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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.09 | 0.697 | 9 | A | 1 | | 55.33 | | |
| Energy | kcal | 179 | | 0 | NC | 4 | | 153 | | |
| Energy | kj | 751 | | 0 | NC | 4 | | 638 | | |
| Protein | g | 25.45 | 0.498 | 9 | A | 1 | | 21.64 | | |
| Total lipid (fat) | g | 8.62 | 1.036 | 9 | A | 1 | | 7.33 | | |
| Ash | g | 1.02 | 0.025 | 9 | A | 1 | | 0.87 | | |
| Carbohydrate, by difference | g | 0.00 | | 0 | NC | 4 | | 0.00 | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 14 | | 0 | BFNN | 4 | | 12 | | |
| Iron, Fe | mg | 3.19 | | 0 | BFNN | 4 | | 2.71 | | |
| Magnesium, Mg | mg | 23 | | 0 | BFNN | 4 | | 19 | | |
| Phosphorus, P | mg | 213 | | 0 | BFNN | 4 | | 181 | | |
| Potassium, K | mg | 353 | | 0 | BFNN | 4 | | 300 | | |
| Sodium, Na | mg | 76 | | 0 | BFNN | 4 | | 64 | | |
| Zinc, Zn | mg | 5.34 | | 0 | BFNN | 4 | | 4.54 | | |
| Copper, Cu | mg | 0.151 | | 0 | BFNN | 4 | | 0.128 | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 31.1 | | 0 | BFNN | 4 | | 26.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | BFPN | 4 | | 0.0 | | |
| Thiamin | mg | 0.139 | | 0 | BFPN | 4 | | 0.118 | | |
| Riboflavin | mg | 0.264 | | 0 | BFPN | 4 | | 0.225 | | |
| Niacin | mg | 5.966 | | 0 | BFPN | 4 | | 5.071 | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.401 | | 0 | BFPN | 4 | | 0.341 | | |
| Folate, total | mcg | 16 | | 0 | BFPN | 4 | | 14 | | |
| Folic acid | mcg | 0 | | 0 | BFPN | 4 | | 0 | | |
| Folate, food | mcg | 16 | | 0 | BFPN | 4 | | 14 | | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 14 | | |
| Choline, total | mg | 97.2 | | 0 | BFNN | 4 | | 82.6 | | |
| Betaine | mg | 12.8 | | 0 | BFNN | 4 | | 10.9 | | |
| Vitamin B-12 | mcg | 2.44 | | 0 | BFPN | 4 | | 2.07 | | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | BFSN | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.20 | | 0 | BFSN | 4 | | 0.17 | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.3 | | 0 | BFSN | 4 | | 1.1 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.489 | | 0 | NC | 4 | | 2.966 | | |
| 4:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 8:0 | g | 0.003 | | 0 | BFFN | 4 | | 0.003 | | |
| 10:0 | g | 0.004 | | 0 | BFFN | 4 | | 0.003 | | |

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

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

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

**Common Measures:**

**NDB No. 17148**

**Bison, ground, grass-fed, cooked**

Measure 1 = 85g: 3 oz

| Calories Factors: Protein | Fat | Carbohydrate |
| --- | --- | --- |

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.59 | 0.835 | 9 | A | 1 | | | | |
| Energy | kcal | 146 | | 0 | NC | 4 | | | | |
| Energy | kj | 611 | | 0 | NC | 4 | | | | |
| Protein | g | 20.23 | 0.299 | 9 | A | 1 | | | | |
| Total lipid (fat) | g | 7.21 | 0.922 | 9 | A | 1 | | | | |
| Ash | g | 0.91 | 0.016 | 9 | A | 1 | | | | |
| Carbohydrate, by difference | g | 0.05 | | 0 | NC | 4 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | | 0 | BFNN | 4 | | | | |
| Iron, Fe | mg | 2.78 | | 0 | BFNN | 4 | | | | |
| Magnesium, Mg | mg | 21 | | 0 | BFNN | 4 | | | | |
| Phosphorus, P | mg | 194 | | 0 | BFNN | 4 | | | | |
| Potassium, K | mg | 328 | | 0 | BFNN | 4 | | | | |
| Sodium, Na | mg | 70 | | 0 | BFNN | 4 | | | | |
| Zinc, Zn | mg | 4.59 | | 0 | BFNN | 4 | | | | |
| Copper, Cu | mg | 0.140 | | 0 | BFNN | 4 | | | | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 20.0 | | 0 | BFNN | 4 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | | | |
| Thiamin | mg | 0.141 | | 0 | BFPN | 4 | | | | |
| Riboflavin | mg | 0.246 | | 0 | BFPN | 4 | | | | |
| Niacin | mg | 5.322 | | 0 | BFPN | 4 | | | | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.383 | | 0 | BFPN | 4 | | | | |
| Folate, total | mcg | 12 | | 0 | BFPN | 4 | | | | |
| Folic acid | mcg | 0 | | 0 | BFPN | 4 | | | | |
| Folate, food | mcg | 12 | | 0 | BFPN | 4 | | | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | | | |
| Choline, total | mg | 85.8 | | 0 | BFNN | 4 | | | | |
| Betaine | mg | 12.6 | | 0 | BFNN | 4 | | | | |
| Vitamin B-12 | mcg | 1.94 | | 0 | BFPN | 4 | | | | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | | | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | | | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.19 | | 0 | BFSN | 4 | | | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.2 | | 0 | BFSN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.917 | | 0 | NC | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | | | |
| 6:0 | g | 0.000 | | 0 | Z | 7 | | | | |
| 8:0 | g | 0.003 | | 0 | BFFN | 4 | | | | |
| 10:0 | g | 0.003 | | 0 | BFFN | 4 | | | | |

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

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

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

**Common Measures:**

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17330**

**Game meat , bison, ground, raw**

*Bison bison*

buffalo

**Refuse:**0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 64.25 | 2.053 | 6 | A | 1 | | 54.61 | 72.60 | |
| Energy....kcal | 223 | | 0 | NC | 4 | | 190 | 252 | |
| Energy....kj | 935 | | 0 | NC | 4 | | 795 | 1056 | |
| Protein (N x 6.25)....g | 18.67 | 1.324 | 6 | A | 1 | | 15.87 | 21.09 | |
| Total lipid (fat)....g | 15.93 | 0.970 | 6 | A | 1 | | 13.54 | 18.00 | |
| Ash....g | 0.88 | 0.031 | 6 | A | 1 | | 0.75 | 1.00 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 0.654 | 3 | A | 1 | | 9 | 12 | |
| Iron, Fe....mg | 2.60 | 0.203 | 6 | A | 1 | | 2.21 | 2.93 | |
| Magnesium, Mg....mg | 19 | 0.546 | 3 | A | 1 | | 17 | 22 | |
| Phosphorus, P....mg | 181 | 5.783 | 3 | A | 1 | | 154 | 205 | |
| Potassium, K....mg | 307 | 11.465 | 3 | A | 1 | | 261 | 347 | |
| Sodium, Na....mg | 66 | 2.615 | 3 | A | 1 | | 56 | 74 | |
| Zinc, Zn....mg | 4.29 | 0.139 | 3 | A | 1 | | 3.65 | 4.85 | |
| Copper, Cu....mg | 0.131 | 0.034 | 3 | A | 1 | | 0.111 | 0.148 | |
| Manganese, Mn....mg | 0.009 | 0.000 | 3 | A | 1 | | 0.008 | 0.011 | |
| Selenium, Se....mcg | 18.7 | 0.333 | 3 | A | 1 | | 15.9 | 21.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | 0.006 | 3 | A | 1 | | 0.111 | 0.147 | |
| Riboflavin....mg | 0.227 | 0.015 | 3 | A | 1 | | 0.193 | 0.256 | |
| Niacin....mg | 4.910 | 0.301 | 3 | A | 1 | | 4.174 | 5.548 | |
| Pantothenic acid....mg | 0.640 | | 1 | A | 1 | | 0.544 | 0.723 | |
| Vitamin B-6....mg | 0.353 | 0.016 | 3 | A | 1 | | 0.300 | 0.399 | |
| Folate, total....mcg | 11 | | 1 | A | 1 | | 9 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 1 | A | 1 | | 9 | 13 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 9 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.79 | 0.106 | 3 | A | 1 | | 1.52 | 2.02 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 1 | A | 1 | | 0.20 | 0.27 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.006 | | 0 | BFFN | 4 | | 0.005 | 0.007 | |
| 10:0....g | 0.007 | | 0 | BFFN | 4 | | 0.006 | 0.007 | |
| 12:0....g | 0.007 | | 0 | BFFN | 4 | | 0.006 | 0.007 | |
| 13:0....g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.286 | | 0 | BFFN | 4 | | 0.243 | 0.323 | |
| 15:0 g | 0.083 | | 0 | BFFN | 4 | | 0.071 | 0.094 | |
| 16:0 g | 2.869 | | 0 | BFFN | 4 | | 2.439 | 3.242 | |
| 17:0 g | 0.241 | | 0 | BFFN | 4 | | 0.205 | 0.273 | |
| 18:0 g | 3.272 | | 0 | BFFN | 4 | | 2.781 | 3.698 | |
| 20:0 g | 0.030 | | 0 | BFFN | 4 | | 0.026 | 0.034 | |
| 22:0 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | | | | | | | | | |
| 14:1 g | 0.023 | | 0 | BFFN | 4 | | 0.020 | 0.026 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.318 | | 0 | BFFN | 4 | | 0.270 | 0.359 | |
| 17:1 g | 0.114 | | 0 | BFFN | 4 | | 0.097 | 0.129 | |
| 18:1 undifferentiated g | 5.716 | | 0 | BFFN | 4 | | 4.859 | 6.460 | |
| 20:1 g | 0.051 | | 0 | BFFN | 4 | | 0.043 | 0.057 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | | | | | | | | | |
| 18:2 undifferentiated g | 0.578 | | 0 | BFFN | 4 | | 0.491 | 0.653 | |
| 18:3 undifferentiated g | 0.084 | | 0 | BFFN | 4 | | 0.071 | 0.095 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.007 | | 0 | BFFN | 4 | | 0.006 | 0.008 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.081 | | 0 | BFFN | 4 | | 0.069 | 0.091 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 70 | 2.596 | 6 | A | 1 | | 59 | 79 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.141 | | 0 | A | 1 | | 0.120 | 0.160 | |
| Threonine g | 0.847 | | 0 | A | 1 | | 0.720 | 0.957 | |
| Isoleucine g | 0.901 | | 0 | A | 1 | | 0.766 | 1.018 | |
| Leucine g | 1.601 | | 0 | A | 1 | | 1.361 | 1.810 | |
| Lysine g | 1.732 | | 0 | A | 1 | | 1.472 | 1.957 | |
| Methionine g | 0.505 | | 0 | A | 1 | | 0.429 | 0.570 | |
| Cystine g | 0.223 | | 0 | A | 1 | | 0.189 | 0.252 | |
| Phenylalanine g | 0.793 | | 0 | A | 1 | | 0.674 | 0.896 | |
| Tyrosine g | 0.635 | | 0 | A | 1 | | 0.540 | 0.718 | |
| Valine g | 1.004 | | 0 | A | 1 | | 0.854 | 1.135 | |
| Arginine g | 1.271 | | 0 | A | 1 | | 1.080 | 1.436 | |
| Histidine g | 0.684 | | 0 | A | 1 | | 0.581 | 0.773 | |
| Alanine g | 1.243 | | 0 | A | 1 | | 1.057 | 1.405 | |
| Aspartic acid g | 1.824 | | 0 | A | 1 | | 1.551 | 2.061 | |
| Glutamic acid g | 3.040 | | 0 | A | 1 | | 2.584 | 3.435 | |
| Glycine g | 1.211 | | 0 | A | 1 | | 1.030 | 1.369 | |
| Proline g | 0.956 | | 0 | A | 1 | | 0.812 | 1.080 | |
| Serine g | 0.776 | | 0 | A | 1 | | 0.660 | 0.877 | |
| Hydroxyproline g | 0.233 | | 0 | BFPN | 4 | | 0.198 | 0.264 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

Measure 2 = 113g: 1 patty

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17332**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.10 | 0.794 | 6 | A | 1 | | 126.29 | 55.34 | |
| Energy....kcal | 171 | | 0 | NC | 4 | | 331 | 145 | |
| Energy....kj | 714 | | 0 | NC | 4 | | 1386 | 607 | |
| Protein (N x 6.25)....g | 28.05 | 0.410 | 6 | A | 1 | | 54.42 | 23.84 | |
| Total lipid (fat)....g | 5.65 | 0.698 | 6 | A | 1 | | 10.96 | 4.80 | |
| Ash....g | 1.17 | 0.033 | 6 | A | 1 | | 2.26 | 0.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.963 | 3 | A | 1 | | 10 | 4 | |
| Iron, Fe....mg | 3.47 | 0.121 | 6 | A | 1 | | 6.72 | 2.95 | |
| Magnesium, Mg....mg | 27 | 0.939 | 3 | A | 1 | | 53 | 23 | |
| Phosphorus, P....mg | 253 | 12.732 | 3 | A | 1 | | 490 | 215 | |
| Potassium, K....mg | 387 | 12.342 | 3 | A | 1 | | 751 | 329 | |
| Sodium, Na....mg | 53 | 3.884 | 3 | A | 1 | | 102 | 45 | |
| Zinc, Zn....mg | 5.11 | 0.197 | 3 | A | 1 | | 9.91 | 4.34 | |
| Copper, Cu....mg | 0.211 | 0.050 | 3 | A | 1 | | 0.410 | 0.180 | |
| Manganese, Mn....mg | 0.013 | 0.002 | 3 | A | 1 | | 0.026 | 0.011 | |
| Selenium, Se....mcg | 41.2 | | 0 | BFNN | 4 | | 80.0 | 35.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.227 | 0.017 | 3 | A | 1 | | 0.440 | 0.193 | |
| Riboflavin....mg | 0.447 | 0.032 | 3 | A | 1 | | 0.867 | 0.380 | |
| Niacin....mg | 5.570 | 0.520 | 3 | A | 1 | | 10.806 | 4.735 | |
| Pantothenic acid....mg | 1.345 | | 0 | BFPN | 4 | | 2.610 | 1.144 | |
| Vitamin B-6....mg | 0.557 | 0.036 | 3 | A | 1 | | 1.080 | 0.473 | |
| Folate, total....mcg | 18 | | 0 | BFPN | 4 | | 35 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | BFPN | 4 | | 35 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 35 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.83 | 0.544 | 3 | A | 1 | | 5.48 | 2.40 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | BFSN | 4 | | 0.40 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.412 | | 0 | NC | 4 | | 4.680 | 2.050 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 10:0....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 12:0....g | 0.002 | | 0 | BFFN | 4 | | 0.005 | 0.002 | |

**NDB No. 17332**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.101 | | 0 | BFFN | 4 | | 0.197 | 0.086 | |
| 15:0....g | 0.030 | | 0 | BFFN | 4 | | 0.057 | 0.025 | |
| 16:0....g | 1.017 | | 0 | BFFN | 4 | | 1.974 | 0.865 | |
| 17:0....g | 0.086 | | 0 | BFFN | 4 | | 0.166 | 0.073 | |
| 18:0....g | 1.160 | | 0 | BFFN | 4 | | 2.251 | 0.986 | |
| 20:0....g | 0.011 | | 0 | BFFN | 4 | | 0.021 | 0.009 | |
| 22:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.206 | | 0 | NC | 4 | | 4.280 | 1.875 | |
| 14:1....g | 0.008 | | 0 | BFFN | 4 | | 0.016 | 0.007 | |
| 15:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.113 | | 0 | BFFN | 4 | | 0.218 | 0.096 | |
| 17:1....g | 0.040 | | 0 | BFFN | 4 | | 0.078 | 0.034 | |
| 18:1 undifferentiated....g | 2.027 | | 0 | BFFN | 4 | | 3.932 | 1.723 | |
| 20:1....g | 0.018 | | 0 | BFFN | 4 | | 0.035 | 0.015 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.266 | | 0 | NC | 4 | | 0.515 | 0.226 | |
| 18:2 undifferentiated....g | 0.205 | | 0 | BFFN | 4 | | 0.397 | 0.174 | |
| 18:3 undifferentiated....g | 0.030 | | 0 | BFFN | 4 | | 0.058 | 0.025 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | 0.002 | | 0 | BFFN | 4 | | 0.005 | 0.002 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.029 | | 0 | BFFN | 4 | | 0.056 | 0.024 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 86 | 1.105 | 6 | A | 1 | | 167 | 73 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.212 | | 0 | A | 1 | | 0.411 | 0.180 | |
| Threonine....g | 1.273 | | 0 | A | 1 | | 2.469 | 1.082 | |
| Isoleucine....g | 1.354 | | 0 | A | 1 | | 2.627 | 1.151 | |
| Leucine....g | 2.406 | | 0 | A | 1 | | 4.668 | 2.045 | |
| Lysine....g | 2.603 | | 0 | A | 1 | | 5.049 | 2.212 | |
| Methionine....g | 0.759 | | 0 | A | 1 | | 1.472 | 0.645 | |
| Cystine....g | 0.334 | | 0 | A | 1 | | 0.649 | 0.284 | |
| Phenylalanine....g | 1.191 | | 0 | A | 1 | | 2.311 | 1.012 | |
| Tyrosine....g | 0.954 | | 0 | A | 1 | | 1.852 | 0.811 | |
| Valine....g | 1.509 | | 0 | A | 1 | | 2.928 | 1.283 | |
| Arginine....g | 1.909 | | 0 | A | 1 | | 3.704 | 1.623 | |
| Histidine....g | 1.028 | | 0 | A | 1 | | 1.994 | 0.874 | |
| Alanine....g | 1.868 | | 0 | A | 1 | | 3.625 | 1.588 | |
| Aspartic acid....g | 2.741 | | 0 | A | 1 | | 5.318 | 2.330 | |
| Glutamic acid....g | 4.569 | | 0 | A | 1 | | 8.863 | 3.883 | |
| Glycine....g | 1.820 | | 0 | A | 1 | | 3.531 | 1.547 | |
| Proline....g | 1.436 | | 0 | A | 1 | | 2.786 | 1.221 | |
| Serine....g | 1.167 | | 0 | A | 1 | | 2.263 | 0.992 | |
| Hydroxyproline....g | 0.351 | | 0 | A | 1 | | 0.680 | 0.298 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

