2893	961	
Protein (N x 5.95)	g	22.62		0	57.91	19.23	
Total lipid (fat)	g	19.19		0	49.13	16.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21		0	3.10	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	54	18	
Iron	mg	1.95		0	4.99	1.66	
Magnesium	mg	23		0	59	20	
Phosphorus	mg	185		0	474	157	
Potassium	mg	248		0	635	211	
Sodium	mg	67		0	172	57	
Zinc	mg	5.72		0	14.64	4.86	
Copper	mg	0.107		0	0.274	0.091	
Manganese	mg	0.022		0	0.056	0.019	
Selenium	:g	25.6		0	65.5	21.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.230	0.077	
Riboflavin	mg	0.240		0	0.614	0.204	
Niacin	mg	5.840		0	14.950	4.964	
Pantothenic acid	mg	0.700		0	1.792	0.595	
Vitamin B-6	mg	0.130		0	0.333	0.111	
Folate	:g	21		0	54	18	
Vitamin B-12	:g	2.68		0	6.86	2.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.384	0.128	
Lipids:							
Saturated, total	g	7.960		0	20.378	6.766	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.102	0.034	
12:0	g	0.070		0	0.179	0.060	
14:0	g	0.690		0	1.766	0.587	
15.0	g						
16:0	g	4.080		0	10.445	3.468	
17:0	g						
18:0	g	2.540		0	6.502	2.159	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.830	0	20.045	6.656
14:1	g				
16:1	g	0.560	0	1.434	0.476
18:1	g	7.050	0	18.048	5.992
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	1.580	0	4.045	1.343
18:2	g	1.170	0	2.995	0.995
18:3	g	0.320	0	0.819	0.272
18:4	g				
20:4	g	0.100	0	0.256	0.085
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	0	236	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.676	0.224
Threonine	g	0.968	0	2.478	0.823
Isoleucine	g	1.091	0	2.793	0.927
Leucine	g	1.759	0	4.503	1.495
Lysine	g	1.997	0	5.112	1.697
Methionine	g	0.580	0	1.485	0.493
Cystine	g	0.270	0	0.691	0.230
Phenylalanine	g	0.921	0	2.358	0.783
Tyrosine	g	0.760	0	1.946	0.646
Valine	g	1.221	0	3.126	1.038
Arginine	g	1.344	0	3.441	1.142
Histidine	g	0.717	0	1.836	0.609
Alanine	g	1.360	0	3.482	1.156
Aspartic acid	g	1.991	0	5.097	1.692
Glutamic acid	g	3.282	0	8.402	2.790
Glycine	g	1.105	0	2.829	0.939
Proline	g	0.949	0	2.429	0.807
Serine	g	0.841	0	2.153	0.715
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	64.03		0	18.15	290.44	
Energy	kcal	232		0	66	1052	
Energy	kj	971		0	275	4404	
Protein (N x 5.95)	g	17.95		0	5.09	81.42	
Total lipid (fat)	g	17.20		0	4.88	78.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	0.28	4.45	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	50	
Iron	mg	1.54		0	0.44	6.99	
Magnesium	mg	16		0	5	73	
Phosphorus	mg	179		0	51	812	
Potassium	mg	147		0	42	667	
Sodium	mg	41		0	12	186	
Zinc	mg	2.58		0	0.73	11.70	
Copper	mg	0.089		0	0.025	0.404	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	1.4		0	0.4	6.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.350		0	0.099	1.588	
Niacin	mg	6.570		0	1.863	29.802	
Pantothenic acid	mg	0.520		0	0.147	2.359	
Vitamin B-6	mg	0.120		0	0.034	0.544	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.50		0	0.71	11.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	8.640		0	2.449	39.191	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.070		0	0.020	0.318	
14:0	g	0.700		0	0.198	3.175	
15.0	g						
16:0	g	3.770		0	1.069	17.101	
17:0	g						
18:0	g	3.400		0	0.964	15.422	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.600	0	1.871	29.938
14:1	g				
16:1	g	0.290	0	0.082	1.315
18:1	g	6.170	0	1.749	27.987
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.750	0	0.213	3.402
18:2	g	0.420	0	0.119	1.905
18:3	g	0.310	0	0.088	1.406
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	0	22	349
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.210	0	0.060	0.953
Threonine	g	0.768	0	0.218	3.484
Isoleucine	g	0.866	0	0.246	3.928
Leucine	g	1.396	0	0.396	6.332
Lysine	g	1.585	0	0.449	7.190
Methionine	g	0.461	0	0.131	2.091
Cystine	g	0.214	0	0.061	0.971
Phenylalanine	g	0.731	0	0.207	3.316
Tyrosine	g	0.603	0	0.171	2.735
Valine	g	0.968	0	0.274	4.391
Arginine	g	1.066	0	0.302	4.835
Histidine	g	0.569	0	0.161	2.581
Alanine	g	1.079	0	0.306	4.894
Aspartic acid	g	1.580	0	0.448	7.167
Glutamic acid	g	2.604	0	0.738	11.812
Glycine	g	0.877	0	0.249	3.978
Proline	g	0.753	0	0.213	3.416
Serine	g	0.667	0	0.189	3.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 242g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.80		0	132.62	46.58	
Energy	kcal	270		0	653	230	
Energy	kj	1130		0	2735	961	
Protein (N x 5.95)	g	25.26		0	61.13	21.47	
Total lipid (fat)	g	17.98		0	43.51	15.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	3.39	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	36	13	
Iron	mg	2.08		0	5.03	1.77	
Magnesium	mg	19		0	46	16	
Phosphorus	mg	211		0	511	179	
Potassium	mg	161		0	390	137	
Sodium	mg	46		0	111	39	
Zinc	mg	3.61		0	8.74	3.07	
Copper	mg	0.102		0	0.247	0.087	
Manganese	mg	0.023		0	0.056	0.020	
Selenium	:g	2.0		0	4.8	1.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.266	0.094	
Riboflavin	mg	0.410		0	0.992	0.349	
Niacin	mg	7.310		0	17.690	6.213	
Pantothenic acid	mg	0.530		0	1.283	0.451	
Vitamin B-6	mg	0.110		0	0.266	0.094	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.71		0	6.56	2.30	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.363	0.128	
Lipids:							
Saturated, total	g	8.760		0	21.199	7.446	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.121	0.043	
12:0	g	0.070		0	0.169	0.060	
14:0	g	0.690		0	1.670	0.587	
15.0	g						
16:0	g	3.920		0	9.486	3.332	
17:0	g						
18:0	g	3.350		0	8.107	2.848	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.960	0	16.843	5.916
14:1	g				
16:1	g	0.340	0	0.823	0.289
18:1	g	6.490	0	15.706	5.516
20:1	g	0.020	0	0.048	0.017
22.1	g				
Polyunsaturated, total	g	0.880	0	2.130	0.748
18:2	g	0.530	0	1.283	0.451
18:3	g	0.320	0	0.774	0.272
18:4	g				
20:4	g	0.030	0	0.073	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	106	0	257	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.714	0.251
Threonine	g	1.081	0	2.616	0.919
Isoleucine	g	1.218	0	2.948	1.035
Leucine	g	1.964	0	4.753	1.669
Lysine	g	2.230	0	5.397	1.896
Methionine	g	0.648	0	1.568	0.551
Cystine	g	0.301	0	0.728	0.256
Phenylalanine	g	1.028	0	2.488	0.874
Tyrosine	g	0.849	0	2.055	0.722
Valine	g	1.363	0	3.298	1.159
Arginine	g	1.500	0	3.630	1.275
Histidine	g	0.800	0	1.936	0.680
Alanine	g	1.519	0	3.676	1.291
Aspartic acid	g	2.223	0	5.380	1.890
Glutamic acid	g	3.665	0	8.869	3.115
Glycine	g	1.233	0	2.984	1.048
Proline	g	1.059	0	2.563	0.900
Serine	g	0.939	0	2.272	0.798
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	66.02		0	18.72	299.47	
Energy	kcal	223		0	63	1012	
Energy	kj	933		0	265	4232	
Protein (N x 5.95)	g	18.04		0	5.11	81.83	
Total lipid (fat)	g	16.15		0	4.58	73.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.30	4.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	
Iron	mg	1.49		0	0.42	6.76	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	170		0	48	771	
Potassium	mg	131		0	37	594	
Sodium	mg	45		0	13	204	
Zinc	mg	3.37		0	0.96	15.29	
Copper	mg	0.095		0	0.027	0.431	
Manganese	mg	0.020		0	0.006	0.091	
Selenium	:g	3.5		0	1.0	15.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.590	
Riboflavin	mg	0.360		0	0.102	1.633	
Niacin	mg	6.300		0	1.786	28.577	
Pantothenic acid	mg	0.510		0	0.145	2.313	
Vitamin B-6	mg	0.110		0	0.031	0.499	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.53		0	0.72	11.48	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	8.180		0	2.319	37.104	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.014	0.227	
12:0	g	0.060		0	0.017	0.272	
14:0	g	0.670		0	0.190	3.039	
15.0	g						
16:0	g	3.550		0	1.006	16.103	
17:0	g						
18:0	g	3.220		0	0.913	14.606	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.190	0	1.755	28.078
14:1	g				
16:1	g	0.280	0	0.079	1.270
18:1	g	5.790	0	1.641	26.263
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.700	0	0.198	3.175
18:2	g	0.390	0	0.111	1.769
18:3	g	0.290	0	0.082	1.315
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	20	322
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.211	0	0.060	0.957
Threonine	g	0.772	0	0.219	3.502
Isoleucine	g	0.870	0	0.247	3.946
Leucine	g	1.403	0	0.398	6.364
Lysine	g	1.593	0	0.452	7.226
Methionine	g	0.463	0	0.131	2.100
Cystine	g	0.215	0	0.061	0.975
Phenylalanine	g	0.734	0	0.208	3.329
Tyrosine	g	0.606	0	0.172	2.749
Valine	g	0.974	0	0.276	4.418
Arginine	g	1.072	0	0.304	4.863
Histidine	g	0.572	0	0.162	2.595
Alanine	g	1.085	0	0.308	4.922
Aspartic acid	g	1.588	0	0.450	7.203
Glutamic acid	g	2.618	0	0.742	11.875
Glycine	g	0.881	0	0.250	3.996
Proline	g	0.757	0	0.215	3.434
Serine	g	0.671	0	0.190	3.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 168g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.76		0	95.36	48.25	
Energy	kcal	258		0	433	219	
Energy	kj	1079		0	1813	917	
Protein (N x 5.95)	g	26.97		0	45.31	22.92	
Total lipid (fat)	g	15.83		0	26.59	13.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.61		0	2.70	1.37	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	24	12	
Iron	mg	2.07		0	3.48	1.76	
Magnesium	mg	15		0	25	13	
Phosphorus	mg	175		0	294	149	
Potassium	mg	118		0	198	100	
Sodium	mg	47		0	79	40	
Zinc	mg	4.80		0	8.06	4.08	
Copper	mg	0.102		0	0.171	0.087	
Manganese	mg	0.024		0	0.040	0.020	
Selenium	:g	5.3		0	8.9	4.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.118	0.060	
Riboflavin	mg	0.330		0	0.554	0.281	
Niacin	mg	6.070		0	10.198	5.160	
Pantothenic acid	mg	0.410		0	0.689	0.349	
Vitamin B-6	mg	0.080		0	0.134	0.068	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.44		0	4.10	2.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.302	0.153	
Lipids:							
Saturated, total	g	7.820		0	13.138	6.647	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.050		0	0.084	0.043	
12:0	g	0.060		0	0.101	0.051	
14:0	g	0.620		0	1.042	0.527	
15.0	g						
16:0	g	3.460		0	5.813	2.941	
17:0	g						
18:0	g	3.040		0	5.107	2.584	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.100	0	10.248	5.185
14:1	g				
16:1	g	0.280	0	0.470	0.238
18:1	g	5.700	0	9.576	4.845
20:1	g	0.020	0	0.034	0.017
22.1	g				
Polyunsaturated, total	g	0.730	0	1.226	0.620
18:2	g	0.430	0	0.722	0.366
18:3	g	0.280	0	0.470	0.238
18:4	g				
20:4	g	0.020	0	0.034	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	102	0	171	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.315	0	0.529	0.268
Threonine	g	1.154	0	1.939	0.981
Isoleucine	g	1.301	0	2.186	1.106
Leucine	g	2.098	0	3.525	1.783
Lysine	g	2.382	0	4.002	2.025
Methionine	g	0.692	0	1.163	0.588
Cystine	g	0.322	0	0.541	0.274
Phenylalanine	g	1.098	0	1.845	0.933
Tyrosine	g	0.906	0	1.522	0.770
Valine	g	1.455	0	2.444	1.237
Arginine	g	1.602	0	2.691	1.362
Histidine	g	0.854	0	1.435	0.726
Alanine	g	1.622	0	2.725	1.379
Aspartic acid	g	2.374	0	3.988	2.018
Glutamic acid	g	3.914	0	6.576	3.327
Glycine	g	1.317	0	2.213	1.119
Proline	g	1.131	0	1.900	0.961
Serine	g	1.003	0	1.685	0.853
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.05		0	19.01	304.14	
Energy	kcal	201		0	57	912	
Energy	kj	841		0	238	3815	
Protein (N x 5.95)	g	18.76		0	5.32	85.10	
Total lipid (fat)	g	13.37		0	3.79	60.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	0.29	4.67	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	32	
Iron	mg	1.60		0	0.45	7.26	
Magnesium	mg	18		0	5	82	
Phosphorus	mg	189		0	54	857	
Potassium	mg	160		0	45	726	
Sodium	mg	41		0	12	186	
Zinc	mg	2.72		0	0.77	12.34	
Copper	mg	0.095		0	0.027	0.431	
Manganese	mg	0.021		0	0.006	0.095	
Selenium	:g	3.0		0	0.9	13.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		0	0.040	0.635	
Riboflavin	mg	0.380		0	0.108	1.724	
Niacin	mg	6.860		0	1.945	31.117	
Pantothenic acid	mg	0.510		0	0.145	2.313	
Vitamin B-6	mg	0.130		0	0.037	0.590	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.47		0	0.70	11.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.210		0	0.060	0.953	
Lipids:							
Saturated, total	g	6.670		0	1.891	30.255	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.011	0.181	
12:0	g	0.050		0	0.014	0.227	
14:0	g	0.530		0	0.150	2.404	
15.0	g						
16:0	g	2.920		0	0.828	13.245	
17:0	g						
18:0	g	2.620		0	0.743	11.884	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.130	0	1.454	23.270
14:1	g				
16:1	g	0.230	0	0.065	1.043
18:1	g	4.800	0	1.361	21.773
20:1	g	0.020	0	0.006	0.091
22.1	g				
Polyunsaturated, total	g	0.590	0	0.167	2.676
18:2	g	0.330	0	0.094	1.497
18:3	g	0.240	0	0.068	1.089
18:4	g				
20:4	g	0.010	0	0.003	0.045
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	75	0	21	340
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.062	0.993
Threonine	g	0.803	0	0.228	3.642
Isoleucine	g	0.905	0	0.257	4.105
Leucine	g	1.459	0	0.414	6.618
Lysine	g	1.656	0	0.469	7.512
Methionine	g	0.481	0	0.136	2.182
Cystine	g	0.224	0	0.064	1.016
Phenylalanine	g	0.764	0	0.217	3.466
Tyrosine	g	0.630	0	0.179	2.858
Valine	g	1.012	0	0.287	4.590
Arginine	g	1.114	0	0.316	5.053
Histidine	g	0.594	0	0.168	2.694
Alanine	g	1.128	0	0.320	5.117
Aspartic acid	g	1.651	0	0.468	7.489
Glutamic acid	g	2.722	0	0.772	12.347
Glycine	g	0.916	0	0.260	4.155
Proline	g	0.787	0	0.223	3.570
Serine	g	0.697	0	0.198	3.162
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17259 Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" 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	Samples	Measure 1* 253g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.01		0	149.30	50.16	
Energy	kcal	234		0	592	199	
Energy	kj	979		0	2477	832	
Protein (N x 5.95)	g	25.34		0	64.11	21.54	
Total lipid (fat)	g	13.95		0	35.29	11.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		0	3.57	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23	8	
Iron	mg	2.13		0	5.39	1.81	
Magnesium	mg	20		0	51	17	
Phosphorus	mg	221		0	559	188	
Potassium	mg	170		0	430	145	
Sodium	mg	44		0	111	37	
Zinc	mg	3.67		0	9.29	3.12	
Copper	mg	0.105		0	0.266	0.089	
Manganese	mg	0.024		0	0.061	0.020	
Selenium	:g	4.1		0	10.4	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.304	0.102	
Riboflavin	mg	0.460		0	1.164	0.391	
Niacin	mg	7.570		0	19.152	6.435	
Pantothenic acid	mg	0.550		0	1.391	0.468	
Vitamin B-6	mg	0.130		0	0.329	0.111	
Folate	:g	1		0	3	1	
Vitamin B-12	:g	2.61		0	6.60	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.160		0	0.405	0.136	
Lipids:							
Saturated, total	g	6.750		0	17.078	5.737	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.040		0	0.101	0.034	
12:0	g	0.050		0	0.127	0.043	
14:0	g	0.530		0	1.341	0.451	
15.0	g						
16:0	g	3.030		0	7.666	2.575	
17:0	g						
18:0	g	2.590		0	6.553	2.201	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.400	0	13.662	4.590
14:1	g				
16:1	g	0.260	0	0.658	0.221
18:1	g	5.040	0	12.751	4.284
20:1	g	0.010	0	0.025	0.009
22.1	g				
Polyunsaturated, total	g	0.680	0	1.720	0.578
18:2	g	0.410	0	1.037	0.349
18:3	g	0.250	0	0.632	0.213
18:4	g				
20:4	g	0.020	0	0.051	0.017
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	101	0	256	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.749	0.252
Threonine	g	1.085	0	2.745	0.922
Isoleucine	g	1.223	0	3.094	1.040
Leucine	g	1.971	0	4.987	1.675
Lysine	g	2.238	0	5.662	1.902
Methionine	g	0.650	0	1.645	0.553
Cystine	g	0.302	0	0.764	0.257
Phenylalanine	g	1.032	0	2.611	0.877
Tyrosine	g	0.852	0	2.156	0.724
Valine	g	1.367	0	3.459	1.162
Arginine	g	1.506	0	3.810	1.280
Histidine	g	0.803	0	2.032	0.683
Alanine	g	1.524	0	3.856	1.295
Aspartic acid	g	2.231	0	5.644	1.896
Glutamic acid	g	3.678	0	9.305	3.126
Glycine	g	1.238	0	3.132	1.052
Proline	g	1.063	0	2.689	0.904
Serine	g	0.942	0	2.383	0.801
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 63g	Measure 3*
Proximates:							
Water	g	59.95		0	17.00	37.77	
Energy	kcal	273		0	77	172	
Energy	kj	1142		0	324	719	
Protein (N x 5.95)	g	17.18		0	4.87	10.82	
Total lipid (fat)	g	22.10		0	6.27	13.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92		0	0.26	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	11	
Iron	mg	1.59		0	0.45	1.00	
Magnesium	mg	15		0	4	9	
Phosphorus	mg	170		0	48	107	
Potassium	mg	128		0	36	81	
Sodium	mg	39		0	11	25	
Zinc	mg	1.94		0	0.55	1.22	
Copper	mg	0.087		0	0.025	0.055	
Manganese	mg	0.018		0	0.005	0.011	
Selenium	:g	1.5		0	0.4	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.082	
Riboflavin	mg	0.300		0	0.085	0.189	
Niacin	mg	6.850		0	1.942	4.315	
Pantothenic acid	mg	0.500		0	0.142	0.315	
Vitamin B-6	mg	0.120		0	0.034	0.076	
Folate	:g	1		0	0	1	
Vitamin B-12	:g	2.13		0	0.60	1.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.113	
Lipids:							
Saturated, total	g	11.230		0	3.184	7.075	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.020	0.044	
12:0	g	0.090		0	0.026	0.057	
14:0	g	0.930		0	0.264	0.586	
15.0	g						
16:0	g	4.870		0	1.381	3.068	
17:0	g						
18:0	g	4.430		0	1.256	2.791	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.470	0	2.401	5.336
14:1	g				
16:1	g	0.380	0	0.108	0.239
18:1	g	7.920	0	2.245	4.990
20:1	g	0.040	0	0.011	0.025
22.1	g				
Polyunsaturated, total	g	0.950	0	0.269	0.598
18:2	g	0.530	0	0.150	0.334
18:3	g	0.400	0	0.113	0.252
18:4	g				
20:4	g	0.010	0	0.003	0.006
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	23	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.127
Threonine	g	0.735	0	0.208	0.463
Isoleucine	g	0.829	0	0.235	0.522
Leucine	g	1.336	0	0.379	0.842
Lysine	g	1.517	0	0.430	0.956
Methionine	g	0.441	0	0.125	0.278
Cystine	g	0.205	0	0.058	0.129
Phenylalanine	g	0.699	0	0.198	0.440
Tyrosine	g	0.577	0	0.164	0.364
Valine	g	0.927	0	0.263	0.584
Arginine	g	1.021	0	0.289	0.643
Histidine	g	0.544	0	0.154	0.343
Alanine	g	1.033	0	0.293	0.651
Aspartic acid	g	1.512	0	0.429	0.953
Glutamic acid	g	2.493	0	0.707	1.571
Glycine	g	0.839	0	0.238	0.529
Proline	g	0.721	0	0.204	0.454
Serine	g	0.639	0	0.181	0.403
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	52.17		0	44.34	21.91	
Energy	kcal	296		0	252	124	
Energy	kj	1238		0	1052	520	
Protein (N x 5.95)	g	24.41		0	20.75	10.25	
Total lipid (fat)	g	21.28		0	18.09	8.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	1.14	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	20	10	
Iron	mg	2.10		0	1.78	0.88	
Magnesium	mg	20		0	17	8	
Phosphorus	mg	213		0	181	89	
Potassium	mg	164		0	139	69	
Sodium	mg	50		0	43	21	
Zinc	mg	2.76		0	2.35	1.16	
Copper	mg	0.112		0	0.095	0.047	
Manganese	mg	0.022		0	0.019	0.009	
Selenium	:g	2.1		0	1.8	0.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.102	0.050	
Riboflavin	mg	0.370		0	0.315	0.155	
Niacin	mg	7.920		0	6.732	3.326	
Pantothenic acid	mg	0.490		0	0.417	0.206	
Vitamin B-6	mg	0.110		0	0.094	0.046	
Folate	:g	1		0	1	0	
Vitamin B-12	:g	2.54		0	2.16	1.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.120		0	0.102	0.050	
Lipids:							
Saturated, total	g	10.560		0	8.976	4.435	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.051	0.025	
12:0	g	0.080		0	0.068	0.034	
14:0	g	0.850		0	0.723	0.357	
15.0	g						
16:0	g	4.660		0	3.961	1.957	
17:0	g						
18:0	g	4.090		0	3.476	1.718	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.200	0	6.970	3.444
14:1	g				
16:1	g	0.380	0	0.323	0.160
18:1	g	7.660	0	6.511	3.217
20:1	g	0.030	0	0.026	0.013
22.1	g				
Polyunsaturated, total	g	0.990	0	0.842	0.416
18:2	g	0.580	0	0.493	0.244
18:3	g	0.380	0	0.323	0.160
18:4	g				
20:4	g	0.020	0	0.017	0.008
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	113	0	96	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.242	0.120
Threonine	g	1.045	0	0.888	0.439
Isoleucine	g	1.178	0	1.001	0.495
Leucine	g	1.898	0	1.613	0.797
Lysine	g	2.155	0	1.832	0.905
Methionine	g	0.626	0	0.532	0.263
Cystine	g	0.291	0	0.247	0.122
Phenylalanine	g	0.994	0	0.845	0.417
Tyrosine	g	0.820	0	0.697	0.344
Valine	g	1.317	0	1.119	0.553
Arginine	g	1.450	0	1.232	0.609
Histidine	g	0.773	0	0.657	0.325
Alanine	g	1.468	0	1.248	0.617
Aspartic acid	g	2.148	0	1.826	0.902
Glutamic acid	g	3.542	0	3.011	1.488
Glycine	g	1.192	0	1.013	0.501
Proline	g	1.024	0	0.870	0.430
Serine	g	0.907	0	0.771	0.381
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 85 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	56.61		0	16.05	256.78	
Energy	kcal	311		0	88	1411	
Energy	kj	1301		0	369	5901	
Protein (N x 5.95)	g	15.87		0	4.50	71.99	
Total lipid (fat)	g	27.00		0	7.65	122.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	0.24	3.86	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	68	
Iron	mg	1.43		0	0.41	6.49	
Magnesium	mg	13		0	4	59	
Phosphorus	mg	153		0	43	694	
Potassium	mg	120		0	34	544	
Sodium	mg	42		0	12	191	
Zinc	mg	2.19		0	0.62	9.93	
Copper	mg	0.067		0	0.019	0.304	
Manganese	mg	0.017		0	0.005	0.077	
Selenium	:g	1.3		0	0.4	5.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.260		0	0.074	1.179	
Niacin	mg	6.290		0	1.783	28.531	
Pantothenic acid	mg	0.500		0	0.142	2.268	
Vitamin B-6	mg	0.090		0	0.026	0.408	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	2.22		0	0.63	10.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.180		0	0.051	0.816	
Lipids:							
Saturated, total	g	13.700		0	3.884	62.143	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.080		0	0.023	0.363	
12:0	g	0.110		0	0.031	0.499	
14:0	g	1.130		0	0.320	5.126	
15.0	g						
16:0	g	5.950		0	1.687	26.989	
17:0	g						
18:0	g	5.400		0	1.531	24.494	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.350	0	2.934	46.948
14:1	g				
16:1	g	0.460	0	0.130	2.087
18:1	g	9.680	0	2.744	43.908
20:1	g	0.040	0	0.011	0.181
22.1	g				
Polyunsaturated, total	g	1.160	0	0.329	5.262
18:2	g	0.650	0	0.184	2.948
18:3	g	0.490	0	0.139	2.223
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	23	363
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.186	0	0.053	0.844
Threonine	g	0.679	0	0.192	3.080
Isoleucine	g	0.766	0	0.217	3.475
Leucine	g	1.235	0	0.350	5.602
Lysine	g	1.402	0	0.397	6.359
Methionine	g	0.407	0	0.115	1.846
Cystine	g	0.189	0	0.054	0.857
Phenylalanine	g	0.646	0	0.183	2.930
Tyrosine	g	0.533	0	0.151	2.418
Valine	g	0.857	0	0.243	3.887
Arginine	g	0.943	0	0.267	4.277
Histidine	g	0.503	0	0.143	2.282
Alanine	g	0.955	0	0.271	4.332
Aspartic acid	g	1.397	0	0.396	6.337
Glutamic acid	g	2.304	0	0.653	10.451
Glycine	g	0.775	0	0.220	3.515
Proline	g	0.666	0	0.189	3.021
Serine	g	0.590	0	0.167	2.676
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 233g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	52.47		0	122.26	44.60	
Energy	kcal	317		0	739	269	
Energy	kj	1326		0	3090	1127	
Protein (N x 5.95)	g	19.86		0	46.27	16.88	
Total lipid (fat)	g	25.74		0	59.97	21.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11		0	2.59	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	42	15	
Iron	mg	1.74		0	4.05	1.48	
Magnesium	mg	15		0	35	13	
Phosphorus	mg	173		0	403	147	
Potassium	mg	128		0	298	109	
Sodium	mg	44		0	103	37	
Zinc	mg	2.73		0	6.36	2.32	
Copper	mg	0.072		0	0.168	0.061	
Manganese	mg	0.018		0	0.042	0.015	
Selenium	:g	1.8		0	4.2	1.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.233	0.085	
Riboflavin	mg	0.280		0	0.652	0.238	
Niacin	mg	6.720		0	15.658	5.712	
Pantothenic acid	mg	0.500		0	1.165	0.425	
Vitamin B-6	mg	0.080		0	0.186	0.068	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	2.32		0	5.41	1.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.110		0	0.256	0.094	
Lipids:							
Saturated, total	g	12.820		0	29.871	10.897	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.163	0.060	
12:0	g	0.100		0	0.233	0.085	
14:0	g	1.050		0	2.446	0.893	
15.0	g						
16:0	g	5.650		0	13.165	4.803	
17:0	g						
18:0	g	4.970		0	11.580	4.224	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930	0	23.137	8.441
14:1	g				
16:1	g	0.470	0	1.095	0.400
18:1	g	9.260	0	21.576	7.871
20:1	g	0.040	0	0.093	0.034
22.1	g				
Polyunsaturated, total	g	1.190	0	2.773	1.011
18:2	g	0.700	0	1.631	0.595
18:3	g	0.470	0	1.095	0.400
18:4	g				
20:4	g	0.030	0	0.070	0.026
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	99	0	231	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.232	0	0.541	0.197
Threonine	g	0.850	0	1.981	0.723
Isoleucine	g	0.958	0	2.232	0.814
Leucine	g	1.545	0	3.600	1.313
Lysine	g	1.754	0	4.087	1.491
Methionine	g	0.510	0	1.188	0.434
Cystine	g	0.237	0	0.552	0.201
Phenylalanine	g	0.808	0	1.883	0.687
Tyrosine	g	0.667	0	1.554	0.567
Valine	g	1.072	0	2.498	0.911
Arginine	g	1.180	0	2.749	1.003
Histidine	g	0.629	0	1.466	0.535
Alanine	g	1.194	0	2.782	1.015
Aspartic acid	g	1.748	0	4.073	1.486
Glutamic acid	g	2.882	0	6.715	2.450
Glycine	g	0.970	0	2.260	0.825
Proline	g	0.833	0	1.941	0.708
Serine	g	0.738	0	1.720	0.627
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	62.00		0	17.58	281.23	
Energy	kcal	251		0	71	1139	
Energy	kj	1050		0	298	4763	
Protein (N x 5.95)	g	17.19		0	4.87	77.97	
Total lipid (fat)	g	19.74		0	5.60	89.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	0.27	4.26	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	77	
Iron	mg	1.36		0	0.39	6.17	
Magnesium	mg	15		0	4	68	
Phosphorus	mg	168		0	48	762	
Potassium	mg	137		0	39	621	
Sodium	mg	42		0	12	191	
Zinc	mg	2.91		0	0.82	13.20	
Copper	mg	0.083		0	0.024	0.376	
Manganese	mg	0.019		0	0.005	0.086	
Selenium	:g	2.7		0	0.8	12.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.034	0.544	
Riboflavin	mg	0.310		0	0.088	1.406	
Niacin	mg	5.460		0	1.548	24.767	
Pantothenic acid	mg	0.550		0	0.156	2.495	
Vitamin B-6	mg	0.080		0	0.023	0.363	
Folate	:g	1		0	0	5	
Vitamin B-12	:g	3.14		0	0.89	14.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.220		0	0.062	0.998	
Lipids:							
Saturated, total	g	9.900		0	2.807	44.906	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.060		0	0.017	0.272	
12:0	g	0.080		0	0.023	0.363	
14:0	g	0.800		0	0.227	3.629	
15.0	g						
16:0	g	4.320		0	1.225	19.596	
17:0	g						
18:0	g	3.900		0	1.106	17.690	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.570	0	2.146	34.338
14:1	g				
16:1	g	0.340	0	0.096	1.542
18:1	g	7.080	0	2.007	32.115
20:1	g	0.030	0	0.009	0.136
22.1	g				
Polyunsaturated, total	g	0.860	0	0.244	3.901
18:2	g	0.490	0	0.139	2.223
18:3	g	0.360	0	0.102	1.633
18:4	g				
20:4	g	0.020	0	0.006	0.091
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	0	21	336
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.201	0	0.057	0.912
Threonine	g	0.736	0	0.209	3.338
Isoleucine	g	0.829	0	0.235	3.760
Leucine	g	1.337	0	0.379	6.065
Lysine	g	1.518	0	0.430	6.886
Methionine	g	0.441	0	0.125	2.000
Cystine	g	0.205	0	0.058	0.930
Phenylalanine	g	0.700	0	0.198	3.175
Tyrosine	g	0.578	0	0.164	2.622
Valine	g	0.927	0	0.263	4.205
Arginine	g	1.021	0	0.289	4.631
Histidine	g	0.544	0	0.154	2.468
Alanine	g	1.034	0	0.293	4.690
Aspartic acid	g	1.513	0	0.429	6.863
Glutamic acid	g	2.494	0	0.707	11.313
Glycine	g	0.839	0	0.238	3.806
Proline	g	0.721	0	0.204	3.270
Serine	g	0.639	0	0.181	2.899
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17265 Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, 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	Samples	Measure 1* 233g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	43.73		0	101.89	37.17	
Energy	kcal	342		0	797	291	
Energy	kj	1431		0	3334	1216	
Protein (N x 5.95)	g	29.43		0	68.57	25.02	
Total lipid (fat)	g	24.03		0	55.99	20.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.63		0	3.80	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	63	23	
Iron	mg	2.16		0	5.03	1.84	
Magnesium	mg	18		0	42	15	
Phosphorus	mg	200		0	466	170	
Potassium	mg	151		0	352	128	
Sodium	mg	52		0	121	44	
Zinc	mg	4.76		0	11.09	4.05	
Copper	mg	0.106		0	0.247	0.090	
Manganese	mg	0.026		0	0.061	0.022	
Selenium	:g	4.4		0	10.3	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.186	0.068	
Riboflavin	mg	0.330		0	0.769	0.281	
Niacin	mg	6.260		0	14.586	5.321	
Pantothenic acid	mg	0.520		0	1.212	0.442	
Vitamin B-6	mg	0.070		0	0.163	0.060	
Folate	:g	1		0	2	1	
Vitamin B-12	:g	3.47		0	8.09	2.95	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.150		0	0.350	0.128	
Lipids:							
Saturated, total	g	11.500		0	26.795	9.775	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.070		0	0.163	0.060	
12:0	g	0.090		0	0.210	0.077	
14:0	g	0.910		0	2.120	0.774	
15.0	g						
16:0	g	5.240		0	12.209	4.454	
17:0	g						
18:0	g	4.320		0	10.066	3.672	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.370	0	21.832	7.964
14:1	g				
16:1	g	0.480	0	1.118	0.408
18:1	g	8.700	0	20.271	7.395
20:1	g	0.020	0	0.047	0.017
22.1	g				
Polyunsaturated, total	g	1.250	0	2.913	1.063
18:2	g	0.780	0	1.817	0.663
18:3	g	0.430	0	1.002	0.366
18:4	g				
20:4	g	0.040	0	0.093	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	123	0	287	105
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.344	0	0.802	0.292
Threonine	g	1.260	0	2.936	1.071
Isoleucine	g	1.420	0	3.309	1.207
Leucine	g	2.289	0	5.333	1.946
Lysine	g	2.599	0	6.056	2.209
Methionine	g	0.755	0	1.759	0.642
Cystine	g	0.351	0	0.818	0.298
Phenylalanine	g	1.198	0	2.791	1.018
Tyrosine	g	0.989	0	2.304	0.841
Valine	g	1.588	0	3.700	1.350
Arginine	g	1.748	0	4.073	1.486
Histidine	g	0.932	0	2.172	0.792
Alanine	g	1.770	0	4.124	1.504
Aspartic acid	g	2.590	0	6.035	2.201
Glutamic acid	g	4.271	0	9.951	3.630
Glycine	g	1.437	0	3.348	1.221
Proline	g	1.234	0	2.875	1.049
Serine	g	1.094	0	2.549	0.930
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17266 Game meat, bison, top round, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 113g
Proximates:							
Water	g	74.60	0.110	100	21.15	338.39	84.30
Energy **(1)**	kcal	110		0	31	499	124
Energy	kj	460		0	130	2087	520
Protein (N x 5.95)	g	22.30	0.070	100	6.32	101.15	25.20
Total lipid (fat)	g	1.60	0.070	100	0.45	7.26	1.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.000	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.200	93	1	23	6
Iron	mg	2.90	0.030	96	0.82	13.15	3.28
Magnesium	mg	25	0.100	95	7	113	28
Phosphorus	mg	204	1.000	95	58	925	231
Potassium	mg	345	2.000	92	98	1565	390
Sodium	mg	51	0.800	93	14	231	58
Zinc	mg	3.50	0.070	96	0.99	15.88	3.96
Copper	mg	0.135	0.003	94	0.038	0.612	0.153
Manganese	mg	0.013	0.000	96	0.004	0.059	0.015
Selenium	:g	27.2	1.700	12	7.7	123.4	30.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.048	0.005	12	0.014	0.218	0.054
Riboflavin	mg	0.092	0.005	24	0.026	0.417	0.104
Niacin	mg	1.908	0.101	24	0.541	8.655	2.156
Pantothenic acid	mg						
Vitamin B-6	mg	0.281	0.021	12	0.080	1.275	0.318
Folate	:g						
Vitamin B-12	:g	1.90	0.110	12	0.54	8.62	2.15
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.610	0.300	100	0.173	2.767	0.689
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017	0.060	100	0.005	0.077	0.019
15.0	g	0.045	0.110	100	0.013	0.204	0.051
16:0	g	0.233	0.200	100	0.066	1.057	0.263
17:0	g	0.015	0.060	100	0.004	0.068	0.017
18:0	g	0.259	0.200	100	0.073	1.175	0.293
20:0	g						
22.0	g	0.040	0.230	100	0.011	0.181	0.045
24:0	g						