**NDB No. 17332**

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

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

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.90 | | 0 | | 1 | | 224.06 | 56.02 | |
| Energy....kcal | 150 | | 0 | NC | 4 | | 510 | 128 | |
| Energy....kj | 628 | | | | 4 | | 2134 | 533 | |
| Protein (N x 6.25)....g | 29.45 | | 0 | | 1 | | 100.13 | 25.03 | |
| Total lipid (fat)....g | 2.67 | | 0 | | 1 | | 9.08 | 2.27 | |
| Ash....g | 1.45 | | 0 | | 1 | | 4.93 | 1.23 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 0 | | 1 | | 14 | 3 | |
| Iron, Fe....mg | 4.20 | | 0 | | 1 | | 14.28 | 3.57 | |
| Magnesium, Mg....mg | 28 | | 0 | | 1 | | 95 | 24 | |
| Phosphorus, P....mg | 210 | | 0 | | 1 | | 714 | 179 | |
| Potassium, K....mg | 372 | | 0 | | 1 | | 1265 | 316 | |
| Sodium, Na....mg | 54 | | 0 | | 1 | | 184 | 46 | |
| Zinc, Zn....mg | 1.68 | | 0 | | 1 | | 5.71 | 1.43 | |
| Copper, Cu....mg | 0.213 | | 0 | | 1 | | 0.724 | 0.181 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.075 | 0.019 | |
| Selenium, Se....mcg | 12.9 | | 0 | BFYN | 4 | | 43.9 | 11.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.260 | | 0 | | 1 | | 0.884 | 0.221 | |
| Riboflavin....mg | 0.730 | | 0 | | 1 | | 2.482 | 0.621 | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | 9 | | 0 | BFPN | 4 | | 29 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 0 | BFPN | 4 | | 29 | 7 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 29 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.970 | | 0 | | 1 | | 3.298 | 0.825 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

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

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17144**

**Game meat, antelope, raw**

*Antilocapra americana, Bosephalus tragocamelus*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.08 | 0.178 | 54 | | 1 | | 21.00 | 336.03 | |
| Energy....kcal | 114 | | 0 | NC | 4 | | 32 | 517 | |
| Energy....kj | 477 | | | | 4 | | 135 | 2164 | |
| Protein (N x 6.25)....g | 22.38 | 0.136 | 24 | | 1 | | 6.34 | 101.52 | |
| Total lipid (fat)....g | 2.03 | 0.195 | 54 | | 1 | | 0.58 | 9.21 | |
| Ash....g | 1.10 | 0.017 | 22 | | 1 | | 0.31 | 4.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | 0.091 | 22 | | 1 | | 1 | 14 | |
| Iron, Fe....mg | 3.19 | 0.082 | 22 | | 1 | | 0.90 | 14.47 | |
| Magnesium, Mg....mg | 27 | 0.213 | 22 | | 1 | | 8 | 122 | |
| Phosphorus, P....mg | 188 | 1.055 | 22 | | 1 | | 53 | 853 | |
| Potassium, K....mg | 353 | 3.358 | 22 | | 1 | | 100 | 1601 | |
| Sodium, Na....mg | 51 | 1.200 | 22 | | 1 | | 14 | 231 | |
| Zinc, Zn....mg | 1.28 | 0.095 | 22 | | 1 | | 0.36 | 5.81 | |
| Copper, Cu....mg | 0.180 | 0.005 | 22 | | 1 | | 0.051 | 0.816 | |
| Manganese, Mn....mg | 0.020 | 0.001 | 22 | | 1 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 9.7 | | 0 | BFNN | 4 | | 2.7 | 44.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.320 | 0.014 | 18 | | 1 | | 0.091 | 1.452 | |
| Riboflavin....mg | 0.580 | 0.013 | 18 | | 1 | | 0.164 | 2.631 | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.740 | | 0 | | 1 | | 0.210 | 3.357 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 2 | | 1 | | 0.006 | 0.091 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.340 | | 2 | | 1 | | 0.096 | 1.542 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.370 | | 2 | | 1 | | 0.105 | 1.678 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17144**
**Game meat, antelope, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.55 | | 0 | | 1 | | 148.33 | 45.52 | |
| Energy | kcal | 259 | | 0 | NC | 4 | | 717 | 220 | |
| Energy | kj | 1084 | | 0 | | 4 | | 3002 | 921 | |
| Protein (N x 6.25) | g | 32.42 | | 0 | | 1 | | 89.80 | 27.56 | |
| Total lipid (fat) | g | 13.39 | | 0 | | 1 | | 37.09 | 11.38 | |
| Ash | g | 1.13 | | 0 | | 1 | | 3.13 | 0.96 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 0 | | 1 | | 14 | 4 | |
| Iron, Fe | mg | 10.73 | | 0 | | 1 | | 29.72 | 9.12 | |
| Magnesium, Mg | mg | 23 | | 0 | | 4 | | 64 | 20 | |
| Phosphorus, P | mg | 170 | | 0 | | 1 | | 471 | 145 | |
| Potassium, K | mg | 263 | | 0 | | 4 | | 729 | 224 | |
| Sodium, Na | mg | 71 | | 0 | | 4 | | 197 | 60 | |
| Zinc, Zn | mg | 10.27 | | 0 | | 4 | | 28.45 | 8.73 | |
| Copper, Cu | mg | 0.148 | | 0 | | 4 | | 0.410 | 0.126 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 11.2 | | 0 | BFYN | 4 | | 31.0 | 9.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | | 1 | | 0.277 | 0.085 | |
| Riboflavin | mg | 0.820 | | 0 | | 1 | | 2.271 | 0.697 | |
| Niacin | mg | 3.350 | | 0 | | 1 | | 9.280 | 2.848 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.290 | | 0 | | 4 | | 0.803 | 0.247 | |
| Folate, total | mcg | 6 | | 0 | | 4 | | 17 | 5 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 0 | | 4 | | 17 | 5 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 17 | 5 | |
| Choline, total | mg | 122.3 | | 0 | BFNN | 4 | | 338.7 | 103.9 | |
| Betaine | mg | 16.1 | | 0 | BFNN | 4 | | 44.5 | 13.7 | |
| Vitamin B-12 | mcg | 2.47 | | 0 | | 4 | | 6.84 | 2.10 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.49 | | 0 | BFSN | 4 | | 1.37 | 0.42 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.8 | | 0 | BFSN | 4 | | 4.9 | 1.5 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.540 | | 0 | | 4 | | 9.806 | 3.009 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17146**

**Game meat, bear, raw**

*Ursus arctos, Euarctos spp.*

**Refuse:** 0%

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17146**
**Game meat, bear, raw**

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.92 | | 0 | | 1 | | 181.29 | 49.23 | |
| Energy....kcal | 212 | | 0 | NC | 4 | | 664 | 180 | |
| Energy....kj | 887 | | 0 | | 4 | | 2776 | 754 | |
| Protein (N x 6.25)....g | 34.85 | | 0 | | 1 | | 109.08 | 29.62 | |
| Total lipid (fat)....g | 6.96 | | 0 | | 1 | | 21.78 | 5.92 | |
| Ash....g | 1.45 | | 0 | | 1 | | 4.54 | 1.23 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | | 0 | | 1 | | 69 | 19 | |
| Iron, Fe....mg | 10.00 | | 0 | | 1 | | 31.30 | 8.50 | |
| Magnesium, Mg....mg | 29 | | 0 | | 1 | | 91 | 25 | |
| Phosphorus, P....mg | 292 | | 0 | | 1 | | 914 | 248 | |
| Potassium, K....mg | 403 | | 0 | | 1 | | 1261 | 343 | |
| Sodium, Na....mg | 59 | | 0 | | 1 | | 185 | 50 | |
| Zinc, Zn....mg | 2.27 | | 0 | | 4 | | 7.11 | 1.93 | |
| Copper, Cu....mg | 0.189 | | 0 | | 4 | | 0.592 | 0.161 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 43.1 | | 0 | BFYN | 4 | | 134.9 | 36.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.0 | | 0 | | 1 | | 9.4 | 2.6 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.157 | 0.043 | |
| Riboflavin....mg | 0.310 | | 0 | | 1 | | 0.970 | 0.264 | |
| Niacin....mg | 2.200 | | 0 | | 1 | | 6.886 | 1.870 | |
| Pantothenic acid....mg | 0.930 | | 0 | | 1 | | 2.911 | 0.791 | |
| Vitamin B-6....mg | 0.470 | | 0 | | 4 | | 1.471 | 0.400 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 34 | 9 | |
| Choline, total....mg | 129.9 | | 0 | BFNN | 4 | | 406.6 | 110.4 | |
| Betaine....mg | 17.1 | | 0 | BFNN | 4 | | 53.4 | 14.5 | |
| Vitamin B-12....mcg | 8.30 | | 0 | | 1 | | 25.98 | 7.06 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.45 | | 0 | BFSN | 4 | | 1.40 | 0.38 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.6 | | 0 | BFSN | 4 | | 5.0 | 1.4 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.070 | | 0 | | 4 | | 6.479 | 1.760 | |
| 4:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17151**

**Game meat, beaver, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 70.97 | 1.789 | 3 | | 1 | | 20.12 | 321.92 | |
| Energy....kcal | 146 | | 0 | NC | 4 | | 41 | 662 | |
| Energy....kj | 611 | | | | 4 | | 173 | 2771 | |
| Protein (N x 6.25)....g | 24.05 | | 2 | | 1 | | 6.82 | 109.09 | |
| Total lipid (fat)....g | 4.80 | | 2 | | 1 | | 1.36 | 21.77 | |
| Ash....g | 1.00 | | 2 | | 1 | | 0.28 | 4.54 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | | 1 | | 1 | | 4 | 68 | |
| Iron, Fe....mg | 6.90 | | 1 | | 1 | | 1.96 | 31.30 | |
| Magnesium, Mg....mg | 25 | | 1 | | 1 | | 7 | 113 | |
| Phosphorus, P....mg | 237 | 26.181 | 3 | | 1 | | 67 | 1075 | |
| Potassium, K....mg | 348 | | 1 | | 1 | | 99 | 1579 | |
| Sodium, Na....mg | 51 | | 1 | | 1 | | 14 | 231 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 26.6 | | 0 | BFNN | 4 | | 7.5 | 120.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.0 | | 1 | | 1 | | 0.6 | 9.1 | |
| Thiamin....mg | 0.060 | | 2 | | 1 | | 0.017 | 0.272 | |
| Riboflavin....mg | 0.220 | | 2 | | 1 | | 0.062 | 0.998 | |
| Niacin....mg | 1.900 | | 1 | | 1 | | 0.539 | 8.618 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| Threonine....g | 0.916 | | 1 | | 1 | | 0.260 | 4.155 | |
| Isoleucine....g | 1.027 | | 1 | | 1 | | 0.291 | 4.658 | |
| Leucine....g | 1.897 | | 1 | | 1 | | 0.538 | 8.605 | |
| Lysine....g | 2.236 | | 1 | | 1 | | 0.634 | 10.142 | |
| Methionine....g | 0.546 | | 1 | | 1 | | 0.155 | 2.477 | |
| Cystine....g | | | | | | | | | |
| Phenylalanine....g | 0.977 | | 1 | | 1 | | 0.277 | 4.432 | |
| Tyrosine....g | 0.750 | | 1 | | 1 | | 0.213 | 3.402 | |
| Valine....g | 0.981 | | 1 | | 1 | | 0.278 | 4.450 | |
| Arginine....g | 1.478 | | 1 | | 1 | | 0.419 | 6.704 | |
| Histidine....g | 0.947 | | 1 | | 1 | | 0.268 | 4.296 | |
| Alanine....g | 1.116 | | 1 | | 1 | | 0.316 | 5.062 | |

**NDB No. 17150**
**Game meat, beaver, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 61.70 | | 0 | | 1 | | 209.78 | 52.45 | |
| Energy....kcal | 188 | | 0 | NC | 4 | | 639 | 160 | |
| Energy....kj | 787 | | | | 4 | | 2674 | 669 | |
| Protein (N x 6.25)....g | 30.66 | | 0 | | 1 | | 104.24 | 26.06 | |
| Total lipid (fat)....g | 6.32 | | 0 | | 1 | | 21.49 | 5.37 | |
| Ash....g | 1.21 | | 0 | | 1 | | 4.11 | 1.03 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | | 0 | | 1 | | 82 | 20 | |
| Iron, Fe....mg | 3.05 | | 0 | | 1 | | 10.37 | 2.59 | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | 250 | | 0 | | 1 | | 850 | 213 | |
| Potassium, K....mg | 459 | | 0 | | 1 | | 1561 | 390 | |
| Sodium, Na....mg | 82 | | 0 | | 1 | | 279 | 70 | |
| Zinc, Zn....mg | 6.40 | | 0 | | 1 | | 21.76 | 5.44 | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 13.1 | | 0 | BFYN | 4 | | 44.5 | 11.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 9.0 | | 0 | | 1 | | 30.6 | 7.7 | |
| Thiamin....mg | 0.030 | | 0 | | 1 | | 0.102 | 0.026 | |
| Riboflavin....mg | 0.110 | | 0 | | 1 | | 0.374 | 0.094 | |
| Niacin....mg | 4.890 | | 0 | | 1 | | 16.626 | 4.157 | |
| Pantothenic acid....mg | 0.580 | | 0 | | 1 | | 1.972 | 0.493 | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 61 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 61 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 61 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.55 | | 0 | | 1 | | 8.67 | 2.17 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.680 | | 0 | | 1 | | 9.112 | 2.278 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.034 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17153**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 70.89 | 1.008 | 6 | | 1 | | 20.10 | 321.56 | |
| Energy....kcal | 143 | | 0 | NC | 4 | | 41 | 649 | |
| Energy....kj | 598 | | | | 4 | | 170 | 2714 | |
| Protein (N x 6.25)....g | 23.30 | 0.334 | 6 | | 1 | | 6.61 | 105.69 | |
| Total lipid (fat)....g | 4.80 | 0.736 | 6 | | 1 | | 1.36 | 21.77 | |
| Ash....g | 0.92 | | 1 | | 1 | | 0.26 | 4.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | 5.669 | 4 | | 1 | | 5 | 82 | |
| Iron, Fe....mg | 2.32 | 0.195 | 5 | | 1 | | 0.66 | 10.52 | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | 224 | 15.845 | 5 | | 1 | | 64 | 1016 | |
| Potassium, K....mg | 436 | 7.557 | 5 | | 1 | | 124 | 1978 | |
| Sodium, Na....mg | 78 | 5.875 | 5 | | 1 | | 22 | 354 | |
| Zinc, Zn....mg | 4.86 | 0.635 | 7 | | 1 | | 1.38 | 22.04 | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 9.8 | | 0 | BFNN | 4 | | 2.8 | 44.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 7.0 | | 1 | | 1 | | 2.0 | 31.8 | |
| Thiamin....mg | 0.040 | 0.007 | 3 | | 1 | | 0.011 | 0.181 | |
| Riboflavin....mg | 0.090 | 0.005 | 3 | | 1 | | 0.026 | 0.408 | |
| Niacin....mg | 4.640 | 0.288 | 3 | | 1 | | 1.315 | 21.047 | |
| Pantothenic acid....mg | 0.550 | 0.020 | 3 | | 1 | | 0.156 | 2.495 | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | 15 | 3.325 | 3 | | 1 | | 4 | 68 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | 3.325 | 3 | | 1 | | 4 | 68 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 68 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.42 | 0.299 | 3 | | 1 | | 0.69 | 10.98 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.040 | | 0 | | 1 | | 0.578 | 9.253 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17333**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.48 | 0.385 | 6 | A | 1 | | 468.14 | 51.41 | |
| Energy....kcal | 193 | | 0 | NC | 4 | | 1496 | 164 | |
| Energy....kj | 809 | | 0 | NC | 4 | | 6259 | 687 | |
| Protein (N x 6.25)....g | 33.78 | 0.592 | 6 | A | 1 | | 261.48 | 28.72 | |
| Total lipid (fat)....g | 5.43 | 0.617 | 6 | A | 1 | | 42.05 | 4.62 | |
| Ash....g | 1.08 | 0.040 | 6 | A | 1 | | 8.38 | 0.92 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.606 | 3 | A | 1 | | 56 | 6 | |
| Iron, Fe....mg | 4.86 | 0.230 | 6 | A | 1 | | 37.63 | 4.13 | |
| Magnesium, Mg....mg | 26 | 0.835 | 3 | A | 1 | | 203 | 22 | |
| Phosphorus, P....mg | 239 | 4.842 | 3 | A | 1 | | 1852 | 203 | |
| Potassium, K....mg | 316 | 6.766 | 3 | A | 1 | | 2443 | 268 | |
| Sodium, Na....mg | 57 | 4.286 | 3 | A | 1 | | 440 | 48 | |
| Zinc, Zn....mg | 8.64 | 0.346 | 3 | A | 1 | | 66.87 | 7.34 | |
| Copper, Cu....mg | 0.208 | 0.022 | 3 | A | 1 | | 1.610 | 0.177 | |
| Manganese, Mn....mg | 0.017 | 0.001 | 3 | A | 1 | | 0.129 | 0.014 | |
| Selenium, Se....mcg | 41.7 | 0.667 | 3 | A | 1 | | 322.5 | 35.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | 0.010 | 3 | A | 1 | | 0.929 | 0.102 | |
| Riboflavin....mg | 0.470 | 0.012 | 3 | A | 1 | | 3.638 | 0.400 | |
| Niacin....mg | 4.773 | 0.461 | 3 | A | 1 | | 36.946 | 4.057 | |
| Pantothenic acid....mg | 1.620 | | 0 | BFPN | 4 | | 12.542 | 1.377 | |
| Vitamin B-6....mg | 0.458 | 0.103 | 3 | A | 1 | | 3.547 | 0.390 | |
| Folate, total....mcg | 21 | | 0 | BFPN | 4 | | 166 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | BFPN | 4 | | 166 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 166 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.38 | 0.374 | 3 | A | 1 | | 18.45 | 2.03 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.23 | | 0 | BFSN | 4 | | 1.80 | 0.20 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.320 | | 0 | NC | 4 | | 17.954 | 1.972 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.002 | | 0 | BFFN | 4 | | 0.017 | 0.002 | |
| 10:0....g | 0.002 | | 0 | BFFN | 4 | | 0.017 | 0.002 | |
| 12:0....g | 0.002 | | 0 | BFFN | 4 | | 0.017 | 0.002 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17333**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.098 | | 0 | BFFN | 4 | | 0.755 | 0.083 | |
| 15:0 g | 0.028 | | 0 | BFFN | 4 | | 0.220 | 0.024 | |
| 16:0 g | 0.978 | | 0 | BFFN | 4 | | 7.573 | 0.832 | |
| 17:0 g | 0.082 | | 0 | BFFN | 4 | | 0.637 | 0.070 | |
| 18:0 g | 1.116 | | 0 | BFFN | 4 | | 8.637 | 0.948 | |
| 20:0 g | 0.010 | | 0 | BFFN | 4 | | 0.080 | 0.009 | |
| 22:0 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.122 | | 0 | NC | 4 | | 16.422 | 1.803 | |
| 14:1 g | 0.008 | | 0 | BFFN | 4 | | 0.061 | 0.007 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.108 | | 0 | BFFN | 4 | | 0.838 | 0.092 | |
| 17:1 g | 0.039 | | 0 | BFFN | 4 | | 0.301 | 0.033 | |
| 18:1 undifferentiated g | 1.949 | | 0 | BFFN | 4 | | 15.088 | 1.657 | |
| 20:1 g | 0.017 | | 0 | BFFN | 4 | | 0.133 | 0.015 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.255 | | 0 | NC | 4 | | 1.977 | 0.217 | |
| 18:2 undifferentiated g | 0.197 | | 0 | BFFN | 4 | | 1.524 | 0.167 | |
| 18:3 undifferentiated g | 0.029 | | 0 | BFFN | 4 | | 0.221 | 0.024 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.002 | | 0 | BFFN | 4 | | 0.018 | 0.002 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.028 | | 0 | BFFN | 4 | | 0.213 | 0.023 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 111 | 3.180 | 6 | A | 1 | | 857 | 94 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.255 | | 0 | A | 1 | | 1.977 | 0.217 | |
| Threonine g | 1.533 | | 0 | A | 1 | | 11.864 | 1.303 | |
| Isoleucine g | 1.631 | | 0 | A | 1 | | 12.623 | 1.386 | |
| Leucine g | 2.898 | | 0 | A | 1 | | 22.433 | 2.464 | |
| Lysine g | 3.134 | | 0 | A | 1 | | 24.261 | 2.664 | |
| Methionine g | 0.914 | | 0 | A | 1 | | 7.072 | 0.777 | |
| Cystine g | 0.403 | | 0 | A | 1 | | 3.118 | 0.342 | |
| Phenylalanine g | 1.434 | | 0 | A | 1 | | 11.103 | 1.219 | |
| Tyrosine g | 1.149 | | 0 | A | 1 | | 8.897 | 0.977 | |
| Valine g | 1.818 | | 0 | A | 1 | | 14.069 | 1.545 | |
| Arginine g | 2.300 | | 0 | A | 1 | | 17.798 | 1.955 | |
| Histidine g | 1.238 | | 0 | A | 1 | | 9.582 | 1.052 | |
| Alanine g | 2.250 | | 0 | A | 1 | | 17.418 | 1.913 | |
| Aspartic acid g | 3.301 | | 0 | A | 1 | | 25.553 | 2.806 | |
| Glutamic acid g | 5.502 | | 0 | A | 1 | | 42.588 | 4.677 | |
| Glycine g | 2.192 | | 0 | A | 1 | | 16.969 | 1.863 | |
| Proline g | 1.730 | | 0 | A | 1 | | 13.388 | 1.470 | |
| Serine g | 1.405 | | 0 | A | 1 | | 10.875 | 1.194 | |
| Hydroxyproline g | 0.422 | | 0 | A | 1 | | 3.269 | 0.359 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17333**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17334**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.50 | 0.470 | 6 | A | 1 | | 933.94 | | |
| Energy....kcal | 119 | | 0 | NC | 4 | | 1467 | | |
| Energy....kj | 496 | | 0 | NC | 4 | | 6137 | | |
| Protein (N x 6.25)....g | 21.12 | 0.483 | 6 | A | 1 | | 261.21 | | |
| Total lipid (fat)....g | 3.15 | 0.284 | 6 | A | 1 | | 38.97 | | |
| Ash....g | 0.98 | 0.040 | 6 | A | 1 | | 12.16 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.959 | 3 | A | 1 | | 68 | | |
| Iron, Fe....mg | 2.88 | 0.059 | 6 | A | 1 | | 35.56 | | |
| Magnesium, Mg....mg | 24 | 0.593 | 3 | A | 1 | | 297 | | |
| Phosphorus, P....mg | 213 | 4.410 | 3 | A | 1 | | 2639 | | |
| Potassium, K....mg | 353 | 5.033 | 3 | A | 1 | | 4367 | | |
| Sodium, Na....mg | 62 | 1.477 | 3 | A | 1 | | 766 | | |
| Zinc, Zn....mg | 5.27 | 0.273 | 3 | A | 1 | | 65.23 | | |
| Copper, Cu....mg | 0.202 | 0.070 | 3 | A | 1 | | 2.503 | | |
| Manganese, Mn....mg | 0.013 | 0.001 | 3 | A | 1 | | 0.161 | | |
| Selenium, Se....mcg | 28.7 | 2.186 | 3 | A | 1 | | 354.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.227 | 0.055 | 3 | A | 1 | | 2.804 | | |
| Riboflavin....mg | 0.347 | 0.030 | 3 | A | 1 | | 4.288 | | |
| Niacin....mg | 4.443 | 0.478 | 3 | A | 1 | | 54.964 | | |
| Pantothenic acid....mg | 0.724 | | 0 | BFPN | 4 | | 8.956 | | |
| Vitamin B-6....mg | 0.472 | 0.008 | 3 | A | 1 | | 5.843 | | |
| Folate, total....mcg | 13 | | 0 | BFPN | 4 | | 155 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 13 | | 0 | BFPN | 4 | | 155 | | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 155 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.46 | 0.271 | 3 | A | 1 | | 30.43 | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | BFSN | 4 | | 2.01 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.345 | | 0 | NC | 4 | | 16.635 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.001 | | 0 | BFFN | 4 | | 0.016 | | |
| 10:0....g | 0.001 | | 0 | BFFN | 4 | | 0.016 | | |
| 12:0....g | 0.001 | | 0 | BFFN | 4 | | 0.016 | | |
| 13:0....g | | | | | | | | | |

**NDB No. 17334**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.057 | | 0 | BFFN | 4 | | 0.699 | | |
| 15:0 ... g | 0.016 | | 0 | BFFN | 4 | | 0.204 | | |
| 16:0 ... g | 0.567 | | 0 | BFFN | 4 | | 7.017 | | |
| 17:0 ... g | 0.048 | | 0 | BFFN | 4 | | 0.590 | | |
| 18:0 ... g | 0.647 | | 0 | BFFN | 4 | | 8.003 | | |
| 20:0 ... g | 0.006 | | 0 | BFFN | 4 | | 0.074 | | |
| 22:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.230 | | 0 | NC | 4 | | 15.215 | | |
| 14:1 ... g | 0.005 | | 0 | BFFN | 4 | | 0.057 | | |
| 15:1 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 16:1 undifferentiated ... g | 0.063 | | 0 | BFFN | 4 | | 0.777 | | |
| 17:1 ... g | 0.023 | | 0 | BFFN | 4 | | 0.279 | | |
| 18:1 undifferentiated ... g | 1.130 | | 0 | BFFN | 4 | | 13.980 | | |
| 20:1 ... g | 0.010 | | 0 | BFFN | 4 | | 0.124 | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.148 | | 0 | NC | 4 | | 1.832 | | |
| 18:2 undifferentiated ... g | 0.114 | | 0 | BFFN | 4 | | 1.412 | | |
| 18:3 undifferentiated ... g | 0.017 | | 0 | BFFN | 4 | | 0.205 | | |
| 18:3 n-3 c,c,c ... g | | | | | | | | | |
| 18:3 n-6 c,c,c ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 18:3i ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:3 undifferentiated ... g | 0.001 | | 0 | BFFN | 4 | | 0.016 | | |
| 20:3 n-3 ... g | | | | | | | | | |
| 20:3 n-6 ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.016 | | 0 | BFFN | 4 | | 0.198 | | |
| 20:4 n-3 ... g | | | | | | | | | |
| 20:4 n-6 ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 21:5 ... g | | | | | | | | | |
| 22:4 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 64 | 0.876 | 6 | A | 1 | | 798 | | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.160 | | 0 | A | 1 | | 1.975 | | |
| Threonine ... g | 0.958 | | 0 | A | 1 | | 11.851 | | |
| Isoleucine ... g | 1.019 | | 0 | A | 1 | | 12.610 | | |
| Leucine ... g | 1.812 | | 0 | A | 1 | | 22.410 | | |
| Lysine ... g | 1.959 | | 0 | A | 1 | | 24.236 | | |
| Methionine ... g | 0.571 | | 0 | A | 1 | | 7.064 | | |
| Cystine ... g | 0.252 | | 0 | A | 1 | | 3.115 | | |
| Phenylalanine ... g | 0.897 | | 0 | A | 1 | | 11.091 | | |
| Tyrosine ... g | 0.718 | | 0 | A | 1 | | 8.888 | | |
| Valine ... g | 1.136 | | 0 | A | 1 | | 14.054 | | |
| Arginine ... g | 1.437 | | 0 | A | 1 | | 17.780 | | |
| Histidine ... g | 0.774 | | 0 | A | 1 | | 9.572 | | |
| Alanine ... g | 1.407 | | 0 | A | 1 | | 17.400 | | |
| Aspartic acid ... g | 2.064 | | 0 | A | 1 | | 25.526 | | |
| Glutamic acid ... g | 3.439 | | 0 | A | 1 | | 42.544 | | |
| Glycine ... g | 1.370 | | 0 | A | 1 | | 16.951 | | |
| Proline ... g | 1.081 | | 0 | A | 1 | | 13.375 | | |
| Serine ... g | 0.878 | | 0 | A | 1 | | 10.864 | | |
| Hydroxyproline ... g | 0.264 | | 0 | A | 1 | | 3.265 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | | |

**NDB No. 17334**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

Measure 1 = 1237g: 1 roast

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17331**

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

*Bison bison*

buffalo

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 59.53 | 0.961 | 6 | A | 1 | | 51.79 | 50.60 | |
| Energy....kcal | 238 | | 0 | NC | 4 | | 207 | 202 | |
| Energy....kj | 996 | | 0 | NC | 4 | | 866 | 846 | |
| Protein (N x 6.25)....g | 23.77 | 0.827 | 6 | A | 1 | | 20.68 | 20.20 | |
| Total lipid (fat)....g | 15.13 | 1.109 | 6 | A | 1 | | 13.17 | 12.86 | |
| Ash....g | 1.02 | 0.017 | 6 | A | 1 | | 0.88 | 0.86 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 1.311 | 3 | A | 1 | | 11 | 11 | |
| Iron, Fe....mg | 3.08 | 0.176 | 6 | A | 1 | | 2.68 | 2.62 | |
| Magnesium, Mg....mg | 22 | 1.115 | 3 | A | 1 | | 19 | 19 | |
| Phosphorus, P....mg | 205 | 11.624 | 3 | A | 1 | | 179 | 175 | |
| Potassium, K....mg | 341 | 17.938 | 3 | A | 1 | | 296 | 290 | |
| Sodium, Na....mg | 73 | 3.102 | 3 | A | 1 | | 63 | 62 | |
| Zinc, Zn....mg | 5.14 | 0.441 | 3 | A | 1 | | 4.47 | 4.37 | |
| Copper, Cu....mg | 0.146 | 0.031 | 3 | A | 1 | | 0.127 | 0.124 | |
| Manganese, Mn....mg | 0.010 | 0.000 | 3 | A | 1 | | 0.009 | 0.009 | |
| Selenium, Se....mcg | 30.0 | 3.606 | 3 | A | 1 | | 26.1 | 25.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | 0.006 | 3 | A | 1 | | 0.113 | 0.111 | |
| Riboflavin....mg | 0.247 | 0.009 | 3 | A | 1 | | 0.215 | 0.210 | |
| Niacin....mg | 5.570 | 0.576 | 3 | A | 1 | | 4.846 | 4.735 | |
| Pantothenic acid....mg | 1.140 | | 1 | A | 1 | | 0.992 | 0.969 | |
| Vitamin B-6....mg | 0.375 | 0.002 | 3 | A | 1 | | 0.326 | 0.318 | |
| Folate, total....mcg | 15 | | 1 | A | 1 | | 13 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 1 | A | 1 | | 13 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 13 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.28 | 0.015 | 3 | A | 1 | | 1.98 | 1.94 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 1 | A | 1 | | 0.21 | 0.20 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.006 | 0.006 | 3 | A | 1 | | 0.005 | 0.005 | |
| 10:0....g | 0.006 | 0.006 | 3 | A | 1 | | 0.005 | 0.005 | |
| 12:0....g | 0.006 | 0.006 | 3 | A | 1 | | 0.005 | 0.005 | |
| 13:0....g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.272 | 0.038 | 3 | A | 1 | | 0.236 | 0.231 | |
| 15:0 g | 0.079 | 0.014 | 3 | A | 1 | | 0.069 | 0.067 | |
| 16:0 g | 2.725 | 0.361 | 3 | A | 1 | | 2.371 | 2.316 | |
| 17:0 g | 0.229 | 0.031 | 3 | A | 1 | | 0.199 | 0.195 | |
| 18:0 g | 3.108 | 0.409 | 3 | A | 1 | | 2.704 | 2.642 | |
| 20:0 g | 0.029 | 0.006 | 3 | A | 1 | | 0.025 | 0.025 | |
| 22:0 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | | | | | | | | | |
| 14:1 g | 0.022 | 0.003 | 3 | A | 1 | | 0.019 | 0.019 | |
| 15:1 g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.302 | 0.039 | 3 | A | 1 | | 0.262 | 0.256 | |
| 17:1 g | 0.108 | 0.014 | 3 | A | 1 | | 0.094 | 0.092 | |
| 18:1 undifferentiated g | 5.429 | 0.678 | 3 | A | 1 | | 4.724 | 4.615 | |
| 20:1 g | 0.048 | 0.006 | 3 | A | 1 | | 0.042 | 0.041 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | | | | | | | | | |
| 18:2 undifferentiated g | 0.549 | 0.050 | 3 | A | 1 | | 0.477 | 0.466 | |
| 18:3 undifferentiated g | 0.080 | 0.008 | 3 | A | 1 | | 0.069 | 0.068 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.006 | 0.006 | 3 | A | 1 | | 0.006 | 0.005 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.077 | 0.000 | 3 | A | 1 | | 0.067 | 0.065 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 83 | 1.610 | 6 | A | 1 | | 72 | 70 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.180 | | 0 | A | 1 | | 0.156 | 0.153 | |
| Threonine g | 1.078 | | 0 | A | 1 | | 0.938 | 0.917 | |
| Isoleucine g | 1.147 | | 0 | A | 1 | | 0.998 | 0.975 | |
| Leucine g | 2.039 | | 0 | A | 1 | | 1.774 | 1.733 | |
| Lysine g | 2.205 | | 0 | A | 1 | | 1.918 | 1.874 | |
| Methionine g | 0.643 | | 0 | A | 1 | | 0.559 | 0.546 | |
| Cystine g | 0.283 | | 0 | A | 1 | | 0.247 | 0.241 | |
| Phenylalanine g | 1.009 | | 0 | A | 1 | | 0.878 | 0.858 | |
| Tyrosine g | 0.809 | | 0 | A | 1 | | 0.704 | 0.687 | |
| Valine g | 1.279 | | 0 | A | 1 | | 1.112 | 1.087 | |
| Arginine g | 1.618 | | 0 | A | 1 | | 1.407 | 1.375 | |
| Histidine g | 0.871 | | 0 | A | 1 | | 0.758 | 0.740 | |
| Alanine g | 1.583 | | 0 | A | 1 | | 1.377 | 1.346 | |
| Aspartic acid g | 2.323 | | 0 | A | 1 | | 2.021 | 1.974 | |
| Glutamic acid g | 3.871 | | 0 | A | 1 | | 3.368 | 3.290 | |
| Glycine g | 1.542 | | 0 | A | 1 | | 1.342 | 1.311 | |
| Proline g | 1.217 | | 0 | A | 1 | | 1.059 | 1.034 | |
| Serine g | 0.988 | | 0 | A | 1 | | 0.860 | 0.840 | |
| Hydroxyproline g | 0.297 | | 0 | BFPN | 4 | | 0.258 | 0.253 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17335**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.48 | 0.752 | 6 | A | 1 | | 115.43 | 54.81 | |
| Energy....kcal | 177 | | 0 | NC | 4 | | 317 | 150 | |
| Energy....kj | 740 | | 0 | NC | 4 | | 1325 | 629 | |
| Protein (N x 6.25)....g | 29.45 | 0.662 | 6 | A | 1 | | 52.72 | 25.03 | |
| Total lipid (fat)....g | 5.67 | 0.740 | 6 | A | 1 | | 10.14 | 4.82 | |
| Ash....g | 1.02 | 0.060 | 6 | A | 1 | | 1.82 | 0.86 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.419 | 3 | A | 1 | | 12 | 6 | |
| Iron, Fe....mg | 2.88 | 0.101 | 6 | A | 1 | | 5.16 | 2.45 | |
| Magnesium, Mg....mg | 26 | 1.053 | 3 | A | 1 | | 46 | 22 | |
| Phosphorus, P....mg | 238 | 5.568 | 3 | A | 1 | | 426 | 202 | |
| Potassium, K....mg | 371 | 8.083 | 3 | A | 1 | | 664 | 315 | |
| Sodium, Na....mg | 52 | 4.168 | 3 | A | 1 | | 93 | 44 | |
| Zinc, Zn....mg | 5.01 | 0.314 | 3 | A | 1 | | 8.96 | 4.26 | |
| Copper, Cu....mg | 0.201 | 0.043 | 3 | A | 1 | | 0.359 | 0.171 | |
| Manganese, Mn....mg | 0.012 | 0.003 | 3 | A | 1 | | 0.022 | 0.010 | |
| Selenium, Se....mcg | 42.1 | | 0 | BFNN | 4 | | 75.3 | 35.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.137 | 0.013 | 3 | A | 1 | | 0.245 | 0.116 | |
| Riboflavin....mg | 0.307 | 0.003 | 3 | A | 1 | | 0.549 | 0.261 | |
| Niacin....mg | 6.687 | 0.539 | 3 | A | 1 | | 11.969 | 5.684 | |
| Pantothenic acid....mg | 1.010 | | 0 | BFPN | 4 | | 1.807 | 0.858 | |
| Vitamin B-6....mg | 0.475 | 0.038 | 3 | A | 1 | | 0.850 | 0.404 | |
| Folate, total....mcg | 18 | | 0 | BFPN | 4 | | 31 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | BFPN | 4 | | 31 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 31 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.29 | 0.234 | 3 | A | 1 | | 2.30 | 1.09 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | BFSN | 4 | | 0.37 | 0.18 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.419 | | 0 | NC | 4 | | 4.330 | 2.056 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 10:0....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 12:0....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17335**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.102 | | 0 | BFFN | 4 | | 0.182 | 0.086 | |
| 15:0....g | 0.030 | | 0 | BFFN | 4 | | 0.053 | 0.025 | |
| 16:0....g | 1.020 | | 0 | BFFN | 4 | | 1.827 | 0.867 | |
| 17:0....g | 0.086 | | 0 | BFFN | 4 | | 0.154 | 0.073 | |
| 18:0....g | 1.164 | | 0 | BFFN | 4 | | 2.083 | 0.989 | |
| 20:0....g | 0.011 | | 0 | BFFN | 4 | | 0.019 | 0.009 | |
| 22:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.213 | | 0 | NC | 4 | | 3.961 | 1.881 | |
| 14:1....g | 0.008 | | 0 | BFFN | 4 | | 0.015 | 0.007 | |
| 15:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.113 | | 0 | BFFN | 4 | | 0.202 | 0.096 | |
| 17:1....g | 0.041 | | 0 | BFFN | 4 | | 0.073 | 0.034 | |
| 18:1 undifferentiated....g | 2.033 | | 0 | BFFN | 4 | | 3.639 | 1.728 | |
| 20:1....g | 0.018 | | 0 | BFFN | 4 | | 0.032 | 0.015 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.266 | | 0 | NC | 4 | | 0.477 | 0.226 | |
| 18:2 undifferentiated....g | 0.205 | | 0 | BFFN | 4 | | 0.368 | 0.175 | |
| 18:3 undifferentiated....g | 0.030 | | 0 | BFFN | 4 | | 0.053 | 0.025 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.029 | | 0 | BFFN | 4 | | 0.051 | 0.024 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 79 | 1.951 | 6 | A | 1 | | 141 | 67 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.223 | | 0 | A | 1 | | 0.399 | 0.189 | |
| Threonine....g | 1.336 | | 0 | A | 1 | | 2.392 | 1.136 | |
| Isoleucine....g | 1.422 | | 0 | A | 1 | | 2.545 | 1.208 | |
| Leucine....g | 2.527 | | 0 | A | 1 | | 4.523 | 2.148 | |
| Lysine....g | 2.732 | | 0 | A | 1 | | 4.891 | 2.323 | |
| Methionine....g | 0.796 | | 0 | A | 1 | | 1.426 | 0.677 | |
| Cystine....g | 0.351 | | 0 | A | 1 | | 0.629 | 0.298 | |
| Phenylalanine....g | 1.250 | | 0 | A | 1 | | 2.238 | 1.063 | |
| Tyrosine....g | 1.002 | | 0 | A | 1 | | 1.794 | 0.852 | |
| Valine....g | 1.584 | | 0 | A | 1 | | 2.836 | 1.347 | |
| Arginine....g | 2.005 | | 0 | A | 1 | | 3.588 | 1.704 | |
| Histidine....g | 1.079 | | 0 | A | 1 | | 1.932 | 0.917 | |
| Alanine....g | 1.962 | | 0 | A | 1 | | 3.511 | 1.667 | |
| Aspartic acid....g | 2.878 | | 0 | A | 1 | | 5.151 | 2.446 | |
| Glutamic acid....g | 4.797 | | 0 | A | 1 | | 8.586 | 4.077 | |
| Glycine....g | 1.911 | | 0 | A | 1 | | 3.421 | 1.624 | |
| Proline....g | 1.508 | | 0 | A | 1 | | 2.699 | 1.282 | |
| Serine....g | 1.225 | | 0 | A | 1 | | 2.192 | 1.041 | |
| Hydroxyproline....g | 0.368 | | 0 | A | 1 | | 0.659 | 0.313 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17335**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17268**