Monounsaturated, total	g	0.610	0.500	100	0.173	2.767	0.689
14:1	g	0.001	0.010	100	0.000	0.005	0.001
16:1	g	0.031	0.040	100	0.009	0.141	0.035
18:1	g	0.560	0.500	100	0.159	2.540	0.633
20:1	g	0.003	0.030	100	0.001	0.014	0.003
22.1	g	0.017	0.210	100	0.005	0.077	0.019
Polyunsaturated, total	g	0.173	0.300	100	0.049	0.785	0.195
18:2	g	0.166	0.300	100	0.047	0.753	0.188
18:3	g	0.007	0.060	100	0.002	0.032	0.008
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.700	100	19	299	75
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.918		0	0.260	4.164	1.037
Isoleucine	g	0.940		0	0.266	4.264	1.062
Leucine	g	1.732		0	0.491	7.856	1.957
Lysine	g	1.739		0	0.493	7.888	1.965
Methionine	g	0.529		0	0.150	2.400	0.598
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.834		0	0.236	3.783	0.942
Tyrosine	g	0.716		0	0.203	3.248	0.809
Valine	g	1.009		0	0.286	4.577	1.140
Arginine	g	1.322		0	0.375	5.997	1.494
Histidine	g	0.591		0	0.168	2.681	0.668
Alanine	g	1.267		0	0.359	5.747	1.432
Aspartic acid	g	1.934		0	0.548	8.773	2.185
Glutamic acid	g	3.249		0	0.921	14.737	3.671
Glycine	g	1.072		0	0.304	4.863	1.211
Proline	g	0.890		0	0.252	4.037	1.006
Serine	g	0.849		0	0.241	3.851	0.959
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 4 oz

Footnotes:

1 Energy, as determined by bomb calorimetry, is 140.00 kcal.

NDB No. 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 113g
Proximates:							
Water	g	74.40	0.130	100	21.09	337.48	84.07
Energy **(1)**	kcal	113		0	32	513	128
Energy	kj	473		0	134	2146	534
Protein (N x 5.95)	g	21.40	0.080	100	6.07	97.07	24.18
Total lipid (fat)	g	2.40	0.100	100	0.68	10.89	2.71
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.200	92	1	23	6
Iron	mg	3.00	0.030	96	0.85	13.61	3.39
Magnesium	mg	24	0.100	96	7	109	27
Phosphorus	mg	203	1.000	96	58	921	229
Potassium	mg	335	2.000	92	95	1520	379
Sodium	mg	51	0.500	93	14	231	58
Zinc	mg	3.40	0.040	96	0.96	15.42	3.84
Copper	mg	0.155	0.005	94	0.044	0.703	0.175
Manganese	mg	0.015	0.004	95	0.004	0.068	0.017
Selenium	:g	25.1	1.300	12	7.1	113.9	28.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.045	0.003	12	0.013	0.204	0.051
Riboflavin	mg	0.097	0.008	24	0.027	0.440	0.110
Niacin	mg	2.017	0.149	24	0.572	9.149	2.279
Pantothenic acid	mg						
Vitamin B-6	mg	0.259	0.014	12	0.073	1.175	0.293
Folate	:g						
Vitamin B-12	:g	2.30	0.190	12	0.65	10.43	2.60
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.885	0.300	100	0.251	4.014	1.000
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025	0.040	100	0.007	0.113	0.028
15.0	g	0.023	0.080	100	0.007	0.104	0.026
16:0	g	0.342	0.200	100	0.097	1.551	0.386
17:0	g	0.025	0.040	100	0.007	0.113	0.028
18:0	g	0.397	0.300	100	0.113	1.801	0.449
20:0	g						
22.0	g	0.048	0.190	100	0.014	0.218	0.054
24:0	g						

Monounsaturated, total	g	0.986	0.500	100	0.280	4.472	1.114
14:1	g	0.002	0.010	100	0.001	0.009	0.002
16:1	g	0.050	0.060	100	0.014	0.227	0.057
18:1	g	0.904	0.500	100	0.256	4.101	1.022
20:1	g	0.006	0.030	100	0.002	0.027	0.007
22.1	g	0.024	0.200	100	0.007	0.109	0.027
Polyunsaturated, total	g	0.217	0.300	100	0.062	0.984	0.245
18:2	g	0.209	0.300	100	0.059	0.948	0.236
18:3	g	0.008	0.050	100	0.002	0.036	0.009
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71	0.900	100	20	322	80
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.881		0	0.250	3.996	0.996
Isoleucine	g	0.902		0	0.256	4.091	1.019
Leucine	g	1.662		0	0.471	7.539	1.878
Lysine	g	1.669		0	0.473	7.571	1.886
Methionine	g	0.508		0	0.144	2.304	0.574
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.801		0	0.227	3.633	0.905
Tyrosine	g	0.688		0	0.195	3.121	0.777
Valine	g	0.968		0	0.274	4.391	1.094
Arginine	g	1.269		0	0.360	5.756	1.434
Histidine	g	0.567		0	0.161	2.572	0.641
Alanine	g	1.216		0	0.345	5.516	1.374
Aspartic acid	g	1.856		0	0.526	8.419	2.097
Glutamic acid	g	3.118		0	0.884	14.143	3.523
Glycine	g	1.028		0	0.291	4.663	1.162
Proline	g	0.854		0	0.242	3.874	0.965
Serine	g	0.815		0	0.231	3.697	0.921
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 4 oz

Footnotes:

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

NDB No. 17268 Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 113g
Proximates:							
Water	g	74.00	0.140	100	20.98	335.66	83.62
Energy **(1)**	kcal	116		0	33	526	131
Energy	kj	485		0	137	2200	548
Protein (N x 5.95)	g	22.10	0.080	100	6.27	100.25	24.97
Total lipid (fat)	g	2.40	0.120	100	0.68	10.89	2.71
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.200	93	2	27	7
Iron	mg	2.80	0.040	96	0.79	12.70	3.16
Magnesium	mg	24	0.100	96	7	109	27
Phosphorus	mg	198	1.000	96	56	898	224
Potassium	mg	344	2.000	93	98	1560	389
Sodium	mg	48	0.600	93	14	218	54
Zinc	mg	3.20	0.050	96	0.91	14.52	3.62
Copper	mg	0.130	0.006	95	0.037	0.590	0.147
Manganese	mg	0.013	0.001	96	0.004	0.059	0.015
Selenium	:g	23.3	2.000	12	6.6	105.7	26.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.046	0.003	12	0.013	0.209	0.052
Riboflavin	mg	0.090	0.006	24	0.026	0.408	0.102
Niacin	mg	1.838	0.102	24	0.521	8.337	2.077
Pantothenic acid	mg						
Vitamin B-6	mg	0.252	0.013	12	0.071	1.143	0.285
Folate	:g						
Vitamin B-12	:g	2.20	0.160	12	0.62	9.98	2.49
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.898	0.300	100	0.255	4.073	1.015
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025	0.050	100	0.007	0.113	0.028
15.0	g	0.050	0.110	100	0.014	0.227	0.057
16:0	g	0.361	0.200	100	0.102	1.637	0.408
17:0	g	0.027	0.050	100	0.008	0.122	0.031
18:0	g	0.395	0.200	100	0.112	1.792	0.446
20:0	g						
22.0	g	0.040	0.170	100	0.011	0.181	0.045
24:0	g						

Monounsaturated, total	g	0.996	0.500	100	0.282	4.518	1.125
14:1	g	0.002	0.020	100	0.001	0.009	0.002
16:1	g	0.048	0.060	100	0.014	0.218	0.054
18:1	g	0.919	0.500	100	0.261	4.169	1.038
20:1	g	0.006	0.040	100	0.002	0.027	0.007
22.1	g	0.021	0.190	100	0.006	0.095	0.024
Polyunsaturated, total	g	0.192	0.400	100	0.054	0.871	0.217
18:2	g	0.184	0.400	100	0.052	0.835	0.208
18:3	g	0.008	0.090	100	0.002	0.036	0.009
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	62	0.700	100	18	281	70
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.910		0	0.258	4.128	1.028
Isoleucine	g	0.931		0	0.264	4.223	1.052
Leucine	g	1.716		0	0.486	7.784	1.939
Lysine	g	1.723		0	0.488	7.816	1.947
Methionine	g	0.524		0	0.149	2.377	0.592
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.827		0	0.234	3.751	0.935
Tyrosine	g	0.710		0	0.201	3.221	0.802
Valine	g	1.000		0	0.284	4.536	1.130
Arginine	g	1.310		0	0.371	5.942	1.480
Histidine	g	0.586		0	0.166	2.658	0.662
Alanine	g	1.256		0	0.356	5.697	1.419
Aspartic acid	g	1.917		0	0.543	8.696	2.166
Glutamic acid	g	3.220		0	0.913	14.606	3.639
Glycine	g	1.062		0	0.301	4.817	1.200
Proline	g	0.882		0	0.250	4.001	0.997
Serine	g	0.841		0	0.238	3.815	0.950
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 4 oz

Footnotes:

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

NDB No. 17269 Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 113g
Proximates:							
Water	g	75.40	0.110	100	21.38	342.01	85.20
Energy **(1)**	kcal	109		0	31	494	123
Energy	kj	456		0	129	2068	515
Protein (N x 5.95)	g	21.10	0.070	100	5.98	95.71	23.84
Total lipid (fat)	g	2.10	0.100	100	0.60	9.53	2.37
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.100	95	1	18	5
Iron	mg	3.00	0.040	95	0.85	13.61	3.39
Magnesium	mg	24	0.200	95	7	109	27
Phosphorus	mg	189	2.000	95	54	857	214
Potassium	mg	322	3.000	91	91	1461	364
Sodium	mg	59	0.800	92	17	268	67
Zinc	mg	5.00	0.080	95	1.42	22.68	5.65
Copper	mg	0.148	0.006	92	0.042	0.671	0.167
Manganese	mg	0.014	0.000	93	0.004	0.064	0.016
Selenium	:g	26.4	1.500	12	7.5	119.8	29.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.042	0.003	12	0.012	0.191	0.047
Riboflavin	mg	0.096	0.007	24	0.027	0.435	0.108
Niacin	mg	1.879	0.113	24	0.533	8.523	2.123
Pantothenic acid	mg						
Vitamin B-6	mg	0.221	0.012	12	0.063	1.002	0.250
Folate	:g						
Vitamin B-12	:g	2.20	0.180	12	0.62	9.98	2.49
Vitamin A	IU	2	0.067	100	1	9	2
Vitamin A, RE	:g	1	0.020	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.749	0.400	100	0.212	3.397	0.846
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.018	0.040	100	0.005	0.082	0.020
15.0	g	0.051	0.100	100	0.014	0.231	0.058
16:0	g	0.283	0.200	100	0.080	1.284	0.320
17:0	g	0.022	0.040	100	0.006	0.100	0.025
18:0	g	0.327	0.300	100	0.093	1.483	0.370
20:0	g						
22.0	g	0.045	0.210	100	0.013	0.204	0.051
24:0	g						

Monounsaturated, total	g	0.861	0.500	100	0.244	3.905	0.973
14:1	g	0.002	0.020	100	0.001	0.009	0.002
16:1	g	0.044	0.050	100	0.012	0.200	0.050
18:1	g	0.787	0.500	100	0.223	3.570	0.889
20:1	g	0.005	0.030	100	0.001	0.023	0.006
22.1	g	0.022	0.220	100	0.006	0.100	0.025
Polyunsaturated, total	g	0.217	0.400	100	0.062	0.984	0.245
18:2	g	0.208	0.400	100	0.059	0.943	0.235
18:3	g	0.009	0.050	100	0.003	0.041	0.010
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.800	100	19	299	75
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.868		0	0.246	3.937	0.981
Isoleucine	g	0.889		0	0.252	4.033	1.005
Leucine	g	1.639		0	0.465	7.435	1.852
Lysine	g	1.645		0	0.466	7.462	1.859
Methionine	g	0.500		0	0.142	2.268	0.565
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.790		0	0.224	3.583	0.893
Tyrosine	g	0.678		0	0.192	3.075	0.766
Valine	g	0.954		0	0.270	4.327	1.078
Arginine	g	1.251		0	0.355	5.675	1.414
Histidine	g	0.559		0	0.158	2.536	0.632
Alanine	g	1.198		0	0.340	5.434	1.354
Aspartic acid	g	1.830		0	0.519	8.301	2.068
Glutamic acid	g	3.074		0	0.871	13.944	3.474
Glycine	g	1.014		0	0.287	4.600	1.146
Proline	g	0.842		0	0.239	3.819	0.951
Serine	g	0.803		0	0.228	3.642	0.907
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 4 oz

Footnotes:

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

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	36.15	0.600	6	10.25		
Energy	kcal	521		0	148		
Energy	kj	2180		0	618		
Protein (N x 5.95)	g	9.40	0.690	6	2.66		
Total lipid (fat)	g	53.35	0.670	6	15.12		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.45	0.030	6	0.13		
Sugars, total	g						
Minerals:							
Calcium	mg	6	2.190	2	2		
Iron	mg	0.45	0.031	2	0.13		
Magnesium	mg	10	0.919	2	3		
Phosphorus	mg	102	8.770	2	29		
Potassium	mg	181	13.510	2	51		
Sodium	mg	49	0.919	2	14		
Zinc	mg	0.76	0.025	2	0.22		
Copper	mg	0.042	0.004	2	0.012		
Manganese	mg	0.010	0.000	2	0.003		
Selenium	:g	5.5		2	1.6		
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.020		0	0.006		
Riboflavin	mg	0.120		0	0.034		
Niacin	mg	2.790		0	0.791		
Pantothenic acid	mg	0.450		0	0.128		
Vitamin B-6	mg	0.110		0	0.031		
Folate	:g	5		0	1		
Vitamin B-12	:g	0.55		0	0.16		
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.250		0	0.071		
Lipids:							
Saturated, total	g	21.407		0	6.069		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.351		0	0.100		
14:0	g	3.319		0	0.941		
15.0	g						
16:0	g	12.497		0	3.543		
17:0	g						
18:0	g	4.934		0	1.399		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	26.410		0	7.487
14:1	g				
16:1	g	2.440		0	0.692
18:1	g	22.820		0	6.469
20:1	g	0.217		0	0.062
22.1	g				
Polyunsaturated, total	g	2.865		0	0.812
18:2	g	2.633		0	0.746
18:3	g	0.168		0	0.048
18:4	g				
20:4	g	0.000		0	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	95	1.150	2	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.095		0	0.027
Threonine	g	0.411		0	0.117
Isoleucine	g	0.463		0	0.131
Leucine	g	0.747		0	0.212
Lysine	g	0.775		0	0.220
Methionine	g	0.220		0	0.062
Cystine	g	0.107		0	0.030
Phenylalanine	g	0.379		0	0.107
Tyrosine	g	0.299		0	0.085
Valine	g	0.519		0	0.147
Arginine	g	0.553		0	0.157
Histidine	g	0.341		0	0.097
Alanine	g	0.559		0	0.158
Aspartic acid	g	0.811		0	0.230
Glutamic acid	g	1.487		0	0.422
Glycine	g	0.483		0	0.137
Proline	g	0.393		0	0.111
Serine	g	0.352		0	0.100
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	67.67	1.260	6	19.18	306.95	
Energy	kcal	208		0	59	943	
Energy	kj	870		0	247	3946	
Protein (N x 5.95)	g	17.47	0.420	6	4.95	79.24	
Total lipid (fat)	g	14.75	1.640	6	4.18	66.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.90	0.020	6	0.26	4.08	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.560	2	2	32	
Iron	mg	0.53	0.045	2	0.15	2.40	
Magnesium	mg	18	0.566	2	5	82	
Phosphorus	mg	172	7.000	2	49	780	
Potassium	mg	286	2.475	2	81	1297	
Sodium	mg	71	0.354	2	20	322	
Zinc	mg	2.33	0.070	2	0.66	10.57	
Copper	mg	0.094	0.004	2	0.027	0.426	
Manganese	mg	0.010	0.001	2	0.003	0.045	
Selenium	:g	6.6		0	1.9	29.9	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	:g						
Vitamin B-12	:g						
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.896		0	1.672	26.744	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.094		0	0.027	0.426	
14:0	g	0.871		0	0.247	3.951	
15.0	g						
16:0	g	3.405		0	0.965	15.445	
17:0	g						
18:0	g	1.446		0	0.410	6.559	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.164		0	2.031	32.496
14:1	g					
16:1	g	0.650		0	0.184	2.948
18:1	g	6.213		0	1.761	28.182
20:1	g	0.061		0	0.017	0.277
22.1	g					
Polyunsaturated, total	g	0.952		0	0.270	4.318
18:2	g	0.824		0	0.234	3.738
18:3	g	0.052		0	0.015	0.236
18:4	g					
20:4	g	0.057		0	0.016	0.259
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	71	1.450	2	20	322
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.176		0	0.050	0.798
Threonine	g	0.763		0	0.216	3.461
Isoleucine	g	0.861		0	0.244	3.905
Leucine	g	1.389		0	0.394	6.301
Lysine	g	1.439		0	0.408	6.527
Methionine	g	0.408		0	0.116	1.851
Cystine	g	0.198		0	0.056	0.898
Phenylalanine	g	0.704		0	0.200	3.193
Tyrosine	g	0.556		0	0.158	2.522
Valine	g	0.964		0	0.273	4.373
Arginine	g	1.029		0	0.292	4.668
Histidine	g	0.634		0	0.180	2.876
Alanine	g	1.040		0	0.295	4.717
Aspartic acid	g	1.507		0	0.427	6.836
Glutamic acid	g	2.764		0	0.784	12.538
Glycine	g	0.897		0	0.254	4.069
Proline	g	0.729		0	0.207	3.307
Serine	g	0.654		0	0.185	2.967
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