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

*Bison bison*

buffalo

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 74.00 | 0.140 | 100 | A | 1 | | 20.98 | 335.66 | 83.62 |
| Energy (1) ... kcal | 116 | | 0 | NC | 4 | | 33 | 526 | 131 |
| Energy ... kj | 485 | | | | 4 | | 138 | 2202 | 548 |
| Protein (N x 6.25) ... g | 22.10 | 0.080 | 100 | A | 1 | | 6.27 | 100.25 | 24.97 |
| Total lipid (fat) ... g | 2.40 | 0.120 | 100 | A | 1 | | 0.68 | 10.89 | 2.71 |
| Ash ... g | 1.20 | 0.010 | 100 | A | 1 | | 0.34 | 5.44 | 1.36 |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary ... g | | | | | | | | | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 6 | 0.200 | 93 | A | 1 | | 2 | 27 | 7 |
| Iron, Fe ... mg | 2.80 | 0.040 | 96 | A | 1 | | 0.79 | 12.70 | 3.16 |
| Magnesium, Mg ... mg | 24 | 0.100 | 96 | A | 1 | | 7 | 109 | 27 |
| Phosphorus, P ... mg | 198 | 1.000 | 96 | A | 1 | | 56 | 898 | 224 |
| Potassium, K ... mg | 344 | 2.000 | 93 | A | 1 | | 98 | 1560 | 389 |
| Sodium, Na ... mg | 48 | 0.600 | 93 | A | 1 | | 14 | 218 | 54 |
| Zinc, Zn ... mg | 3.20 | 0.050 | 96 | A | 1 | | 0.91 | 14.52 | 3.62 |
| Copper, Cu ... mg | 0.130 | 0.006 | 95 | A | 1 | | 0.037 | 0.590 | 0.147 |
| Manganese, Mn ... mg | 0.013 | 0.001 | 96 | A | 1 | | 0.004 | 0.059 | 0.015 |
| Selenium, Se ... mcg | 23.3 | 2.000 | 12 | A | 1 | | 6.6 | 105.7 | 26.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin ... mg | 0.046 | 0.003 | 12 | A | 1 | | 0.013 | 0.209 | 0.052 |
| Riboflavin ... mg | 0.090 | 0.006 | 24 | A | 1 | | 0.026 | 0.408 | 0.102 |
| Niacin ... mg | 1.838 | 0.102 | 24 | A | 1 | | 0.521 | 8.337 | 2.077 |
| Pantothenic acid ... mg | | | | | | | | | |
| Vitamin B-6 ... mg | 0.252 | 0.013 | 12 | A | 1 | | 0.071 | 1.143 | 0.285 |
| Folate, total ... mcg | | | | | | | | | |
| Folate, DFE ... mcg_DFE | | | | | | | | | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.20 | 0.160 | 12 | A | 1 | | 0.62 | 9.98 | 2.49 |
| Vitamin A, RAE ... mcg_RAE | 1 | | 100 | AS | 1 | | 0 | 4 | 1 |
| Vitamin A, IU ... IU | 3 | 0.033 | 100 | A | 1 | | 1 | 14 | 3 |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.04 | 0.008 | 12 | A | 1 | | 0.01 | 0.18 | 0.04 |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | 0.01 | 0.003 | 12 | A | 1 | | 0.00 | 0.05 | 0.01 |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 0.898 | 0.300 | 100 | A | 1 | | 0.255 | 4.073 | 1.015 |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | | | | | | | | | |
| 12:0 ... g | | | | | | | | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.025 | 0.050 | 100 | A | 1 | | 0.007 | 0.113 | 0.028 |
| 15:0 ... g | 0.050 | 0.110 | 100 | A | 1 | | 0.014 | 0.227 | 0.057 |
| 16:0 ... g | 0.361 | 0.200 | 100 | A | 1 | | 0.102 | 1.637 | 0.408 |
| 17:0 ... g | 0.027 | 0.050 | 100 | A | 1 | | 0.008 | 0.122 | 0.031 |
| 18:0 ... g | 0.395 | 0.200 | 100 | A | 1 | | 0.112 | 1.792 | 0.446 |
| 20:0 ... g | | | | | | | | | |

**NDB No. 17268**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

**Footnotes:**

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

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

**NDB No. 17268**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17157**

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

*Bison bison*

buffalo

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 66.54 | | 0 | | 1 | | 226.24 | 56.56 | |
| Energy ... kcal | 143 | | 0 | NC | 4 | | 486 | 122 | |
| Energy ... kj | 598 | | 0 | | 4 | | 2034 | 509 | |
| Protein (N x 6.25) ... g | 28.44 | | 0 | | 1 | | 96.70 | 24.17 | |
| Total lipid (fat) ... g | 2.42 | | 0 | | 1 | | 8.23 | 2.06 | |
| Ash ... g | 1.58 | | 0 | | 1 | | 5.37 | 1.34 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 8 | | 0 | | 1 | | 27 | 7 | |
| Iron, Fe ... mg | 3.42 | | 0 | | 1 | | 11.63 | 2.91 | |
| Magnesium, Mg ... mg | 26 | | 0 | | 1 | | 88 | 22 | |
| Phosphorus, P ... mg | 209 | | 0 | | 1 | | 711 | 178 | |
| Potassium, K ... mg | 361 | | 0 | | 1 | | 1227 | 307 | |
| Sodium, Na ... mg | 57 | | 0 | | 1 | | 194 | 48 | |
| Zinc, Zn ... mg | 3.68 | | 0 | | 1 | | 12.51 | 3.13 | |
| Copper, Cu ... mg | 0.107 | | 0 | | 1 | | 0.364 | 0.091 | |
| Manganese, Mn ... mg | 0.008 | | 0 | | 1 | | 0.027 | 0.007 | |
| Selenium, Se ... mcg | 35.5 | | 0 | BFNN | 4 | | 120.7 | 30.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.100 | | 0 | | 4 | | 0.340 | 0.085 | |
| Riboflavin ... mg | 0.270 | | 0 | | 4 | | 0.918 | 0.230 | |
| Niacin ... mg | 3.710 | | 0 | | 4 | | 12.614 | 3.154 | |
| Pantothenic acid ... mg | | | | | | | | | |
| Vitamin B-6 ... mg | 0.400 | | 0 | | 4 | | 1.360 | 0.340 | |
| Folate, total ... mcg | 8 | | 0 | | 4 | | 27 | 7 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 8 | | 0 | | 4 | | 27 | 7 | |
| Folate, DFE ... mcg_DFE | 8 | | 0 | NC | 4 | | 27 | 7 | |
| Choline, total ... mg | 114.8 | | 0 | BFNN | 4 | | 390.4 | 97.6 | |
| Betaine ... mg | 15.1 | | 0 | BFNN | 4 | | 51.3 | 12.8 | |
| Vitamin B-12 ... mcg | 2.86 | | 0 | | 4 | | 9.72 | 2.43 | |
| Vitamin B-12, added ... mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.36 | | 0 | BFSN | 4 | | 1.21 | 0.30 | |
| Vitamin E, added ... mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | 1.3 | | 0 | BFSN | 4 | | 4.3 | 1.1 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 0.910 | | 0 | | 1 | | 3.094 | 0.774 | |
| 4:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17157**

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

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17156**

**Game meat, bison, separable lean only, raw**

*Bison bison*

buffalo

**Refuse:** 0%

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

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Footnotes:**

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

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17269**

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

*Bison bison*

buffalo

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.40 | 0.110 | 100 | A | 1 | | 21.38 | 342.01 | 85.20 |
| Energy (1) ....kcal | 109 | | 0 | NC | 4 | | 31 | 494 | 123 |
| Energy....kj | 456 | | | | 4 | | 129 | 2069 | 515 |
| Protein (N x 6.25)....g | 21.10 | 0.070 | 100 | A | 1 | | 5.98 | 95.71 | 23.84 |
| Total lipid (fat)....g | 2.10 | 0.100 | 100 | A | 1 | | 0.60 | 9.53 | 2.37 |
| Ash....g | 1.20 | 0.010 | 100 | A | 1 | | 0.34 | 5.44 | 1.36 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 0.100 | 95 | A | 1 | | 1 | 18 | 5 |
| Iron, Fe....mg | 3.00 | 0.040 | 95 | A | 1 | | 0.85 | 13.61 | 3.39 |
| Magnesium, Mg....mg | 24 | 0.200 | 95 | A | 1 | | 7 | 109 | 27 |
| Phosphorus, P....mg | 189 | 2.000 | 95 | A | 1 | | 54 | 857 | 214 |
| Potassium, K....mg | 322 | 3.000 | 91 | A | 1 | | 91 | 1461 | 364 |
| Sodium, Na....mg | 59 | 0.800 | 92 | A | 1 | | 17 | 268 | 67 |
| Zinc, Zn....mg | 5.00 | 0.080 | 95 | A | 1 | | 1.42 | 22.68 | 5.65 |
| Copper, Cu....mg | 0.148 | 0.006 | 92 | A | 1 | | 0.042 | 0.671 | 0.167 |
| Manganese, Mn....mg | 0.014 | 0.000 | 93 | A | 1 | | 0.004 | 0.064 | 0.016 |
| Selenium, Se....mcg | 26.4 | 1.500 | 12 | A | 1 | | 7.5 | 119.8 | 29.8 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.042 | 0.003 | 12 | A | 1 | | 0.012 | 0.191 | 0.047 |
| Riboflavin....mg | 0.096 | 0.007 | 24 | A | 1 | | 0.027 | 0.435 | 0.108 |
| Niacin....mg | 1.879 | 0.113 | 24 | A | 1 | | 0.533 | 8.523 | 2.123 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.221 | 0.012 | 12 | A | 1 | | 0.063 | 1.002 | 0.250 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.20 | 0.180 | 12 | A | 1 | | 0.62 | 9.98 | 2.49 |
| Vitamin A, RAE....mcg_RAE | 1 | | 100 | AS | 1 | | 0 | 3 | 1 |
| Vitamin A, IU....IU | 2 | 0.067 | 100 | A | 1 | | 1 | 9 | 2 |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.05 | 0.010 | 12 | A | 1 | | 0.01 | 0.21 | 0.05 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | 0.01 | 0.003 | 12 | A | 1 | | 0.00 | 0.06 | 0.02 |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.749 | 0.400 | 100 | A | 1 | | 0.212 | 3.397 | 0.846 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.018 | 0.040 | 100 | A | 1 | | 0.005 | 0.082 | 0.020 |
| 15:0....g | 0.051 | 0.100 | 100 | A | 1 | | 0.014 | 0.231 | 0.058 |
| 16:0....g | 0.283 | 0.200 | 100 | A | 1 | | 0.080 | 1.284 | 0.320 |
| 17:0....g | 0.022 | 0.040 | 100 | A | 1 | | 0.006 | 0.100 | 0.025 |
| 18:0....g | 0.327 | 0.300 | 100 | A | 1 | | 0.093 | 1.483 | 0.370 |
| 20:0....g | | | | | | | | | |

**NDB No. 17269**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

**Footnotes:**

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

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

**NDB No. 17269**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17336**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.08 | 0.955 | 6 | A | 1 | | 117.14 | 55.32 | |
| Energy....kcal | 174 | | 0 | NC | 4 | | 312 | 148 | |
| Energy....kj | 726 | | 0 | NC | 4 | | 1307 | 617 | |
| Protein (N x 6.25)....g | 30.18 | 0.582 | 6 | A | 1 | | 54.32 | 25.65 | |
| Total lipid (fat)....g | 4.96 | 0.879 | 6 | A | 1 | | 8.93 | 4.22 | |
| Ash....g | 1.20 | 0.028 | 6 | A | 1 | | 2.16 | 1.02 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.149 | 3 | A | 1 | | 9 | 4 | |
| Iron, Fe....mg | 3.52 | 0.201 | 6 | A | 1 | | 6.33 | 2.99 | |
| Magnesium, Mg....mg | 28 | 1.128 | 3 | A | 1 | | 50 | 23 | |
| Phosphorus, P....mg | 257 | 10.607 | 3 | A | 1 | | 462 | 218 | |
| Potassium, K....mg | 382 | 14.166 | 3 | A | 1 | | 688 | 325 | |
| Sodium, Na....mg | 41 | 3.207 | 3 | A | 1 | | 74 | 35 | |
| Zinc, Zn....mg | 3.79 | 0.157 | 3 | A | 1 | | 6.81 | 3.22 | |
| Copper, Cu....mg | 0.210 | 0.013 | 3 | A | 1 | | 0.377 | 0.178 | |
| Manganese, Mn....mg | 0.011 | 0.002 | 3 | A | 1 | | 0.019 | 0.009 | |
| Selenium, Se....mcg | 41.0 | 3.488 | 3 | A | 1 | | 73.8 | 34.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.165 | 0.031 | 3 | A | 1 | | 0.297 | 0.140 | |
| Riboflavin....mg | 0.365 | 0.019 | 3 | A | 1 | | 0.657 | 0.310 | |
| Niacin....mg | 6.475 | 0.461 | 3 | A | 1 | | 11.655 | 5.504 | |
| Pantothenic acid....mg | 1.448 | | 0 | BFPN | 4 | | 2.606 | 1.230 | |
| Vitamin B-6....mg | 0.657 | 0.093 | 3 | A | 1 | | 1.182 | 0.558 | |
| Folate, total....mcg | 19 | | 0 | BFPN | 4 | | 35 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | BFPN | 4 | | 35 | 16 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 35 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.81 | 0.270 | 3 | A | 1 | | 3.26 | 1.54 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | BFSN | 4 | | 0.37 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.957 | | 0 | NC | 4 | | 3.522 | 1.663 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.002 | | 0 | BFFN | 4 | | 0.003 | 0.002 | |
| 10:0....g | 0.002 | | 0 | BFFN | 4 | | 0.003 | 0.002 | |
| 12:0....g | 0.002 | | 0 | BFFN | 4 | | 0.003 | 0.002 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17336**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.082 | | 0 | BFFN | 4 | | 0.148 | 0.070 | |
| 15:0....g | 0.024 | | 0 | BFFN | 4 | | 0.043 | 0.020 | |
| 16:0....g | 0.825 | | 0 | BFFN | 4 | | 1.486 | 0.702 | |
| 17:0....g | 0.069 | | 0 | BFFN | 4 | | 0.125 | 0.059 | |
| 18:0....g | 0.941 | | 0 | BFFN | 4 | | 1.694 | 0.800 | |
| 20:0....g | 0.009 | | 0 | BFFN | 4 | | 0.016 | 0.007 | |
| 22:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.790 | | 0 | NC | 4 | | 3.222 | 1.521 | |
| 14:1....g | 0.007 | | 0 | BFFN | 4 | | 0.012 | 0.006 | |
| 15:1....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.091 | | 0 | BFFN | 4 | | 0.164 | 0.078 | |
| 17:1....g | 0.033 | | 0 | BFFN | 4 | | 0.059 | 0.028 | |
| 18:1 undifferentiated....g | 1.644 | | 0 | BFFN | 4 | | 2.960 | 1.398 | |
| 20:1....g | 0.015 | | 0 | BFFN | 4 | | 0.026 | 0.012 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.215 | | 0 | NC | 4 | | 0.388 | 0.183 | |
| 18:2 undifferentiated....g | 0.166 | | 0 | BFFN | 4 | | 0.299 | 0.141 | |
| 18:3 undifferentiated....g | 0.024 | | 0 | BFFN | 4 | | 0.043 | 0.021 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated....g | 0.002 | | 0 | BFFN | 4 | | 0.003 | 0.002 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.023 | | 0 | BFFN | 4 | | 0.042 | 0.020 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 85 | 2.787 | 6 | A | 1 | | 154 | 72 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.228 | | 0 | A | 1 | | 0.411 | 0.194 | |
| Threonine....g | 1.369 | | 0 | A | 1 | | 2.465 | 1.164 | |
| Isoleucine....g | 1.457 | | 0 | A | 1 | | 2.622 | 1.238 | |
| Leucine....g | 2.589 | | 0 | A | 1 | | 4.661 | 2.201 | |
| Lysine....g | 2.800 | | 0 | A | 1 | | 5.040 | 2.380 | |
| Methionine....g | 0.816 | | 0 | A | 1 | | 1.469 | 0.694 | |
| Cystine....g | 0.360 | | 0 | A | 1 | | 0.648 | 0.306 | |
| Phenylalanine....g | 1.281 | | 0 | A | 1 | | 2.307 | 1.089 | |
| Tyrosine....g | 1.027 | | 0 | A | 1 | | 1.848 | 0.873 | |
| Valine....g | 1.624 | | 0 | A | 1 | | 2.923 | 1.380 | |
| Arginine....g | 2.054 | | 0 | A | 1 | | 3.698 | 1.746 | |
| Histidine....g | 1.106 | | 0 | A | 1 | | 1.991 | 0.940 | |
| Alanine....g | 2.010 | | 0 | A | 1 | | 3.619 | 1.709 | |
| Aspartic acid....g | 2.949 | | 0 | A | 1 | | 5.309 | 2.507 | |
| Glutamic acid....g | 4.915 | | 0 | A | 1 | | 8.848 | 4.178 | |
| Glycine....g | 1.958 | | 0 | A | 1 | | 3.525 | 1.665 | |
| Proline....g | 1.545 | | 0 | A | 1 | | 2.781 | 1.313 | |
| Serine....g | 1.255 | | 0 | A | 1 | | 2.259 | 1.067 | |
| Hydroxyproline....g | 0.377 | | 0 | A | 1 | | 0.679 | 0.321 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17336**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

Measure 1 = 180g: 1 steak

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17337**

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

*Bison bison*

buffalo

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

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 73.95 | 0.432 | 6 | A | 1 | | 361.62 | | |
| Energy....kcal | 122 | | 0 | NC | 4 | | 594 | | |
| Energy....kj | 508 | | 0 | NC | 4 | | 2486 | | |
| Protein (N x 6.25)....g | 23.32 | 0.196 | 6 | A | 1 | | 114.02 | | |
| Total lipid (fat)....g | 2.43 | 0.345 | 6 | A | 1 | | 11.90 | | |
| Ash....g | 1.18 | 0.017 | 6 | A | 1 | | 5.79 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.253 | 3 | A | 1 | | 22 | | |
| Iron, Fe....mg | 2.66 | 0.163 | 6 | A | 1 | | 13.01 | | |
| Magnesium, Mg....mg | 27 | 0.300 | 3 | A | 1 | | 130 | | |
| Phosphorus, P....mg | 237 | 1.732 | 3 | A | 1 | | 1159 | | |
| Potassium, K....mg | 390 | 2.887 | 3 | A | 1 | | 1907 | | |
| Sodium, Na....mg | 47 | 1.026 | 3 | A | 1 | | 230 | | |
| Zinc, Zn....mg | 2.92 | 0.128 | 3 | A | 1 | | 14.30 | | |
| Copper, Cu....mg | 0.131 | 0.022 | 3 | A | 1 | | 0.641 | | |
| Manganese, Mn....mg | 0.047 | 0.032 | 3 | A | 1 | | 0.230 | | |
| Selenium, Se....mcg | 35.3 | 2.906 | 3 | A | 1 | | 172.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin....mg | 0.217 | 0.038 | 3 | A | 1 | | 1.060 | | |
| Riboflavin....mg | 0.337 | 0.030 | 3 | A | 1 | | 1.646 | | |
| Niacin....mg | 6.183 | 0.175 | 3 | A | 1 | | 30.236 | | |
| Pantothenic acid....mg | 0.799 | | 0 | BFPN | 4 | | 3.909 | | |
| Vitamin B-6....mg | 0.562 | 0.022 | 3 | A | 1 | | 2.748 | | |
| Folate, total....mcg | 14 | | 0 | BFPN | 4 | | 68 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 14 | | 0 | BFPN | 4 | | 68 | | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 68 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.55 | 0.377 | 3 | A | 1 | | 7.58 | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | BFSN | 4 | | 0.85 | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.039 | | 0 | NC | 4 | | 5.080 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | 0.001 | | 0 | BFFN | 4 | | 0.005 | | |
| 10:0....g | 0.001 | | 0 | BFFN | 4 | | 0.005 | | |
| 12:0....g | 0.001 | | 0 | BFFN | 4 | | 0.005 | | |
| 13:0....g | | | | | | | | | |

**NDB No. 17337**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.044 | | 0 | BFFN | 4 | | 0.214 | | |
| 15:0 g | 0.013 | | 0 | BFFN | 4 | | 0.062 | | |
| 16:0 g | 0.438 | | 0 | BFFN | 4 | | 2.143 | | |
| 17:0 g | 0.037 | | 0 | BFFN | 4 | | 0.180 | | |
| 18:0 g | 0.500 | | 0 | BFFN | 4 | | 2.444 | | |
| 20:0 g | 0.005 | | 0 | BFFN | 4 | | 0.023 | | |
| 22:0 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.950 | | 0 | NC | 4 | | 4.646 | | |
| 14:1 g | 0.004 | | 0 | BFFN | 4 | | 0.017 | | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 16:1 undifferentiated g | 0.048 | | 0 | BFFN | 4 | | 0.237 | | |
| 17:1 g | 0.017 | | 0 | BFFN | 4 | | 0.085 | | |
| 18:1 undifferentiated g | 0.873 | | 0 | BFFN | 4 | | 4.269 | | |
| 20:1 g | 0.008 | | 0 | BFFN | 4 | | 0.038 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.114 | | 0 | NC | 4 | | 0.559 | | |
| 18:2 undifferentiated g | 0.088 | | 0 | BFFN | 4 | | 0.431 | | |
| 18:3 undifferentiated g | 0.013 | | 0 | BFFN | 4 | | 0.063 | | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 18:3i g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 20:3 undifferentiated g | 0.001 | | 0 | BFFN | 4 | | 0.005 | | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.012 | | 0 | BFFN | 4 | | 0.060 | | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 65 | 1.023 | 6 | A | 1 | | 317 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.176 | | 0 | A | 1 | | 0.862 | | |
| Threonine g | 1.058 | | 0 | A | 1 | | 5.173 | | |
| Isoleucine g | 1.126 | | 0 | A | 1 | | 5.504 | | |
| Leucine g | 2.000 | | 0 | A | 1 | | 9.782 | | |
| Lysine g | 2.163 | | 0 | A | 1 | | 10.579 | | |
| Methionine g | 0.631 | | 0 | A | 1 | | 3.084 | | |
| Cystine g | 0.278 | | 0 | A | 1 | | 1.360 | | |
| Phenylalanine g | 0.990 | | 0 | A | 1 | | 4.841 | | |
| Tyrosine g | 0.793 | | 0 | A | 1 | | 3.879 | | |
| Valine g | 1.255 | | 0 | A | 1 | | 6.135 | | |
| Arginine g | 1.587 | | 0 | A | 1 | | 7.761 | | |
| Histidine g | 0.854 | | 0 | A | 1 | | 4.178 | | |
| Alanine g | 1.553 | | 0 | A | 1 | | 7.595 | | |
| Aspartic acid g | 2.279 | | 0 | A | 1 | | 11.142 | | |
| Glutamic acid g | 3.798 | | 0 | A | 1 | | 18.570 | | |
| Glycine g | 1.513 | | 0 | A | 1 | | 7.399 | | |
| Proline g | 1.194 | | 0 | A | 1 | | 5.838 | | |
| Serine g | 0.970 | | 0 | A | 1 | | 4.742 | | |
| Hydroxyproline g | 0.291 | | 0 | A | 1 | | 1.425 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | | |

**NDB No. 17337**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

Measure 1 = 489g: 1 steak

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17267**

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

*Bison bison*

buffalo

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.40 | 0.130 | 100 | A | 1 | | 21.09 | 337.48 | 84.07 |
| Energy (1) ....kcal | 113 | | 0 | NC | 4 | | 32 | 513 | 128 |
| Energy....kj | 473 | | | | 4 | | 134 | 2145 | 534 |
| Protein (N x 6.25)....g | 21.40 | 0.080 | 100 | A | 1 | | 6.07 | 97.07 | 24.18 |
| Total lipid (fat)....g | 2.40 | 0.100 | 100 | A | 1 | | 0.68 | 10.89 | 2.71 |
| Ash....g | 1.20 | 0.010 | 100 | A | 1 | | 0.34 | 5.44 | 1.36 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.200 | 92 | A | 1 | | 1 | 23 | 6 |
| Iron, Fe....mg | 3.00 | 0.030 | 96 | A | 1 | | 0.85 | 13.61 | 3.39 |
| Magnesium, Mg....mg | 24 | 0.100 | 96 | A | 1 | | 7 | 109 | 27 |
| Phosphorus, P....mg | 203 | 1.000 | 96 | A | 1 | | 58 | 921 | 229 |
| Potassium, K....mg | 335 | 2.000 | 92 | A | 1 | | 95 | 1520 | 379 |
| Sodium, Na....mg | 51 | 0.500 | 93 | A | 1 | | 14 | 231 | 58 |
| Zinc, Zn....mg | 3.40 | 0.040 | 96 | A | 1 | | 0.96 | 15.42 | 3.84 |
| Copper, Cu....mg | 0.155 | 0.005 | 94 | A | 1 | | 0.044 | 0.703 | 0.175 |
| Manganese, Mn....mg | 0.015 | 0.004 | 95 | A | 1 | | 0.004 | 0.068 | 0.017 |
| Selenium, Se....mcg | 25.1 | 1.300 | 12 | A | 1 | | 7.1 | 113.9 | 28.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Thiamin....mg | 0.045 | 0.003 | 12 | A | 1 | | 0.013 | 0.204 | 0.051 |
| Riboflavin....mg | 0.097 | 0.008 | 24 | A | 1 | | 0.027 | 0.440 | 0.110 |
| Niacin....mg | 2.017 | 0.149 | 24 | A | 1 | | 0.572 | 9.149 | 2.279 |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.259 | 0.014 | 12 | A | 1 | | 0.073 | 1.175 | 0.293 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.30 | 0.190 | 12 | A | 1 | | 0.65 | 10.43 | 2.60 |
| Vitamin A, RAE....mcg_RAE | 1 | | 100 | AS | 1 | | 0 | 4 | 1 |
| Vitamin A, IU....IU | 3 | 0.033 | 100 | A | 1 | | 1 | 14 | 3 |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.05 | 0.012 | 12 | A | 1 | | 0.01 | 0.23 | 0.06 |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | 0.01 | 0.004 | 12 | A | 1 | | 0.00 | 0.05 | 0.01 |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.885 | 0.300 | 100 | A | 1 | | 0.251 | 4.014 | 1.000 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.025 | 0.040 | 100 | A | 1 | | 0.007 | 0.113 | 0.028 |
| 15:0....g | 0.023 | 0.080 | 100 | A | 1 | | 0.007 | 0.104 | 0.026 |
| 16:0....g | 0.342 | 0.200 | 100 | A | 1 | | 0.097 | 1.551 | 0.386 |
| 17:0....g | 0.025 | 0.040 | 100 | A | 1 | | 0.007 | 0.113 | 0.028 |
| 18:0....g | 0.397 | 0.300 | 100 | A | 1 | | 0.113 | 1.801 | 0.449 |
| 20:0....g | | | | | | | | | |

**NDB No. 17267**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 113g: 4 oz

**Footnotes:**

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

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

**NDB No. 17267**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 63.87 | | 0 | | 1 | | 217.16 | 54.29 | |
| Energy | kcal | 160 | | 0 | NC | 4 | | 544 | 136 | |
| Energy | kj | 669 | | 0 | | 4 | | 2276 | 569 | |
| Protein (N x 6.25) | g | 28.30 | | 0 | | 1 | | 96.22 | 24.06 | |
| Total lipid (fat) | g | 4.38 | | 0 | | 1 | | 14.89 | 3.72 | |
| Ash | g | 1.27 | | 0 | | 1 | | 4.32 | 1.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | | 1 | | 54 | 14 | |
| Iron, Fe | mg | 1.12 | | 0 | | 4 | | 3.81 | 0.95 | |
| Magnesium, Mg | mg | 27 | | 0 | | 4 | | 92 | 23 | |
| Phosphorus, P | mg | 134 | | 0 | | 1 | | 456 | 114 | |
| Potassium, K | mg | 396 | | 0 | | 4 | | 1346 | 337 | |
| Sodium, Na | mg | 60 | | 0 | | 4 | | 204 | 51 | |
| Zinc, Zn | mg | 3.01 | | 0 | | 4 | | 10.23 | 2.56 | |
| Copper, Cu | mg | 0.056 | | 0 | | 4 | | 0.190 | 0.048 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 13.0 | | 0 | BFYN | 4 | | 44.2 | 11.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.310 | | 0 | | 1 | | 1.054 | 0.264 | |
| Riboflavin | mg | 0.140 | | 0 | | 1 | | 0.476 | 0.119 | |
| Niacin | mg | 4.210 | | 0 | | 1 | | 14.314 | 3.579 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.418 | | 0 | | 4 | | 1.421 | 0.355 | |
| Folate, total | mcg | 6 | | 0 | | 4 | | 20 | 5 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 0 | | 4 | | 20 | 5 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 20 | 5 | |
| Choline, total | mg | 117.4 | | 0 | BFNN | 4 | | 399.3 | 99.8 | |
| Betaine | mg | 15.4 | | 0 | BFNN | 4 | | 52.5 | 13.1 | |
| Vitamin B-12 | mcg | 0.70 | | 0 | | 4 | | 2.38 | 0.60 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.38 | | 0 | BFSN | 4 | | 1.31 | 0.33 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.4 | | 0 | BFSN | 4 | | 4.7 | 1.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.300 | | 0 | | 1 | | 4.420 | 1.105 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17159**

**Game meat, boar, wild, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 72.54 | | 2 | | 1 | | 20.57 | 329.04 | |
| Energy ... kcal | 122 | | 0 | NC | 4 | | 35 | 553 | |
| Energy ... kj | 510 | | | | 4 | | 145 | 2315 | |
| Protein (N x 6.25) ... g | 21.51 | 2.641 | 3 | | 1 | | 6.10 | 97.57 | |
| Total lipid (fat) ... g | 3.33 | | 2 | | 1 | | 0.94 | 15.10 | |
| Ash ... g | 0.97 | | 1 | | 1 | | 0.27 | 4.40 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 12 | | 1 | | 1 | | 3 | 54 | |
| Iron, Fe ... mg | | | | | | | | | |
| Magnesium, Mg ... mg | | | | | | | | | |
| Phosphorus, P ... mg | 120 | | 1 | | 1 | | 34 | 544 | |
| Potassium, K ... mg | | | | | | | | | |
| Sodium, Na ... mg | | | | | | | | | |
| Zinc, Zn ... mg | | | | | | | | | |
| Copper, Cu ... mg | | | | | | | | | |
| Manganese, Mn ... mg | | | | | | | | | |
| Selenium, Se ... mcg | 9.8 | | 0 | BFNN | 4 | | 2.8 | 44.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.390 | | 1 | | 1 | | 0.111 | 1.769 | |
| Riboflavin ... mg | 0.110 | | 1 | | 1 | | 0.031 | 0.499 | |
| Niacin ... mg | 4.000 | | 1 | | 1 | | 1.134 | 18.144 | |
| Pantothenic acid ... mg | | | | | | | | | |
| Vitamin B-6 ... mg | | | | | | | | | |
| Folate, total ... mcg | | | | | | | | | |
| Folate, DFE ... mcg_DFE | | | | | | | | | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | | | | | | | | | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | | | | | | | | | |
| 12:0 ... g | | | | | | | | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.040 | | 3 | | 1 | | 0.011 | 0.181 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.580 | | 3 | | 1 | | 0.164 | 2.631 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.330 | | 3 | | 1 | | 0.094 | 1.497 | |
| 20:0 ... g | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 68.81 | | 0 | | 1 | | 233.95 | 58.49 | |
| Energy | kcal | 131 | | 0 | NC | 4 | | 445 | 111 | |
| Energy | kj | 548 | | | | 4 | | 1864 | 466 | |
| Protein (N x 6.25) | g | 26.83 | | 0 | | 1 | | 91.22 | 22.81 | |
| Total lipid (fat) | g | 1.80 | | 0 | | 1 | | 6.12 | 1.53 | |
| Ash | g | 1.39 | | 0 | | 1 | | 4.73 | 1.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | | 1 | | 51 | 13 | |
| Iron, Fe | mg | 2.12 | | 0 | | 1 | | 7.21 | 1.80 | |
| Magnesium, Mg | mg | 33 | | 0 | | 1 | | 112 | 28 | |
| Phosphorus, P | mg | 220 | | 0 | | 1 | | 748 | 187 | |
| Potassium, K | mg | 313 | | 0 | | 1 | | 1064 | 266 | |
| Sodium, Na | mg | 56 | | 0 | | 1 | | 190 | 48 | |
| Zinc, Zn | mg | 2.54 | | 0 | | 1 | | 8.64 | 2.16 | |
| Copper, Cu | mg | 0.178 | | 0 | | 1 | | 0.605 | 0.151 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 12.0 | | 0 | BFYN | 4 | | 40.8 | 10.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.030 | | 0 | | 1 | | 0.102 | 0.026 | |
| Riboflavin | mg | 0.250 | | 0 | | 1 | | 0.850 | 0.213 | |
| Niacin | mg | 6.290 | | 0 | | 1 | | 21.386 | 5.347 | |
| Pantothenic acid | mg | 0.170 | | 0 | | 1 | | 0.578 | 0.145 | |
| Vitamin B-6 | mg | 0.460 | | 0 | | 1 | | 1.564 | 0.391 | |
| Folate, total | mcg | 9 | | 0 | | 1 | | 31 | 8 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 9 | | 0 | | 1 | | 31 | 8 | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 31 | 8 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.75 | | 0 | | 1 | | 5.95 | 1.49 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.600 | | 0 | | 1 | | 2.040 | 0.510 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.30 | 0.182 | 80 | | 1 | | 21.63 | 346.10 | |
| Energy....kcal | 99 | | 0 | NC | 4 | | 28 | 449 | |
| Energy....kj | 414 | | | | 4 | | 117 | 1879 | |
| Protein (N x 6.25)....g | 20.39 | 0.156 | 85 | | 1 | | 5.78 | 92.49 | |
| Total lipid (fat)....g | 1.37 | 0.122 | 85 | | 1 | | 0.39 | 6.21 | |
| Ash....g | 1.05 | 0.020 | 67 | | 1 | | 0.30 | 4.76 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 0.223 | 147 | | 1 | | 3 | 54 | |
| Iron, Fe....mg | 1.61 | 0.276 | 6 | | 1 | | 0.46 | 7.30 | |
| Magnesium, Mg....mg | 32 | 0.326 | 143 | | 1 | | 9 | 145 | |
| Phosphorus, P....mg | 197 | 0.982 | 137 | | 1 | | 56 | 894 | |
| Potassium, K....mg | 297 | 2.050 | 128 | | 1 | | 84 | 1347 | |
| Sodium, Na....mg | 53 | 0.338 | 128 | | 1 | | 15 | 240 | |
| Zinc, Zn....mg | 1.93 | 0.049 | 130 | | 1 | | 0.55 | 8.75 | |
| Copper, Cu....mg | 0.151 | 0.003 | 135 | | 1 | | 0.043 | 0.685 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 9.0 | | 0 | BFNN | 4 | | 2.6 | 40.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.040 | 0.009 | 6 | | 1 | | 0.011 | 0.181 | |
| Riboflavin....mg | 0.200 | 0.008 | 51 | | 1 | | 0.057 | 0.907 | |
| Niacin....mg | 5.970 | 0.169 | 51 | | 1 | | 1.692 | 27.080 | |
| Pantothenic acid....mg | 0.160 | 0.007 | 45 | | 1 | | 0.045 | 0.726 | |
| Vitamin B-6....mg | 0.530 | 0.020 | 45 | | 1 | | 0.150 | 2.404 | |
| Folate, total....mcg | 8 | | 1 | | 1 | | 2 | 36 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 1 | | 1 | | 2 | 36 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 2 | 36 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.66 | 0.112 | 45 | | 1 | | 0.47 | 7.53 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.460 | | 0 | | 1 | | 0.130 | 2.087 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