NDB No. 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised
Box 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	Samples	Measure 1* 283g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.95		0	158.34	47.56	
Energy	kcal	266		0	753	226	
Energy	kj	1113		0	3150	946	
Protein (N x 5.95)	g	26.97		0	76.33	22.92	
Total lipid (fat)	g	16.77		0	47.46	14.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.89		0	2.52	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	0.77		0	2.18	0.65	
Magnesium	mg	20		0	57	17	
Phosphorus	mg	191		0	541	162	
Potassium	mg	272		0	770	231	
Sodium	mg	65		0	184	55	
Zinc	mg	3.64		0	10.30	3.09	
Copper	mg	0.071		0	0.201	0.060	
Manganese	mg	0.008		0	0.023	0.007	
Selenium	:g	11.0		0	31.1	9.3	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.054		0	0.153	0.046	
Riboflavin	mg	0.296		0	0.838	0.252	
Niacin	mg	7.981		0	22.586	6.784	
Pantothenic acid	mg	1.030		0	2.915	0.876	
Vitamin B-6	mg	0.261		0	0.739	0.222	
Folate	:g	13		0	37	11	
Vitamin B-12	:g	1.33		0	3.76	1.13	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.393		0	1.112	0.334	
Lipids:							
Saturated, total	g	6.550		0	18.537	5.567	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.111		0	0.314	0.094	
14:0	g	0.974		0	2.756	0.828	
15.0	g						
16:0	g	3.790		0	10.726	3.221	
17:0	g						
18:0	g	1.580		0	4.471	1.343	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.012	0	22.674	6.810
14:1	g				
16:1	g	0.742	0	2.100	0.631
18:1	g	6.926	0	19.601	5.887
20:1	g	0.067	0	0.190	0.057
22.1	g				
Polyunsaturated, total	g	1.120	0	3.170	0.952
18:2	g	0.945	0	2.674	0.803
18:3	g	0.055	0	0.156	0.047
18:4	g				
20:4	g	0.082	0	0.232	0.070
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	113	0	320	96
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.770	0.231
Threonine	g	1.178	0	3.334	1.001
Isoleucine	g	1.329	0	3.761	1.130
Leucine	g	2.145	0	6.070	1.823
Lysine	g	2.222	0	6.288	1.889
Methionine	g	0.630	0	1.783	0.536
Cystine	g	0.306	0	0.866	0.260
Phenylalanine	g	1.087	0	3.076	0.924
Tyrosine	g	0.858	0	2.428	0.729
Valine	g	1.489	0	4.214	1.266
Arginine	g	1.588	0	4.494	1.350
Histidine	g	0.979	0	2.771	0.832
Alanine	g	1.606	0	4.545	1.365
Aspartic acid	g	2.326	0	6.583	1.977
Glutamic acid	g	4.268	0	12.078	3.628
Glycine	g	1.385	0	3.920	1.177
Proline	g	1.126	0	3.187	0.957
Serine	g	1.010	0	2.858	0.859
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 291g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	54.77		0	159.38	46.55	
Energy	kcal	282		0	821	240	
Energy	kj	1180		0	3434	1003	
Protein (N x 5.95)	g	25.93		0	75.46	22.04	
Total lipid (fat)	g	18.95		0	55.14	16.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.86		0	2.50	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	23	7	
Iron	mg	0.75		0	2.18	0.64	
Magnesium	mg	19		0	55	16	
Phosphorus	mg	186		0	541	158	
Potassium	mg	266		0	774	226	
Sodium	mg	64		0	186	54	
Zinc	mg	3.47		0	10.10	2.95	
Copper	mg	0.069		0	0.201	0.059	
Manganese	mg	0.008		0	0.023	0.007	
Selenium	:g	10.6		0	30.8	9.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.053		0	0.154	0.045	
Riboflavin	mg	0.296		0	0.861	0.252	
Niacin	mg	7.895		0	22.974	6.711	
Pantothenic acid	mg	1.031		0	3.000	0.876	
Vitamin B-6	mg	0.261		0	0.760	0.222	
Folate	:g	13		0	38	11	
Vitamin B-12	:g	1.33		0	3.87	1.13	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.384		0	1.117	0.326	
Lipids:							
Saturated, total	g	7.434		0	21.633	6.319	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.125		0	0.364	0.106	
14:0	g	1.113		0	3.239	0.946	
15.0	g						
16:0	g	4.309		0	12.539	3.663	
17:0	g						
18:0	g	1.780		0	5.180	1.513	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.107	0	26.501	7.741
14:1	g				
16:1	g	0.843	0	2.453	0.717
18:1	g	7.872	0	22.908	6.691
20:1	g	0.076	0	0.221	0.065
22.1	g				
Polyunsaturated, total	g	1.224	0	3.562	1.040
18:2	g	1.046	0	3.044	0.889
18:3	g	0.061	0	0.178	0.052
18:4	g				
20:4	g	0.077	0	0.224	0.065
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	112	0	326	95
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.262	0	0.762	0.223
Threonine	g	1.132	0	3.294	0.962
Isoleucine	g	1.277	0	3.716	1.085
Leucine	g	2.062	0	6.000	1.753
Lysine	g	2.136	0	6.216	1.816
Methionine	g	0.606	0	1.763	0.515
Cystine	g	0.294	0	0.856	0.250
Phenylalanine	g	1.045	0	3.041	0.888
Tyrosine	g	0.825	0	2.401	0.701
Valine	g	1.431	0	4.164	1.216
Arginine	g	1.526	0	4.441	1.297
Histidine	g	0.941	0	2.738	0.800
Alanine	g	1.543	0	4.490	1.312
Aspartic acid	g	2.236	0	6.507	1.901
Glutamic acid	g	4.103	0	11.940	3.488
Glycine	g	1.331	0	3.873	1.131
Proline	g	1.083	0	3.152	0.921
Serine	g	0.971	0	2.826	0.825
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 274g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.36		0	157.17	48.76	
Energy	kcal	248		0	680	211	
Energy	kj	1038		0	2844	882	
Protein (N x 5.95)	g	28.23		0	77.35	24.00	
Total lipid (fat)	g	14.16		0	38.80	12.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.92		0	2.52	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	25	8	
Iron	mg	0.79		0	2.16	0.67	
Magnesium	mg	21		0	58	18	
Phosphorus	mg	197		0	540	167	
Potassium	mg	278		0	762	236	
Sodium	mg	66		0	181	56	
Zinc	mg	3.85		0	10.55	3.27	
Copper	mg	0.073		0	0.200	0.062	
Manganese	mg	0.008		0	0.022	0.007	
Selenium	:g	11.5		0	31.5	9.8	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.056		0	0.153	0.048	
Riboflavin	mg	0.309		0	0.847	0.263	
Niacin	mg	8.352		0	22.884	7.099	
Pantothenic acid	mg	1.071		0	2.935	0.910	
Vitamin B-6	mg	0.272		0	0.745	0.231	
Folate	:g	14		0	38	12	
Vitamin B-12	:g	1.39		0	3.81	1.18	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.403		0	1.104	0.343	
Lipids:							
Saturated, total	g	5.489		0	15.040	4.666	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.094		0	0.258	0.080	
14:0	g	0.806		0	2.208	0.685	
15.0	g						
16:0	g	3.169		0	8.683	2.694	
17:0	g						
18:0	g	1.340		0	3.672	1.139	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.698	0	18.353	5.693
14:1	g				
16:1	g	0.621	0	1.702	0.528
18:1	g	5.791	0	15.867	4.922
20:1	g	0.056	0	0.153	0.048
22.1	g				
Polyunsaturated, total	g	0.996	0	2.729	0.847
18:2	g	0.825	0	2.260	0.701
18:3	g	0.047	0	0.129	0.040
18:4	g				
20:4	g	0.088	0	0.241	0.075
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	114	0	312	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.781	0.242
Threonine	g	1.233	0	3.378	1.048
Isoleucine	g	1.391	0	3.811	1.182
Leucine	g	2.245	0	6.151	1.908
Lysine	g	2.326	0	6.373	1.977
Methionine	g	0.659	0	1.806	0.560
Cystine	g	0.320	0	0.877	0.272
Phenylalanine	g	1.138	0	3.118	0.967
Tyrosine	g	0.898	0	2.461	0.763
Valine	g	1.559	0	4.272	1.325
Arginine	g	1.662	0	4.554	1.413
Histidine	g	1.025	0	2.808	0.871
Alanine	g	1.680	0	4.603	1.428
Aspartic acid	g	2.435	0	6.672	2.070
Glutamic acid	g	4.467	0	12.240	3.797
Glycine	g	1.450	0	3.973	1.232
Proline	g	1.179	0	3.230	1.002
Serine	g	1.057	0	2.896	0.898
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 237g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.72	0.400	6	141.54	50.76	
Energy	kcal	218		0	517	185	
Energy	kj	912		0	2161	775	
Protein (N x 5.95)	g	30.32	0.280	6	71.86	25.77	
Total lipid (fat)	g	9.80	0.560	6	23.23	8.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.97	0.030	6	2.30	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.560	2	21	8	
Iron	mg	0.83	0.012	2	1.97	0.71	
Magnesium	mg	22	0.212	2	52	19	
Phosphorus	mg	208	4.530	2	493	177	
Potassium	mg	289	6.510	2	685	246	
Sodium	mg	68	1.630	2	161	58	
Zinc	mg	4.19	0.040	2	9.93	3.56	
Copper	mg	0.076	0.002	2	0.180	0.065	
Manganese	mg	0.008	0.000	2	0.019	0.007	
Selenium	:g	12.5		2	29.6	10.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.060		0	0.142	0.051	
Riboflavin	mg	0.330		0	0.782	0.281	
Niacin	mg	8.970		0	21.259	7.625	
Pantothenic acid	mg	1.140		0	2.702	0.969	
Vitamin B-6	mg	0.290		0	0.687	0.247	
Folate	:g	15		0	36	13	
Vitamin B-12	:g	1.48		0	3.51	1.26	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	0.995	0.357	
Lipids:							
Saturated, total	g	3.720		0	8.816	3.162	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.065		0	0.154	0.055	
14:0	g	0.527		0	1.249	0.448	
15.0	g						
16:0	g	2.132		0	5.053	1.812	
17:0	g						
18:0	g	0.941		0	2.230	0.800	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.508		0	10.684	3.832
14:1	g					
16:1	g	0.419		0	0.993	0.356
18:1	g	3.899		0	9.241	3.314
20:1	g	0.038		0	0.090	0.032
22.1	g					
Polyunsaturated, total	g	0.788		0	1.868	0.670
18:2	g	0.624		0	1.479	0.530
18:3	g	0.033		0	0.078	0.028
18:4	g					
20:4	g	0.098		0	0.232	0.083
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	116	0.502	2	275	99
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		0	0.725	0.260
Threonine	g	1.324		0	3.138	1.125
Isoleucine	g	1.494		0	3.541	1.270
Leucine	g	2.411		0	5.714	2.049
Lysine	g	2.498		0	5.920	2.123
Methionine	g	0.708		0	1.678	0.602
Cystine	g	0.344		0	0.815	0.292
Phenylalanine	g	1.222		0	2.896	1.039
Tyrosine	g	0.965		0	2.287	0.820
Valine	g	1.674		0	3.967	1.423
Arginine	g	1.785		0	4.230	1.517
Histidine	g	1.101		0	2.609	0.936
Alanine	g	1.805		0	4.278	1.534
Aspartic acid	g	2.615		0	6.198	2.223
Glutamic acid	g	4.798		0	11.371	4.078
Glycine	g	1.557		0	3.690	1.323
Proline	g	1.266		0	3.000	1.076
Serine	g	1.135		0	2.690	0.965
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	76.92		0	21.81	348.91	
Energy	kcal	113		0	32	513	
Energy	kj	473		0	134	2146	
Protein (N x 5.95)	g	19.15		0	5.43	86.86	
Total lipid (fat)	g	3.48		0	0.99	15.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.04		0	0.29	4.72	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	6	91	
Iron	mg	0.76		0	0.22	3.45	
Magnesium	mg	21		0	6	95	
Phosphorus	mg	191		0	54	866	
Potassium	mg	314		0	89	1424	
Sodium	mg	84		0	24	381	
Zinc	mg	3.99		0	1.13	18.10	
Copper	mg	0.074		0	0.021	0.336	
Manganese	mg	0.009		0	0.003	0.041	
Selenium	:g	7.9		0	2.2	35.8	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.079		0	0.022	0.358	
Riboflavin	mg	0.268		0	0.076	1.216	
Niacin	mg	7.458		0	2.114	33.829	
Pantothenic acid	mg	1.291		0	0.366	5.856	
Vitamin B-6	mg	0.437		0	0.124	1.982	
Folate	:g	15		0	4	68	
Vitamin B-12	:g	1.36		0	0.39	6.17	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.261		0	0.074	1.184	
Lipids:							
Saturated, total	g	1.060		0	0.301	4.808	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.001		0	0.000	0.005	
12:0	g	0.013		0	0.004	0.059	
14:0	g	0.120		0	0.034	0.544	
15.0	g						
16:0	g	0.581		0	0.165	2.635	
17:0	g						
18:0	g	0.324		0	0.092	1.470	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.257	0	0.356	5.702
14:1	g				
16:1	g	0.122	0	0.035	0.553
18:1	g	1.089	0	0.309	4.940
20:1	g	0.007	0	0.002	0.032
22.1	g				
Polyunsaturated, total	g	0.363	0	0.103	1.647
18:2	g	0.269	0	0.076	1.220
18:3	g	0.014	0	0.004	0.064
18:4	g				
20:4	g	0.074	0	0.021	0.336
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	75	0	21	340
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.055	0.875
Threonine	g	0.836	0	0.237	3.792
Isoleucine	g	0.943	0	0.267	4.277
Leucine	g	1.522	0	0.431	6.904
Lysine	g	1.578	0	0.447	7.158
Methionine	g	0.447	0	0.127	2.028
Cystine	g	0.217	0	0.062	0.984
Phenylalanine	g	0.772	0	0.219	3.502
Tyrosine	g	0.610	0	0.173	2.767
Valine	g	1.057	0	0.300	4.795
Arginine	g	1.127	0	0.320	5.112
Histidine	g	0.695	0	0.197	3.153
Alanine	g	1.140	0	0.323	5.171
Aspartic acid	g	1.650	0	0.468	7.484
Glutamic acid	g	3.030	0	0.859	13.744
Glycine	g	0.983	0	0.279	4.459
Proline	g	0.799	0	0.227	3.624
Serine	g	0.717	0	0.203	3.252
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 194g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.74		0	119.78	52.48	
Energy	kcal	191		0	371	162	
Energy	kj	799		0	1550	679	
Protein (N x 5.95)	g	31.54		0	61.19	26.81	
Total lipid (fat)	g	6.20		0	12.03	5.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.12		0	2.17	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	64	28	
Iron	mg	1.25		0	2.42	1.06	
Magnesium	mg	25		0	49	21	
Phosphorus	mg	225		0	437	191	
Potassium	mg	305		0	592	259	
Sodium	mg	93		0	180	79	
Zinc	mg	6.63		0	12.86	5.64	
Copper	mg	0.111		0	0.215	0.094	
Manganese	mg	0.015		0	0.029	0.013	
Selenium	:g	15.3		0	29.7	13.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.049		0	0.095	0.042	
Riboflavin	mg	0.295		0	0.572	0.251	
Niacin	mg	9.454		0	18.341	8.036	
Pantothenic acid	mg	1.226		0	2.378	1.042	
Vitamin B-6	mg	0.265		0	0.514	0.225	
Folate	:g	17		0	33	14	
Vitamin B-12	:g	1.61		0	3.12	1.37	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.415		0	0.805	0.353	
Lipids:							
Saturated, total	g	2.078		0	4.031	1.766	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003		0	0.006	0.003	
12:0	g	0.023		0	0.045	0.020	
14:0	g	0.236		0	0.458	0.201	
15.0	g						
16:0	g	1.122		0	2.177	0.954	
17:0	g						
18:0	g	0.636		0	1.234	0.541	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.339	0	4.538	1.988
14:1	g				
16:1	g	0.233	0	0.452	0.198
18:1	g	2.023	0	3.925	1.720
20:1	g	0.012	0	0.023	0.010
22.1	g				
Polyunsaturated, total	g	0.541	0	1.050	0.460
18:2	g	0.415	0	0.805	0.353
18:3	g	0.029	0	0.056	0.025
18:4	g				
20:4	g	0.089	0	0.173	0.076
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	124	0	241	105
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.318	0	0.617	0.270
Threonine	g	1.377	0	2.671	1.170
Isoleucine	g	1.554	0	3.015	1.321
Leucine	g	2.508	0	4.866	2.132
Lysine	g	2.599	0	5.042	2.209
Methionine	g	0.737	0	1.430	0.626
Cystine	g	0.258	0	0.501	0.219
Phenylalanine	g	1.271	0	2.466	1.080
Tyrosine	g	1.004	0	1.948	0.853
Valine	g	1.740	0	3.376	1.479
Arginine	g	1.857	0	3.603	1.578
Histidine	g	1.145	0	2.221	0.973
Alanine	g	1.877	0	3.641	1.595
Aspartic acid	g	2.720	0	5.277	2.312
Glutamic acid	g	4.990	0	9.681	4.242
Glycine	g	1.620	0	3.143	1.377
Proline	g	1.316	0	2.553	1.119
Serine	g	1.180	0	2.289	1.003
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	77.45	0.170	6	21.96	351.31	
Energy	kcal	108		0	31	490	
Energy	kj	452		0	128	2050	
Protein (N x 5.95)	g	19.28	0.240	6	5.47	87.45	
Total lipid (fat)	g	2.83	0.130	6	0.80	12.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.05	0.020	6	0.30	4.76	
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.120	2	6	91	
Iron	mg	0.76	0.004	2	0.22	3.45	
Magnesium	mg	21	0.140	2	6	95	
Phosphorus	mg	192	1.480	2	54	871	
Potassium	mg	316	4.530	2	90	1433	
Sodium	mg	85	0.990	2	24	386	
Zinc	mg	4.02	0.005	2	1.14	18.23	
Copper	mg	0.074	0.004	2	0.021	0.336	
Manganese	mg	0.009	0.001	2	0.003	0.041	
Selenium	:g	8.0		0	2.3	36.3	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.080		0	0.023	0.363	
Riboflavin	mg	0.270		0	0.077	1.225	
Niacin	mg	7.600		0	2.155	34.474	
Pantothenic acid	mg	1.300		0	0.369	5.897	
Vitamin B-6	mg	0.440		0	0.125	1.996	
Folate	:g	15		0	4	68	
Vitamin B-12	:g	1.37		0	0.39	6.21	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg	0.260		0	0.074	1.179	
Lipids:							
Saturated, total	g	0.738		0	0.209	3.348	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.003	0.045	
14:0	g	0.084		0	0.024	0.381	
15.0	g						
16:0	g	0.416		0	0.118	1.887	
17:0	g						
18:0	g	0.220		0	0.062	0.998	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.982		0	0.278	4.454
14:1	g					
16:1	g	0.088		0	0.025	0.399
18:1	g	0.857		0	0.243	3.887
20:1	g	0.007		0	0.002	0.032
22.1	g					
Polyunsaturated, total	g	0.334		0	0.095	1.515
18:2	g	0.244		0	0.069	1.107
18:3	g	0.008		0	0.002	0.036
18:4	g					
20:4	g	0.075		0	0.021	0.340
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	75	0.875	3	21	340
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.194		0	0.055	0.880
Threonine	g	0.842		0	0.239	3.819
Isoleucine	g	0.950		0	0.269	4.309
Leucine	g	1.533		0	0.435	6.954
Lysine	g	1.589		0	0.450	7.208
Methionine	g	0.450		0	0.128	2.041
Cystine	g	0.219		0	0.062	0.993
Phenylalanine	g	0.777		0	0.220	3.524
Tyrosine	g	0.614		0	0.174	2.785
Valine	g	1.064		0	0.302	4.826
Arginine	g	1.135		0	0.322	5.148
Histidine	g	0.700		0	0.198	3.175
Alanine	g	1.148		0	0.325	5.207
Aspartic acid	g	1.663		0	0.471	7.543
Glutamic acid	g	3.051		0	0.865	13.839
Glycine	g	0.990		0	0.281	4.491
Proline	g	0.805		0	0.228	3.651
Serine	g	0.722		0	0.205	3.275
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb

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	Samples	Measure 1* 223g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.98	0.330	6	140.45	53.53	
Energy	kcal	177		0	395	150	
Energy	kj	741		0	1652	630	
Protein (N x 5.95)	g	32.22	0.330	6	71.85	27.39	
Total lipid (fat)	g	4.33	0.110	6	9.66	3.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13	0.020	6	2.52	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	34	2.260	2	76	29	
Iron	mg	1.26	0.001	2	2.81	1.07	
Magnesium	mg	25	0.424	2	56	21	
Phosphorus	mg	228	4.526	2	508	194	
Potassium	mg	309	23.476	2	689	263	
Sodium	mg	94	1.700	2	210	80	
Zinc	mg	6.81	0.040	2	15.19	5.79	
Copper	mg	0.113	0.003	2	0.252	0.096	
Manganese	mg	0.015	0.002	2	0.033	0.013	
Selenium	:g	13.7		0	30.6	11.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.050		0	0.112	0.043	
Riboflavin	mg	0.300		0	0.669	0.255	
Niacin	mg	9.660		0	21.542	8.211	
Pantothenic acid	mg	1.250		0	2.788	1.063	
Vitamin B-6	mg	0.270		0	0.602	0.230	
Folate	:g	17		0	38	14	
Vitamin B-12	:g	1.64		0	3.66	1.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	:g	0		0	0	0	
Vitamin D	IU						
Vitamin E, "-TE	mg	0.420		0	0.937	0.357	
Lipids:							
Saturated, total	g	1.140		0	2.542	0.969	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.016		0	0.036	0.014	
14:0	g	0.131		0	0.292	0.111	
15.0	g						
16:0	g	0.643		0	1.434	0.547	
17:0	g						
18:0	g	0.332		0	0.740	0.282	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.546		0	3.448	1.314
14:1	g					
16:1	g	0.135		0	0.301	0.115
18:1	g	1.354		0	3.019	1.151
20:1	g	0.012		0	0.027	0.010
22.1	g					
Polyunsaturated, total	g	0.458		0	1.021	0.389
18:2	g	0.346		0	0.772	0.294
18:3	g	0.012		0	0.027	0.010
18:4	g					
20:4	g	0.092		0	0.205	0.078
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	126	2.500	2	281	107
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.325		0	0.725	0.276
Threonine	g	1.407		0	3.138	1.196
Isoleucine	g	1.588		0	3.541	1.350
Leucine	g	2.562		0	5.713	2.178
Lysine	g	2.655		0	5.921	2.257
Methionine	g	0.753		0	1.679	0.640
Cystine	g	0.366		0	0.816	0.311
Phenylalanine	g	1.299		0	2.897	1.104
Tyrosine	g	1.026		0	2.288	0.872
Valine	g	1.778		0	3.965	1.511
Arginine	g	1.897		0	4.230	1.612
Histidine	g	1.170		0	2.609	0.995
Alanine	g	1.918		0	4.277	1.630
Aspartic acid	g	2.779		0	6.197	2.362
Glutamic acid	g	5.098		0	11.369	4.333
Glycine	g	1.655		0	3.691	1.407
Proline	g	1.345		0	2.999	1.143
Serine	g	1.206		0	2.689	1.025
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	64.93		0	18.41	294.52	55.19
Energy	kcal	229		0	65	1039	195
Energy	kj	958		0	272	4345	814
Protein (N x 5.95)	g	17.84		0	5.06	80.92	15.16
Total lipid (fat)	g	16.97		0	4.81	76.98	14.42
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.88		0	0.25	3.99	0.75
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	59	11
Iron	mg	1.43		0	0.41	6.49	1.22
Magnesium	mg	20		0	6	91	17
Phosphorus	mg	168		0	48	762	143
Potassium	mg	284		0	81	1288	241
Sodium	mg	74		0	21	336	63
Zinc	mg	3.67		0	1.04	16.65	3.12
Copper	mg	0.145		0	0.041	0.658	0.123
Manganese	mg	0.011		0	0.003	0.050	0.009
Selenium	:g	7.5		0	2.1	34.0	6.4
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.133		0	0.038	0.603	0.113
Riboflavin	mg	0.261		0	0.074	1.184	0.222
Niacin	mg	4.934		0	1.399	22.381	4.194
Pantothenic acid	mg	0.557		0	0.158	2.527	0.473
Vitamin B-6	mg	0.339		0	0.096	1.538	0.288
Folate	:g						
Vitamin B-12	:g	2.47		0	0.70	11.20	2.10
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	8.189		0	2.322	37.145	6.961
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.029		0	0.008	0.132	0.025
12:0	g	0.053		0	0.015	0.240	0.045
14:0	g	0.662		0	0.188	3.003	0.563
15.0	g	0.104		0	0.029	0.472	0.088
16:0	g	3.863		0	1.095	17.523	3.284
17:0	g	0.255		0	0.072	1.157	0.217
18:0	g	3.195		0	0.906	14.493	2.716
20:0	g	0.029		0	0.008	0.132	0.025
22.0	g						
24:0	g						

Monounsaturated, total	g	6.910	0	1.959	31.344	5.874
14:1	g	0.026	0	0.007	0.118	0.022
16:1	g	0.326	0	0.092	1.479	0.277
18:1	g	6.372	0	1.806	28.903	5.416
20:1	g	0.062	0	0.018	0.281	0.053
22.1	g					
Polyunsaturated, total	g	0.718	0	0.204	3.257	0.610
18:2	g	0.422	0	0.120	1.914	0.359
18:3	g	0.202	0	0.057	0.916	0.172
18:4	g					
20:4	g	0.069	0	0.020	0.313	0.059
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	299	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.208	0	0.059	0.943	0.177
Threonine	g	0.762	0	0.216	3.456	0.648
Isoleucine	g	0.862	0	0.244	3.910	0.733
Leucine	g	1.387	0	0.393	6.291	1.179
Lysine	g	1.576	0	0.447	7.149	1.340
Methionine	g	0.457	0	0.130	2.073	0.388
Cystine	g	0.214	0	0.061	0.971	0.182
Phenylalanine	g	0.725	0	0.206	3.289	0.616
Tyrosine	g	0.599	0	0.170	2.717	0.509
Valine	g	0.962	0	0.273	4.364	0.818
Arginine	g	1.059	0	0.300	4.804	0.900
Histidine	g	0.565	0	0.160	2.563	0.480
Alanine	g	1.073	0	0.304	4.867	0.912
Aspartic acid	g	1.570	0	0.445	7.122	1.335
Glutamic acid	g	2.589	0	0.734	11.744	2.201
Glycine	g	0.871	0	0.247	3.951	0.740
Proline	g	0.748	0	0.212	3.393	0.636
Serine	g	0.662	0	0.188	3.003	0.563
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 270g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.71		0	158.52	49.90	
Energy	kcal	256		0	691	218	
Energy	kj	1071		0	2892	910	
Protein (N x 5.95)	g	24.52		0	66.20	20.84	
Total lipid (fat)	g	16.82		0	45.41	14.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.98		0	2.65	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	46	14	
Iron	mg	1.93		0	5.21	1.64	
Magnesium	mg	22		0	59	19	
Phosphorus	mg	195		0	527	166	
Potassium	mg	301		0	813	256	
Sodium	mg	76		0	205	65	
Zinc	mg	4.68		0	12.64	3.98	
Copper	mg	0.142		0	0.383	0.121	
Manganese	mg	0.013		0	0.035	0.011	
Selenium	:g	10.1		0	27.3	8.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.123		0	0.332	0.105	
Riboflavin	mg	0.332		0	0.896	0.282	
Niacin	mg	5.441		0	14.691	4.625	
Pantothenic acid	mg	0.816		0	2.203	0.694	
Vitamin B-6	mg	0.366		0	0.988	0.311	
Folate	:g						
Vitamin B-12	:g	2.87		0	7.75	2.44	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.940		0	21.438	6.749	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.027		0	0.073	0.023	
12:0	g	0.049		0	0.132	0.042	
14:0	g	0.633		0	1.709	0.538	
15.0	g	0.097		0	0.262	0.082	
16:0	g	3.721		0	10.047	3.163	
17:0	g	0.251		0	0.678	0.213	
18:0	g	3.129		0	8.448	2.660	
20:0	g	0.032		0	0.086	0.027	
22.0	g						
24:0	g						

Monounsaturated, total	g	6.711	0	18.120	5.704
14:1	g	0.028	0	0.076	0.024
16:1	g	0.307	0	0.829	0.261
18:1	g	6.195	0	16.727	5.266
20:1	g	0.059	0	0.159	0.050
22.1	g				
Polyunsaturated, total	g	0.660	0	1.782	0.561
18:2	g	0.410	0	1.107	0.349
18:3	g	0.196	0	0.529	0.167
18:4	g				
20:4	g	0.041	0	0.111	0.035
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	235	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.772	0.243
Threonine	g	1.048	0	2.830	0.891
Isoleucine	g	1.185	0	3.200	1.007
Leucine	g	1.907	0	5.149	1.621
Lysine	g	2.166	0	5.848	1.841
Methionine	g	0.628	0	1.696	0.534
Cystine	g	0.294	0	0.794	0.250
Phenylalanine	g	0.997	0	2.692	0.847
Tyrosine	g	0.824	0	2.225	0.700
Valine	g	1.322	0	3.569	1.124
Arginine	g	1.456	0	3.931	1.238
Histidine	g	0.777	0	2.098	0.660
Alanine	g	1.475	0	3.983	1.254
Aspartic acid	g	2.158	0	5.827	1.834
Glutamic acid	g	3.558	0	9.607	3.024
Glycine	g	1.197	0	3.232	1.017
Proline	g	1.028	0	2.776	0.874
Serine	g	0.910	0	2.457	0.774
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	73.22		0	20.76	332.13	62.24
Energy	kcal	142		0	40	644	121
Energy	kj	594		0	168	2694	505
Protein (N x 5.95)	g	20.25		0	5.74	91.85	17.21
Total lipid (fat)	g	6.18		0	1.75	28.03	5.25
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.99		0	0.28	4.49	0.84
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	54	10
Iron	mg	1.59		0	0.45	7.21	1.35
Magnesium	mg	22		0	6	100	19
Phosphorus	mg	188		0	53	853	160
Potassium	mg	320		0	91	1452	272
Sodium	mg	83		0	24	376	71
Zinc	mg	4.21		0	1.19	19.10	3.58
Copper	mg	0.165		0	0.047	0.748	0.140
Manganese	mg	0.013		0	0.004	0.059	0.011
Selenium	:g	8.6		0	2.4	39.0	7.3
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.149		0	0.042	0.676	0.127
Riboflavin	mg	0.293		0	0.083	1.329	0.249
Niacin	mg	5.595		0	1.586	25.379	4.756
Pantothenic acid	mg	0.618		0	0.175	2.803	0.525
Vitamin B-6	mg	0.386		0	0.109	1.751	0.328
Folate	:g						
Vitamin B-12	:g	2.77		0	0.79	12.56	2.35
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.540		0	0.720	11.521	2.159
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.006		0	0.002	0.027	0.005
12:0	g	0.013		0	0.004	0.059	0.011
14:0	g	0.188		0	0.053	0.853	0.160
15.0	g	0.027		0	0.008	0.122	0.023
16:0	g	1.297		0	0.368	5.883	1.102
17:0	g	0.071		0	0.020	0.322	0.060
18:0	g	0.929		0	0.263	4.214	0.790
20:0	g	0.008		0	0.002	0.036	0.007
22.0	g						
24:0	g						

Monounsaturated, total	g	2.530	0	0.717	11.476	2.150
14:1	g	0.007	0	0.002	0.032	0.006
16:1	g	0.116	0	0.033	0.526	0.099
18:1	g	2.338	0	0.663	10.605	1.987
20:1	g	0.024	0	0.007	0.109	0.020
22.1	g					
Polyunsaturated, total	g	0.276	0	0.078	1.252	0.235
18:2	g	0.167	0	0.047	0.758	0.142
18:3	g	0.078	0	0.022	0.354	0.066
18:4	g					
20:4	g	0.029	0	0.008	0.132	0.025
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	0	18	290	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.236	0	0.067	1.070	0.201
Threonine	g	0.865	0	0.245	3.924	0.735
Isoleucine	g	0.978	0	0.277	4.436	0.831
Leucine	g	1.574	0	0.446	7.140	1.338
Lysine	g	1.788	0	0.507	8.110	1.520
Methionine	g	0.518	0	0.147	2.350	0.440
Cystine	g	0.243	0	0.069	1.102	0.207
Phenylalanine	g	0.823	0	0.233	3.733	0.700
Tyrosine	g	0.680	0	0.193	3.084	0.578
Valine	g	1.092	0	0.310	4.953	0.928
Arginine	g	1.202	0	0.341	5.452	1.022
Histidine	g	0.641	0	0.182	2.908	0.545
Alanine	g	1.218	0	0.345	5.525	1.035
Aspartic acid	g	1.782	0	0.505	8.083	1.515
Glutamic acid	g	2.938	0	0.833	13.327	2.497
Glycine	g	0.988	0	0.280	4.482	0.840
Proline	g	0.849	0	0.241	3.851	0.722
Serine	g	0.752	0	0.213	3.411	0.639
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 236g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.75		0	150.45	54.19	
Energy	kcal	201		0	474	171	
Energy	kj	841		0	1985	715	
Protein (N x 5.95)	g	26.71		0	63.04	22.70	
Total lipid (fat)	g	9.63		0	22.73	8.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.05		0	2.48	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	38	14	
Iron	mg	2.05		0	4.84	1.74	
Magnesium	mg	24		0	57	20	
Phosphorus	mg	207		0	489	176	
Potassium	mg	318		0	750	270	
Sodium	mg	80		0	189	68	
Zinc	mg	5.14		0	12.13	4.37	
Copper	mg	0.153		0	0.361	0.130	
Manganese	mg	0.014		0	0.033	0.012	
Selenium	:g	11.0		0	26.0	9.3	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.131		0	0.309	0.111	
Riboflavin	mg	0.360		0	0.850	0.306	
Niacin	mg	5.812		0	13.716	4.940	
Pantothenic acid	mg	0.876		0	2.067	0.745	
Vitamin B-6	mg	0.394		0	0.930	0.335	
Folate	:g						
Vitamin B-12	:g	3.01		0	7.10	2.56	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.048		0	9.553	3.441	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.009		0	0.021	0.008	
12:0	g	0.023		0	0.054	0.020	
14:0	g	0.303		0	0.715	0.258	
15.0	g	0.044		0	0.104	0.037	
16:0	g	2.031		0	4.793	1.726	
17:0	g	0.119		0	0.281	0.101	
18:0	g	1.501		0	3.542	1.276	
20:0	g	0.018		0	0.042	0.015	
22.0	g						
24:0	g						

Monounsaturated, total	g	3.857	0	9.103	3.278
14:1	g	0.014	0	0.033	0.012
16:1	g	0.174	0	0.411	0.148
18:1	g	3.567	0	8.418	3.032
20:1	g	0.030	0	0.071	0.026
22.1	g				
Polyunsaturated, total	g	0.418	0	0.986	0.355
18:2	g	0.249	0	0.588	0.212
18:3	g	0.116	0	0.274	0.099
18:4	g				
20:4	g	0.038	0	0.090	0.032
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	87	0	205	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	0.736	0.265
Threonine	g	1.141	0	2.693	0.970
Isoleucine	g	1.291	0	3.047	1.097
Leucine	g	2.077	0	4.902	1.765
Lysine	g	2.359	0	5.567	2.005
Methionine	g	0.684	0	1.614	0.581
Cystine	g	0.321	0	0.758	0.273
Phenylalanine	g	1.086	0	2.563	0.923
Tyrosine	g	0.898	0	2.119	0.763
Valine	g	1.440	0	3.398	1.224
Arginine	g	1.586	0	3.743	1.348
Histidine	g	0.846	0	1.997	0.719
Alanine	g	1.607	0	3.793	1.366
Aspartic acid	g	2.351	0	5.548	1.998
Glutamic acid	g	3.877	0	9.150	3.295
Glycine	g	1.304	0	3.077	1.108
Proline	g	1.120	0	2.643	0.952
Serine	g	0.992	0	2.341	0.843
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

NDB No. 17284 Lamb, Australian, imported, fresh, separable fat, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	25.08	1.200	6	7.11	113.76	21.32
Energy	kcal	648		0	184	2939	551
Energy	kj	2711		0	769	12297	2304
Protein (N x 5.95)	g	6.27	0.418	6	1.78	28.44	5.33
Total lipid (fat)	g	68.87	1.254	6	19.52	312.39	58.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.35	0.081	6	0.10	1.59	0.30
Sugars, total	g						
Minerals:							
Calcium	mg	19	2.840	6	5	86	16
Iron	mg	0.63	0.025	6	0.18	2.86	0.54
Magnesium	mg	7	0.345	6	2	32	6
Phosphorus	mg	71	3.167	6	20	322	60
Potassium	mg	112	4.053	6	32	508	95
Sodium	mg	33	1.758	6	9	150	28
Zinc	mg	1.06	0.074	6	0.30	4.81	0.90
Copper	mg	0.046	0.006	6	0.013	0.209	0.039
Manganese	mg						
Selenium	:g	4.0	0.483	3	1.1	18.1	3.4
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.057	0.009	3	0.016	0.259	0.048
Riboflavin	mg	0.107	0.017	3	0.030	0.485	0.091
Niacin	mg	1.753	0.093	3	0.497	7.952	1.490
Pantothenic acid	mg	0.263	0.054	3	0.075	1.193	0.224
Vitamin B-6	mg	0.111	0.012	3	0.031	0.503	0.094
Folate	:g						
Vitamin B-12	:g	1.06	0.107	3	0.30	4.81	0.90
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	35.353	1.326	6	10.023	160.361	30.050
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.142	0.017	6	0.040	0.644	0.121
12:0	g	0.241	0.021	6	0.068	1.093	0.205
14:0	g	2.942	0.223	6	0.834	13.345	2.501
15.0	g	0.470	0.048	6	0.133	2.132	0.400
16:0	g	16.200	0.234	6	4.593	73.483	13.770
17:0	g	1.138	0.120	6	0.323	5.162	0.967
18:0	g	14.089	1.121	6	3.994	63.908	11.976
20:0	g	0.131	0.000	6	0.037	0.594	0.111
22.0	g						
24:0	g						

Monounsaturated, total	g	27.975	1.156	6	7.931	126.895	23.779
14:1	g	0.120	0.017	6	0.034	0.544	0.102
16:1	g	1.334	0.112	6	0.378	6.051	1.134
18:1	g	25.771	1.141	6	7.306	116.897	21.905
20:1	g	0.246	0.085	4	0.070	1.116	0.209
22.1	g						
Polyunsaturated, total	g	2.844	0.250	6	0.806	12.900	2.417
18:2	g	1.652	0.125	6	0.468	7.493	1.404
18:3	g	0.798	0.060	6	0.226	3.620	0.678
18:4	g						
20:4	g	0.263		1	0.075	1.193	0.224
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77	3.405	6	22	349	65
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.073		0	0.021	0.331	0.062
Threonine	g	0.268		0	0.076	1.216	0.228
Isoleucine	g	0.303		0	0.086	1.374	0.258
Leucine	g	0.487		0	0.138	2.209	0.414
Lysine	g	0.553		0	0.157	2.508	0.470
Methionine	g	0.160		0	0.045	0.726	0.136
Cystine	g	0.075		0	0.021	0.340	0.064
Phenylalanine	g	0.255		0	0.072	1.157	0.217
Tyrosine	g	0.211		0	0.060	0.957	0.179
Valine	g	0.338		0	0.096	1.533	0.287
Arginine	g	0.372		0	0.105	1.687	0.316
Histidine	g	0.199		0	0.056	0.903	0.169
Alanine	g	0.377		0	0.107	1.710	0.320
Aspartic acid	g	0.551		0	0.156	2.499	0.468
Glutamic acid	g	0.909		0	0.258	4.123	0.773
Glycine	g	0.306		0	0.087	1.388	0.260
Proline	g	0.263		0	0.075	1.193	0.224
Serine	g	0.233		0	0.066	1.057	0.198
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

NDB No. 17285 Lamb, Australian, imported, fresh, separable fat, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	24.00	1.099	6	59.52	20.40	
Energy	kcal	639		0	1585	543	
Energy	kj	2674		0	6632	2273	
Protein (N x 5.95)	g	9.42	0.259	6	23.36	8.01	
Total lipid (fat)	g	66.40	1.283	6	164.67	56.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.45	0.062	6	1.12	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.436	6	67	23	
Iron	mg	1.11	0.048	6	2.75	0.94	
Magnesium	mg	12	0.419	6	30	10	
Phosphorus	mg	114	2.738	6	283	97	
Potassium	mg	179	6.416	6	444	152	
Sodium	mg	51	2.512	6	126	43	
Zinc	mg	1.48	0.095	6	3.67	1.26	
Copper	mg	0.065	0.011	6	0.161	0.055	
Manganese	mg	0.010	0.002	2	0.025	0.009	
Selenium	：g	5.8		2	14.4	4.9	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.063	0.015	3	0.156	0.054	
Riboflavin	mg	0.140	0.012	3	0.347	0.119	
Niacin	mg	2.890	0.217	3	7.167	2.457	
Pantothenic acid	mg	0.400	0.040	3	0.992	0.340	
Vitamin B-6	mg	0.171	0.023	3	0.424	0.145	
Folate	：g						
Vitamin B-12	：g	1.84	0.019	3	4.56	1.56	
Vitamin A	IU						
Vitamin A, RE	：g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	34.751	0.687	6	86.182	29.538	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.148	0.021	6	0.367	0.126	
12:0	g	0.232	0.021	6	0.575	0.197	
14:0	g	2.911	0.121	6	7.219	2.474	
15.0	g	0.464	0.021	6	1.151	0.394	
16:0	g	15.366	0.197	6	38.108	13.061	
17:0	g	1.160	0.056	6	2.877	0.986	
18:0	g	14.343	0.754	6	35.571	12.192	
20:0	g	0.127	0.000	6	0.315	0.108	
22.0	g						
24:0	g						

Monounsaturated, total	g	26.377	0.621	6	65.415	22.420
14:1	g	0.127	0.000	6	0.315	0.108
16:1	g	1.223	0.115	6	3.033	1.040
18:1	g	24.299	0.528	6	60.262	20.654
20:1	g	0.253	0.041	4	0.627	0.215
22.1	g					
Polyunsaturated, total	g	2.331	0.153	6	5.781	1.981
18:2	g	1.519	0.093	6	3.767	1.291
18:3	g	0.749	0.054	6	1.858	0.637
18:4	g					
20:4	g	0.063		1	0.156	0.054
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	3.557	6	206	71
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110		0	0.273	0.094
Threonine	g	0.402		0	0.997	0.342
Isoleucine	g	0.455		0	1.128	0.387
Leucine	g	0.732		0	1.815	0.622
Lysine	g	0.832		0	2.063	0.707
Methionine	g	0.241		0	0.598	0.205
Cystine	g	0.113		0	0.280	0.096
Phenylalanine	g	0.383		0	0.950	0.326
Tyrosine	g	0.316		0	0.784	0.269
Valine	g	0.508		0	1.260	0.432
Arginine	g	0.559		0	1.386	0.475
Histidine	g	0.298		0	0.739	0.253
Alanine	g	0.567		0	1.406	0.482
Aspartic acid	g	0.829		0	2.056	0.705
Glutamic acid	g	1.367		0	3.390	1.162
Glycine	g	0.460		0	1.141	0.391
Proline	g	0.395		0	0.980	0.336
Serine	g	0.350		0	0.868	0.298
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	68.31		0	19.37	309.85	58.06
Energy	kcal	195		0	55	885	166
Energy	kj	816		0	231	3701	694
Protein (N x 5.95)	g	18.85		0	5.34	85.50	16.02
Total lipid (fat)	g	12.68		0	3.59	57.52	10.78
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.85		0	0.24	3.86	0.72
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	54	10
Iron	mg	1.38		0	0.39	6.26	1.17
Magnesium	mg	19		0	5	86	16
Phosphorus	mg	158		0	45	717	134
Potassium	mg	270		0	77	1225	230
Sodium	mg	96		0	27	435	82
Zinc	mg	5.40		0	1.53	24.49	4.59
Copper	mg	0.092		0	0.026	0.417	0.078
Manganese	mg	0.009		0	0.003	0.041	0.008
Selenium	:g	7.2		0	2.0	32.7	6.1
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.094		0	0.027	0.426	0.080
Riboflavin	mg	0.219		0	0.062	0.993	0.186
Niacin	mg	5.265		0	1.493	23.882	4.475
Pantothenic acid	mg	0.623		0	0.177	2.826	0.530
Vitamin B-6	mg	0.264		0	0.075	1.198	0.224
Folate	:g						
Vitamin B-12	:g	2.48		0	0.70	11.25	2.11
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.981		0	1.696	27.130	5.084
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.022		0	0.006	0.100	0.019
12:0	g	0.039		0	0.011	0.177	0.033
14:0	g	0.489		0	0.139	2.218	0.416
15.0	g	0.077		0	0.022	0.349	0.065
16:0	g	2.844		0	0.806	12.900	2.417
17:0	g	0.188		0	0.053	0.853	0.160
18:0	g	2.298		0	0.651	10.424	1.953
20:0	g	0.024		0	0.007	0.109	0.020
22.0	g						
24:0	g						

Monounsaturated, total	g	5.293	0	1.501	24.009	4.499
14:1	g	0.022	0	0.006	0.100	0.019
16:1	g	0.258	0	0.073	1.170	0.219
18:1	g	4.870	0	1.381	22.090	4.139
20:1	g	0.045	0	0.013	0.204	0.038
22.1	g					
Polyunsaturated, total	g	0.596	0	0.169	2.703	0.507
18:2	g	0.349	0	0.099	1.583	0.297
18:3	g	0.159	0	0.045	0.721	0.135
18:4	g					
20:4	g	0.063	0	0.018	0.286	0.054
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	67	0	19	304	57
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.220	0	0.062	0.998	0.187
Threonine	g	0.805	0	0.228	3.651	0.684
Isoleucine	g	0.911	0	0.258	4.132	0.774
Leucine	g	1.466	0	0.416	6.650	1.246
Lysine	g	1.665	0	0.472	7.552	1.415
Methionine	g	0.482	0	0.137	2.186	0.410
Cystine	g	0.226	0	0.064	1.025	0.192
Phenylalanine	g	0.766	0	0.217	3.475	0.651
Tyrosine	g	0.633	0	0.179	2.871	0.538
Valine	g	1.016	0	0.288	4.609	0.864
Arginine	g	1.119	0	0.317	5.076	0.951
Histidine	g	0.597	0	0.169	2.708	0.507
Alanine	g	1.134	0	0.321	5.144	0.964
Aspartic acid	g	1.659	0	0.470	7.525	1.410
Glutamic acid	g	2.735	0	0.775	12.406	2.325
Glycine	g	0.920	0	0.261	4.173	0.782
Proline	g	0.790	0	0.224	3.583	0.672
Serine	g	0.700	0	0.198	3.175	0.595
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 211g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.47		0	127.59	51.40	
Energy	kcal	236		0	498	201	
Energy	kj	987		0	2083	839	
Protein (N x 5.95)	g	24.78		0	52.29	21.06	
Total lipid (fat)	g	14.44		0	30.47	12.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.78		0	1.65	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	34	14	
Iron	mg	1.79		0	3.78	1.52	
Magnesium	mg	21		0	44	18	
Phosphorus	mg	167		0	352	142	
Potassium	mg	244		0	515	207	
Sodium	mg	93		0	196	79	
Zinc	mg	6.96		0	14.69	5.92	
Copper	mg	0.116		0	0.245	0.099	
Manganese	mg	0.011		0	0.023	0.009	
Selenium	:g	8.3		0	17.5	7.1	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.086		0	0.181	0.073	
Riboflavin	mg	0.262		0	0.553	0.223	
Niacin	mg	5.013		0	10.577	4.261	
Pantothenic acid	mg	0.618		0	1.304	0.525	
Vitamin B-6	mg	0.244		0	0.515	0.207	
Folate	:g						
Vitamin B-12	:g	3.00		0	6.33	2.55	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.794		0	14.335	5.775	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.045		0	0.095	0.038	
14:0	g	0.562		0	1.186	0.478	
15.0	g	0.088		0	0.186	0.075	
16:0	g	3.186		0	6.722	2.708	
17:0	g	0.219		0	0.462	0.186	
18:0	g	2.694		0	5.684	2.290	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.959	0	12.573	5.065
14:1	g	0.027	0	0.057	0.023
16:1	g	0.289	0	0.610	0.246
18:1	g	5.474	0	11.550	4.653
20:1	g	0.055	0	0.116	0.047
22.1	g				
Polyunsaturated, total	g	0.601	0	1.268	0.511
18:2	g	0.375	0	0.791	0.319
18:3	g	0.178	0	0.376	0.151
18:4	g				
20:4	g	0.040	0	0.084	0.034
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	91	0	192	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	0	0.610	0.246
Threonine	g	1.058	0	2.232	0.899
Isoleucine	g	1.197	0	2.526	1.017
Leucine	g	1.927	0	4.066	1.638
Lysine	g	2.188	0	4.617	1.860
Methionine	g	0.634	0	1.338	0.539
Cystine	g	0.297	0	0.627	0.252
Phenylalanine	g	1.007	0	2.125	0.856
Tyrosine	g	0.832	0	1.756	0.707
Valine	g	1.336	0	2.819	1.136
Arginine	g	1.471	0	3.104	1.250
Histidine	g	0.785	0	1.656	0.667
Alanine	g	1.491	0	3.146	1.267
Aspartic acid	g	2.180	0	4.600	1.853
Glutamic acid	g	3.595	0	7.585	3.056
Glycine	g	1.209	0	2.551	1.028
Proline	g	1.039	0	2.192	0.883
Serine	g	0.920	0	1.941	0.782
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	75.13	0.273	3	21.30	340.79	63.86
Energy	kcal	123		0	35	558	105
Energy	kj	515		0	146	2336	438
Protein (N x 5.95)	g	20.83	0.145	3	5.91	94.48	17.71
Total lipid (fat)	g	3.81	0.263	3	1.08	17.28	3.24
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.93	0.067	3	0.26	4.22	0.79
Sugars, total	g						
Minerals:							
Calcium	mg	11	2.217	3	3	50	9
Iron	mg	1.50	0.037	3	0.43	6.80	1.27
Magnesium	mg	20	0.120	3	6	91	17
Phosphorus	mg	171	6.119	3	48	776	145
Potassium	mg	295	4.372	3	84	1338	251
Sodium	mg	106	7.034	3	30	481	90
Zinc	mg	6.08	0.032	3	1.72	27.58	5.17
Copper	mg	0.099	0.012	3	0.028	0.449	0.084
Manganese	mg	0.010		2	0.003	0.045	0.009
Selenium	:g	8.0		2	2.3	36.3	6.8
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.100	0.006	3	0.028	0.454	0.085
Riboflavin	mg	0.237	0.019	3	0.067	1.075	0.201
Niacin	mg	5.820	0.494	3	1.650	26.400	4.947
Pantothenic acid	mg	0.680	0.029	3	0.193	3.084	0.578
Vitamin B-6	mg	0.288	0.015	3	0.082	1.306	0.245
Folate	:g						
Vitamin B-12	:g	2.71	0.232	3	0.77	12.29	2.30
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.344	0.321	3	0.381	6.096	1.142
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003		1	0.001	0.014	0.003
12:0	g	0.008	0.033	3	0.002	0.036	0.007
14:0	g	0.102	0.200	3	0.029	0.463	0.087
15.0	g	0.015	0.033	3	0.004	0.068	0.013
16:0	g	0.735	0.433	3	0.208	3.334	0.625
17:0	g	0.038	0.033	3	0.011	0.172	0.032
18:0	g	0.436	0.702	3	0.124	1.978	0.371
20:0	g	0.007		2	0.002	0.032	0.006
22.0	g						
24:0	g						

Monounsaturated, total	g	1.712	0.755	3	0.485	7.766	1.455
14:1	g	0.007		2	0.002	0.032	0.006
16:1	g	0.088	0.208	3	0.025	0.399	0.075
18:1	g	1.570	0.379	3	0.445	7.122	1.335
20:1	g	0.013		1	0.004	0.059	0.011
22.1	g						
Polyunsaturated, total	g	0.241	0.500	3	0.068	1.093	0.205
18:2	g	0.143	0.219	3	0.041	0.649	0.122
18:3	g	0.058	0.067	3	0.016	0.263	0.049
18:4	g						
20:4	g	0.032	0.033	3	0.009	0.145	0.027
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.809	3	19	299	56
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.243		0	0.069	1.102	0.207
Threonine	g	0.890		0	0.252	4.037	0.757
Isoleucine	g	1.007		0	0.285	4.568	0.856
Leucine	g	1.620		0	0.459	7.348	1.377
Lysine	g	1.840		0	0.522	8.346	1.564
Methionine	g	0.533		0	0.151	2.418	0.453
Cystine	g	0.250		0	0.071	1.134	0.213
Phenylalanine	g	0.847		0	0.240	3.842	0.720
Tyrosine	g	0.700		0	0.198	3.175	0.595
Valine	g	1.123		0	0.318	5.094	0.955
Arginine	g	1.237		0	0.351	5.611	1.051
Histidine	g	0.660		0	0.187	2.994	0.561
Alanine	g	1.253		0	0.355	5.684	1.065
Aspartic acid	g	1.833		0	0.520	8.314	1.558
Glutamic acid	g	3.023		0	0.857	13.712	2.570
Glycine	g	1.017		0	0.288	4.613	0.864
Proline	g	0.873		0	0.247	3.960	0.742
Serine	g	0.773		0	0.219	3.506	0.657
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 180g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.93	0.809	3	120.47	56.89	
Energy	kcal	165		0	297	140	
Energy	kj	690		0	1242	587	
Protein (N x 5.95)	g	27.50	0.503	3	49.50	23.38	
Total lipid (fat)	g	5.22	0.464	3	9.40	4.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.83	0.067	3	1.49	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	14	2.838	3	25	12	
Iron	mg	1.91	0.034	3	3.44	1.62	
Magnesium	mg	22	0.240	3	40	19	
Phosphorus	mg	177	4.667	3	319	150	
Potassium	mg	255	9.528	3	459	217	
Sodium	mg	100	4.583	3	180	85	
Zinc	mg	7.93	0.049	3	14.27	6.74	
Copper	mg	0.125	0.006	3	0.225	0.106	
Manganese	mg	0.011	0.001	3	0.020	0.009	
Selenium	:g	9.0		2	16.2	7.7	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.090	0.006	3	0.162	0.077	
Riboflavin	mg	0.283	0.085	3	0.509	0.241	
Niacin	mg	5.390	0.429	3	9.702	4.582	
Pantothenic acid	mg	0.657	0.027	3	1.183	0.558	
Vitamin B-6	mg	0.257	0.031	3	0.463	0.218	
Folate	:g						
Vitamin B-12	:g	3.20	0.270	3	5.76	2.72	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.884	1.400	3	3.391	1.601	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.011	0.050	2	0.020	0.009	
14:0	g	0.145	0.167	3	0.261	0.123	
15.0	g	0.021	0.033	3	0.038	0.018	
16:0	g	1.025	0.100	3	1.845	0.871	
17:0	g	0.052	0.067	3	0.094	0.044	
18:0	g	0.628	1.081	3	1.130	0.534	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.338	1.301	3	4.208	1.987
14:1	g	0.009		2	0.016	0.008
16:1	g	0.123	0.176	3	0.221	0.105
18:1	g	2.135	0.561	3	3.843	1.815
20:1	g	0.020	0.050	2	0.036	0.017
22.1	g					
Polyunsaturated, total	g	0.294	0.577	3	0.529	0.250
18:2	g	0.172	0.145	3	0.310	0.146
18:3	g	0.076	0.058	3	0.137	0.065
18:4	g					
20:4	g	0.036	0.100	3	0.065	0.031
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	92	4.271	3	166	78
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.321		0	0.578	0.273
Threonine	g	1.175		0	2.115	0.999
Isoleucine	g	1.329		0	2.392	1.130
Leucine	g	2.138		0	3.848	1.817
Lysine	g	2.429		0	4.372	2.065
Methionine	g	0.704		0	1.267	0.598
Cystine	g	0.330		0	0.594	0.281
Phenylalanine	g	1.118		0	2.012	0.950
Tyrosine	g	0.924		0	1.663	0.785
Valine	g	1.483		0	2.669	1.261
Arginine	g	1.632		0	2.938	1.387
Histidine	g	0.871		0	1.568	0.740
Alanine	g	1.654		0	2.977	1.406
Aspartic acid	g	2.420		0	4.356	2.057
Glutamic acid	g	3.991		0	7.184	3.392
Glycine	g	1.342		0	2.416	1.141
Proline	g	1.153		0	2.075	0.980
Serine	g	1.021		0	1.838	0.868
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	66.33		0	18.80	300.87	56.38
Energy	kcal	215		0	61	975	183
Energy	kj	900		0	255	4082	765
Protein (N x 5.95)	g	18.24		0	5.17	82.74	15.50
Total lipid (fat)	g	15.19		0	4.31	68.90	12.91
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.95		0	0.27	4.31	0.81
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	45	9
Iron	mg	1.48		0	0.42	6.71	1.26
Magnesium	mg	20		0	6	91	17
Phosphorus	mg	173		0	49	785	147
Potassium	mg	295		0	84	1338	251
Sodium	mg	73		0	21	331	62
Zinc	mg	3.75		0	1.06	17.01	3.19
Copper	mg	0.173		0	0.049	0.785	0.147
Manganese	mg	0.011		0	0.003	0.050	0.009
Selenium	:g	4.2		0	1.2	19.1	3.6
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.140		0	0.040	0.635	0.119
Riboflavin	mg	0.287		0	0.081	1.302	0.244
Niacin	mg	4.964		0	1.407	22.517	4.219
Pantothenic acid	mg	0.488		0	0.138	2.214	0.415
Vitamin B-6	mg	0.359		0	0.102	1.628	0.305
Folate	:g						
Vitamin B-12	:g	2.70		0	0.77	12.25	2.30
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.288		0	2.066	33.058	6.195
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.025		0	0.007	0.113	0.021
12:0	g	0.047		0	0.013	0.213	0.040
14:0	g	0.589		0	0.167	2.672	0.501
15.0	g	0.091		0	0.026	0.413	0.077
16:0	g	3.458		0	0.980	15.685	2.939
17:0	g	0.231		0	0.065	1.048	0.196
18:0	g	2.821		0	0.800	12.796	2.398
20:0	g	0.026		0	0.007	0.118	0.022
22.0	g						
24:0	g						

Monounsaturated, total	g	6.226	0	1.765	28.241	5.292
14:1	g	0.024	0	0.007	0.109	0.020
16:1	g	0.300	0	0.085	1.361	0.255
18:1	g	5.734	0	1.626	26.009	4.874
20:1	g	0.055	0	0.016	0.249	0.047
22.1	g					
Polyunsaturated, total	g	0.657	0	0.186	2.980	0.558
18:2	g	0.387	0	0.110	1.755	0.329
18:3	g	0.184	0	0.052	0.835	0.156
18:4	g					
20:4	g	0.065	0	0.018	0.295	0.055
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	299	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.213	0	0.060	0.966	0.181
Threonine	g	0.779	0	0.221	3.534	0.662
Isoleucine	g	0.881	0	0.250	3.996	0.749
Leucine	g	1.418	0	0.402	6.432	1.205
Lysine	g	1.611	0	0.457	7.307	1.369
Methionine	g	0.467	0	0.132	2.118	0.397
Cystine	g	0.219	0	0.062	0.993	0.186
Phenylalanine	g	0.741	0	0.210	3.361	0.630
Tyrosine	g	0.613	0	0.174	2.781	0.521
Valine	g	0.983	0	0.279	4.459	0.836
Arginine	g	1.082	0	0.307	4.908	0.920
Histidine	g	0.578	0	0.164	2.622	0.491
Alanine	g	1.097	0	0.311	4.976	0.932
Aspartic acid	g	1.605	0	0.455	7.280	1.364
Glutamic acid	g	2.646	0	0.750	12.002	2.249
Glycine	g	0.890	0	0.252	4.037	0.757
Proline	g	0.764	0	0.217	3.466	0.649
Serine	g	0.677	0	0.192	3.071	0.575
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 284g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.65		0	169.41	50.70	
Energy	kcal	244		0	693	207	
Energy	kj	1021		0	2900	868	
Protein (N x 5.95)	g	25.16		0	71.45	21.39	
Total lipid (fat)	g	15.13		0	42.97	12.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.01		0	2.87	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	31	9	
Iron	mg	2.03		0	5.77	1.73	
Magnesium	mg	23		0	65	20	
Phosphorus	mg	202		0	574	172	
Potassium	mg	309		0	878	263	
Sodium	mg	70		0	199	60	
Zinc	mg	4.43		0	12.58	3.77	
Copper	mg	0.147		0	0.417	0.125	
Manganese	mg	0.014		0	0.040	0.012	
Selenium	:g	5.7		0	16.2	4.8	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.126		0	0.358	0.107	
Riboflavin	mg	0.386		0	1.096	0.328	
Niacin	mg	5.383		0	15.288	4.576	
Pantothenic acid	mg	0.919		0	2.610	0.781	
Vitamin B-6	mg	0.425		0	1.207	0.361	
Folate	:g						
Vitamin B-12	:g	3.03		0	8.61	2.58	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	7.091		0	20.138	6.027	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.018		0	0.051	0.015	
12:0	g	0.041		0	0.116	0.035	
14:0	g	0.563		0	1.599	0.479	
15.0	g	0.087		0	0.247	0.074	
16:0	g	3.341		0	9.488	2.840	
17:0	g	0.230		0	0.653	0.196	
18:0	g	2.796		0	7.941	2.377	
20:0	g	0.015		0	0.043	0.013	
22.0	g						
24:0	g						

Monounsaturated, total	g	6.087	0	17.287	5.174
14:1	g	0.027	0	0.077	0.023
16:1	g	0.279	0	0.792	0.237
18:1	g	5.610	0	15.932	4.769
20:1	g	0.055	0	0.156	0.047
22.1	g				
Polyunsaturated, total	g	0.615	0	1.747	0.523
18:2	g	0.382	0	1.085	0.325
18:3	g	0.181	0	0.514	0.154
18:4	g				
20:4	g	0.039	0	0.111	0.033
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	88	0	250	75
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.835	0.250
Threonine	g	1.075	0	3.053	0.914
Isoleucine	g	1.216	0	3.453	1.034
Leucine	g	1.956	0	5.555	1.663
Lysine	g	2.222	0	6.310	1.889
Methionine	g	0.644	0	1.829	0.547
Cystine	g	0.302	0	0.858	0.257
Phenylalanine	g	1.022	0	2.902	0.869
Tyrosine	g	0.845	0	2.400	0.718
Valine	g	1.356	0	3.851	1.153
Arginine	g	1.493	0	4.240	1.269
Histidine	g	0.797	0	2.263	0.677
Alanine	g	1.513	0	4.297	1.286
Aspartic acid	g	2.214	0	6.288	1.882
Glutamic acid	g	3.651	0	10.369	3.103
Glycine	g	1.228	0	3.488	1.044
Proline	g	1.055	0	2.996	0.897
Serine	g	0.934	0	2.653	0.794
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	73.98		0	20.97	335.57	62.88
Energy	kcal	135		0	38	612	115
Energy	kj	565		0	160	2563	480
Protein (N x 5.95)	g	20.46		0	5.80	92.81	17.39
Total lipid (fat)	g	5.23		0	1.48	23.72	4.45
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.06		0	0.30	4.81	0.90
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	36	7
Iron	mg	1.64		0	0.46	7.44	1.39
Magnesium	mg	23		0	7	104	20
Phosphorus	mg	192		0	54	871	163
Potassium	mg	329		0	93	1492	280
Sodium	mg	81		0	23	367	69
Zinc	mg	4.25		0	1.20	19.28	3.61
Copper	mg	0.196		0	0.056	0.889	0.167
Manganese	mg	0.013		0	0.004	0.059	0.011
Selenium	:g	4.6		0	1.3	20.9	3.9
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.155		0	0.044	0.703	0.132
Riboflavin	mg	0.320		0	0.091	1.452	0.272
Niacin	mg	5.560		0	1.576	25.220	4.726
Pantothenic acid	mg	0.530		0	0.150	2.404	0.451
Vitamin B-6	mg	0.406		0	0.115	1.842	0.345
Folate	:g						
Vitamin B-12	:g	3.01		0	0.85	13.65	2.56
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.081		0	0.590	9.439	1.769
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003		0	0.001	0.014	0.003
12:0	g	0.011		0	0.003	0.050	0.009
14:0	g	0.152		0	0.043	0.689	0.129
15.0	g	0.021		0	0.006	0.095	0.018
16:0	g	1.093		0	0.310	4.958	0.929
17:0	g	0.063		0	0.018	0.286	0.054
18:0	g	0.730		0	0.207	3.311	0.620
20:0	g	0.007		0	0.002	0.032	0.006
22.0	g						
24:0	g						