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

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.43 | | 0 | | 1 | | 212.26 | 53.07 | |
| Energy....kcal | 167 | | 0 | NC | 4 | | 568 | 142 | |
| Energy....kj | 699 | | 0 | | 4 | | 2376 | 594 | |
| Protein (N x 6.25)....g | 29.77 | | 0 | | 1 | | 101.22 | 25.30 | |
| Total lipid (fat)....g | 4.42 | | 0 | | 1 | | 15.03 | 3.76 | |
| Ash....g | 1.50 | | 0 | | 1 | | 5.10 | 1.28 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | | 0 | | 1 | | 75 | 19 | |
| Iron, Fe....mg | 6.17 | | 0 | | 1 | | 20.98 | 5.24 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 92 | 23 | |
| Phosphorus, P....mg | 233 | | 0 | | 1 | | 792 | 198 | |
| Potassium, K....mg | 310 | | 0 | | 1 | | 1054 | 264 | |
| Sodium, Na....mg | 60 | | 0 | | 1 | | 204 | 51 | |
| Zinc, Zn....mg | 5.26 | | 0 | | 1 | | 17.88 | 4.47 | |
| Copper, Cu....mg | 0.263 | | 0 | | 1 | | 0.894 | 0.224 | |
| Manganese, Mn....mg | 0.087 | | 0 | | 1 | | 0.296 | 0.074 | |
| Selenium, Se....mcg | 13.6 | | 0 | BFYN | 4 | | 46.2 | 11.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 3.0 | | 0 | | 1 | | 10.2 | 2.6 | |
| Thiamin....mg | 0.250 | | 0 | | 1 | | 0.850 | 0.213 | |
| Riboflavin....mg | 0.900 | | 0 | | 1 | | 3.060 | 0.765 | |
| Niacin....mg | 5.790 | | 0 | | 1 | | 19.686 | 4.922 | |
| Pantothenic acid....mg | 2.680 | | 0 | | 1 | | 9.112 | 2.278 | |
| Vitamin B-6....mg | 0.320 | | 0 | | 1 | | 1.088 | 0.272 | |
| Folate, total....mcg | 5 | | 0 | | 1 | | 17 | 4 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 5 | | 0 | | 1 | | 17 | 4 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 17 | 4 | |
| Choline, total....mg | 122.6 | | 0 | BFNN | 4 | | 416.9 | 104.2 | |
| Betaine....mg | 16.1 | | 0 | BFNN | 4 | | 54.8 | 13.7 | |
| Vitamin B-12....mcg | 6.64 | | 0 | | 1 | | 22.58 | 5.64 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.40 | | 0 | BFSN | 4 | | 1.36 | 0.34 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.4 | | 0 | BFSN | 4 | | 4.8 | 1.2 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.700 | | 0 | | 1 | | 5.780 | 1.445 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17163**

**Game meat, caribou, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

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

**NDB No. 17162**
**Game meat, caribou, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17162**
**Game meat, caribou, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

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

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17344**

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

*Cervus elaphus, Dama dama*

Venison

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 64.23 | 0.418 | 6 | A | 1 | | 59.74 | 54.60 | |
| Energy....kcal | 187 | | 0 | NC | 4 | | 174 | 159 | |
| Energy....kj | 783 | | 0 | NC | 4 | | 728 | 665 | |
| Protein (N x 6.25)....g | 26.45 | 0.391 | 6 | A | 1 | | 24.60 | 22.48 | |
| Total lipid (fat)....g | 8.22 | 0.296 | 6 | A | 1 | | 7.64 | 6.98 | |
| Ash....g | 1.07 | 0.042 | 6 | A | 1 | | 0.99 | 0.91 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | 1.707 | 3 | A | 1 | | 13 | 12 | |
| Iron, Fe....mg | 3.35 | 0.053 | 6 | A | 1 | | 3.12 | 2.85 | |
| Magnesium, Mg....mg | 24 | 0.273 | 3 | A | 1 | | 22 | 20 | |
| Phosphorus, P....mg | 228 | 2.848 | 3 | A | 1 | | 212 | 194 | |
| Potassium, K....mg | 364 | 3.930 | 3 | A | 1 | | 338 | 309 | |
| Sodium, Na....mg | 78 | 2.074 | 3 | A | 1 | | 73 | 66 | |
| Zinc, Zn....mg | 5.20 | 0.121 | 3 | A | 1 | | 4.84 | 4.42 | |
| Copper, Cu....mg | 0.100 | 0.045 | 3 | A | 1 | | 0.093 | 0.085 | |
| Manganese, Mn....mg | 0.013 | 0.000 | 3 | A | 1 | | 0.012 | 0.011 | |
| Selenium, Se....mcg | 10.3 | 3.383 | 3 | A | 1 | | 9.6 | 8.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.503 | 0.172 | 3 | A | 1 | | 0.468 | 0.428 | |
| Riboflavin....mg | 0.327 | 0.009 | 3 | A | 1 | | 0.304 | 0.278 | |
| Niacin....mg | 9.257 | 2.728 | 3 | A | 1 | | 8.609 | 7.868 | |
| Pantothenic acid....mg | 0.760 | | 1 | A | 1 | | 0.707 | 0.646 | |
| Vitamin B-6....mg | 0.468 | 0.022 | 3 | A | 1 | | 0.435 | 0.398 | |
| Folate, total....mcg | 8 | | 1 | A | 1 | | 8 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 1 | A | 1 | | 8 | 7 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 8 | 7 | |
| Choline, total....mg | 101.9 | | 0 | BFNN | 4 | | 94.8 | 86.6 | |
| Betaine....mg | 13.4 | | 0 | BFNN | 4 | | 12.5 | 11.4 | |
| Vitamin B-12....mcg | 2.32 | 0.519 | 3 | A | 1 | | 2.16 | 1.97 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.68 | | 1 | A | 1 | | 0.63 | 0.58 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.4 | | 0 | BFSN | 4 | | 1.3 | 1.2 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.993 | | 0 | NC | 4 | | 3.713 | 3.394 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.011 | 0.004 | 5 | A | 1 | | 0.010 | 0.010 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.320 | 0.040 | 5 | A | 1 | | 0.298 | 0.272 | |
| 15:0 g | 0.086 | 0.012 | 5 | A | 1 | | 0.080 | 0.073 | |
| 16:0 g | 1.769 | 0.126 | 5 | A | 1 | | 1.645 | 1.503 | |
| 17:0 g | 0.096 | 0.012 | 5 | A | 1 | | 0.089 | 0.081 | |
| 18:0 g | 1.691 | 0.149 | 5 | A | 1 | | 1.572 | 1.437 | |
| 20:0 g | 0.019 | 0.003 | 5 | A | 1 | | 0.018 | 0.016 | |
| 22:0 g | 0.002 | 0.002 | 5 | A | 1 | | 0.002 | 0.002 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.939 | | 0 | NC | 4 | | 1.803 | 1.648 | |
| 14:1 g | 0.064 | 0.028 | 5 | A | 1 | | 0.060 | 0.055 | |
| 15:1 g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.291 | 0.101 | 5 | A | 1 | | 0.271 | 0.248 | |
| 17:1 g | 0.031 | 0.002 | 5 | A | 1 | | 0.028 | 0.026 | |
| 18:1 undifferentiated g | 1.545 | 0.084 | 5 | A | 1 | | 1.436 | 1.313 | |
| 20:1 g | 0.008 | 0.005 | 5 | A | 1 | | 0.007 | 0.007 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.444 | | 0 | NC | 4 | | 0.413 | 0.378 | |
| 18:2 undifferentiated g | 0.262 | 0.006 | 5 | A | 1 | | 0.244 | 0.223 | |
| 18:3 undifferentiated g | 0.098 | 0.017 | 5 | A | 1 | | 0.091 | 0.083 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.004 | 0.002 | 5 | A | 1 | | 0.004 | 0.003 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | 0.000 | 5 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.081 | 0.002 | 5 | A | 1 | | 0.075 | 0.069 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 98 | 0.924 | 6 | A | 1 | | 91 | 83 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.234 | | 0 | A | 1 | | 0.218 | 0.199 | |
| Threonine g | 0.998 | | 0 | A | 1 | | 0.928 | 0.848 | |
| Isoleucine g | 1.133 | | 0 | A | 1 | | 1.054 | 0.963 | |
| Leucine g | 2.008 | | 0 | A | 1 | | 1.867 | 1.706 | |
| Lysine g | 2.143 | | 0 | A | 1 | | 1.993 | 1.822 | |
| Methionine g | 0.616 | | 0 | A | 1 | | 0.573 | 0.523 | |
| Cystine g | 0.246 | | 0 | A | 1 | | 0.229 | 0.209 | |
| Phenylalanine g | 0.998 | | 0 | A | 1 | | 0.928 | 0.848 | |
| Tyrosine g | 0.825 | | 0 | A | 1 | | 0.767 | 0.701 | |
| Valine g | 1.281 | | 0 | A | 1 | | 1.191 | 1.089 | |
| Arginine g | 1.576 | | 0 | A | 1 | | 1.466 | 1.340 | |
| Histidine g | 0.788 | | 0 | A | 1 | | 0.733 | 0.670 | |
| Alanine g | 1.540 | | 0 | A | 1 | | 1.432 | 1.309 | |
| Aspartic acid g | 2.291 | | 0 | A | 1 | | 2.130 | 1.947 | |
| Glutamic acid g | 3.744 | | 0 | A | 1 | | 3.482 | 3.182 | |
| Glycine g | 1.441 | | 0 | A | 1 | | 1.340 | 1.225 | |
| Proline g | 1.158 | | 0 | A | 1 | | 1.077 | 0.984 | |
| Serine g | 0.911 | | 0 | A | 1 | | 0.848 | 0.775 | |
| Hydroxyproline g | 0.382 | | 0 | BFPN | 4 | | 0.355 | 0.325 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

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

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

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

**Common Measures:**

Measure 1 = 93g: 1 patty

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17343**

**Game meat, deer, ground, raw**

*Cervus elaphus, Dama dama*

venison

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 71.15 | 0.498 | 6 | A | 1 | | | | |
| Energy | kcal | 157 | | 0 | NC | 4 | | | | |
| Energy | kj | 658 | | 0 | NC | 4 | | | | |
| Protein (N x 6.25) | g | 21.78 | 0.371 | 6 | A | 1 | | | | |
| Total lipid (fat) | g | 7.13 | 0.351 | 6 | A | 1 | | | | |
| Ash | g | 0.88 | 0.065 | 6 | A | 1 | | | | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 11 | 1.390 | 3 | A | 1 | | | | |
| Iron, Fe | mg | 2.92 | 0.081 | 6 | A | 1 | | | | |
| Magnesium, Mg | mg | 21 | 0.393 | 3 | A | 1 | | | | |
| Phosphorus, P | mg | 201 | 3.930 | 3 | A | 1 | | | | |
| Potassium, K | mg | 330 | 5.696 | 3 | A | 1 | | | | |
| Sodium, Na | mg | 75 | 2.991 | 3 | A | 1 | | | | |
| Zinc, Zn | mg | 4.20 | 0.044 | 3 | A | 1 | | | | |
| Copper, Cu | mg | 0.140 | 0.017 | 3 | A | 1 | | | | |
| Manganese, Mn | mg | 0.014 | 0.002 | 3 | A | 1 | | | | |
| Selenium, Se | mcg | 10.0 | 2.309 | 3 | A | 1 | | | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | | | |
| Thiamin | mg | 0.547 | 0.193 | 3 | A | 1 | | | | |
| Riboflavin | mg | 0.287 | 0.003 | 3 | A | 1 | | | | |
| Niacin | mg | 5.700 | 0.135 | 3 | A | 1 | | | | |
| Pantothenic acid | mg | 0.690 | | 1 | A | 1 | | | | |
| Vitamin B-6 | mg | 0.464 | 0.023 | 3 | A | 1 | | | | |
| Folate, total | mcg | 4 | | 1 | A | 1 | | | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food | mcg | 4 | | 1 | A | 1 | | | | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | | | |
| Choline, total | mg | 87.9 | | 0 | BFNN | 4 | | | | |
| Betaine | mg | 12.9 | | 0 | BFNN | 4 | | | | |
| Vitamin B-12 | mcg | 1.87 | 0.235 | 3 | A | 1 | | | | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | | | |
| Retinol | mcg | 0 | | 1 | A | 1 | | | | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | | | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin A, IU | IU | 0 | | 1 | A | 1 | | | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.45 | | 1 | A | 1 | | | | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.2 | | 0 | BFSN | 4 | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.361 | | 0 | NC | 4 | | | | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | | | |
| 6:0 | g | 0.000 | | 0 | Z | 7 | | | | |
| 8:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |
| 10:0 | g | 0.000 | | 0 | BFFN | 4 | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.005 | | 0 | BFFN | 4 | | | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.215 | | 0 | BFFN | 4 | | | | |
| 15:0 ... g | 0.088 | | 0 | BFFN | 4 | | | | |
| 16:0 ... g | 1.326 | | 0 | BFFN | 4 | | | | |
| 17:0 ... g | 0.096 | | 0 | BFFN | 4 | | | | |
| 18:0 ... g | 1.610 | | 0 | BFFN | 4 | | | | |
| 20:0 ... g | 0.019 | | 0 | BFFN | 4 | | | | |
| 22:0 ... g | 0.003 | | 0 | BFFN | 4 | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.344 | | 0 | NC | 4 | | | | |
| 14:1 ... g | 0.016 | | 0 | BFFN | 4 | | | | |
| 15:1 ... g | 0.000 | | 0 | BFFN | 4 | | | | |
| 16:1 undifferentiated ... g | 0.107 | | 0 | BFFN | 4 | | | | |
| 17:1 ... g | 0.024 | | 0 | BFFN | 4 | | | | |
| 18:1 undifferentiated ... g | 1.197 | | 0 | BFFN | 4 | | | | |
| 20:1 ... g | 0.000 | | 0 | BFFN | 4 | | | | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | Z | 7 | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.394 | | 0 | NC | 4 | | | | |
| 18:2 undifferentiated ... g | 0.225 | | 0 | BFFN | 4 | | | | |
| 18:3 undifferentiated ... g | 0.104 | | 0 | BFFN | 4 | | | | |
| 18:3 n-3 c,c,c ... g | | | | | | | | | |
| 18:3 n-6 c,c,c ... g | 0.000 | | 0 | BFFN | 4 | | | | |
| 18:3i ... g | | | | | | | | | |
| 18:4 ... g | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c,c ... g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:3 undifferentiated ... g | 0.000 | | 0 | BFFN | 4 | | | | |
| 20:3 n-3 ... g | | | | | | | | | |
| 20:3 n-6 ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.064 | | 0 | BFFN | 4 | | | | |
| 20:4 n-3 ... g | | | | | | | | | |
| 20:4 n-6 ... g | | | | | | | | | |
| 20:5 n-3 ... g | 0.000 | | 0 | Z | 7 | | | | |
| 21:5 ... g | | | | | | | | | |
| 22:4 ... g | | | | | | | | | |
| 22:5 n-3 ... g | 0.000 | | 0 | Z | 7 | | | | |
| 22:6 n-3 ... g | 0.000 | | 0 | Z | 7 | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 80 | | 0 | BFYN | 4 | | | | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.192 | | 0 | A | 1 | | | | |
| Threonine ... g | 0.818 | | 0 | A | 1 | | | | |
| Isoleucine ... g | 0.929 | | 0 | A | 1 | | | | |
| Leucine ... g | 1.645 | | 0 | A | 1 | | | | |
| Lysine ... g | 1.756 | | 0 | A | 1 | | | | |
| Methionine ... g | 0.505 | | 0 | A | 1 | | | | |
| Cystine ... g | 0.202 | | 0 | A | 1 | | | | |
| Phenylalanine ... g | 0.818 | | 0 | A | 1 | | | | |
| Tyrosine ... g | 0.676 | | 0 | A | 1 | | | | |
| Valine ... g | 1.050 | | 0 | A | 1 | | | | |
| Arginine ... g | 1.292 | | 0 | A | 1 | | | | |
| Histidine ... g | 0.646 | | 0 | A | 1 | | | | |
| Alanine ... g | 1.262 | | 0 | A | 1 | | | | |
| Aspartic acid ... g | 1.877 | | 0 | A | 1 | | | | |
| Glutamic acid ... g | 3.069 | | 0 | A | 1 | | | | |
| Glycine ... g | 1.181 | | 0 | A | 1 | | | | |
| Proline ... g | 0.949 | | 0 | A | 1 | | | | |
| Serine ... g | 0.747 | | 0 | A | 1 | | | | |
| Hydroxyproline ... g | 0.313 | | 0 | BFPN | 4 | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | Z | 7 | | | | |