Monounsaturated, total	g	2.190	0	0.621	9.934	1.862
14:1	g	0.007	0	0.002	0.032	0.006
16:1	g	0.109	0	0.031	0.494	0.093
18:1	g	2.015	0	0.571	9.140	1.713
20:1	g	0.019	0	0.005	0.086	0.016
22.1	g					
Polyunsaturated, total	g	0.251	0	0.071	1.139	0.213
18:2	g	0.152	0	0.043	0.689	0.129
18:3	g	0.070	0	0.020	0.318	0.060
18:4	g					
20:4	g	0.029	0	0.008	0.132	0.025
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	0	18	290	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.239	0	0.068	1.084	0.203
Threonine	g	0.874	0	0.248	3.964	0.743
Isoleucine	g	0.988	0	0.280	4.482	0.840
Leucine	g	1.591	0	0.451	7.217	1.352
Lysine	g	1.807	0	0.512	8.197	1.536
Methionine	g	0.524	0	0.149	2.377	0.445
Cystine	g	0.245	0	0.069	1.111	0.208
Phenylalanine	g	0.831	0	0.236	3.769	0.706
Tyrosine	g	0.687	0	0.195	3.116	0.584
Valine	g	1.103	0	0.313	5.003	0.938
Arginine	g	1.214	0	0.344	5.507	1.032
Histidine	g	0.648	0	0.184	2.939	0.551
Alanine	g	1.231	0	0.349	5.584	1.046
Aspartic acid	g	1.800	0	0.510	8.165	1.530
Glutamic acid	g	2.969	0	0.842	13.467	2.524
Glycine	g	0.998	0	0.283	4.527	0.848
Proline	g	0.858	0	0.243	3.892	0.729
Serine	g	0.759	0	0.215	3.443	0.645
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 251g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.54		0	162.00	54.86	
Energy	kcal	190		0	477	162	
Energy	kj	795		0	1995	676	
Protein (N x 5.95)	g	27.31		0	68.55	23.21	
Total lipid (fat)	g	8.10		0	20.33	6.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.09		0	2.74	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23	8	
Iron	mg	2.15		0	5.40	1.83	
Magnesium	mg	25		0	63	21	
Phosphorus	mg	214		0	537	182	
Potassium	mg	326		0	818	277	
Sodium	mg	72		0	181	61	
Zinc	mg	4.83		0	12.12	4.11	
Copper	mg	0.158		0	0.397	0.134	
Manganese	mg	0.014		0	0.035	0.012	
Selenium	:g	5.9		0	14.8	5.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.135		0	0.339	0.115	
Riboflavin	mg	0.420		0	1.054	0.357	
Niacin	mg	5.725		0	14.370	4.866	
Pantothenic acid	mg	0.990		0	2.485	0.842	
Vitamin B-6	mg	0.460		0	1.155	0.391	
Folate	:g						
Vitamin B-12	:g	3.19		0	8.01	2.71	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.297		0	8.275	2.802	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.015		0	0.038	0.013	
14:0	g	0.241		0	0.605	0.205	
15.0	g	0.035		0	0.088	0.030	
16:0	g	1.691		0	4.244	1.437	
17:0	g	0.102		0	0.256	0.087	
18:0	g	1.212		0	3.042	1.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.304	0	8.293	2.808
14:1	g	0.013	0	0.033	0.011
16:1	g	0.150	0	0.377	0.128
18:1	g	3.047	0	7.648	2.590
20:1	g	0.028	0	0.070	0.024
22.1	g				
Polyunsaturated, total	g	0.380	0	0.954	0.323
18:2	g	0.227	0	0.570	0.193
18:3	g	0.103	0	0.259	0.088
18:4	g				
20:4	g	0.036	0	0.090	0.031
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	223	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.319	0	0.801	0.271
Threonine	g	1.167	0	2.929	0.992
Isoleucine	g	1.320	0	3.313	1.122
Leucine	g	2.124	0	5.331	1.805
Lysine	g	2.412	0	6.054	2.050
Methionine	g	0.699	0	1.754	0.594
Cystine	g	0.328	0	0.823	0.279
Phenylalanine	g	1.110	0	2.786	0.944
Tyrosine	g	0.918	0	2.304	0.780
Valine	g	1.473	0	3.697	1.252
Arginine	g	1.621	0	4.069	1.378
Histidine	g	0.865	0	2.171	0.735
Alanine	g	1.643	0	4.124	1.397
Aspartic acid	g	2.404	0	6.034	2.043
Glutamic acid	g	3.964	0	9.950	3.369
Glycine	g	1.333	0	3.346	1.133
Proline	g	1.145	0	2.874	0.973
Serine	g	1.014	0	2.545	0.862
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	67.64		0	19.18	306.82	57.49
Energy	kcal	201		0	57	912	171
Energy	kj	841		0	238	3815	715
Protein (N x 5.95)	g	18.59		0	5.27	84.32	15.80
Total lipid (fat)	g	13.48		0	3.82	61.15	11.46
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.98		0	0.28	4.45	0.83
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	3	41	8
Iron	mg	1.48		0	0.42	6.71	1.26
Magnesium	mg	20		0	6	91	17
Phosphorus	mg	176		0	50	798	150
Potassium	mg	301		0	85	1365	256
Sodium	mg	75		0	21	340	64
Zinc	mg	4.04		0	1.15	18.33	3.43
Copper	mg	0.181		0	0.051	0.821	0.154
Manganese	mg	0.010		0	0.003	0.045	0.009
Selenium	:g	7.8		0	2.2	35.4	6.6
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.142		0	0.040	0.644	0.121
Riboflavin	mg	0.292		0	0.083	1.325	0.248
Niacin	mg	5.060		0	1.435	22.952	4.301
Pantothenic acid	mg	0.495		0	0.140	2.245	0.421
Vitamin B-6	mg	0.367		0	0.104	1.665	0.312
Folate	:g						
Vitamin B-12	:g	2.75		0	0.78	12.47	2.34
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.389		0	1.811	28.981	5.431
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.022		0	0.006	0.100	0.019
12:0	g	0.041		0	0.012	0.186	0.035
14:0	g	0.516		0	0.146	2.341	0.439
15.0	g	0.079		0	0.022	0.358	0.067
16:0	g	3.053		0	0.866	13.848	2.595
17:0	g	0.203		0	0.058	0.921	0.173
18:0	g	2.450		0	0.695	11.113	2.083
20:0	g	0.025		0	0.007	0.113	0.021
22.0	g						
24:0	g						

Monounsaturated, total	g	5.549	0	1.573	25.170	4.717
14:1	g	0.023	0	0.007	0.104	0.020
16:1	g	0.269	0	0.076	1.220	0.229
18:1	g	5.109	0	1.448	23.174	4.343
20:1	g	0.048	0	0.014	0.218	0.041
22.1	g					
Polyunsaturated, total	g	0.570	0	0.162	2.586	0.484
18:2	g	0.347	0	0.098	1.574	0.295
18:3	g	0.164	0	0.046	0.744	0.139
18:4	g					
20:4	g	0.059	0	0.017	0.268	0.050
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	299	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.217	0	0.062	0.984	0.184
Threonine	g	0.794	0	0.225	3.602	0.675
Isoleucine	g	0.898	0	0.255	4.073	0.763
Leucine	g	1.445	0	0.410	6.555	1.228
Lysine	g	1.642	0	0.466	7.448	1.396
Methionine	g	0.476	0	0.135	2.159	0.405
Cystine	g	0.223	0	0.063	1.012	0.190
Phenylalanine	g	0.755	0	0.214	3.425	0.642
Tyrosine	g	0.625	0	0.177	2.835	0.531
Valine	g	1.002	0	0.284	4.545	0.852
Arginine	g	1.103	0	0.313	5.003	0.938
Histidine	g	0.589	0	0.167	2.672	0.501
Alanine	g	1.118	0	0.317	5.071	0.950
Aspartic acid	g	1.636	0	0.464	7.421	1.391
Glutamic acid	g	2.697	0	0.765	12.234	2.292
Glycine	g	0.907	0	0.257	4.114	0.771
Proline	g	0.779	0	0.221	3.534	0.662
Serine	g	0.690	0	0.196	3.130	0.587
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 277g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.82		0	168.47	51.70	
Energy	kcal	231		0	640	196	
Energy	kj	967		0	2679	822	
Protein (N x 5.95)	g	25.25		0	69.94	21.46	
Total lipid (fat)	g	13.69		0	37.92	11.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.03		0	2.85	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	28	9	
Iron	mg	2.01		0	5.57	1.71	
Magnesium	mg	23		0	64	20	
Phosphorus	mg	203		0	562	173	
Potassium	mg	313		0	867	266	
Sodium	mg	67		0	186	57	
Zinc	mg	4.49		0	12.44	3.82	
Copper	mg	0.138		0	0.382	0.117	
Manganese	mg	0.013		0	0.036	0.011	
Selenium	:g	10.6		0	29.4	9.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.127		0	0.352	0.108	
Riboflavin	mg	0.390		0	1.080	0.331	
Niacin	mg	5.418		0	15.008	4.605	
Pantothenic acid	mg	0.926		0	2.565	0.787	
Vitamin B-6	mg	0.429		0	1.188	0.365	
Folate	:g						
Vitamin B-12	:g	3.04		0	8.42	2.58	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.341		0	17.565	5.390	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.036		0	0.100	0.031	
14:0	g	0.503		0	1.393	0.428	
15.0	g	0.078		0	0.216	0.066	
16:0	g	3.023		0	8.374	2.570	
17:0	g	0.207		0	0.573	0.176	
18:0	g	2.494		0	6.908	2.120	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.554	0	15.385	4.721
14:1	g	0.025	0	0.069	0.021
16:1	g	0.256	0	0.709	0.218
18:1	g	5.117	0	14.174	4.349
20:1	g	0.050	0	0.139	0.043
22.1	g				
Polyunsaturated, total	g	0.563	0	1.560	0.479
18:2	g	0.349	0	0.967	0.297
18:3	g	0.165	0	0.457	0.140
18:4	g				
20:4	g	0.038	0	0.105	0.032
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	230	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.817	0.251
Threonine	g	1.079	0	2.989	0.917
Isoleucine	g	1.220	0	3.379	1.037
Leucine	g	1.963	0	5.438	1.669
Lysine	g	2.230	0	6.177	1.896
Methionine	g	0.646	0	1.789	0.549
Cystine	g	0.303	0	0.839	0.258
Phenylalanine	g	1.026	0	2.842	0.872
Tyrosine	g	0.848	0	2.349	0.721
Valine	g	1.361	0	3.770	1.157
Arginine	g	1.499	0	4.152	1.274
Histidine	g	0.800	0	2.216	0.680
Alanine	g	1.519	0	4.208	1.291
Aspartic acid	g	2.222	0	6.155	1.889
Glutamic acid	g	3.664	0	10.149	3.114
Glycine	g	1.232	0	3.413	1.047
Proline	g	1.058	0	2.931	0.899
Serine	g	0.937	0	2.595	0.796
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	74.08	0.586	4	21.00	336.03	62.97
Energy	kcal	133		0	38	603	113
Energy	kj	556		0	158	2522	473
Protein (N x 5.95)	g	20.45	0.233	4	5.80	92.76	17.38
Total lipid (fat)	g	5.10	0.234	4	1.45	23.13	4.33
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.08	0.048	4	0.31	4.90	0.92
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.540	2	2	32	6
Iron	mg	1.61	0.175	2	0.46	7.30	1.37
Magnesium	mg	22	0.500	2	6	100	19
Phosphorus	mg	191	1.500	2	54	866	162
Potassium	mg	329	1.500	2	93	1492	280
Sodium	mg	81	0.900	2	23	367	69
Zinc	mg	4.50	0.585	2	1.28	20.41	3.83
Copper	mg	0.202	0.086	2	0.057	0.916	0.172
Manganese	mg	0.012	0.001	2	0.003	0.054	0.010
Selenium	:g	8.7		0	2.5	39.5	7.4
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.155	0.015	2	0.044	0.703	0.132
Riboflavin	mg	0.320	0.050	2	0.091	1.452	0.272
Niacin	mg	5.560	0.220	2	1.576	25.220	4.726
Pantothenic acid	mg	0.530	0.180	2	0.150	2.404	0.451
Vitamin B-6	mg	0.406	0.110	2	0.115	1.842	0.345
Folate	:g						
Vitamin B-12	:g	3.01	0.250	2	0.85	13.65	2.56
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.008	1.100	2	0.569	9.108	1.707
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.004		1	0.001	0.018	0.003
12:0	g	0.011	0.050	2	0.003	0.050	0.009
14:0	g	0.149	0.200	2	0.042	0.676	0.127
15.0	g	0.020	0.050	2	0.006	0.091	0.017
16:0	g	1.064	0.450	2	0.302	4.826	0.904
17:0	g	0.061	0.100	2	0.017	0.277	0.052
18:0	g	0.689	1.900	2	0.195	3.125	0.586
20:0	g	0.009		1	0.003	0.041	0.008
22.0	g						
24:0	g						

Monounsaturated, total	g	2.157	0.950	2	0.612	9.784	1.833
14:1	g	0.009		1	0.003	0.041	0.008
16:1	g	0.108	0.350	2	0.031	0.490	0.092
18:1	g	1.984	0.200	2	0.562	8.999	1.686
20:1	g	0.018		1	0.005	0.082	0.015
22.1	g						
Polyunsaturated, total	g	0.246	0.200	2	0.070	1.116	0.209
18:2	g	0.149		2	0.042	0.676	0.127
18:3	g	0.068	0.050	2	0.019	0.308	0.058
18:4	g						
20:4	g	0.029	0.050	2	0.008	0.132	0.025
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	0.450	2	18	290	54
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.239		0	0.068	1.084	0.203
Threonine	g	0.874		0	0.248	3.964	0.743
Isoleucine	g	0.988		0	0.280	4.482	0.840
Leucine	g	1.590		0	0.451	7.212	1.352
Lysine	g	1.806		0	0.512	8.192	1.535
Methionine	g	0.524		0	0.149	2.377	0.445
Cystine	g	0.245		0	0.069	1.111	0.208
Phenylalanine	g	0.831		0	0.236	3.769	0.706
Tyrosine	g	0.687		0	0.195	3.116	0.584
Valine	g	1.103		0	0.313	5.003	0.938
Arginine	g	1.214		0	0.344	5.507	1.032
Histidine	g	0.648		0	0.184	2.939	0.551
Alanine	g	1.230		0	0.349	5.579	1.045
Aspartic acid	g	1.800		0	0.510	8.165	1.530
Glutamic acid	g	2.968		0	0.841	13.463	2.523
Glycine	g	0.998		0	0.283	4.527	0.848
Proline	g	0.857		0	0.243	3.887	0.728
Serine	g	0.759		0	0.215	3.443	0.645
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 246g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.30	0.720	4	160.64	55.51	
Energy	kcal	182		0	448	155	
Energy	kj	761		0	1872	647	
Protein (N x 5.95)	g	27.18	0.444	4	66.86	23.10	
Total lipid (fat)	g	7.27	0.480	4	17.88	6.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.10	0.041	4	2.71	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.910	2	20	7	
Iron	mg	2.13	0.315	2	5.24	1.81	
Magnesium	mg	25	0.150	2	62	21	
Phosphorus	mg	213	2.500	2	524	181	
Potassium	mg	329	3.000	2	809	280	
Sodium	mg	69	0.450	2	170	59	
Zinc	mg	4.86	0.240	2	11.96	4.13	
Copper	mg	0.147	0.021	2	0.362	0.125	
Manganese	mg	0.014	0.002	2	0.034	0.012	
Selenium	:g	11.5		0	28.3	9.8	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.135	0.005	2	0.332	0.115	
Riboflavin	mg	0.420	0.070	2	1.033	0.357	
Niacin	mg	5.725	0.485	2	14.083	4.866	
Pantothenic acid	mg	0.990	0.070	2	2.435	0.842	
Vitamin B-6	mg	0.460	0.062	2	1.132	0.391	
Folate	:g						
Vitamin B-12	:g	3.19	0.370	2	7.85	2.71	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.918	1.000	2	7.178	2.480	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.013		2	0.032	0.011	
14:0	g	0.210	0.150	2	0.517	0.179	
15.0	g	0.031		2	0.076	0.026	
16:0	g	1.522	0.600	2	3.744	1.294	
17:0	g	0.091	0.050	2	0.224	0.077	
18:0	g	1.052	1.700	2	2.588	0.894	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.021	1.250	2	7.432	2.568
14:1	g	0.013		1	0.032	0.011
16:1	g	0.138	0.400	2	0.339	0.117
18:1	g	2.783	0.650	2	6.846	2.366
20:1	g	0.025	0.100	2	0.062	0.021
22.1	g					
Polyunsaturated, total	g	0.348	0.250	2	0.856	0.296
18:2	g	0.207	0.100	2	0.509	0.176
18:3	g	0.094	0.100	2	0.231	0.080
18:4	g					
20:4	g	0.034	0.050	2	0.084	0.029
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83		2	204	71
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.317		0	0.780	0.269
Threonine	g	1.161		0	2.856	0.987
Isoleucine	g	1.313		0	3.230	1.116
Leucine	g	2.113		0	5.198	1.796
Lysine	g	2.400		0	5.904	2.040
Methionine	g	0.696		0	1.712	0.592
Cystine	g	0.326		0	0.802	0.277
Phenylalanine	g	1.104		0	2.716	0.938
Tyrosine	g	0.913		0	2.246	0.776
Valine	g	1.465		0	3.604	1.245
Arginine	g	1.613		0	3.968	1.371
Histidine	g	0.861		0	2.118	0.732
Alanine	g	1.635		0	4.022	1.390
Aspartic acid	g	2.391		0	5.882	2.032
Glutamic acid	g	3.944		0	9.702	3.352
Glycine	g	1.326		0	3.262	1.127
Proline	g	1.139		0	2.802	0.968
Serine	g	1.009		0	2.482	0.858
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	62.63		0	17.76	284.09	53.24
Energy	kcal	254		0	72	1152	216
Energy	kj	1063		0	301	4822	904
Protein (N x 5.95)	g	17.25		0	4.89	78.25	14.66
Total lipid (fat)	g	20.00		0	5.67	90.72	17.00
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.87		0	0.25	3.95	0.74
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	54	10
Iron	mg	1.50		0	0.43	6.80	1.27
Magnesium	mg	20		0	6	91	17
Phosphorus	mg	167		0	47	758	142
Potassium	mg	279		0	79	1266	237
Sodium	mg	70		0	20	318	60
Zinc	mg	2.95		0	0.84	13.38	2.51
Copper	mg	0.148		0	0.042	0.671	0.126
Manganese	mg	0.013		0	0.004	0.059	0.011
Selenium	:g	8.0		0	2.3	36.3	6.8
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.133		0	0.038	0.603	0.113
Riboflavin	mg	0.272		0	0.077	1.234	0.231
Niacin	mg	4.695		0	1.331	21.297	3.991
Pantothenic acid	mg	0.469		0	0.133	2.127	0.399
Vitamin B-6	mg	0.339		0	0.096	1.538	0.288
Folate	:g						
Vitamin B-12	:g	2.57		0	0.73	11.66	2.18
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.754		0	2.765	44.244	8.291
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.062		0	0.018	0.281	0.053
14:0	g	0.794		0	0.225	3.602	0.675
15.0	g	0.126		0	0.036	0.572	0.107
16:0	g	4.596		0	1.303	20.847	3.907
17:0	g	0.311		0	0.088	1.411	0.264
18:0	g	3.865		0	1.096	17.532	3.285
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.101	0	2.297	36.746	6.886
14:1	g					
16:1	g	0.389	0	0.110	1.765	0.331
18:1	g	7.489	0	2.123	33.970	6.366
20:1	g	0.075	0	0.021	0.340	0.064
22.1	g					
Polyunsaturated, total	g	0.823	0	0.233	3.733	0.700
18:2	g	0.501	0	0.142	2.273	0.426
18:3	g	0.240	0	0.068	1.089	0.204
18:4	g					
20:4	g	0.082	0	0.023	0.372	0.070
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	299	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.201	0	0.057	0.912	0.171
Threonine	g	0.737	0	0.209	3.343	0.626
Isoleucine	g	0.833	0	0.236	3.778	0.708
Leucine	g	1.341	0	0.380	6.083	1.140
Lysine	g	1.523	0	0.432	6.908	1.295
Methionine	g	0.442	0	0.125	2.005	0.376
Cystine	g	0.207	0	0.059	0.939	0.176
Phenylalanine	g	0.701	0	0.199	3.180	0.596
Tyrosine	g	0.579	0	0.164	2.626	0.492
Valine	g	0.930	0	0.264	4.218	0.791
Arginine	g	1.024	0	0.290	4.645	0.870
Histidine	g	0.546	0	0.155	2.477	0.464
Alanine	g	1.038	0	0.294	4.708	0.882
Aspartic acid	g	1.518	0	0.430	6.886	1.290
Glutamic acid	g	2.503	0	0.710	11.354	2.128
Glycine	g	0.842	0	0.239	3.819	0.716
Proline	g	0.723	0	0.205	3.280	0.615
Serine	g	0.640	0	0.181	2.903	0.544
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 306g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.20		0	171.97	47.77	
Energy	kcal	281		0	860	239	
Energy	kj	1176		0	3599	1000	
Protein (N x 5.95)	g	24.88		0	76.13	21.15	
Total lipid (fat)	g	19.38		0	59.30	16.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.96		0	2.94	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	46	13	
Iron	mg	2.06		0	6.30	1.75	
Magnesium	mg	23		0	70	20	
Phosphorus	mg	199		0	609	169	
Potassium	mg	297		0	909	252	
Sodium	mg	78		0	239	66	
Zinc	mg	4.24		0	12.97	3.60	
Copper	mg	0.173		0	0.529	0.147	
Manganese	mg	0.016		0	0.049	0.014	
Selenium	:g	11.7		0	35.8	9.9	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.124		0	0.379	0.105	
Riboflavin	mg	0.376		0	1.151	0.320	
Niacin	mg	5.281		0	16.160	4.489	
Pantothenic acid	mg	0.898		0	2.748	0.763	
Vitamin B-6	mg	0.415		0	1.270	0.353	
Folate	:g						
Vitamin B-12	:g	2.98		0	9.12	2.53	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.245		0	28.290	7.858	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.035		0	0.107	0.030	
12:0	g	0.056		0	0.171	0.048	
14:0	g	0.742		0	2.271	0.631	
15.0	g	0.111		0	0.340	0.094	
16:0	g	4.279		0	13.094	3.637	
17:0	g	0.298		0	0.912	0.253	
18:0	g	3.689		0	11.288	3.136	
20:0	g	0.035		0	0.107	0.030	
22.0	g						
24:0	g						

Monounsaturated, total	g	7.658	0	23.433	6.509
14:1	g	0.031	0	0.095	0.026
16:1	g	0.350	0	1.071	0.298
18:1	g	7.066	0	21.622	6.006
20:1	g	0.071	0	0.217	0.060
22.1	g				
Polyunsaturated, total	g	0.771	0	2.359	0.655
18:2	g	0.482	0	1.475	0.410
18:3	g	0.229	0	0.701	0.195
18:4	g				
20:4	g	0.045	0	0.138	0.038
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	102	0	312	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.890	0.247
Threonine	g	1.063	0	3.253	0.904
Isoleucine	g	1.202	0	3.678	1.022
Leucine	g	1.935	0	5.921	1.645
Lysine	g	2.197	0	6.723	1.867
Methionine	g	0.637	0	1.949	0.541
Cystine	g	0.299	0	0.915	0.254
Phenylalanine	g	1.011	0	3.094	0.859
Tyrosine	g	0.836	0	2.558	0.711
Valine	g	1.341	0	4.103	1.140
Arginine	g	1.477	0	4.520	1.255
Histidine	g	0.788	0	2.411	0.670
Alanine	g	1.497	0	4.581	1.272
Aspartic acid	g	2.189	0	6.698	1.861
Glutamic acid	g	3.610	0	11.047	3.068
Glycine	g	1.214	0	3.715	1.032
Proline	g	1.043	0	3.192	0.887
Serine	g	0.923	0	2.824	0.785
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	73.68	0.538	4	20.89	334.21	62.63
Energy	kcal	138		0	39	626	117
Energy	kj	577		0	164	2617	490
Protein (N x 5.95)	g	20.48	0.210	4	5.81	92.90	17.41
Total lipid (fat)	g	5.64	0.368	4	1.60	25.58	4.79
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.03	0.025	4	0.29	4.67	0.88
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.030	2	3	45	9
Iron	mg	1.75	0.210	2	0.50	7.94	1.49
Magnesium	mg	23	0.200	2	7	104	20
Phosphorus	mg	195	1.500	2	55	885	166
Potassium	mg	328	2.500	2	93	1488	279
Sodium	mg	80	3.100	2	23	363	68
Zinc	mg	3.50	0.020	2	0.99	15.88	2.98
Copper	mg	0.179	0.008	2	0.051	0.812	0.152
Manganese	mg	0.017	0.001	2	0.005	0.077	0.014
Selenium	:g	9.8		0	2.8	44.5	8.3
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.155	0.015	2	0.044	0.703	0.132
Riboflavin	mg	0.320	0.050	2	0.091	1.452	0.272
Niacin	mg	5.560	0.220	2	1.576	25.220	4.726
Pantothenic acid	mg	0.530	0.180	2	0.150	2.404	0.451
Vitamin B-6	mg	0.406	0.110	2	0.115	1.842	0.345
Folate	:g						
Vitamin B-12	:g	3.01	0.250	2	0.85	13.65	2.56
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.308	1.150	2	0.654	10.469	1.962
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		2	0.003	0.045	0.009
14:0	g	0.163	0.150	2	0.046	0.739	0.139
15.0	g	0.024		2	0.007	0.109	0.020
16:0	g	1.184	0.600	2	0.336	5.371	1.006
17:0	g	0.068		2	0.019	0.308	0.058
18:0	g	0.859	1.900	2	0.244	3.896	0.730
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.293	0.900	2	0.650	10.401	1.949
14:1	g						
16:1	g	0.112	0.300	2	0.032	0.508	0.095
18:1	g	2.114	0.350	2	0.599	9.589	1.797
20:1	g	0.024		1	0.007	0.109	0.020
22.1	g						
Polyunsaturated, total	g	0.267	0.300	2	0.076	1.211	0.227
18:2	g	0.163	0.150	2	0.046	0.739	0.139
18:3	g	0.075	0.150	2	0.021	0.340	0.064
18:4	g						
20:4	g	0.029	0.100	2	0.008	0.132	0.025
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63	1.850	2	18	286	54
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.239		0	0.068	1.084	0.203
Threonine	g	0.875		0	0.248	3.969	0.744
Isoleucine	g	0.989		0	0.280	4.486	0.841
Leucine	g	1.592		0	0.451	7.221	1.353
Lysine	g	1.808		0	0.513	8.201	1.537
Methionine	g	0.524		0	0.149	2.377	0.445
Cystine	g	0.246		0	0.070	1.116	0.209
Phenylalanine	g	0.832		0	0.236	3.774	0.707
Tyrosine	g	0.688		0	0.195	3.121	0.585
Valine	g	1.104		0	0.313	5.008	0.938
Arginine	g	1.215		0	0.344	5.511	1.033
Histidine	g	0.649		0	0.184	2.944	0.552
Alanine	g	1.232		0	0.349	5.588	1.047
Aspartic acid	g	1.802		0	0.511	8.174	1.532
Glutamic acid	g	2.971		0	0.842	13.476	2.525
Glycine	g	0.999		0	0.283	4.531	0.849
Proline	g	0.858		0	0.243	3.892	0.729
Serine	g	0.760		0	0.215	3.447	0.646
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.18	0.471	4	161.05	52.85	
Energy	kcal	215		0	557	183	
Energy	kj	900		0	2331	765	
Protein (N x 5.95)	g	27.75	0.210	4	71.87	23.59	
Total lipid (fat)	g	10.65	0.693	4	27.58	9.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.05	0.029	4	2.72	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.400	2	34	11	
Iron	mg	2.24	0.300	2	5.80	1.90	
Magnesium	mg	25	0.500	2	65	21	
Phosphorus	mg	214	3.500	2	554	182	
Potassium	mg	318	4.500	2	824	270	
Sodium	mg	83	0.500	2	215	71	
Zinc	mg	4.76	0.105	2	12.33	4.05	
Copper	mg	0.194	0.043	2	0.502	0.165	
Manganese	mg	0.017	0.003	2	0.044	0.014	
Selenium	:g	13.0		0	33.7	11.1	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.135	0.005	2	0.350	0.115	
Riboflavin	mg	0.420	0.070	2	1.088	0.357	
Niacin	mg	5.725	0.485	2	14.828	4.866	
Pantothenic acid	mg	0.990	0.070	2	2.564	0.842	
Vitamin B-6	mg	0.460	0.062	2	1.191	0.391	
Folate	:g						
Vitamin B-12	:g	3.19	0.370	2	8.26	2.71	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.508	1.350	2	11.676	3.832	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.014	0.050	2	0.036	0.012	
12:0	g	0.023	0.050	2	0.060	0.020	
14:0	g	0.339	0.400	2	0.878	0.288	
15.0	g	0.046		2	0.119	0.039	
16:0	g	2.220	0.600	2	5.750	1.887	
17:0	g	0.138	0.100	2	0.357	0.117	
18:0	g	1.711	2.350	2	4.431	1.454	
20:0	g	0.018		2	0.047	0.015	
22.0	g						
24:0	g						

Monounsaturated, total	g	4.182	1.600	2	10.831	3.555
14:1	g	0.014	0.050	2	0.036	0.012
16:1	g	0.188	0.450	2	0.487	0.160
18:1	g	3.866	0.950	2	10.013	3.286
20:1	g	0.037	0.100	2	0.096	0.031
22.1	g					
Polyunsaturated, total	g	0.482	0.250	2	1.248	0.410
18:2	g	0.289	0.050	2	0.749	0.246
18:3	g	0.133	0.050	2	0.344	0.113
18:4	g					
20:4	g	0.041	0.150	2	0.106	0.035
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	105	12.800	2	272	89
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.324		0	0.839	0.275
Threonine	g	1.185		0	3.069	1.007
Isoleucine	g	1.341		0	3.473	1.140
Leucine	g	2.158		0	5.589	1.834
Lysine	g	2.451		0	6.348	2.083
Methionine	g	0.710		0	1.839	0.603
Cystine	g	0.333		0	0.862	0.283
Phenylalanine	g	1.128		0	2.922	0.959
Tyrosine	g	0.932		0	2.414	0.792
Valine	g	1.496		0	3.875	1.272
Arginine	g	1.647		0	4.266	1.400
Histidine	g	0.879		0	2.277	0.747
Alanine	g	1.669		0	4.323	1.419
Aspartic acid	g	2.442		0	6.325	2.076
Glutamic acid	g	4.027		0	10.430	3.423
Glycine	g	1.354		0	3.507	1.151
Proline	g	1.163		0	3.012	0.989
Serine	g	1.030		0	2.668	0.876
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 149g	Measure 3*
Proximates:							
Water	g	66.86		0	18.95	99.62	
Energy	kcal	208		0	59	310	
Energy	kj	870		0	247	1296	
Protein (N x 5.95)	g	18.33		0	5.20	27.31	
Total lipid (fat)	g	14.38		0	4.08	21.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.86		0	0.24	1.28	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	3	16	
Iron	mg	1.75		0	0.50	2.61	
Magnesium	mg	22		0	6	33	
Phosphorus	mg	192		0	54	286	
Potassium	mg	308		0	87	459	
Sodium	mg	59		0	17	88	
Zinc	mg	3.21		0	0.91	4.78	
Copper	mg	0.139		0	0.039	0.207	
Manganese	mg	0.014		0	0.004	0.021	
Selenium	:g	7.1		0	2.0	10.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.140		0	0.040	0.209	
Riboflavin	mg	0.288		0	0.082	0.429	
Niacin	mg	4.996		0	1.416	7.444	
Pantothenic acid	mg	0.490		0	0.139	0.730	
Vitamin B-6	mg	0.362		0	0.103	0.539	
Folate	:g						
Vitamin B-12	:g	2.72		0	0.77	4.05	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.898		0	1.956	10.278	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.026		0	0.007	0.039	
12:0	g	0.045		0	0.013	0.067	
14:0	g	0.561		0	0.159	0.836	
15.0	g	0.085		0	0.024	0.127	
16:0	g	3.273		0	0.928	4.877	
17:0	g	0.213		0	0.060	0.317	
18:0	g	2.669		0	0.757	3.977	
20:0	g	0.025		0	0.007	0.037	
22.0	g						
24:0	g						

Monounsaturated, total	g	5.878	0	1.666	8.758
14:1	g	0.025	0	0.007	0.037
16:1	g	0.279	0	0.079	0.416
18:1	g	5.417	0	1.536	8.071
20:1	g	0.051	0	0.014	0.076
22.1	g				
Polyunsaturated, total	g	0.649	0	0.184	0.967
18:2	g	0.377	0	0.107	0.562
18:3	g	0.179	0	0.051	0.267
18:4	g				
20:4	g	0.066	0	0.019	0.098
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	0	19	98
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.061	0.319
Threonine	g	0.783	0	0.222	1.167
Isoleucine	g	0.886	0	0.251	1.320
Leucine	g	1.425	0	0.404	2.123
Lysine	g	1.619	0	0.459	2.412
Methionine	g	0.469	0	0.133	0.699
Cystine	g	0.220	0	0.062	0.328
Phenylalanine	g	0.745	0	0.211	1.110
Tyrosine	g	0.616	0	0.175	0.918
Valine	g	0.988	0	0.280	1.472
Arginine	g	1.088	0	0.308	1.621
Histidine	g	0.581	0	0.165	0.866
Alanine	g	1.103	0	0.313	1.643
Aspartic acid	g	1.613	0	0.457	2.403
Glutamic acid	g	2.660	0	0.754	3.963
Glycine	g	0.894	0	0.253	1.332
Proline	g	0.768	0	0.218	1.144
Serine	g	0.680	0	0.193	1.013
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 152 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 105g	Measure 3*
Proximates:							
Water	g	59.95		0	50.96	62.95	
Energy	kcal	235		0	200	247	
Energy	kj	983		0	836	1032	
Protein (N x 5.95)	g	25.75		0	21.89	27.04	
Total lipid (fat)	g	13.83		0	11.76	14.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.99		0	0.84	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	12	15	
Iron	mg	2.34		0	1.99	2.46	
Magnesium	mg	25		0	21	26	
Phosphorus	mg	224		0	190	235	
Potassium	mg	336		0	286	353	
Sodium	mg	64		0	54	67	
Zinc	mg	4.83		0	4.11	5.07	
Copper	mg	0.162		0	0.138	0.170	
Manganese	mg	0.015		0	0.013	0.016	
Selenium	:g	10.1		0	8.6	10.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.128		0	0.109	0.134	
Riboflavin	mg	0.391		0	0.332	0.411	
Niacin	mg	5.433		0	4.618	5.705	
Pantothenic acid	mg	0.929		0	0.790	0.975	
Vitamin B-6	mg	0.430		0	0.366	0.452	
Folate	:g						
Vitamin B-12	:g	3.05		0	2.59	3.20	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.414		0	5.452	6.735	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.021		0	0.018	0.022	
12:0	g	0.044		0	0.037	0.046	
14:0	g	0.523		0	0.445	0.549	
15.0	g	0.080		0	0.068	0.084	
16:0	g	3.042		0	2.586	3.194	
17:0	g	0.200		0	0.170	0.210	
18:0	g	2.485		0	2.112	2.609	
20:0	g	0.019		0	0.016	0.020	
22.0	g						
24:0	g						

Monounsaturated, total	g	5.567	0	4.732	5.845
14:1	g	0.019	0	0.016	0.020
16:1	g	0.263	0	0.224	0.276
18:1	g	5.134	0	4.364	5.391
20:1	g	0.044	0	0.037	0.046
22.1	g				
Polyunsaturated, total	g	0.595	0	0.506	0.625
18:2	g	0.366	0	0.311	0.384
18:3	g	0.175	0	0.149	0.184
18:4	g				
20:4	g	0.045	0	0.038	0.047
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	72	89
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.256	0.316
Threonine	g	1.100	0	0.935	1.155
Isoleucine	g	1.244	0	1.057	1.306
Leucine	g	2.002	0	1.702	2.102
Lysine	g	2.274	0	1.933	2.388
Methionine	g	0.659	0	0.560	0.692
Cystine	g	0.309	0	0.263	0.324
Phenylalanine	g	1.046	0	0.889	1.098
Tyrosine	g	0.865	0	0.735	0.908
Valine	g	1.388	0	1.180	1.457
Arginine	g	1.528	0	1.299	1.604
Histidine	g	0.816	0	0.694	0.857
Alanine	g	1.549	0	1.317	1.626
Aspartic acid	g	2.266	0	1.926	2.379
Glutamic acid	g	3.737	0	3.176	3.924
Glycine	g	1.257	0	1.068	1.320
Proline	g	1.079	0	0.917	1.133
Serine	g	0.956	0	0.813	1.004
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 152 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 126g	Measure 3*
Proximates:							
Water	g	74.13	0.685	4	21.02	93.40	
Energy	kcal	132		0	37	166	
Energy	kj	552		0	156	696	
Protein (N x 5.95)	g	20.43	0.193	4	5.79	25.74	
Total lipid (fat)	g	4.91	0.573	4	1.39	6.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.95	0.050	4	0.27	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.558	3	3	11	
Iron	mg	1.94	0.158	3	0.55	2.44	
Magnesium	mg	25	0.404	3	7	32	
Phosphorus	mg	214	4.485	3	61	270	
Potassium	mg	342	4.667	3	97	431	
Sodium	mg	64	4.590	3	18	81	
Zinc	mg	3.58	0.067	3	1.01	4.51	
Copper	mg	0.156	0.002	3	0.044	0.197	
Manganese	mg	0.016	0.002	3	0.005	0.020	
Selenium	:g	8.0		2	2.3	10.1	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.155	0.015	2	0.044	0.195	
Riboflavin	mg	0.320	0.050	2	0.091	0.403	
Niacin	mg	5.560	0.220	2	1.576	7.006	
Pantothenic acid	mg	0.530	0.180	2	0.150	0.668	
Vitamin B-6	mg	0.406	0.110	2	0.115	0.512	
Folate	:g						
Vitamin B-12	:g	3.01	0.250	2	0.85	3.79	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	1.948	1.617	3	0.552	2.454	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.006	0.050	2	0.002	0.008	
12:0	g	0.011	0.033	3	0.003	0.014	
14:0	g	0.146	0.348	3	0.041	0.184	
15.0	g	0.018	0.033	3	0.005	0.023	
16:0	g	1.025	1.268	3	0.291	1.291	
17:0	g	0.052	0.033	3	0.015	0.066	
18:0	g	0.683	1.367	3	0.194	0.861	
20:0	g	0.006	0.050	2	0.002	0.008	
22.0	g						
24:0	g						

Monounsaturated, total	g	2.034	0.895	3	0.577	2.563
14:1	g	0.008		2	0.002	0.010
16:1	g	0.096	0.203	3	0.027	0.121
18:1	g	1.877	0.895	3	0.532	2.365
20:1	g	0.017		1	0.005	0.021
22.1	g					
Polyunsaturated, total	g	0.267	0.736	3	0.076	0.336
18:2	g	0.155	0.371	3	0.044	0.195
18:3	g	0.072	0.153	3	0.020	0.091
18:4	g					
20:4	g	0.032	0.120	3	0.009	0.040
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	1.212	3	18	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.239		0	0.068	0.301
Threonine	g	0.873		0	0.247	1.100
Isoleucine	g	0.987		0	0.280	1.244
Leucine	g	1.588		0	0.450	2.001
Lysine	g	1.804		0	0.511	2.273
Methionine	g	0.523		0	0.148	0.659
Cystine	g	0.245		0	0.069	0.309
Phenylalanine	g	0.830		0	0.235	1.046
Tyrosine	g	0.686		0	0.194	0.864
Valine	g	1.101		0	0.312	1.387
Arginine	g	1.212		0	0.344	1.527
Histidine	g	0.647		0	0.183	0.815
Alanine	g	1.229		0	0.348	1.549
Aspartic acid	g	1.797		0	0.509	2.264
Glutamic acid	g	2.964		0	0.840	3.735
Glycine	g	0.997		0	0.283	1.256
Proline	g	0.856		0	0.243	1.079
Serine	g	0.758		0	0.215	0.955
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw chop with refuse, 152 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 95g	Measure 3*
Proximates:							
Water	g	64.08	0.605	4	54.47	60.88	
Energy	kcal	188		0	160	179	
Energy	kj	787		0	669	748	
Protein (N x 5.95)	g	27.63	0.633	4	23.49	26.25	
Total lipid (fat)	g	7.80	0.564	4	6.63	7.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.05	0.087	4	0.89	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.146	3	11	12	
Iron	mg	2.48	0.188	3	2.11	2.36	
Magnesium	mg	26	0.612	3	22	25	
Phosphorus	mg	237	5.457	3	201	225	
Potassium	mg	354	5.364	3	301	336	
Sodium	mg	66	4.495	3	56	63	
Zinc	mg	5.21	0.248	3	4.43	4.95	
Copper	mg	0.173	0.018	3	0.147	0.164	
Manganese	mg	0.015	0.002	3	0.013	0.014	
Selenium	:g	10.8		0	9.2	10.3	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.135	0.005	2	0.115	0.128	
Riboflavin	mg	0.420	0.070	2	0.357	0.399	
Niacin	mg	5.725	0.485	2	4.866	5.439	
Pantothenic acid	mg	0.990	0.070	2	0.842	0.941	
Vitamin B-6	mg	0.460	0.062	2	0.391	0.437	
Folate	:g						
Vitamin B-12	:g	3.19	0.370	2	2.71	3.03	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.159	1.364	3	2.685	3.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.007		2	0.006	0.007	
12:0	g	0.022	0.033	3	0.019	0.021	
14:0	g	0.248	0.265	3	0.211	0.236	
15.0	g	0.036	0.067	3	0.031	0.034	
16:0	g	1.626	1.035	3	1.382	1.545	
17:0	g	0.089	0.033	3	0.076	0.085	
18:0	g	1.123	1.586	3	0.955	1.067	
20:0	g	0.007		1	0.006	0.007	
22.0	g						
24:0	g						

Monounsaturated, total	g	3.177	0.896	3	2.700	3.018
14:1	g	0.007		2	0.006	0.007
16:1	g	0.152	0.203	3	0.129	0.144
18:1	g	2.933	0.850	3	2.493	2.786
20:1	g	0.020		1	0.017	0.019
22.1	g					
Polyunsaturated, total	g	0.396	0.603	3	0.337	0.376
18:2	g	0.234	0.296	3	0.199	0.222
18:3	g	0.110	0.145	3	0.094	0.105
18:4	g					
20:4	g	0.043	0.120	3	0.037	0.041
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85	3.431	3	72	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.323		0	0.275	0.307
Threonine	g	1.180		0	1.003	1.121
Isoleucine	g	1.335		0	1.135	1.268
Leucine	g	2.148		0	1.826	2.041
Lysine	g	2.440		0	2.074	2.318
Methionine	g	0.707		0	0.601	0.672
Cystine	g	0.332		0	0.282	0.315
Phenylalanine	g	1.123		0	0.955	1.067
Tyrosine	g	0.928		0	0.789	0.882
Valine	g	1.490		0	1.266	1.416
Arginine	g	1.640		0	1.394	1.558
Histidine	g	0.875		0	0.744	0.831
Alanine	g	1.662		0	1.413	1.579
Aspartic acid	g	2.431		0	2.066	2.309
Glutamic acid	g	4.009		0	3.408	3.809
Glycine	g	1.348		0	1.146	1.281
Proline	g	1.158		0	0.984	1.100
Serine	g	1.025		0	0.871	0.974
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 152 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 316g	Measure 3*
Proximates:							
Water	g	68.46		0	19.41	216.33	
Energy	kcal	195		0	55	616	
Energy	kj	816		0	231	2579	
Protein (N x 5.95)	g	19.17		0	5.43	60.58	
Total lipid (fat)	g	12.56		0	3.56	39.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.98		0	0.28	3.10	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	32	
Iron	mg	1.81		0	0.51	5.72	
Magnesium	mg	23		0	7	73	
Phosphorus	mg	199		0	56	629	
Potassium	mg	318		0	90	1005	
Sodium	mg	61		0	17	193	
Zinc	mg	3.32		0	0.94	10.49	
Copper	mg	0.144		0	0.041	0.455	
Manganese	mg	0.015		0	0.004	0.047	
Selenium	:g	7.4		0	2.1	23.4	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.145		0	0.041	0.458	
Riboflavin	mg	0.298		0	0.084	0.942	
Niacin	mg	5.167		0	1.465	16.328	
Pantothenic acid	mg	0.502		0	0.142	1.586	
Vitamin B-6	mg	0.375		0	0.106	1.185	
Folate	:g						
Vitamin B-12	:g	2.81		0	0.80	8.88	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.813		0	1.648	18.369	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.022		0	0.006	0.070	
12:0	g	0.037		0	0.010	0.117	
14:0	g	0.466		0	0.132	1.473	
15.0	g	0.069		0	0.020	0.218	
16:0	g	2.810		0	0.797	8.880	
17:0	g	0.175		0	0.050	0.553	
18:0	g	2.212		0	0.627	6.990	
20:0	g	0.021		0	0.006	0.066	
22.0	g						
24:0	g						

Monounsaturated, total	g	5.146	0	1.459	16.261
14:1	g	0.022	0	0.006	0.070
16:1	g	0.244	0	0.069	0.771
18:1	g	4.744	0	1.345	14.991
20:1	g	0.044	0	0.012	0.139
22.1	g				
Polyunsaturated, total	g	0.591	0	0.168	1.868
18:2	g	0.342	0	0.097	1.081
18:3	g	0.162	0	0.046	0.512
18:4	g				
20:4	g	0.063	0	0.018	0.199
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	18	205
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.224	0	0.064	0.708
Threonine	g	0.819	0	0.232	2.588
Isoleucine	g	0.926	0	0.263	2.926
Leucine	g	1.490	0	0.422	4.708
Lysine	g	1.693	0	0.480	5.350
Methionine	g	0.491	0	0.139	1.552
Cystine	g	0.230	0	0.065	0.727
Phenylalanine	g	0.779	0	0.221	2.462
Tyrosine	g	0.644	0	0.183	2.035
Valine	g	1.033	0	0.293	3.264
Arginine	g	1.138	0	0.323	3.596
Histidine	g	0.607	0	0.172	1.918
Alanine	g	1.153	0	0.327	3.643
Aspartic acid	g	1.687	0	0.478	5.331
Glutamic acid	g	2.781	0	0.788	8.788
Glycine	g	0.935	0	0.265	2.955
Proline	g	0.803	0	0.228	2.537
Serine	g	0.711	0	0.202	2.247
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw slice with refuse, 336 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 232g	Measure 3*
Proximates:							
Water	g	61.99		0	52.69	143.82	
Energy	kcal	215		0	183	499	
Energy	kj	900		0	765	2088	
Protein (N x 5.95)	g	25.54		0	21.71	59.25	
Total lipid (fat)	g	11.78		0	10.01	27.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.03		0	0.88	2.39	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	12	32	
Iron	mg	2.38		0	2.02	5.52	
Magnesium	mg	25		0	21	58	
Phosphorus	mg	228		0	194	529	
Potassium	mg	342		0	291	793	
Sodium	mg	65		0	55	151	
Zinc	mg	4.95		0	4.21	11.48	
Copper	mg	0.165		0	0.140	0.383	
Manganese	mg	0.015		0	0.013	0.035	
Selenium	:g	13.5		0	11.5	31.4	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.130		0	0.111	0.302	
Riboflavin	mg	0.400		0	0.340	0.928	
Niacin	mg	5.527		0	4.698	12.823	
Pantothenic acid	mg	0.949		0	0.807	2.202	
Vitamin B-6	mg	0.440		0	0.374	1.021	
Folate	:g						
Vitamin B-12	:g	3.10		0	2.63	7.19	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.320		0	4.522	12.342	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.016		0	0.014	0.037	
12:0	g	0.037		0	0.031	0.086	
14:0	g	0.431		0	0.366	1.000	
15.0	g	0.065		0	0.055	0.151	
16:0	g	2.565		0	2.180	5.951	
17:0	g	0.163		0	0.139	0.378	
18:0	g	2.032		0	1.727	4.714	
20:0	g	0.015		0	0.013	0.035	
22.0	g						
24:0	g						

Monounsaturated, total	g	4.755	0	4.042	11.032
14:1	g	0.015	0	0.013	0.035
16:1	g	0.225	0	0.191	0.522
18:1	g	4.386	0	3.728	10.176
20:1	g	0.036	0	0.031	0.084
22.1	g				
Polyunsaturated, total	g	0.526	0	0.447	1.220
18:2	g	0.320	0	0.272	0.742
18:3	g	0.153	0	0.130	0.355
18:4	g				
20:4	g	0.043	0	0.037	0.100
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	85	0	72	197
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.253	0.691
Threonine	g	1.091	0	0.927	2.531
Isoleucine	g	1.234	0	1.049	2.863
Leucine	g	1.986	0	1.688	4.608
Lysine	g	2.255	0	1.917	5.232
Methionine	g	0.654	0	0.556	1.517
Cystine	g	0.306	0	0.260	0.710
Phenylalanine	g	1.038	0	0.882	2.408
Tyrosine	g	0.858	0	0.729	1.991
Valine	g	1.377	0	1.170	3.195
Arginine	g	1.516	0	1.289	3.517
Histidine	g	0.809	0	0.688	1.877
Alanine	g	1.536	0	1.306	3.564
Aspartic acid	g	2.247	0	1.910	5.213
Glutamic acid	g	3.706	0	3.150	8.598
Glycine	g	1.246	0	1.059	2.891
Proline	g	1.071	0	0.910	2.485
Serine	g	0.948	0	0.806	2.199
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw slice with refuse, 336 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 282g	Measure 3*
Proximates:							
Water	g	73.45	0.519	4	20.82	207.13	
Energy	kcal	143		0	41	403	
Energy	kj	598		0	170	1686	
Protein (N x 5.95)	g	20.65	0.377	4	5.85	58.23	
Total lipid (fat)	g	6.08	1.190	4	1.72	17.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.05	0.087	4	0.30	2.96	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.558	3	3	25	
Iron	mg	1.94	0.158	3	0.55	5.47	
Magnesium	mg	25	0.404	3	7	71	
Phosphorus	mg	214	4.485	3	61	603	
Potassium	mg	342	4.667	3	97	964	
Sodium	mg	64	4.590	3	18	180	
Zinc	mg	3.58	0.067	3	1.01	10.10	
Copper	mg	0.156	0.002	3	0.044	0.440	
Manganese	mg	0.016	0.002	3	0.005	0.045	
Selenium	:g	8.0		2	2.3	22.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.155	0.015	2	0.044	0.437	
Riboflavin	mg	0.320	0.050	2	0.091	0.902	
Niacin	mg	5.560	0.220	2	1.576	15.679	
Pantothenic acid	mg	0.530	0.180	2	0.150	1.495	
Vitamin B-6	mg	0.406	0.110	2	0.115	1.145	
Folate	:g						
Vitamin B-12	:g	3.01	0.250	2	0.85	8.49	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.413	1.617	3	0.684	6.805	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.008	0.050	2	0.002	0.023	
12:0	g	0.014	0.033	3	0.004	0.039	
14:0	g	0.181	0.348	3	0.051	0.510	
15.0	g	0.023	0.033	3	0.007	0.065	
16:0	g	1.269	1.268	3	0.360	3.579	
17:0	g	0.065	0.033	3	0.018	0.183	
18:0	g	0.846	1.367	3	0.240	2.386	
20:0	g	0.008	0.050	2	0.002	0.023	
22.0	g						
24:0	g						

Monounsaturated, total	g	2.519	0.895	3	0.714	7.104
14:1	g	0.010		2	0.003	0.028
16:1	g	0.119	0.203	3	0.034	0.336
18:1	g	2.324	0.895	3	0.659	6.554
20:1	g	0.021		1	0.006	0.059
22.1	g					
Polyunsaturated, total	g	0.331	0.736	3	0.094	0.933
18:2	g	0.192	0.371	3	0.054	0.541
18:3	g	0.089	0.153	3	0.025	0.251
18:4	g					
20:4	g	0.040	0.120	3	0.011	0.113
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	1.212	3	18	180
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.241		0	0.068	0.680
Threonine	g	0.882		0	0.250	2.487
Isoleucine	g	0.998		0	0.283	2.814
Leucine	g	1.606		0	0.455	4.529
Lysine	g	1.824		0	0.517	5.144
Methionine	g	0.529		0	0.150	1.492
Cystine	g	0.248		0	0.070	0.699
Phenylalanine	g	0.839		0	0.238	2.366
Tyrosine	g	0.694		0	0.197	1.957
Valine	g	1.113		0	0.316	3.139
Arginine	g	1.226		0	0.348	3.457
Histidine	g	0.654		0	0.185	1.844
Alanine	g	1.242		0	0.352	3.502
Aspartic acid	g	1.817		0	0.515	5.124
Glutamic acid	g	2.997		0	0.850	8.452
Glycine	g	1.008		0	0.286	2.843
Proline	g	0.866		0	0.246	2.442
Serine	g	0.767		0	0.217	2.163
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 raw slice with refuse, 336 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 215g	Measure 3*
Proximates:							
Water	g	64.85	1.192	4	55.12	139.43	
Energy	kcal	183		0	156	393	
Energy	kj	766		0	651	1647	
Protein (N x 5.95)	g	26.75	0.939	4	22.74	57.51	
Total lipid (fat)	g	7.68	0.601	4	6.53	16.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.08	0.063	4	0.92	2.32	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.146	3	11	28	
Iron	mg	2.48	0.188	3	2.11	5.33	
Magnesium	mg	26	0.612	3	22	56	
Phosphorus	mg	237	5.457	3	201	510	
Potassium	mg	354	5.364	3	301	761	
Sodium	mg	66	4.495	3	56	142	
Zinc	mg	5.21	0.248	3	4.43	11.20	
Copper	mg	0.173	0.018	3	0.147	0.372	
Manganese	mg	0.015	0.002	3	0.013	0.032	
Selenium	:g	14.2		0	12.1	30.5	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.135	0.005	2	0.115	0.290	
Riboflavin	mg	0.420	0.070	2	0.357	0.903	
Niacin	mg	5.725	0.485	2	4.866	12.309	
Pantothenic acid	mg	0.990	0.070	2	0.842	2.128	
Vitamin B-6	mg	0.460	0.062	2	0.391	0.989	
Folate	:g						
Vitamin B-12	:g	3.19	0.370	2	2.71	6.86	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.111	1.364	3	2.644	6.689	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.007		2	0.006	0.015	
12:0	g	0.022	0.033	3	0.019	0.047	
14:0	g	0.245	0.265	3	0.208	0.527	
15.0	g	0.035	0.067	3	0.030	0.075	
16:0	g	1.602	1.035	3	1.362	3.444	
17:0	g	0.088	0.033	3	0.075	0.189	
18:0	g	1.106	1.586	3	0.940	2.378	
20:0	g	0.007		1	0.006	0.015	
22.0	g						
24:0	g						

Monounsaturated, total	g	3.129	0.896	3	2.660	6.727
14:1	g	0.007		2	0.006	0.015
16:1	g	0.150	0.203	3	0.128	0.323
18:1	g	2.889	0.850	3	2.456	6.211
20:1	g	0.020		1	0.017	0.043
22.1	g					
Polyunsaturated, total	g	0.390	0.603	3	0.332	0.839
18:2	g	0.230	0.296	3	0.196	0.495
18:3	g	0.108	0.145	3	0.092	0.232
18:4	g					
20:4	g	0.042	0.120	3	0.036	0.090
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85	3.431	3	72	183
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.312		0	0.265	0.671
Threonine	g	1.143		0	0.972	2.457
Isoleucine	g	1.293		0	1.099	2.780
Leucine	g	2.080		0	1.768	4.472
Lysine	g	2.363		0	2.009	5.080
Methionine	g	0.685		0	0.582	1.473
Cystine	g	0.321		0	0.273	0.690
Phenylalanine	g	1.087		0	0.924	2.337
Tyrosine	g	0.899		0	0.764	1.933
Valine	g	1.442		0	1.226	3.100
Arginine	g	1.588		0	1.350	3.414
Histidine	g	0.847		0	0.720	1.821
Alanine	g	1.609		0	1.368	3.459
Aspartic acid	g	2.354		0	2.001	5.061
Glutamic acid	g	3.882		0	3.300	8.346
Glycine	g	1.305		0	1.109	2.806
Proline	g	1.121		0	0.953	2.410
Serine	g	0.993		0	0.844	2.135
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw slice with refuse, 336 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3* 76g
Proximates:							
Water	g	66.80		0	18.94	56.78	50.77
Energy	kcal	203		0	58	173	154
Energy	kj	849		0	241	722	645
Protein (N x 5.95)	g	19.32		0	5.48	16.42	14.68
Total lipid (fat)	g	13.38		0	3.79	11.37	10.17
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.88		0	0.25	0.75	0.67
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	4	13	11
Iron	mg	1.66		0	0.47	1.41	1.26
Magnesium	mg	22		0	6	19	17
Phosphorus	mg	185		0	52	157	141
Potassium	mg	302		0	86	257	230
Sodium	mg	70		0	20	60	53
Zinc	mg	2.50		0	0.71	2.13	1.90
Copper	mg	0.130		0	0.037	0.111	0.099
Manganese	mg	0.013		0	0.004	0.011	0.010
Selenium	:g	8.2		0	2.3	7.0	6.2
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.169		0	0.048	0.144	0.128
Riboflavin	mg	0.290		0	0.082	0.247	0.220
Niacin	mg	6.652		0	1.886	5.654	5.056
Pantothenic acid	mg	0.615		0	0.174	0.523	0.467
Vitamin B-6	mg	0.445		0	0.126	0.378	0.338
Folate	:g						
Vitamin B-12	:g	1.76		0	0.50	1.50	1.34
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.401		0	1.815	5.441	4.865
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.026		0	0.007	0.022	0.020
12:0	g	0.041		0	0.012	0.035	0.031
14:0	g	0.512		0	0.145	0.435	0.389
15.0	g	0.081		0	0.023	0.069	0.062
16:0	g	3.036		0	0.861	2.581	2.307
17:0	g	0.193		0	0.055	0.164	0.147
18:0	g	2.493		0	0.707	2.119	1.895
20:0	g	0.020		0	0.006	0.017	0.015
22.0	g						
24:0	g						

Monounsaturated, total	g	5.374	0	1.524	4.568	4.084
14:1	g	0.023	0	0.007	0.020	0.017
16:1	g	0.245	0	0.069	0.208	0.186
18:1	g	4.968	0	1.408	4.223	3.776
20:1	g	0.046	0	0.013	0.039	0.035
22.1	g					
Polyunsaturated, total	g	0.540	0	0.153	0.459	0.410
18:2	g	0.327	0	0.093	0.278	0.249
18:3	g	0.159	0	0.045	0.135	0.121
18:4	g					
20:4	g	0.055	0	0.016	0.047	0.042
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	56	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.226	0	0.064	0.192	0.172
Threonine	g	0.825	0	0.234	0.701	0.627
Isoleucine	g	0.933	0	0.265	0.793	0.709
Leucine	g	1.502	0	0.426	1.277	1.142
Lysine	g	1.706	0	0.484	1.450	1.297
Methionine	g	0.495	0	0.140	0.421	0.376
Cystine	g	0.232	0	0.066	0.197	0.176
Phenylalanine	g	0.785	0	0.223	0.667	0.597
Tyrosine	g	0.649	0	0.184	0.552	0.493
Valine	g	1.042	0	0.295	0.886	0.792
Arginine	g	1.147	0	0.325	0.975	0.872
Histidine	g	0.612	0	0.174	0.520	0.465
Alanine	g	1.162	0	0.329	0.988	0.883
Aspartic acid	g	1.700	0	0.482	1.445	1.292
Glutamic acid	g	2.804	0	0.795	2.383	2.131
Glycine	g	0.943	0	0.267	0.802	0.717
Proline	g	0.810	0	0.230	0.689	0.616
Serine	g	0.717	0	0.203	0.609	0.545
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz
Measure 3: 1 raw chop with refuse, 106 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 62g	Measure 3*
Proximates:							
Water	g	62.00		0	52.70	38.44	
Energy	kcal	219		0	186	136	
Energy	kj	916		0	779	568	
Protein (N x 5.95)	g	25.49		0	21.67	15.80	
Total lipid (fat)	g	12.25		0	10.41	7.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.03		0	0.88	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	18	13	
Iron	mg	2.12		0	1.80	1.31	
Magnesium	mg	25		0	21	16	
Phosphorus	mg	214		0	182	133	
Potassium	mg	331		0	281	205	
Sodium	mg	78		0	66	48	
Zinc	mg	3.36		0	2.86	2.08	
Copper	mg	0.150		0	0.128	0.093	
Manganese	mg	0.013		0	0.011	0.008	
Selenium	:g	9.6		0	8.2	6.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.173		0	0.147	0.107	
Riboflavin	mg	0.322		0	0.274	0.200	
Niacin	mg	7.831		0	6.656	4.855	
Pantothenic acid	mg	0.813		0	0.691	0.504	
Vitamin B-6	mg	0.493		0	0.419	0.306	
Folate	:g						
Vitamin B-12	:g	2.00		0	1.70	1.24	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.572		0	4.736	3.455	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.020		0	0.017	0.012	
12:0	g	0.034		0	0.029	0.021	
14:0	g	0.434		0	0.369	0.269	
15.0	g	0.064		0	0.054	0.040	
16:0	g	2.709		0	2.303	1.680	
17:0	g	0.160		0	0.136	0.099	
18:0	g	2.136		0	1.816	1.324	
20:0	g	0.015		0	0.013	0.009	
22.0	g						
24:0	g						