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

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

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

**Common Measures:**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17345**

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

*Cervus elaphus, Dama dama*

venison

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 67.07 | 0.482 | 6 | A | 1 | | 36.22 | 57.01 | |
| Energy ... kcal | 150 | | 0 | NC | 4 | | 81 | 128 | |
| Energy ... kj | 629 | | 0 | NC | 4 | | 340 | 535 | |
| Protein (N x 6.25) ... g | 30.20 | 0.200 | 6 | A | 1 | | 16.31 | 25.67 | |
| Total lipid (fat) ... g | 2.38 | 0.317 | 6 | A | 1 | | 1.29 | 2.03 | |
| Ash ... g | 1.25 | 0.043 | 6 | A | 1 | | 0.68 | 1.06 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 6 | 1.288 | 3 | A | 1 | | 3 | 5 | |
| Iron, Fe ... mg | 4.09 | 0.215 | 6 | A | 1 | | 2.21 | 3.48 | |
| Magnesium, Mg ... mg | 30 | 0.433 | 3 | A | 1 | | 16 | 25 | |
| Phosphorus, P ... mg | 277 | 7.234 | 3 | A | 1 | | 150 | 235 | |
| Potassium, K ... mg | 398 | 11.319 | 3 | A | 1 | | 215 | 338 | |
| Sodium, Na ... mg | 57 | 4.333 | 3 | A | 1 | | 31 | 49 | |
| Zinc, Zn ... mg | 3.63 | 0.488 | 3 | A | 1 | | 1.96 | 3.08 | |
| Copper, Cu ... mg | 0.227 | 0.028 | 3 | A | 1 | | 0.122 | 0.193 | |
| Manganese, Mn ... mg | 0.029 | 0.003 | 3 | A | 1 | | 0.016 | 0.025 | |
| Selenium, Se ... mcg | 13.3 | 2.333 | 3 | A | 1 | | 7.2 | 11.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.280 | 0.030 | 3 | A | 1 | | 0.151 | 0.238 | |
| Riboflavin ... mg | 0.513 | 0.062 | 3 | A | 1 | | 0.277 | 0.436 | |
| Niacin ... mg | 10.757 | 0.960 | 3 | A | 1 | | 5.809 | 9.143 | |
| Pantothenic acid ... mg | 0.868 | | 0 | BFPN | 4 | | 0.469 | 0.738 | |
| Vitamin B-6 ... mg | 0.756 | 0.063 | 3 | A | 1 | | 0.408 | 0.642 | |
| Folate, total ... mcg | 9 | | 0 | BFPN | 4 | | 5 | 8 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 9 | | 0 | BFPN | 4 | | 5 | 8 | |
| Folate, DFE ... mcg_DFE | 9 | | 0 | NC | 4 | | 5 | 8 | |
| Choline, total ... mg | 113.0 | | 0 | BFNN | 4 | | 61.0 | 96.1 | |
| Betaine ... mg | 14.8 | | 0 | BFNN | 4 | | 8.0 | 12.6 | |
| Vitamin B-12 ... mcg | 1.83 | 0.278 | 3 | A | 1 | | 0.99 | 1.56 | |
| Vitamin B-12, added ... mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.62 | | 0 | BFSN | 4 | | 0.34 | 0.53 | |
| Vitamin E, added ... mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | 1.2 | | 0 | BFSN | 4 | | 0.7 | 1.1 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 0.878 | | 0 | NC | 4 | | 0.474 | 0.747 | |
| 4:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |

**NDB No. 17345**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.001 | | 0 | BFFN | 4 | | 0.001 | 0.001 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.056 | | 0 | BFFN | 4 | | 0.030 | 0.048 | |
| 15:0 g | 0.023 | | 0 | BFFN | 4 | | 0.012 | 0.019 | |
| 16:0 g | 0.346 | | 0 | BFFN | 4 | | 0.187 | 0.294 | |
| 17:0 g | 0.025 | | 0 | BFFN | 4 | | 0.014 | 0.021 | |
| 18:0 g | 0.421 | | 0 | BFFN | 4 | | 0.227 | 0.358 | |
| 20:0 g | 0.005 | | 0 | BFFN | 4 | | 0.003 | 0.004 | |
| 22:0 g | 0.001 | | 0 | BFFN | 4 | | 0.000 | 0.001 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.351 | | 0 | NC | 4 | | 0.190 | 0.298 | |
| 14:1 g | 0.004 | | 0 | BFFN | 4 | | 0.002 | 0.004 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.028 | | 0 | BFFN | 4 | | 0.015 | 0.024 | |
| 17:1 g | 0.006 | | 0 | BFFN | 4 | | 0.003 | 0.005 | |
| 18:1 undifferentiated g | 0.313 | | 0 | BFFN | 4 | | 0.169 | 0.266 | |
| 20:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.103 | | 0 | NC | 4 | | 0.056 | 0.087 | |
| 18:2 undifferentiated g | 0.059 | | 0 | BFFN | 4 | | 0.032 | 0.050 | |
| 18:3 undifferentiated g | 0.027 | | 0 | BFFN | 4 | | 0.015 | 0.023 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.017 | | 0 | BFFN | 4 | | 0.009 | 0.014 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 79 | 1.490 | 6 | A | 1 | | 42 | 67 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.269 | | 0 | A | 1 | | 0.145 | 0.229 | |
| Threonine g | 1.148 | | 0 | A | 1 | | 0.620 | 0.976 | |
| Isoleucine g | 1.304 | | 0 | A | 1 | | 0.704 | 1.109 | |
| Leucine g | 2.311 | | 0 | A | 1 | | 1.248 | 1.964 | |
| Lysine g | 2.467 | | 0 | A | 1 | | 1.332 | 2.097 | |
| Methionine g | 0.709 | | 0 | A | 1 | | 0.383 | 0.603 | |
| Cystine g | 0.284 | | 0 | A | 1 | | 0.153 | 0.241 | |
| Phenylalanine g | 1.148 | | 0 | A | 1 | | 0.620 | 0.976 | |
| Tyrosine g | 0.950 | | 0 | A | 1 | | 0.513 | 0.807 | |
| Valine g | 1.475 | | 0 | A | 1 | | 0.796 | 1.253 | |
| Arginine g | 1.815 | | 0 | A | 1 | | 0.980 | 1.543 | |
| Histidine g | 0.907 | | 0 | A | 1 | | 0.490 | 0.771 | |
| Alanine g | 1.772 | | 0 | A | 1 | | 0.957 | 1.506 | |
| Aspartic acid g | 2.637 | | 0 | A | 1 | | 1.424 | 2.242 | |
| Glutamic acid g | 4.310 | | 0 | A | 1 | | 2.328 | 3.664 | |
| Glycine g | 1.659 | | 0 | A | 1 | | 0.896 | 1.410 | |
| Proline g | 1.333 | | 0 | A | 1 | | 0.720 | 1.133 | |
| Serine g | 1.049 | | 0 | A | 1 | | 0.567 | 0.892 | |
| Hydroxyproline g | 0.440 | | 0 | BFPN | 4 | | 0.237 | 0.374 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

**NDB No. 17345**

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

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

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

**Common Measures:**

Measure 1 = 54g: 1 steak

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 73.57 | 0.188 | 44 | | 1 | | 20.86 | 333.71 | |
| Energy....kcal | 120 | | 0 | NC | 4 | | 34 | 544 | |
| Energy....kj | 502 | | | | 4 | | 142 | 2277 | |
| Protein (N x 6.25)....g | 22.96 | 0.263 | 33 | | 1 | | 6.51 | 104.15 | |
| Total lipid (fat)....g | 2.42 | 0.211 | 50 | | 1 | | 0.69 | 10.98 | |
| Ash....g | 1.16 | 0.054 | 27 | | 1 | | 0.33 | 5.26 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.470 | 20 | | 1 | | 1 | 23 | |
| Iron, Fe....mg | 3.40 | 0.221 | 20 | | 1 | | 0.96 | 15.42 | |
| Magnesium, Mg....mg | 23 | 0.292 | 14 | | 1 | | 7 | 104 | |
| Phosphorus, P....mg | 202 | 4.781 | 19 | | 1 | | 57 | 916 | |
| Potassium, K....mg | 318 | 14.334 | 19 | | 1 | | 90 | 1442 | |
| Sodium, Na....mg | 51 | 2.065 | 19 | | 1 | | 14 | 231 | |
| Zinc, Zn....mg | 2.09 | 0.142 | 14 | | 1 | | 0.59 | 9.48 | |
| Copper, Cu....mg | 0.253 | 0.011 | 19 | | 1 | | 0.072 | 1.148 | |
| Manganese, Mn....mg | 0.041 | 0.002 | 13 | | 1 | | 0.012 | 0.186 | |
| Selenium, Se....mcg | 9.7 | | 0 | BFNN | 4 | | 2.7 | 44.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.220 | 0.006 | 63 | | 1 | | 0.062 | 0.998 | |
| Riboflavin....mg | 0.480 | 0.015 | 33 | | 1 | | 0.136 | 2.177 | |
| Niacin....mg | 6.370 | 0.633 | 4 | | 1 | | 1.806 | 28.894 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.370 | | 0 | | 4 | | 0.105 | 1.678 | |
| Folate, total....mcg | 4 | | 0 | | 4 | | 1 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 4 | | 1 | 18 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 6.31 | | 0 | | 4 | | 1.79 | 28.62 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | NR | 4 | | 0.06 | 0.91 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.1 | | 0 | BFSN | 4 | | 0.3 | 5.1 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.950 | | 0 | | 1 | | 0.269 | 4.309 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 16 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 16 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17164**
**Game meat, deer, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 17164**
**Game meat, deer, raw**

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17346**

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

*Cervus elaphus, Dama dama*

venison

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 59.78 | 0.474 | 6 | A | 1 | | 175.17 | 50.82 | |
| Energy | kcal | 191 | | 0 | NC | 4 | | 558 | 162 | |
| Energy | kj | 797 | | 0 | NC | 4 | | 2336 | 678 | |
| Protein (N x 6.25) | g | 36.28 | 0.425 | 6 | A | 1 | | 106.31 | 30.84 | |
| Total lipid (fat) | g | 3.95 | 0.313 | 6 | A | 1 | | 11.57 | 3.36 | |
| Ash | g | 1.12 | 0.017 | 6 | A | 1 | | 3.27 | 0.95 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | 0.693 | 3 | A | 1 | | 19 | 5 | |
| Iron, Fe | mg | 5.01 | 0.347 | 6 | A | 1 | | 14.66 | 4.25 | |
| Magnesium, Mg | mg | 28 | 0.498 | 3 | A | 1 | | 82 | 24 | |
| Phosphorus, P | mg | 261 | 6.658 | 3 | A | 1 | | 765 | 222 | |
| Potassium, K | mg | 313 | 5.292 | 3 | A | 1 | | 917 | 266 | |
| Sodium, Na | mg | 52 | 1.114 | 3 | A | 1 | | 153 | 44 | |
| Zinc, Zn | mg | 8.64 | 0.712 | 3 | A | 1 | | 25.32 | 7.35 | |
| Copper, Cu | mg | 0.285 | 0.021 | 3 | A | 1 | | 0.836 | 0.243 | |
| Manganese, Mn | mg | 0.026 | 0.009 | 3 | A | 1 | | 0.076 | 0.022 | |
| Selenium, Se | mcg | 17.7 | 2.963 | 3 | A | 1 | | 51.8 | 15.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.153 | 0.027 | 3 | A | 1 | | 0.449 | 0.130 | |
| Riboflavin | mg | 0.657 | 0.084 | 3 | A | 1 | | 1.924 | 0.558 | |
| Niacin | mg | 7.430 | 1.175 | 3 | A | 1 | | 21.770 | 6.316 | |
| Pantothenic acid | mg | 1.025 | | 0 | BFPN | 4 | | 3.003 | 0.871 | |
| Vitamin B-6 | mg | 0.481 | 0.078 | 3 | A | 1 | | 1.409 | 0.409 | |
| Folate, total | mcg | 11 | | 0 | BFPN | 4 | | 32 | 9 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 11 | | 0 | BFPN | 4 | | 32 | 9 | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | 32 | 9 | |
| Choline, total | mg | 134.1 | | 0 | BFNN | 4 | | 393.0 | 114.0 | |
| Betaine | mg | 17.6 | | 0 | BFNN | 4 | | 51.6 | 15.0 | |
| Vitamin B-12 | mcg | 3.06 | 0.814 | 3 | A | 1 | | 8.97 | 2.60 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.75 | | 0 | BFSN | 4 | | 2.21 | 0.64 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.5 | | 0 | BFSN | 4 | | 4.5 | 1.3 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.959 | | 0 | NC | 4 | | 5.741 | 1.666 | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |

**NDB No. 17346**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.003 | | 0 | BFFN | 4 | | 0.009 | 0.003 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.125 | | 0 | BFFN | 4 | | 0.367 | 0.106 | |
| 15:0 g | 0.051 | | 0 | BFFN | 4 | | 0.150 | 0.043 | |
| 16:0 g | 0.773 | | 0 | BFFN | 4 | | 2.264 | 0.657 | |
| 17:0 g | 0.056 | | 0 | BFFN | 4 | | 0.164 | 0.048 | |
| 18:0 g | 0.939 | | 0 | BFFN | 4 | | 2.750 | 0.798 | |
| 20:0 g | 0.011 | | 0 | BFFN | 4 | | 0.032 | 0.009 | |
| 22:0 g | 0.002 | | 0 | BFFN | 4 | | 0.005 | 0.001 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.783 | | 0 | NC | 4 | | 2.295 | 0.666 | |
| 14:1 g | 0.009 | | 0 | BFFN | 4 | | 0.027 | 0.008 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.062 | | 0 | BFFN | 4 | | 0.182 | 0.053 | |
| 17:1 g | 0.014 | | 0 | BFFN | 4 | | 0.041 | 0.012 | |
| 18:1 undifferentiated g | 0.698 | | 0 | BFFN | 4 | | 2.045 | 0.593 | |
| 20:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.230 | | 0 | NC | 4 | | 0.673 | 0.195 | |
| 18:2 undifferentiated g | 0.131 | | 0 | BFFN | 4 | | 0.384 | 0.111 | |
| 18:3 undifferentiated g | 0.061 | | 0 | BFFN | 4 | | 0.178 | 0.052 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.038 | | 0 | BFFN | 4 | | 0.110 | 0.032 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 113 | 2.113 | 6 | A | 1 | | 331 | 96 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.318 | | 0 | A | 1 | | 0.932 | 0.270 | |
| Threonine g | 1.356 | | 0 | A | 1 | | 3.974 | 1.153 | |
| Isoleucine g | 1.541 | | 0 | A | 1 | | 4.514 | 1.309 | |
| Leucine g | 2.729 | | 0 | A | 1 | | 7.997 | 2.320 | |
| Lysine g | 2.914 | | 0 | A | 1 | | 8.537 | 2.477 | |
| Methionine g | 0.837 | | 0 | A | 1 | | 2.453 | 0.712 | |
| Cystine g | 0.335 | | 0 | A | 1 | | 0.981 | 0.285 | |
| Phenylalanine g | 1.356 | | 0 | A | 1 | | 3.974 | 1.153 | |
| Tyrosine g | 1.122 | | 0 | A | 1 | | 3.287 | 0.954 | |
| Valine g | 1.741 | | 0 | A | 1 | | 5.103 | 1.480 | |
| Arginine g | 2.143 | | 0 | A | 1 | | 6.280 | 1.822 | |
| Histidine g | 1.072 | | 0 | A | 1 | | 3.140 | 0.911 | |
| Alanine g | 2.093 | | 0 | A | 1 | | 6.133 | 1.779 | |
| Aspartic acid g | 3.115 | | 0 | A | 1 | | 9.126 | 2.647 | |
| Glutamic acid g | 5.090 | | 0 | A | 1 | | 14.915 | 4.327 | |
| Glycine g | 1.959 | | 0 | A | 1 | | 5.740 | 1.665 | |
| Proline g | 1.574 | | 0 | A | 1 | | 4.612 | 1.338 | |
| Serine g | 1.239 | | 0 | A | 1 | | 3.631 | 1.053 | |
| Hydroxyproline g | 0.519 | | 0 | BFPN | 4 | | 1.521 | 0.441 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