Monounsaturated, total	g	4.888	0	4.155	3.031
14:1	g	0.015	0	0.013	0.009
16:1	g	0.219	0	0.186	0.136
18:1	g	4.531	0	3.851	2.809
20:1	g	0.039	0	0.033	0.024
22.1	g				
Polyunsaturated, total	g	0.486	0	0.413	0.301
18:2	g	0.303	0	0.258	0.188
18:3	g	0.146	0	0.124	0.091
18:4	g				
20:4	g	0.037	0	0.031	0.023
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	82	0	70	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.253	0.185
Threonine	g	1.089	0	0.926	0.675
Isoleucine	g	1.232	0	1.047	0.764
Leucine	g	1.982	0	1.685	1.229
Lysine	g	2.252	0	1.914	1.396
Methionine	g	0.653	0	0.555	0.405
Cystine	g	0.306	0	0.260	0.190
Phenylalanine	g	1.036	0	0.881	0.642
Tyrosine	g	0.857	0	0.728	0.531
Valine	g	1.375	0	1.169	0.853
Arginine	g	1.513	0	1.286	0.938
Histidine	g	0.808	0	0.687	0.501
Alanine	g	1.534	0	1.304	0.951
Aspartic acid	g	2.244	0	1.907	1.391
Glutamic acid	g	3.700	0	3.145	2.294
Glycine	g	1.244	0	1.057	0.771
Proline	g	1.069	0	0.909	0.663
Serine	g	0.946	0	0.804	0.587
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 106 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3* 68g
Proximates:							
Water	g	72.17	0.494	6	20.46	61.34	49.08
Energy	kcal	146		0	41	124	99
Energy	kj	611		0	173	519	415
Protein (N x 5.95)	g	21.00	0.169	6	5.95	17.85	14.28
Total lipid (fat)	g	6.24	0.388	6	1.77	5.30	4.24
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.95	0.056	6	0.27	0.81	0.65
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.190	6	4	13	10
Iron	mg	1.79	0.072	6	0.51	1.52	1.22
Magnesium	mg	24	0.285	6	7	20	16
Phosphorus	mg	199	3.500	6	56	169	135
Potassium	mg	327	1.376	6	93	278	222
Sodium	mg	75	3.504	6	21	64	51
Zinc	mg	2.69	0.054	6	0.76	2.29	1.83
Copper	mg	0.141	0.013	6	0.040	0.120	0.096
Manganese	mg	0.014	0.001	6	0.004	0.012	0.010
Selenium	:g	9.0	0.577	3	2.6	7.7	6.1
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.183	0.024	3	0.052	0.156	0.124
Riboflavin	mg	0.313	0.035	3	0.089	0.266	0.213
Niacin	mg	7.283	1.119	3	2.065	6.191	4.952
Pantothenic acid	mg	0.660	0.081	3	0.187	0.561	0.449
Vitamin B-6	mg	0.488	0.049	3	0.138	0.415	0.332
Folate	:g						
Vitamin B-12	:g	1.85	0.157	3	0.52	1.57	1.26
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.673	1.147	6	0.758	2.272	1.818
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.011		4	0.003	0.009	0.007
12:0	g	0.015	0.031	6	0.004	0.013	0.010
14:0	g	0.199	0.211	6	0.056	0.169	0.135
15.0	g	0.030	0.033	6	0.009	0.026	0.020
16:0	g	1.340	0.551	6	0.380	1.139	0.911
17:0	g	0.072	0.084	6	0.020	0.061	0.049
18:0	g	1.000	1.196	6	0.284	0.850	0.680
20:0	g	0.005		1	0.001	0.004	0.003
22.0	g						
24:0	g						

Monounsaturated, total	g	2.463	0.938	6	0.698	2.094	1.675
14:1	g	0.011		2	0.003	0.009	0.007
16:1	g	0.105	0.148	6	0.030	0.089	0.071
18:1	g	2.289	0.848	6	0.649	1.946	1.557
20:1	g	0.020	0.033	3	0.006	0.017	0.014
22.1	g						
Polyunsaturated, total	g	0.261	0.391	6	0.074	0.222	0.177
18:2	g	0.157	0.190	6	0.045	0.133	0.107
18:3	g	0.076	0.079	6	0.022	0.065	0.052
18:4	g						
20:4	g	0.028	0.037	5	0.008	0.024	0.019
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	0.767	6	18	54	44
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.245		0	0.069	0.208	0.167
Threonine	g	0.897		0	0.254	0.762	0.610
Isoleucine	g	1.015		0	0.288	0.863	0.690
Leucine	g	1.633		0	0.463	1.388	1.110
Lysine	g	1.855		0	0.526	1.577	1.261
Methionine	g	0.538		0	0.153	0.457	0.366
Cystine	g	0.252		0	0.071	0.214	0.171
Phenylalanine	g	0.853		0	0.242	0.725	0.580
Tyrosine	g	0.706		0	0.200	0.600	0.480
Valine	g	1.132		0	0.321	0.962	0.770
Arginine	g	1.247		0	0.354	1.060	0.848
Histidine	g	0.665		0	0.189	0.565	0.452
Alanine	g	1.263		0	0.358	1.074	0.859
Aspartic acid	g	1.848		0	0.524	1.571	1.257
Glutamic acid	g	3.048		0	0.864	2.591	2.073
Glycine	g	1.025		0	0.291	0.871	0.697
Proline	g	0.880		0	0.249	0.748	0.598
Serine	g	0.780		0	0.221	0.663	0.530
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz
Measure 3: 1 raw chop with refuse, 106 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 58g	Measure 3*
Proximates:							
Water	g	64.45	0.312	6	54.78	37.38	
Energy	kcal	192		0	163	111	
Energy	kj	803		0	683	466	
Protein (N x 5.95)	g	26.53	0.378	6	22.55	15.39	
Total lipid (fat)	g	8.75	0.490	6	7.44	5.08	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.07	0.061	6	0.91	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.122	6	18	12	
Iron	mg	2.18	0.110	6	1.85	1.26	
Magnesium	mg	26	0.478	6	22	15	
Phosphorus	mg	220	4.354	6	187	128	
Potassium	mg	340	3.222	6	289	197	
Sodium	mg	80	1.541	6	68	46	
Zinc	mg	3.48	0.082	6	2.96	2.02	
Copper	mg	0.156	0.008	6	0.133	0.090	
Manganese	mg	0.014	0.001	6	0.012	0.008	
Selenium	:g	10.3	0.882	3	8.8	6.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.180	0.031	3	0.153	0.104	
Riboflavin	mg	0.333	0.033	3	0.283	0.193	
Niacin	mg	8.150	0.895	3	6.928	4.727	
Pantothenic acid	mg	0.840	0.029	3	0.714	0.487	
Vitamin B-6	mg	0.514	0.056	3	0.437	0.298	
Folate	:g						
Vitamin B-12	:g	2.01	0.278	3	1.71	1.17	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.687	0.624	6	3.134	2.138	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.012	0.040	5	0.010	0.007	
12:0	g	0.021	0.031	6	0.018	0.012	
14:0	g	0.274	0.105	6	0.233	0.159	
15.0	g	0.038		6	0.032	0.022	
16:0	g	1.891	0.490	6	1.607	1.097	
17:0	g	0.095	0.042	6	0.081	0.055	
18:0	g	1.348	0.792	6	1.146	0.782	
20:0	g	0.008		4	0.007	0.005	
22.0	g						
24:0	g						

Monounsaturated, total	g	3.499	0.384	6	2.974	2.029
14:1	g	0.008		4	0.007	0.005
16:1	g	0.154	0.128	6	0.131	0.089
18:1	g	3.254	0.295	6	2.766	1.887
20:1	g	0.026	0.051	5	0.022	0.015
22.1	g					
Polyunsaturated, total	g	0.367	0.292	6	0.312	0.213
18:2	g	0.225	0.142	6	0.191	0.131
18:3	g	0.107	0.070	6	0.091	0.062
18:4	g					
20:4	g	0.035	0.049	6	0.030	0.020
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81	0.940	6	69	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.310		0	0.264	0.180
Threonine	g	1.134		0	0.964	0.658
Isoleucine	g	1.282		0	1.090	0.744
Leucine	g	2.063		0	1.754	1.197
Lysine	g	2.343		0	1.992	1.359
Methionine	g	0.679		0	0.577	0.394
Cystine	g	0.318		0	0.270	0.184
Phenylalanine	g	1.078		0	0.916	0.625
Tyrosine	g	0.892		0	0.758	0.517
Valine	g	1.431		0	1.216	0.830
Arginine	g	1.575		0	1.339	0.914
Histidine	g	0.841		0	0.715	0.488
Alanine	g	1.596		0	1.357	0.926
Aspartic acid	g	2.335		0	1.985	1.354
Glutamic acid	g	3.851		0	3.273	2.234
Glycine	g	1.295		0	1.101	0.751
Proline	g	1.112		0	0.945	0.645
Serine	g	0.985		0	0.837	0.571
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 106 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	59.01		0	16.73	267.67	50.16
Energy	kcal	289		0	82	1311	246
Energy	kj	1209		0	343	5484	1028
Protein (N x 5.95)	g	16.46		0	4.67	74.66	13.99
Total lipid (fat)	g	24.20		0	6.86	109.77	20.57
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.75		0	0.21	3.40	0.64
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	59	11
Iron	mg	1.34		0	0.38	6.08	1.14
Magnesium	mg	18		0	5	82	15
Phosphorus	mg	156		0	44	708	133
Potassium	mg	254		0	72	1152	216
Sodium	mg	68		0	19	308	58
Zinc	mg	2.51		0	0.71	11.39	2.13
Copper	mg	0.120		0	0.034	0.544	0.102
Manganese	mg	0.009		0	0.003	0.041	0.008
Selenium	:g	6.9		0	2.0	31.3	5.9
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.145		0	0.041	0.658	0.123
Riboflavin	mg	0.232		0	0.066	1.052	0.197
Niacin	mg	5.103		0	1.447	23.147	4.338
Pantothenic acid	mg	0.501		0	0.142	2.273	0.426
Vitamin B-6	mg	0.347		0	0.098	1.574	0.295
Folate	:g						
Vitamin B-12	:g	1.62		0	0.46	7.35	1.38
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	11.925		0	3.381	54.092	10.136
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.047		0	0.013	0.213	0.040
12:0	g	0.076		0	0.022	0.345	0.065
14:0	g	0.965		0	0.274	4.377	0.820
15.0	g	0.153		0	0.043	0.694	0.130
16:0	g	5.561		0	1.577	25.225	4.727
17:0	g	0.370		0	0.105	1.678	0.315
18:0	g	4.712		0	1.336	21.374	4.005
20:0	g	0.042		0	0.012	0.191	0.036
22.0	g						
24:0	g						

Monounsaturated, total	g	9.765	0	2.768	44.294	8.300
14:1	g	0.037	0	0.010	0.168	0.031
16:1	g	0.452	0	0.128	2.050	0.384
18:1	g	9.017	0	2.556	40.901	7.664
20:1	g	0.088	0	0.025	0.399	0.075
22.1	g					
Polyunsaturated, total	g	0.985	0	0.279	4.468	0.837
18:2	g	0.578	0	0.164	2.622	0.491
18:3	g	0.280	0	0.079	1.270	0.238
18:4	g					
20:4	g	0.087	0	0.025	0.395	0.074
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	68	0	19	308	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.192	0	0.054	0.871	0.163
Threonine	g	0.703	0	0.199	3.189	0.598
Isoleucine	g	0.796	0	0.226	3.611	0.677
Leucine	g	1.280	0	0.363	5.806	1.088
Lysine	g	1.454	0	0.412	6.595	1.236
Methionine	g	0.421	0	0.119	1.910	0.358
Cystine	g	0.198	0	0.056	0.898	0.168
Phenylalanine	g	0.669	0	0.190	3.035	0.569
Tyrosine	g	0.553	0	0.157	2.508	0.470
Valine	g	0.888	0	0.252	4.028	0.755
Arginine	g	0.977	0	0.277	4.432	0.830
Histidine	g	0.522	0	0.148	2.368	0.444
Alanine	g	0.990	0	0.281	4.491	0.842
Aspartic acid	g	1.449	0	0.411	6.573	1.232
Glutamic acid	g	2.389	0	0.677	10.837	2.031
Glycine	g	0.803	0	0.228	3.642	0.683
Proline	g	0.690	0	0.196	3.130	0.587
Serine	g	0.611	0	0.173	2.771	0.519
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 286g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	57.53		0	164.54	48.90	
Energy	kcal	277		0	792	235	
Energy	kj	1159		0	3315	985	
Protein (N x 5.95)	g	22.24		0	63.61	18.90	
Total lipid (fat)	g	20.21		0	57.80	17.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.89		0	2.55	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	49	14	
Iron	mg	1.67		0	4.78	1.42	
Magnesium	mg	21		0	60	18	
Phosphorus	mg	182		0	521	155	
Potassium	mg	282		0	807	240	
Sodium	mg	77		0	220	65	
Zinc	mg	3.35		0	9.58	2.85	
Copper	mg	0.131		0	0.375	0.111	
Manganese	mg	0.012		0	0.034	0.010	
Selenium	:g	9.1		0	26.0	7.7	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.131		0	0.375	0.111	
Riboflavin	mg	0.272		0	0.778	0.231	
Niacin	mg	5.559		0	15.899	4.725	
Pantothenic acid	mg	0.647		0	1.850	0.550	
Vitamin B-6	mg	0.382		0	1.093	0.325	
Folate	:g						
Vitamin B-12	:g	1.94		0	5.55	1.65	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.734		0	27.839	8.274	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.036		0	0.103	0.031	
12:0	g	0.063		0	0.180	0.054	
14:0	g	0.778		0	2.225	0.661	
15.0	g	0.119		0	0.340	0.101	
16:0	g	4.498		0	12.864	3.823	
17:0	g	0.303		0	0.867	0.258	
18:0	g	3.901		0	11.157	3.316	
20:0	g	0.035		0	0.100	0.030	
22.0	g						
24:0	g						

Monounsaturated, total	g	7.940	0	22.708	6.749
14:1	g	0.033	0	0.094	0.028
16:1	g	0.361	0	1.032	0.307
18:1	g	7.339	0	20.990	6.238
20:1	g	0.068	0	0.194	0.058
22.1	g				
Polyunsaturated, total	g	0.728	0	2.082	0.619
18:2	g	0.462	0	1.321	0.393
18:3	g	0.223	0	0.638	0.190
18:4	g				
20:4	g	0.035	0	0.100	0.030
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	229	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	0.744	0.221
Threonine	g	0.950	0	2.717	0.808
Isoleucine	g	1.075	0	3.075	0.914
Leucine	g	1.730	0	4.948	1.471
Lysine	g	1.964	0	5.617	1.669
Methionine	g	0.569	0	1.627	0.484
Cystine	g	0.267	0	0.764	0.227
Phenylalanine	g	0.904	0	2.585	0.768
Tyrosine	g	0.747	0	2.136	0.635
Valine	g	1.199	0	3.429	1.019
Arginine	g	1.320	0	3.775	1.122
Histidine	g	0.705	0	2.016	0.599
Alanine	g	1.338	0	3.827	1.137
Aspartic acid	g	1.957	0	5.597	1.663
Glutamic acid	g	3.228	0	9.232	2.744
Glycine	g	1.085	0	3.103	0.922
Proline	g	0.932	0	2.666	0.792
Serine	g	0.826	0	2.362	0.702
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	71.17	0.611	6	20.18	322.83	60.49
Energy	kcal	160		0	45	726	136
Energy	kj	669		0	190	3035	569
Protein (N x 5.95)	g	20.12	0.233	6	5.70	91.26	17.10
Total lipid (fat)	g	8.20	0.757	6	2.32	37.20	6.97
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.90	0.068	6	0.26	4.08	0.77
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.181	6	3	45	9
Iron	mg	1.59	0.074	6	0.45	7.21	1.35
Magnesium	mg	22	0.287	6	6	100	19
Phosphorus	mg	186	4.074	6	53	844	158
Potassium	mg	305	3.393	6	86	1383	259
Sodium	mg	81	3.313	6	23	367	69
Zinc	mg	3.03	0.061	6	0.86	13.74	2.58
Copper	mg	0.147	0.025	6	0.042	0.667	0.125
Manganese	mg	0.012	0.001	6	0.003	0.054	0.010
Selenium	:g	8.7	1.764	3	2.5	39.5	7.4
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.177	0.020	3	0.050	0.803	0.150
Riboflavin	mg	0.277	0.026	3	0.079	1.256	0.235
Niacin	mg	6.303	0.683	3	1.787	28.590	5.358
Pantothenic acid	mg	0.587	0.055	3	0.166	2.663	0.499
Vitamin B-6	mg	0.432	0.040	3	0.122	1.960	0.367
Folate	:g						
Vitamin B-12	:g	1.82	0.110	3	0.52	8.26	1.55
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.533	1.086	6	1.002	16.026	3.003
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.012	0.025	4	0.003	0.054	0.010
12:0	g	0.018	0.034	6	0.005	0.082	0.015
14:0	g	0.256	0.171	6	0.073	1.161	0.218
15.0	g	0.039	0.034	6	0.011	0.177	0.033
16:0	g	1.750	0.409	6	0.496	7.938	1.488
17:0	g	0.095	0.034	6	0.027	0.431	0.081
18:0	g	1.354	0.869	6	0.384	6.142	1.151
20:0	g	0.009	0.033	3	0.003	0.041	0.008
22.0	g						
24:0	g						

Monounsaturated, total	g	3.242	0.918	6	0.919	14.706	2.756
14:1	g	0.007		3	0.002	0.032	0.006
16:1	g	0.135	0.147	6	0.038	0.612	0.115
18:1	g	3.016	0.801	6	0.855	13.681	2.564
20:1	g	0.032	0.050	2	0.009	0.145	0.027
22.1	g						
Polyunsaturated, total	g	0.320	0.215	6	0.091	1.452	0.272
18:2	g	0.194	0.141	6	0.055	0.880	0.165
18:3	g	0.094	0.042	6	0.027	0.426	0.080
18:4	g						
20:4	g	0.025	0.043	6	0.007	0.113	0.021
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.231	6	19	299	56
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.235		0	0.067	1.066	0.200
Threonine	g	0.859		0	0.244	3.896	0.730
Isoleucine	g	0.972		0	0.276	4.409	0.826
Leucine	g	1.564		0	0.443	7.094	1.329
Lysine	g	1.777		0	0.504	8.060	1.510
Methionine	g	0.515		0	0.146	2.336	0.438
Cystine	g	0.241		0	0.068	1.093	0.205
Phenylalanine	g	0.818		0	0.232	3.710	0.695
Tyrosine	g	0.676		0	0.192	3.066	0.575
Valine	g	1.085		0	0.308	4.922	0.922
Arginine	g	1.194		0	0.338	5.416	1.015
Histidine	g	0.637		0	0.181	2.889	0.541
Alanine	g	1.210		0	0.343	5.489	1.028
Aspartic acid	g	1.770		0	0.502	8.029	1.504
Glutamic acid	g	2.919		0	0.828	13.241	2.481
Glycine	g	0.982		0	0.278	4.454	0.835
Proline	g	0.843		0	0.239	3.824	0.717
Serine	g	0.747		0	0.212	3.388	0.635
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 241g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.78	0.748	6	153.71	54.21	
Energy	kcal	210		0	506	179	
Energy	kj	879		0	2118	747	
Protein (N x 5.95)	g	24.63	0.272	6	59.36	20.94	
Total lipid (fat)	g	11.60	0.967	6	27.96	9.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.97	0.056	6	2.34	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.573	6	36	13	
Iron	mg	1.78	0.100	6	4.29	1.51	
Magnesium	mg	23	0.271	6	55	20	
Phosphorus	mg	195	3.183	6	470	166	
Potassium	mg	302	1.352	6	728	257	
Sodium	mg	82	2.306	6	198	70	
Zinc	mg	3.70	0.072	6	8.92	3.15	
Copper	mg	0.143	0.012	6	0.345	0.122	
Manganese	mg	0.013	0.001	6	0.031	0.011	
Selenium	:g	9.7	0.333	3	23.4	8.2	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.143	0.024	3	0.345	0.122	
Riboflavin	mg	0.297	0.026	3	0.716	0.252	
Niacin	mg	6.057	0.640	3	14.597	5.148	
Pantothenic acid	mg	0.693	0.050	3	1.670	0.589	
Vitamin B-6	mg	0.421	0.054	3	1.015	0.358	
Folate	:g						
Vitamin B-12	:g	1.96	0.034	3	4.72	1.67	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.072	0.958	6	12.224	4.311	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.015	0.022	6	0.036	0.013	
12:0	g	0.032	0.017	6	0.077	0.027	
14:0	g	0.381	0.095	6	0.918	0.324	
15.0	g	0.055	0.022	6	0.133	0.047	
16:0	g	2.473	0.154	6	5.960	2.102	
17:0	g	0.143	0.033	6	0.345	0.122	
18:0	g	1.955	0.782	6	4.712	1.662	
20:0	g	0.018	0.017	6	0.043	0.015	
22.0	g						
24:0	g						

Monounsaturated, total	g	4.503	0.725	6	10.852	3.828
14:1	g	0.015	0.022	6	0.036	0.013
16:1	g	0.200	0.113	6	0.482	0.170
18:1	g	4.178	0.570	6	10.069	3.551
20:1	g	0.034	0.040	5	0.082	0.029
22.1	g					
Polyunsaturated, total	g	0.429	0.295	6	1.034	0.365
18:2	g	0.265	0.154	6	0.639	0.225
18:3	g	0.125	0.096	6	0.301	0.106
18:4	g					
20:4	g	0.030	0.037	6	0.072	0.026
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	80	1.049	6	193	68
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.288		0	0.694	0.245
Threonine	g	1.052		0	2.535	0.894
Isoleucine	g	1.190		0	2.868	1.011
Leucine	g	1.915		0	4.615	1.628
Lysine	g	2.176		0	5.244	1.850
Methionine	g	0.631		0	1.521	0.536
Cystine	g	0.296		0	0.713	0.252
Phenylalanine	g	1.001		0	2.412	0.851
Tyrosine	g	0.828		0	1.995	0.704
Valine	g	1.328		0	3.200	1.129
Arginine	g	1.462		0	3.523	1.243
Histidine	g	0.780		0	1.880	0.663
Alanine	g	1.482		0	3.572	1.260
Aspartic acid	g	2.168		0	5.225	1.843
Glutamic acid	g	3.575		0	8.616	3.039
Glycine	g	1.202		0	2.897	1.022
Proline	g	1.033		0	2.490	0.878
Serine	g	0.914		0	2.203	0.777
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	62.70		0	17.78	284.41	53.30
Energy	kcal	256		0	73	1161	218
Energy	kj	1071		0	304	4858	910
Protein (N x 5.95)	g	16.68		0	4.73	75.66	14.18
Total lipid (fat)	g	20.47		0	5.80	92.85	17.40
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.78		0	0.22	3.54	0.66
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	5	82	15
Iron	mg	1.26		0	0.36	5.72	1.07
Magnesium	mg	18		0	5	82	15
Phosphorus	mg	156		0	44	708	133
Potassium	mg	267		0	76	1211	227
Sodium	mg	76		0	22	345	65
Zinc	mg	4.09		0	1.16	18.55	3.48
Copper	mg	0.113		0	0.032	0.513	0.096
Manganese	mg	0.010		0	0.003	0.045	0.009
Selenium	:g	3.3		0	0.9	15.0	2.8
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.107		0	0.030	0.485	0.091
Riboflavin	mg	0.213		0	0.060	0.966	0.181
Niacin	mg	4.001		0	1.134	18.149	3.401
Pantothenic acid	mg	0.678		0	0.192	3.075	0.576
Vitamin B-6	mg	0.261		0	0.074	1.184	0.222
Folate	:g						
Vitamin B-12	:g	2.61		0	0.74	11.84	2.22
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.907		0	2.809	44.938	8.421
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.029		0	0.008	0.132	0.025
12:0	g	0.064		0	0.018	0.290	0.054
14:0	g	0.805		0	0.228	3.651	0.684
15.0	g	0.127		0	0.036	0.576	0.108
16:0	g	4.650		0	1.318	21.092	3.953
17:0	g	0.302		0	0.086	1.370	0.257
18:0	g	3.904		0	1.107	17.709	3.318
20:0	g	0.027		0	0.008	0.122	0.023
22.0	g						
24:0	g						

Monounsaturated, total	g	8.284	0	2.349	37.576	7.041
14:1	g	0.025	0	0.007	0.113	0.021
16:1	g	0.382	0	0.108	1.733	0.325
18:1	g	7.651	0	2.169	34.705	6.503
20:1	g	0.078	0	0.022	0.354	0.066
22.1	g					
Polyunsaturated, total	g	0.840	0	0.238	3.810	0.714
18:2	g	0.496	0	0.141	2.250	0.422
18:3	g	0.238	0	0.067	1.080	0.202
18:4	g					
20:4	g	0.079	0	0.022	0.358	0.067
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66	0	19	299	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.195	0	0.055	0.885	0.166
Threonine	g	0.712	0	0.202	3.230	0.605
Isoleucine	g	0.806	0	0.229	3.656	0.685
Leucine	g	1.297	0	0.368	5.883	1.102
Lysine	g	1.473	0	0.418	6.682	1.252
Methionine	g	0.427	0	0.121	1.937	0.363
Cystine	g	0.200	0	0.057	0.907	0.170
Phenylalanine	g	0.678	0	0.192	3.075	0.576
Tyrosine	g	0.560	0	0.159	2.540	0.476
Valine	g	0.899	0	0.255	4.078	0.764
Arginine	g	0.990	0	0.281	4.491	0.842
Histidine	g	0.528	0	0.150	2.395	0.449
Alanine	g	1.003	0	0.284	4.550	0.853
Aspartic acid	g	1.468	0	0.416	6.659	1.248
Glutamic acid	g	2.420	0	0.686	10.977	2.057
Glycine	g	0.814	0	0.231	3.692	0.692
Proline	g	0.699	0	0.198	3.171	0.594
Serine	g	0.619	0	0.175	2.808	0.526
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 262g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	55.31		0	144.91	47.01	
Energy	kcal	296		0	776	252	
Energy	kj	1238		0	3244	1052	
Protein (N x 5.95)	g	23.58		0	61.78	20.04	
Total lipid (fat)	g	21.65		0	56.72	18.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.96		0	2.52	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	73	24	
Iron	mg	1.78		0	4.66	1.51	
Magnesium	mg	21		0	55	18	
Phosphorus	mg	183		0	479	156	
Potassium	mg	288		0	755	245	
Sodium	mg	85		0	223	72	
Zinc	mg	5.85		0	15.33	4.97	
Copper	mg	0.137		0	0.359	0.116	
Manganese	mg	0.014		0	0.037	0.012	
Selenium	:g	4.5		0	11.8	3.8	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.094		0	0.246	0.080	
Riboflavin	mg	0.267		0	0.700	0.227	
Niacin	mg	4.415		0	11.567	3.753	
Pantothenic acid	mg	0.717		0	1.879	0.609	
Vitamin B-6	mg	0.204		0	0.534	0.173	
Folate	:g						
Vitamin B-12	:g	3.29		0	8.62	2.80	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	10.324		0	27.049	8.775	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.038		0	0.100	0.032	
12:0	g	0.068		0	0.178	0.058	
14:0	g	0.831		0	2.177	0.706	
15.0	g	0.128		0	0.335	0.109	
16:0	g	4.790		0	12.550	4.071	
17:0	g	0.325		0	0.852	0.276	
18:0	g	4.077		0	10.682	3.465	
20:0	g	0.068		0	0.178	0.058	
22.0	g						
24:0	g						

Monounsaturated, total	g	8.537	0	22.367	7.256
14:1	g	0.036	0	0.094	0.031
16:1	g	0.387	0	1.014	0.329
18:1	g	7.888	0	20.667	6.705
20:1	g	0.072	0	0.189	0.061
22.1	g				
Polyunsaturated, total	g	0.822	0	2.154	0.699
18:2	g	0.504	0	1.320	0.428
18:3	g	0.244	0	0.639	0.207
18:4	g				
20:4	g	0.048	0	0.126	0.041
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0	233	76
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.275	0	0.721	0.234
Threonine	g	1.007	0	2.638	0.856
Isoleucine	g	1.140	0	2.987	0.969
Leucine	g	1.834	0	4.805	1.559
Lysine	g	2.083	0	5.457	1.771
Methionine	g	0.604	0	1.582	0.513
Cystine	g	0.283	0	0.741	0.241
Phenylalanine	g	0.958	0	2.510	0.814
Tyrosine	g	0.792	0	2.075	0.673
Valine	g	1.272	0	3.333	1.081
Arginine	g	1.400	0	3.668	1.190
Histidine	g	0.747	0	1.957	0.635
Alanine	g	1.419	0	3.718	1.206
Aspartic acid	g	2.075	0	5.437	1.764
Glutamic acid	g	3.422	0	8.966	2.909
Glycine	g	1.151	0	3.016	0.978
Proline	g	0.989	0	2.591	0.841
Serine	g	0.875	0	2.293	0.744
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	72.39		0	20.52	328.36	61.53
Energy	kcal	155		0	44	703	132
Energy	kj	649		0	184	2944	552
Protein (N x 5.95)	g	19.36		0	5.49	87.82	16.46
Total lipid (fat)	g	8.01		0	2.27	36.33	6.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.89		0	0.25	4.04	0.76
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	5	82	15
Iron	mg	1.42		0	0.40	6.44	1.21
Magnesium	mg	21		0	6	95	18
Phosphorus	mg	178		0	50	807	151
Potassium	mg	306		0	87	1388	260
Sodium	mg	88		0	25	399	75
Zinc	mg	4.87		0	1.38	22.09	4.14
Copper	mg	0.130		0	0.037	0.590	0.111
Manganese	mg	0.013		0	0.004	0.059	0.011
Selenium	:g	3.9		0	1.1	17.7	3.3
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.120		0	0.034	0.544	0.102
Riboflavin	mg	0.240		0	0.068	1.089	0.204
Niacin	mg	4.580		0	1.298	20.775	3.893
Pantothenic acid	mg	0.785		0	0.223	3.561	0.667
Vitamin B-6	mg	0.299		0	0.085	1.356	0.254
Folate	:g						
Vitamin B-12	:g	3.01		0	0.85	13.65	2.56
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.355		0	0.951	15.218	2.852
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.018		0	0.005	0.082	0.015
14:0	g	0.255		0	0.072	1.157	0.217
15.0	g	0.038		0	0.011	0.172	0.032
16:0	g	1.676		0	0.475	7.602	1.425
17:0	g	0.087		0	0.025	0.395	0.074
18:0	g	1.281		0	0.363	5.811	1.089
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.214	0	0.911	14.579	2.732
14:1	g					
16:1	g	0.137	0	0.039	0.621	0.116
18:1	g	2.985	0	0.846	13.540	2.537
20:1	g	0.034	0	0.010	0.154	0.029
22.1	g					
Polyunsaturated, total	g	0.323	0	0.092	1.465	0.275
18:2	g	0.198	0	0.056	0.898	0.168
18:3	g	0.094	0	0.027	0.426	0.080
18:4	g					
20:4	g	0.031	0	0.009	0.141	0.026
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64	0	18	290	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.226	0	0.064	1.025	0.192
Threonine	g	0.827	0	0.234	3.751	0.703
Isoleucine	g	0.935	0	0.265	4.241	0.795
Leucine	g	1.505	0	0.427	6.827	1.279
Lysine	g	1.710	0	0.485	7.757	1.454
Methionine	g	0.496	0	0.141	2.250	0.422
Cystine	g	0.232	0	0.066	1.052	0.197
Phenylalanine	g	0.787	0	0.223	3.570	0.669
Tyrosine	g	0.650	0	0.184	2.948	0.553
Valine	g	1.044	0	0.296	4.736	0.887
Arginine	g	1.149	0	0.326	5.212	0.977
Histidine	g	0.613	0	0.174	2.781	0.521
Alanine	g	1.165	0	0.330	5.284	0.990
Aspartic acid	g	1.704	0	0.483	7.729	1.448
Glutamic acid	g	2.809	0	0.796	12.742	2.388
Glycine	g	0.945	0	0.268	4.287	0.803
Proline	g	0.811	0	0.230	3.679	0.689
Serine	g	0.719	0	0.204	3.261	0.611
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 222g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.05		0	135.53	51.89	
Energy	kcal	233		0	517	198	
Energy	kj	975		0	2165	829	
Protein (N x 5.95)	g	26.18		0	58.12	22.25	
Total lipid (fat)	g	13.44		0	29.84	11.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.06		0	2.35	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	62	24	
Iron	mg	1.90		0	4.22	1.62	
Magnesium	mg	22		0	49	19	
Phosphorus	mg	195		0	433	166	
Potassium	mg	308		0	684	262	
Sodium	mg	91		0	202	77	
Zinc	mg	6.65		0	14.76	5.65	
Copper	mg	0.150		0	0.333	0.128	
Manganese	mg	0.014		0	0.031	0.012	
Selenium	:g	5.1		0	11.4	4.3	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.100		0	0.222	0.085	
Riboflavin	mg	0.290		0	0.644	0.247	
Niacin	mg	4.695		0	10.423	3.991	
Pantothenic acid	mg	0.775		0	1.721	0.659	
Vitamin B-6	mg	0.211		0	0.468	0.179	
Folate	:g						
Vitamin B-12	:g	3.56		0	7.90	3.03	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	5.843		0	12.971	4.967	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.018		0	0.040	0.015	
12:0	g	0.038		0	0.084	0.032	
14:0	g	0.449		0	0.997	0.382	
15.0	g	0.066		0	0.147	0.056	
16:0	g	2.850		0	6.327	2.422	
17:0	g	0.172		0	0.382	0.146	
18:0	g	2.193		0	4.868	1.864	
20:0	g	0.057		0	0.127	0.048	
22.0	g						
24:0	g						

Monounsaturated, total	g	5.264	0	11.686	4.474
14:1	g	0.019	0	0.042	0.016
16:1	g	0.233	0	0.517	0.198
18:1	g	4.878	0	10.829	4.146
20:1	g	0.039	0	0.087	0.033
22.1	g				
Polyunsaturated, total	g	0.546	0	1.212	0.464
18:2	g	0.318	0	0.706	0.270
18:3	g	0.152	0	0.337	0.129
18:4	g				
20:4	g	0.045	0	0.100	0.038
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	91	0	202	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.679	0.260
Threonine	g	1.118	0	2.482	0.950
Isoleucine	g	1.265	0	2.808	1.075
Leucine	g	2.036	0	4.520	1.731
Lysine	g	2.312	0	5.133	1.965
Methionine	g	0.670	0	1.487	0.570
Cystine	g	0.314	0	0.697	0.267
Phenylalanine	g	1.064	0	2.362	0.904
Tyrosine	g	0.880	0	1.954	0.748
Valine	g	1.412	0	3.135	1.200
Arginine	g	1.554	0	3.450	1.321
Histidine	g	0.829	0	1.840	0.705
Alanine	g	1.575	0	3.496	1.339
Aspartic acid	g	2.304	0	5.115	1.958
Glutamic acid	g	3.799	0	8.434	3.229
Glycine	g	1.278	0	2.837	1.086
Proline	g	1.098	0	2.438	0.933
Serine	g	0.972	0	2.158	0.826
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3* 168g
Proximates:							
Water	g	63.82		0	18.09	54.25	107.22
Energy	kcal	243		0	69	207	408
Energy	kj	1017		0	288	864	1709
Protein (N x 5.95)	g	17.06		0	4.84	14.50	28.66
Total lipid (fat)	g	18.89		0	5.36	16.06	31.74
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.83		0	0.24	0.71	1.39
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	14	27
Iron	mg	1.35		0	0.38	1.15	2.27
Magnesium	mg	19		0	5	16	32
Phosphorus	mg	168		0	48	143	282
Potassium	mg	281		0	80	239	472
Sodium	mg	72		0	20	61	121
Zinc	mg	3.52		0	1.00	2.99	5.91
Copper	mg	0.120		0	0.034	0.102	0.202
Manganese	mg	0.012		0	0.003	0.010	0.020
Selenium	:g	6.5		0	1.8	5.5	10.9
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.107		0	0.030	0.091	0.180
Riboflavin	mg	0.212		0	0.060	0.180	0.356
Niacin	mg	3.994		0	1.132	3.395	6.710
Pantothenic acid	mg	0.677		0	0.192	0.575	1.137
Vitamin B-6	mg	0.260		0	0.074	0.221	0.437
Folate	:g						
Vitamin B-12	:g	2.60		0	0.74	2.21	4.37
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.125		0	2.587	7.756	15.330
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.060		0	0.017	0.051	0.101
14:0	g	0.752		0	0.213	0.639	1.263
15.0	g	0.117		0	0.033	0.099	0.197
16:0	g	4.310		0	1.222	3.663	7.241
17:0	g	0.289		0	0.082	0.246	0.486
18:0	g	3.597		0	1.020	3.057	6.043
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.697	0	2.182	6.542	12.931
14:1	g					
16:1	g	0.363	0	0.103	0.309	0.610
18:1	g	7.122	0	2.019	6.054	11.965
20:1	g	0.071	0	0.020	0.060	0.119
22.1	g					
Polyunsaturated, total	g	0.777	0	0.220	0.660	1.305
18:2	g	0.469	0	0.133	0.399	0.788
18:3	g	0.228	0	0.065	0.194	0.383
18:4	g					
20:4	g	0.080	0	0.023	0.068	0.134
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	0	18	55	109
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.199	0	0.056	0.169	0.334
Threonine	g	0.729	0	0.207	0.620	1.225
Isoleucine	g	0.824	0	0.234	0.700	1.384
Leucine	g	1.327	0	0.376	1.128	2.229
Lysine	g	1.507	0	0.427	1.281	2.532
Methionine	g	0.437	0	0.124	0.371	0.734
Cystine	g	0.205	0	0.058	0.174	0.344
Phenylalanine	g	0.693	0	0.196	0.589	1.164
Tyrosine	g	0.573	0	0.162	0.487	0.963
Valine	g	0.920	0	0.261	0.782	1.546
Arginine	g	1.013	0	0.287	0.861	1.702
Histidine	g	0.540	0	0.153	0.459	0.907
Alanine	g	1.026	0	0.291	0.872	1.724
Aspartic acid	g	1.501	0	0.426	1.276	2.522
Glutamic acid	g	2.476	0	0.702	2.105	4.160
Glycine	g	0.833	0	0.236	0.708	1.399
Proline	g	0.715	0	0.203	0.608	1.201
Serine	g	0.633	0	0.179	0.538	1.063
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz
Measure 3: 1 raw chop with refuse, 185 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 93g	Measure 3*
Proximates:							
Water	g	51.03		0	43.38	47.46	
Energy	kcal	311		0	264	289	
Energy	kj	1301		0	1106	1210	
Protein (N x 5.95)	g	29.70		0	25.25	27.62	
Total lipid (fat)	g	20.38		0	17.32	18.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.93		0	0.79	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	27		0	23	25	
Iron	mg	2.42		0	2.06	2.25	
Magnesium	mg	23		0	20	21	
Phosphorus	mg	201		0	171	187	
Potassium	mg	268		0	228	249	
Sodium	mg	73		0	62	68	
Zinc	mg	6.64		0	5.64	6.18	
Copper	mg	0.188		0	0.160	0.175	
Manganese	mg	0.018		0	0.015	0.017	
Selenium	:g	9.2		0	7.9	8.6	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.093		0	0.079	0.086	
Riboflavin	mg	0.263		0	0.224	0.245	
Niacin	mg	4.369		0	3.714	4.063	
Pantothenic acid	mg	0.707		0	0.601	0.658	
Vitamin B-6	mg	0.203		0	0.173	0.189	
Folate	:g						
Vitamin B-12	:g	3.25		0	2.76	3.02	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	9.696		0	8.242	9.017	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.041		0	0.035	0.038	
12:0	g	0.064		0	0.054	0.060	
14:0	g	0.788		0	0.670	0.733	
15.0	g	0.127		0	0.108	0.118	
16:0	g	4.482		0	3.810	4.168	
17:0	g	0.311		0	0.264	0.289	
18:0	g	3.852		0	3.274	3.582	
20:0	g	0.032		0	0.027	0.030	
22.0	g						
24:0	g						

Monounsaturated, total	g	8.173	0	6.947	7.601
14:1	g	0.034	0	0.029	0.032
16:1	g	0.373	0	0.317	0.347
18:1	g	7.541	0	6.410	7.013
20:1	g	0.072	0	0.061	0.067
22.1	g				
Polyunsaturated, total	g	0.830	0	0.706	0.772
18:2	g	0.517	0	0.439	0.481
18:3	g	0.246	0	0.209	0.229
18:4	g				
20:4	g	0.060	0	0.051	0.056
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	106	0	90	99
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.347	0	0.295	0.323
Threonine	g	1.269	0	1.079	1.180
Isoleucine	g	1.435	0	1.220	1.335
Leucine	g	2.309	0	1.963	2.147
Lysine	g	2.623	0	2.230	2.439
Methionine	g	0.760	0	0.646	0.707
Cystine	g	0.356	0	0.303	0.331
Phenylalanine	g	1.207	0	1.026	1.123
Tyrosine	g	0.998	0	0.848	0.928
Valine	g	1.601	0	1.361	1.489
Arginine	g	1.763	0	1.499	1.640
Histidine	g	0.941	0	0.800	0.875
Alanine	g	1.787	0	1.519	1.662
Aspartic acid	g	2.613	0	2.221	2.430
Glutamic acid	g	4.309	0	3.663	4.007
Glycine	g	1.449	0	1.232	1.348
Proline	g	1.245	0	1.058	1.158
Serine	g	1.102	0	0.937	1.025
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 185 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3* 133g
Proximates:							
Water	g	73.95	0.460	6	20.96	62.86	98.35
Energy	kcal	137		0	39	116	182
Energy	kj	573		0	162	487	762
Protein (N x 5.95)	g	19.88	0.138	6	5.64	16.90	26.44
Total lipid (fat)	g	5.81	0.365	6	1.65	4.94	7.73
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.95	0.050	6	0.27	0.81	1.26
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.489	3	4	13	20
Iron	mg	1.54	0.120	3	0.44	1.31	2.05
Magnesium	mg	22	0.265	3	6	19	29
Phosphorus	mg	193	1.155	3	55	164	257
Potassium	mg	325	2.603	3	92	276	432
Sodium	mg	83	0.731	3	24	71	110
Zinc	mg	4.16	0.187	3	1.18	3.54	5.53
Copper	mg	0.139	0.011	3	0.039	0.118	0.185
Manganese	mg	0.015	0.001	3	0.004	0.013	0.020
Selenium	:g	7.7		0	2.2	6.5	10.2
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.120	0.010	2	0.034	0.102	0.160
Riboflavin	mg	0.240	0.020	2	0.068	0.204	0.319
Niacin	mg	4.580	0.500	2	1.298	3.893	6.091
Pantothenic acid	mg	0.785	0.065	2	0.223	0.667	1.044
Vitamin B-6	mg	0.299	0.038	2	0.085	0.254	0.398
Folate	:g						
Vitamin B-12	:g	3.01	0.020	2	0.85	2.56	4.00
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	2.335	1.073	3	0.662	1.985	3.106
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.013	0.067	3	0.004	0.011	0.017
14:0	g	0.178	0.260	3	0.050	0.151	0.237
15.0	g	0.025	0.058	3	0.007	0.021	0.033
16:0	g	1.199	0.524	3	0.340	1.019	1.595
17:0	g	0.067	0.088	3	0.019	0.057	0.089
18:0	g	0.852	1.477	3	0.242	0.724	1.133
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.424	0.854	3	0.687	2.060	3.224
14:1	g						
16:1	g	0.108	0.291	3	0.031	0.092	0.144
18:1	g	2.243	0.393	3	0.636	1.907	2.983
20:1	g	0.025		1	0.007	0.021	0.033
22.1	g						
Polyunsaturated, total	g	0.270	0.240	3	0.077	0.230	0.359
18:2	g	0.160	0.153	3	0.045	0.136	0.213
18:3	g	0.078	0.067	3	0.022	0.066	0.104
18:4	g						
20:4	g	0.032	0.033	3	0.009	0.027	0.043
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	62	1.278	3	18	53	82
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.232		0	0.066	0.197	0.309
Threonine	g	0.849		0	0.241	0.722	1.129
Isoleucine	g	0.961		0	0.272	0.817	1.278
Leucine	g	1.546		0	0.438	1.314	2.056
Lysine	g	1.756		0	0.498	1.493	2.335
Methionine	g	0.509		0	0.144	0.433	0.677
Cystine	g	0.239		0	0.068	0.203	0.318
Phenylalanine	g	0.808		0	0.229	0.687	1.075
Tyrosine	g	0.668		0	0.189	0.568	0.888
Valine	g	1.072		0	0.304	0.911	1.426
Arginine	g	1.180		0	0.335	1.003	1.569
Histidine	g	0.630		0	0.179	0.536	0.838
Alanine	g	1.196		0	0.339	1.017	1.591
Aspartic acid	g	1.750		0	0.496	1.488	2.328
Glutamic acid	g	2.885		0	0.818	2.452	3.837
Glycine	g	0.970		0	0.275	0.825	1.290
Proline	g	0.834		0	0.236	0.709	1.109
Serine	g	0.738		0	0.209	0.627	0.982
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz
Measure 3: 1 raw chop with refuse, 185 g; yields excluding refuse

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	Samples	Measure 1* 85g	Measure 2* 76g	Measure 3*
Proximates:							
Water	g	56.98	0.940	6	48.43	43.30	
Energy	kcal	238		0	202	181	
Energy	kj	996		0	847	757	
Protein (N x 5.95)	g	34.17	0.407	6	29.04	25.97	
Total lipid (fat)	g	10.23	0.656	6	8.70	7.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.03	0.084	6	0.88	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.684	3	23	21	
Iron	mg	2.71	0.206	3	2.30	2.06	
Magnesium	mg	25	0.467	3	21	19	
Phosphorus	mg	221	1.764	3	188	168	
Potassium	mg	287	0.882	3	244	218	
Sodium	mg	78	0.769	3	66	59	
Zinc	mg	7.78	0.102	3	6.61	5.91	
Copper	mg	0.215	0.036	3	0.183	0.163	
Manganese	mg	0.020	0.002	3	0.017	0.015	
Selenium	:g	10.6		0	9.0	8.1	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.100	0.010	2	0.085	0.076	
Riboflavin	mg	0.290	0.030	2	0.247	0.220	
Niacin	mg	4.695	0.065	2	3.991	3.568	
Pantothenic acid	mg	0.775	0.005	2	0.659	0.589	
Vitamin B-6	mg	0.211	0.013	2	0.179	0.160	
Folate	:g						
Vitamin B-12	:g	3.56	0.135	2	3.03	2.71	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	4.173	1.009	3	3.547	3.171	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.018		1	0.015	0.014	
12:0	g	0.026	0.058	3	0.022	0.020	
14:0	g	0.320	0.240	3	0.272	0.243	
15.0	g	0.053	0.000	3	0.045	0.040	
16:0	g	2.082	0.240	3	1.770	1.582	
17:0	g	0.123	0.000	3	0.105	0.093	
18:0	g	1.539	1.040	3	1.308	1.170	
20:0	g	0.012	0.033	3	0.010	0.009	
22.0	g						
24:0	g						

Monounsaturated, total	g	4.160	0.939	3	3.536	3.162
14:1	g	0.013	0.050	2	0.011	0.010
16:1	g	0.185	0.231	3	0.157	0.141
18:1	g	3.847	0.617	3	3.270	2.924
20:1	g	0.032	0.033	3	0.027	0.024
22.1	g					
Polyunsaturated, total	g	0.499	0.433	3	0.424	0.379
18:2	g	0.297	0.260	3	0.252	0.226
18:3	g	0.135	0.088	3	0.115	0.103
18:4	g					
20:4	g	0.059	0.120	3	0.050	0.045
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	111	1.528	3	94	84
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.399		0	0.339	0.303
Threonine	g	1.460		0	1.241	1.110
Isoleucine	g	1.651		0	1.403	1.255
Leucine	g	2.657		0	2.258	2.019
Lysine	g	3.018		0	2.565	2.294
Methionine	g	0.875		0	0.744	0.665
Cystine	g	0.410		0	0.348	0.312
Phenylalanine	g	1.389		0	1.181	1.056
Tyrosine	g	1.148		0	0.976	0.872
Valine	g	1.842		0	1.566	1.400
Arginine	g	2.028		0	1.724	1.541
Histidine	g	1.082		0	0.920	0.822
Alanine	g	2.055		0	1.747	1.562
Aspartic acid	g	3.007		0	2.556	2.285
Glutamic acid	g	4.958		0	4.214	3.768
Glycine	g	1.667		0	1.417	1.267
Proline	g	1.432		0	1.217	1.088
Serine	g	1.268		0	1.078	0.964
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

Measure 2: 1 raw chop with refuse, 185 g; yields excluding refuse

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	62.13		0	17.61	281.82	52.81
Energy	kcal	262		0	74	1188	223
Energy	kj	1096		0	311	4971	932
Protein (N x 5.95)	g	16.48		0	4.67	74.75	14.01
Total lipid (fat)	g	21.28		0	6.03	96.53	18.09
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.76		0	0.22	3.45	0.65
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	5	86	16
Iron	mg	1.21		0	0.34	5.49	1.03
Magnesium	mg	17		0	5	77	14
Phosphorus	mg	150		0	43	680	128
Potassium	mg	260		0	74	1179	221
Sodium	mg	78		0	22	354	66
Zinc	mg	4.37		0	1.24	19.82	3.71
Copper	mg	0.109		0	0.031	0.494	0.093
Manganese	mg	0.010		0	0.003	0.045	0.009
Selenium	:g	6.9		0	2.0	31.3	5.9
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.107		0	0.030	0.485	0.091
Riboflavin	mg	0.213		0	0.060	0.966	0.181
Niacin	mg	4.004		0	1.135	18.162	3.403
Pantothenic acid	mg	0.679		0	0.192	3.080	0.577
Vitamin B-6	mg	0.261		0	0.074	1.184	0.222
Folate	:g						
Vitamin B-12	:g	2.61		0	0.74	11.84	2.22
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	10.300		0	2.920	46.721	8.755
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.038		0	0.011	0.172	0.032
12:0	g	0.066		0	0.019	0.299	0.056
14:0	g	0.833		0	0.236	3.778	0.708
15.0	g	0.131		0	0.037	0.594	0.111
16:0	g	4.824		0	1.368	21.882	4.100
17:0	g	0.309		0	0.088	1.402	0.263
18:0	g	4.061		0	1.151	18.421	3.452
20:0	g	0.039		0	0.011	0.177	0.033
22.0	g						
24:0	g						

Monounsaturated, total	g	8.579	0	2.432	38.914	7.292
14:1	g	0.031	0	0.009	0.141	0.026
16:1	g	0.393	0	0.111	1.783	0.334
18:1	g	7.922	0	2.246	35.934	6.734
20:1	g	0.081	0	0.023	0.367	0.069
22.1	g					
Polyunsaturated, total	g	0.864	0	0.245	3.919	0.734
18:2	g	0.509	0	0.144	2.309	0.433
18:3	g	0.244	0	0.069	1.107	0.207
18:4	g					
20:4	g	0.078	0	0.022	0.354	0.066
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	67	0	19	304	57
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.193	0	0.055	0.875	0.164
Threonine	g	0.704	0	0.200	3.193	0.598
Isoleucine	g	0.796	0	0.226	3.611	0.677
Leucine	g	1.282	0	0.363	5.815	1.090
Lysine	g	1.456	0	0.413	6.604	1.238
Methionine	g	0.422	0	0.120	1.914	0.359
Cystine	g	0.198	0	0.056	0.898	0.168
Phenylalanine	g	0.670	0	0.190	3.039	0.570
Tyrosine	g	0.554	0	0.157	2.513	0.471
Valine	g	0.889	0	0.252	4.033	0.756
Arginine	g	0.978	0	0.277	4.436	0.831
Histidine	g	0.522	0	0.148	2.368	0.444
Alanine	g	0.992	0	0.281	4.500	0.843
Aspartic acid	g	1.451	0	0.411	6.582	1.233
Glutamic acid	g	2.392	0	0.678	10.850	2.033
Glycine	g	0.804	0	0.228	3.647	0.683
Proline	g	0.691	0	0.196	3.134	0.587
Serine	g	0.612	0	0.174	2.776	0.520
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 273g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.63		0	154.60	48.14	
Energy	kcal	291		0	794	247	
Energy	kj	1218		0	3325	1035	
Protein (N x 5.95)	g	21.71		0	59.27	18.45	
Total lipid (fat)	g	22.03		0	60.14	18.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	0.98		0	2.68	0.83	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	76	24	
Iron	mg	1.58		0	4.31	1.34	
Magnesium	mg	20		0	55	17	
Phosphorus	mg	177		0	483	150	
Potassium	mg	295		0	805	251	
Sodium	mg	88		0	240	75	
Zinc	mg	5.61		0	15.32	4.77	
Copper	mg	0.121		0	0.330	0.103	
Manganese	mg	0.012		0	0.033	0.010	
Selenium	:g	8.2		0	22.4	7.0	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.095		0	0.259	0.081	
Riboflavin	mg	0.268		0	0.732	0.228	
Niacin	mg	4.430		0	12.094	3.765	
Pantothenic acid	mg	0.720		0	1.966	0.612	
Vitamin B-6	mg	0.205		0	0.560	0.174	
Folate	:g						
Vitamin B-12	:g	3.30		0	9.01	2.81	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	10.510		0	28.692	8.934	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.038		0	0.104	0.032	
12:0	g	0.069		0	0.188	0.059	
14:0	g	0.843		0	2.301	0.717	
15.0	g	0.128		0	0.349	0.109	
16:0	g	4.881		0	13.325	4.149	
17:0	g	0.329		0	0.898	0.280	
18:0	g	4.143		0	11.310	3.522	
20:0	g	0.078		0	0.213	0.066	
22.0	g						
24:0	g						

Monounsaturated, total	g	8.644	0	23.598	7.347
14:1	g	0.040	0	0.109	0.034
16:1	g	0.391	0	1.067	0.332
18:1	g	7.990	0	21.813	6.792
20:1	g	0.072	0	0.197	0.061
22.1	g				
Polyunsaturated, total	g	0.820	0	2.239	0.697
18:2	g	0.500	0	1.365	0.425
18:3	g	0.244	0	0.666	0.207
18:4	g				
20:4	g	0.045	0	0.123	0.038
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	84	0	229	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.693	0.216
Threonine	g	0.928	0	2.533	0.789
Isoleucine	g	1.049	0	2.864	0.892
Leucine	g	1.689	0	4.611	1.436
Lysine	g	1.918	0	5.236	1.630
Methionine	g	0.556	0	1.518	0.473
Cystine	g	0.261	0	0.713	0.222
Phenylalanine	g	0.882	0	2.408	0.750
Tyrosine	g	0.730	0	1.993	0.620
Valine	g	1.171	0	3.197	0.995
Arginine	g	1.289	0	3.519	1.096
Histidine	g	0.688	0	1.878	0.585
Alanine	g	1.306	0	3.565	1.110
Aspartic acid	g	1.911	0	5.217	1.624
Glutamic acid	g	3.151	0	8.602	2.678
Glycine	g	1.060	0	2.894	0.901
Proline	g	0.910	0	2.484	0.774
Serine	g	0.806	0	2.200	0.685
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz

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	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3* 85g
Proximates:							
Water	g	71.62	0.507	6	20.30	324.87	60.88
Energy	kcal	164		0	46	744	139
Energy	kj	686		0	194	3112	583
Protein (N x 5.95)	g	19.10	0.211	6	5.41	86.64	16.23
Total lipid (fat)	g	9.09	0.583	6	2.58	41.23	7.73
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	0.87	0.056	6	0.25	3.95	0.74
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.865	3	5	86	16
Iron	mg	1.36	0.095	3	0.39	6.17	1.16
Magnesium	mg	20	0.176	3	6	91	17
Phosphorus	mg	170	2.404	3	48	771	145
Potassium	mg	298	2.906	3	84	1352	253
Sodium	mg	90	1.808	3	26	408	77
Zinc	mg	5.22	0.123	3	1.48	23.68	4.44
Copper	mg	0.126	0.016	3	0.036	0.572	0.107
Manganese	mg	0.012	0.001	3	0.003	0.054	0.010
Selenium	:g	8.1		0	2.3	36.7	6.9
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.120	0.010	2	0.034	0.544	0.102
Riboflavin	mg	0.240	0.020	2	0.068	1.089	0.204
Niacin	mg	4.580	0.500	2	1.298	20.775	3.893
Pantothenic acid	mg	0.785	0.065	2	0.223	3.561	0.667
Vitamin B-6	mg	0.299	0.038	2	0.085	1.356	0.254
Folate	:g						
Vitamin B-12	:g	3.01	0.020	2	0.85	13.65	2.56
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	3.883	1.375	3	1.101	17.613	3.301
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.012	0.050	2	0.003	0.054	0.010
12:0	g	0.021	0.067	3	0.006	0.095	0.018
14:0	g	0.292	0.273	3	0.083	1.325	0.248
15.0	g	0.044	0.033	3	0.012	0.200	0.037
16:0	g	1.910	0.265	3	0.541	8.664	1.623
17:0	g	0.097	0.176	3	0.027	0.440	0.082
18:0	g	1.492	1.132	3	0.423	6.768	1.268
20:0	g	0.016		2	0.005	0.073	0.014
22.0	g						
24:0	g						

Monounsaturated, total	g	3.611	1.040	3	1.024	16.379	3.069
14:1	g	0.008		2	0.002	0.036	0.007
16:1	g	0.151	0.233	3	0.043	0.685	0.128
18:1	g	3.350	0.709	3	0.950	15.196	2.848
20:1	g	0.039		1	0.011	0.177	0.033
22.1	g						
Polyunsaturated, total	g	0.357	0.328	3	0.101	1.619	0.303
18:2	g	0.217	0.186	3	0.062	0.984	0.184
18:3	g	0.102	0.058	3	0.029	0.463	0.087
18:4	g						
20:4	g	0.031	0.058	3	0.009	0.141	0.026
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64	0.649	3	18	290	54
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.223		0	0.063	1.012	0.190
Threonine	g	0.816		0	0.231	3.701	0.694
Isoleucine	g	0.923		0	0.262	4.187	0.785
Leucine	g	1.485		0	0.421	6.736	1.262
Lysine	g	1.687		0	0.478	7.652	1.434
Methionine	g	0.489		0	0.139	2.218	0.416
Cystine	g	0.229		0	0.065	1.039	0.195
Phenylalanine	g	0.776		0	0.220	3.520	0.660
Tyrosine	g	0.642		0	0.182	2.912	0.546
Valine	g	1.030		0	0.292	4.672	0.876
Arginine	g	1.134		0	0.321	5.144	0.964
Histidine	g	0.605		0	0.172	2.744	0.514
Alanine	g	1.149		0	0.326	5.212	0.977
Aspartic acid	g	1.681		0	0.477	7.625	1.429
Glutamic acid	g	2.772		0	0.786	12.574	2.356
Glycine	g	0.932		0	0.264	4.228	0.792
Proline	g	0.801		0	0.227	3.633	0.681
Serine	g	0.709		0	0.201	3.216	0.603
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 lb
Measure 3: 3 oz

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	Samples	Measure 1* 233g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.25	0.454	6	145.04	52.91	
Energy	kcal	231		0	538	196	
Energy	kj	967		0	2253	822	
Protein (N x 5.95)	g	23.83	0.297	6	55.52	20.26	
Total lipid (fat)	g	14.38	0.917	6	33.51	12.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	1.07	0.061	6	2.49	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.923	3	65	24	
Iron	mg	1.67	0.101	3	3.89	1.42	
Magnesium	mg	21	0.333	3	49	18	
Phosphorus	mg	188	1.528	3	438	160	
Potassium	mg	315	4.807	3	734	268	
Sodium	mg	94	2.193	3	219	80	
Zinc	mg	6.32	0.234	3	14.73	5.37	
Copper	mg	0.131	0.015	3	0.305	0.111	
Manganese	mg	0.013	0.001	3	0.030	0.011	
Selenium	:g	9.0		0	21.0	7.7	
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.100	0.010	2	0.233	0.085	
Riboflavin	mg	0.290	0.030	2	0.676	0.247	
Niacin	mg	4.695	0.065	2	10.939	3.991	
Pantothenic acid	mg	0.775	0.005	2	1.806	0.659	
Vitamin B-6	mg	0.211	0.013	2	0.492	0.179	
Folate	:g						
Vitamin B-12	:g	3.56	0.135	2	8.29	3.03	
Vitamin A	IU						
Vitamin A, RE	:g						
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	6.334	0.907	3	14.758	5.384	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.019	0.050	2	0.044	0.016	
12:0	g	0.041	0.033	3	0.096	0.035	
14:0	g	0.487	0.260	3	1.135	0.414	
15.0	g	0.070	0.033	3	0.163	0.060	
16:0	g	3.075	0.536	3	7.165	2.614	
17:0	g	0.186	0.058	3	0.433	0.158	
18:0	g	2.386	1.203	3	5.559	2.028	
20:0	g	0.070	0.367	3	0.163	0.060	
22.0	g						
24:0	g						

Monounsaturated, total	g	5.589	0.876	3	13.022	4.751
14:1	g	0.021	0.033	3	0.049	0.018
16:1	g	0.248	0.173	3	0.578	0.211
18:1	g	5.181	0.817	3	12.072	4.404
20:1	g	0.041	0.088	3	0.096	0.035
22.1	g					
Polyunsaturated, total	g	0.559	0.145	3	1.302	0.475
18:2	g	0.324	0.067	3	0.755	0.275
18:3	g	0.157	0.033	3	0.366	0.133
18:4	g					
20:4	g	0.041	0.033	3	0.096	0.035
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85	0.764	3	198	72
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.278		0	0.648	0.236
Threonine	g	1.018		0	2.372	0.865
Isoleucine	g	1.152		0	2.684	0.979
Leucine	g	1.853		0	4.317	1.575
Lysine	g	2.105		0	4.905	1.789
Methionine	g	0.610		0	1.421	0.518
Cystine	g	0.286		0	0.666	0.243
Phenylalanine	g	0.969		0	2.258	0.824
Tyrosine	g	0.801		0	1.866	0.681
Valine	g	1.285		0	2.994	1.092
Arginine	g	1.415		0	3.297	1.203
Histidine	g	0.755		0	1.759	0.642
Alanine	g	1.434		0	3.341	1.219
Aspartic acid	g	2.097		0	4.886	1.782
Glutamic acid	g	3.459		0	8.059	2.940
Glycine	g	1.163		0	2.710	0.989
Proline	g	0.999		0	2.328	0.849
Serine	g	0.885		0	2.062	0.752
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb raw with refuse, yields, excluding refuse

Measure 2: 3 oz