**NDB No. 17346**

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

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

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

**Common Measures:**

Measure 1 = 293g: 1 roast

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17347**

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

*Cervus elaphus, Dama dama*

venison

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.20 | 0.600 | 6 | A | 1 | | 135.74 | 57.12 | |
| Energy....kcal | 149 | | 0 | NC | 4 | | 301 | 127 | |
| Energy....kj | 623 | | 0 | NC | 4 | | 1258 | 529 | |
| Protein (N x 6.25)....g | 29.90 | 0.547 | 6 | A | 1 | | 60.40 | 25.42 | |
| Total lipid (fat)....g | 2.35 | 0.306 | 6 | A | 1 | | 4.75 | 2.00 | |
| Ash....g | 1.27 | 0.049 | 6 | A | 1 | | 2.56 | 1.08 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.295 | 3 | A | 1 | | 11 | 4 | |
| Iron, Fe....mg | 4.25 | 0.075 | 6 | A | 1 | | 8.57 | 3.61 | |
| Magnesium, Mg....mg | 33 | 0.666 | 3 | A | 1 | | 66 | 28 | |
| Phosphorus, P....mg | 299 | 6.119 | 3 | A | 1 | | 605 | 254 | |
| Potassium, K....mg | 434 | 14.859 | 3 | A | 1 | | 877 | 369 | |
| Sodium, Na....mg | 57 | 2.321 | 3 | A | 1 | | 115 | 48 | |
| Zinc, Zn....mg | 3.99 | 0.485 | 3 | A | 1 | | 8.06 | 3.39 | |
| Copper, Cu....mg | 0.254 | 0.009 | 3 | A | 1 | | 0.513 | 0.216 | |
| Manganese, Mn....mg | 0.022 | 0.002 | 3 | A | 1 | | 0.045 | 0.019 | |
| Selenium, Se....mcg | 11.0 | 0.577 | 3 | A | 1 | | 22.2 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.260 | 0.012 | 3 | A | 1 | | 0.525 | 0.221 | |
| Riboflavin....mg | 0.563 | 0.032 | 3 | A | 1 | | 1.138 | 0.479 | |
| Niacin....mg | 8.780 | 0.455 | 3 | A | 1 | | 17.736 | 7.463 | |
| Pantothenic acid....mg | 0.856 | | 0 | BFPN | 4 | | 1.730 | 0.728 | |
| Vitamin B-6....mg | 0.614 | 0.075 | 3 | A | 1 | | 1.240 | 0.522 | |
| Folate, total....mcg | 9 | | 0 | BFPN | 4 | | 19 | 8 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 0 | BFPN | 4 | | 19 | 8 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 19 | 8 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.62 | 0.384 | 3 | A | 1 | | 7.31 | 3.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.62 | | 0 | BFSN | 4 | | 1.26 | 0.53 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.142 | | 0 | NC | 4 | | 2.307 | 0.971 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0....g | 0.003 | | 0 | BFFN | 4 | | 0.007 | 0.003 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17347**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.092 | | 0 | BFFN | 4 | | 0.185 | 0.078 | |
| 15:0 g | 0.024 | | 0 | BFFN | 4 | | 0.049 | 0.021 | |
| 16:0 g | 0.506 | | 0 | BFFN | 4 | | 1.022 | 0.430 | |
| 17:0 g | 0.027 | | 0 | BFFN | 4 | | 0.055 | 0.023 | |
| 18:0 g | 0.484 | | 0 | BFFN | 4 | | 0.977 | 0.411 | |
| 20:0 g | 0.005 | | 0 | BFFN | 4 | | 0.011 | 0.005 | |
| 22:0 g | 0.001 | | 0 | BFFN | 4 | | 0.001 | 0.000 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.554 | | 0 | NC | 4 | | 1.120 | 0.471 | |
| 14:1 g | 0.018 | | 0 | BFFN | 4 | | 0.037 | 0.016 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.083 | | 0 | BFFN | 4 | | 0.168 | 0.071 | |
| 17:1 g | 0.009 | | 0 | BFFN | 4 | | 0.018 | 0.007 | |
| 18:1 undifferentiated g | 0.442 | | 0 | BFFN | 4 | | 0.892 | 0.375 | |
| 20:1 g | 0.002 | | 0 | BFFN | 4 | | 0.004 | 0.002 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.127 | | 0 | NC | 4 | | 0.257 | 0.108 | |
| 18:2 undifferentiated g | 0.075 | | 0 | BFFN | 4 | | 0.151 | 0.064 | |
| 18:3 undifferentiated g | 0.028 | | 0 | BFFN | 4 | | 0.056 | 0.024 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.001 | | 0 | BFFN | 4 | | 0.002 | 0.001 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.023 | | 0 | BFFN | 4 | | 0.047 | 0.020 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 88 | 3.303 | 6 | A | 1 | | 178 | 75 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.266 | | 0 | A | 1 | | 0.537 | 0.226 | |
| Threonine g | 1.133 | | 0 | A | 1 | | 2.289 | 0.963 | |
| Isoleucine g | 1.287 | | 0 | A | 1 | | 2.600 | 1.094 | |
| Leucine g | 2.280 | | 0 | A | 1 | | 4.607 | 1.938 | |
| Lysine g | 2.434 | | 0 | A | 1 | | 4.917 | 2.069 | |
| Methionine g | 0.700 | | 0 | A | 1 | | 1.413 | 0.595 | |
| Cystine g | 0.280 | | 0 | A | 1 | | 0.565 | 0.238 | |
| Phenylalanine g | 1.133 | | 0 | A | 1 | | 2.289 | 0.963 | |
| Tyrosine g | 0.937 | | 0 | A | 1 | | 1.893 | 0.797 | |
| Valine g | 1.455 | | 0 | A | 1 | | 2.939 | 1.237 | |
| Arginine g | 1.791 | | 0 | A | 1 | | 3.617 | 1.522 | |
| Histidine g | 0.895 | | 0 | A | 1 | | 1.809 | 0.761 | |
| Alanine g | 1.749 | | 0 | A | 1 | | 3.533 | 1.487 | |
| Aspartic acid g | 2.602 | | 0 | A | 1 | | 5.257 | 2.212 | |
| Glutamic acid g | 4.253 | | 0 | A | 1 | | 8.591 | 3.615 | |
| Glycine g | 1.637 | | 0 | A | 1 | | 3.307 | 1.391 | |
| Proline g | 1.315 | | 0 | A | 1 | | 2.657 | 1.118 | |
| Serine g | 1.035 | | 0 | A | 1 | | 2.091 | 0.880 | |
| Hydroxyproline g | 0.434 | | 0 | A | 1 | | 0.876 | 0.369 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17347**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17348**

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

*Cervus elaphus, Dama dama*

venison

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 66.10 | 0.254 | 6 | A | 1 | | 67.42 | 56.19 | |
| Energy ... kcal | 152 | | 0 | NC | 4 | | 155 | 129 | |
| Energy ... kj | 635 | | 0 | NC | 4 | | 647 | 539 | |
| Protein (N x 6.25) ... g | 31.47 | 0.315 | 6 | A | 1 | | 32.10 | 26.75 | |
| Total lipid (fat) ... g | 1.92 | 0.075 | 6 | A | 1 | | 1.96 | 1.63 | |
| Ash ... g | 1.20 | 0.045 | 6 | A | 1 | | 1.22 | 1.02 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 4 | 0.237 | 3 | A | 1 | | 5 | 4 | |
| Iron, Fe ... mg | 4.23 | 0.233 | 6 | A | 1 | | 4.31 | 3.59 | |
| Magnesium, Mg ... mg | 30 | 0.669 | 3 | A | 1 | | 30 | 25 | |
| Phosphorus, P ... mg | 272 | 4.667 | 3 | A | 1 | | 277 | 231 | |
| Potassium, K ... mg | 377 | 16.862 | 3 | A | 1 | | 385 | 320 | |
| Sodium, Na ... mg | 45 | 3.103 | 3 | A | 1 | | 46 | 38 | |
| Zinc, Zn ... mg | 3.67 | 0.508 | 3 | A | 1 | | 3.74 | 3.12 | |
| Copper, Cu ... mg | 0.272 | 0.019 | 3 | A | 1 | | 0.278 | 0.231 | |
| Manganese, Mn ... mg | 0.018 | 0.002 | 3 | A | 1 | | 0.019 | 0.016 | |
| Selenium, Se ... mcg | 11.3 | 1.202 | 3 | A | 1 | | 11.6 | 9.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.250 | 0.025 | 3 | A | 1 | | 0.255 | 0.213 | |
| Riboflavin ... mg | 0.500 | 0.055 | 3 | A | 1 | | 0.510 | 0.425 | |
| Niacin ... mg | 8.400 | 0.970 | 3 | A | 1 | | 8.568 | 7.140 | |
| Pantothenic acid ... mg | 0.904 | | 0 | BFPN | 4 | | 0.922 | 0.769 | |
| Vitamin B-6 ... mg | 0.710 | 0.031 | 3 | A | 1 | | 0.724 | 0.603 | |
| Folate, total ... mcg | 10 | | 0 | BFPN | 4 | | 10 | 8 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 10 | | 0 | BFPN | 4 | | 10 | 8 | |
| Folate, DFE ... mcg_DFE | 10 | | 0 | NC | 4 | | 10 | 8 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.27 | 0.492 | 3 | A | 1 | | 2.32 | 1.93 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.64 | | 0 | BFSN | 4 | | 0.66 | 0.55 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 1.030 | | 0 | NC | 4 | | 1.051 | 0.876 | |
| 4:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 12:0 ... g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.001 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17348**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.066 | | 0 | BFFN | 4 | | 0.067 | 0.056 | |
| 15:0 g | 0.027 | | 0 | BFFN | 4 | | 0.027 | 0.023 | |
| 16:0 g | 0.406 | | 0 | BFFN | 4 | | 0.414 | 0.345 | |
| 17:0 g | 0.030 | | 0 | BFFN | 4 | | 0.030 | 0.025 | |
| 18:0 g | 0.494 | | 0 | BFFN | 4 | | 0.503 | 0.420 | |
| 20:0 g | 0.006 | | 0 | BFFN | 4 | | 0.006 | 0.005 | |
| 22:0 g | 0.001 | | 0 | BFFN | 4 | | 0.001 | 0.001 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.412 | | 0 | BFFN | 4 | | 0.420 | 0.350 | |
| 14:1 g | 0.005 | | 0 | BFFN | 4 | | 0.005 | 0.004 | |
| 15:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 16:1 undifferentiated g | 0.033 | | 0 | BFFN | 4 | | 0.033 | 0.028 | |
| 17:1 g | 0.007 | | 0 | BFFN | 4 | | 0.008 | 0.006 | |
| 18:1 undifferentiated g | 0.367 | | 0 | BFFN | 4 | | 0.374 | 0.312 | |
| 20:1 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.121 | | 0 | NC | 4 | | 0.123 | 0.103 | |
| 18:2 undifferentiated g | 0.069 | | 0 | BFFN | 4 | | 0.070 | 0.059 | |
| 18:3 undifferentiated g | 0.032 | | 0 | BFFN | 4 | | 0.033 | 0.027 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 undifferentiated g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 0 | BFFN | 4 | | 0.020 | 0.017 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 85 | 2.209 | 6 | A | 1 | | 87 | 72 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.282 | | 0 | A | 1 | | 0.288 | 0.240 | |
| Threonine g | 1.204 | | 0 | A | 1 | | 1.228 | 1.024 | |
| Isoleucine g | 1.368 | | 0 | A | 1 | | 1.395 | 1.163 | |
| Leucine g | 2.423 | | 0 | A | 1 | | 2.472 | 2.060 | |
| Lysine g | 2.587 | | 0 | A | 1 | | 2.639 | 2.199 | |
| Methionine g | 0.743 | | 0 | A | 1 | | 0.758 | 0.632 | |
| Cystine g | 0.297 | | 0 | A | 1 | | 0.303 | 0.253 | |
| Phenylalanine g | 1.204 | | 0 | A | 1 | | 1.228 | 1.024 | |
| Tyrosine g | 0.996 | | 0 | A | 1 | | 1.016 | 0.847 | |
| Valine g | 1.546 | | 0 | A | 1 | | 1.577 | 1.314 | |
| Arginine g | 1.903 | | 0 | A | 1 | | 1.941 | 1.618 | |
| Histidine g | 0.951 | | 0 | A | 1 | | 0.971 | 0.809 | |
| Alanine g | 1.858 | | 0 | A | 1 | | 1.896 | 1.580 | |
| Aspartic acid g | 2.765 | | 0 | A | 1 | | 2.821 | 2.350 | |
| Glutamic acid g | 4.520 | | 0 | A | 1 | | 4.610 | 3.842 | |
| Glycine g | 1.739 | | 0 | A | 1 | | 1.774 | 1.479 | |
| Proline g | 1.397 | | 0 | A | 1 | | 1.425 | 1.188 | |
| Serine g | 1.100 | | 0 | A | 1 | | 1.122 | 0.935 | |
| Hydroxyproline g | 0.461 | | 0 | A | 1 | | 0.470 | 0.392 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17348**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 66.28 | | 0 | | 1 | | 225.35 | 56.34 | |
| Energy....kcal | 146 | | 0 | NC | 4 | | 496 | 124 | |
| Energy....kj | 611 | | | | 4 | | 2077 | 519 | |
| Protein (N x 6.25)....g | 30.19 | | 0 | | 1 | | 102.65 | 25.66 | |
| Total lipid (fat)....g | 1.90 | | 0 | | 1 | | 6.46 | 1.62 | |
| Ash....g | 1.32 | | 0 | | 1 | | 4.49 | 1.12 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 0 | | 1 | | 17 | 4 | |
| Iron, Fe....mg | 3.63 | | 0 | | 1 | | 12.34 | 3.09 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 82 | 20 | |
| Phosphorus, P....mg | 180 | | 0 | | 1 | | 612 | 153 | |
| Potassium, K....mg | 328 | | 0 | | 1 | | 1115 | 279 | |
| Sodium, Na....mg | 61 | | 0 | | 1 | | 207 | 52 | |
| Zinc, Zn....mg | 3.16 | | 0 | | 1 | | 10.74 | 2.69 | |
| Copper, Cu....mg | 0.142 | | 0 | | 1 | | 0.483 | 0.121 | |
| Manganese, Mn....mg | 0.013 | | 0 | | 1 | | 0.044 | 0.011 | |
| Selenium, Se....mcg | 13.0 | | 0 | BFYN | 4 | | 44.2 | 11.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | | | | | | | | | |
| Riboflavin....mg | | | | | | | | | |
| Niacin....mg | | | | | | | | | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | 9 | | 0 | BFPN | 4 | | 30 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 0 | BFPN | 4 | | 30 | 7 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 30 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.700 | | 0 | | 1 | | 2.380 | 0.595 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.050 | | 0 | | 1 | | | | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

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

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

*Cervus elaphus*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 64.14 | 0.825 | 5 | A | 1 | | 60.93 | 54.52 | |
| Energy....kcal | 193 | | 0 | NC | 4 | | 183 | 164 | |
| Energy....kj | 806 | | 0 | NC | 4 | | 765 | 685 | |
| Protein (N x 6.25)....g | 26.64 | 0.473 | 5 | A | 1 | | 25.31 | 22.64 | |
| Total lipid (fat)....g | 8.74 | 0.816 | 5 | A | 1 | | 8.30 | 7.43 | |
| Ash....g | 1.04 | 0.081 | 5 | A | 1 | | 0.99 | 0.88 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | 1.235 | 3 | A | 1 | | 9 | 8 | |
| Iron, Fe....mg | 3.34 | 0.119 | 3 | A | 1 | | 3.17 | 2.84 | |
| Magnesium, Mg....mg | 24 | 0.467 | 3 | A | 1 | | 23 | 20 | |
| Phosphorus, P....mg | 221 | 3.756 | 3 | A | 1 | | 210 | 188 | |
| Potassium, K....mg | 354 | 2.906 | 3 | A | 1 | | 337 | 301 | |
| Sodium, Na....mg | 85 | 4.697 | 3 | A | 1 | | 81 | 73 | |
| Zinc, Zn....mg | 6.56 | 0.207 | 3 | A | 1 | | 6.23 | 5.58 | |
| Copper, Cu....mg | 0.142 | 0.008 | 3 | A | 1 | | 0.135 | 0.121 | |
| Manganese, Mn....mg | 0.011 | 0.000 | 3 | A | 1 | | 0.011 | 0.010 | |
| Selenium, Se....mcg | 9.0 | | 2 | A | 1 | | 8.6 | 7.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.125 | | 2 | A | 1 | | 0.119 | 0.106 | |
| Riboflavin....mg | 0.320 | | 2 | A | 1 | | 0.304 | 0.272 | |
| Niacin....mg | 5.320 | | 2 | A | 1 | | 5.054 | 4.522 | |
| Pantothenic acid....mg | 1.050 | | 1 | A | 1 | | 0.998 | 0.893 | |
| Vitamin B-6....mg | 0.420 | | 2 | A | 1 | | 0.399 | 0.357 | |
| Folate, total....mcg | 8 | | 1 | A | 1 | | 7 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 1 | A | 1 | | 7 | 7 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 7 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.57 | | 2 | A | 1 | | 2.44 | 2.18 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.57 | | 1 | A | 1 | | 0.54 | 0.48 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.002 | | 0 | NC | 4 | | 3.802 | 3.402 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.003 | 0.003 | 3 | A | 1 | | 0.003 | 0.003 | |
| 10:0....g | 0.003 | 0.003 | 3 | A | 1 | | 0.003 | 0.003 | |
| 12:0....g | 0.013 | 0.003 | 3 | A | 1 | | 0.012 | 0.011 | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.395 | 0.061 | 3 | A | 1 | | 0.375 | 0.336 | |
| 15:0....g | 0.048 | 0.005 | 3 | A | 1 | | 0.045 | 0.040 | |
| 16:0....g | 2.303 | 0.316 | 3 | A | 1 | | 2.188 | 1.957 | |
| 17:0....g | 0.054 | 0.003 | 3 | A | 1 | | 0.051 | 0.046 | |
| 18:0....g | 1.177 | 0.206 | 3 | A | 1 | | 1.119 | 1.001 | |
| 20:0....g | 0.006 | 0.003 | 3 | A | 1 | | 0.006 | 0.005 | |
| 22:0....g | 0.000 | 0.000 | 3 | A | 1 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.757 | | 0 | NC | 4 | | 2.620 | 2.344 | |
| 14:1....g | 0.133 | 0.034 | 3 | A | 1 | | 0.126 | 0.113 | |
| 15:1....g | 0.006 | 0.003 | 3 | A | 1 | | 0.006 | 0.005 | |
| 16:1 undifferentiated....g | 0.775 | 0.174 | 3 | A | 1 | | 0.736 | 0.658 | |
| 17:1....g | 0.029 | 0.006 | 3 | A | 1 | | 0.027 | 0.024 | |
| 18:1 undifferentiated....g | 1.793 | 0.289 | 3 | A | 1 | | 1.703 | 1.524 | |
| 20:1....g | 0.022 | 0.003 | 3 | A | 1 | | 0.021 | 0.019 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.412 | | 0 | NC | 4 | | 0.391 | 0.350 | |
| 18:2 undifferentiated....g | 0.252 | 0.039 | 3 | A | 1 | | 0.239 | 0.214 | |
| 18:3 undifferentiated....g | 0.070 | 0.008 | 3 | A | 1 | | 0.067 | 0.060 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.003 | 0.003 | 3 | A | 1 | | 0.003 | 0.003 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.003 | 0.003 | 3 | A | 1 | | 0.003 | 0.003 | |
| 20:3 undifferentiated....g | 0.003 | 0.003 | 3 | A | 1 | | 0.003 | 0.003 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | 0.006 | 3 | A | 1 | | 0.076 | 0.068 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | | 2 | A | 1 | | 74 | 66 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.238 | | 0 | A | 1 | | 0.226 | 0.202 | |
| Threonine....g | 1.070 | | 0 | A | 1 | | 1.017 | 0.910 | |
| Isoleucine....g | 1.118 | | 0 | A | 1 | | 1.062 | 0.950 | |
| Leucine....g | 1.986 | | 0 | A | 1 | | 1.887 | 1.688 | |
| Lysine....g | 2.176 | | 0 | A | 1 | | 2.068 | 1.850 | |
| Methionine....g | 0.654 | | 0 | A | 1 | | 0.621 | 0.556 | |
| Cystine....g | 0.262 | | 0 | A | 1 | | 0.249 | 0.222 | |
| Phenylalanine....g | 0.975 | | 0 | A | 1 | | 0.926 | 0.829 | |
| Tyrosine....g | 0.833 | | 0 | A | 1 | | 0.791 | 0.708 | |
| Valine....g | 1.237 | | 0 | A | 1 | | 1.175 | 1.051 | |
| Arginine....g | 1.594 | | 0 | A | 1 | | 1.514 | 1.355 | |
| Histidine....g | 0.821 | | 0 | A | 1 | | 0.780 | 0.698 | |
| Alanine....g | 1.487 | | 0 | A | 1 | | 1.412 | 1.264 | |
| Aspartic acid....g | 2.236 | | 0 | A | 1 | | 2.124 | 1.900 | |
| Glutamic acid....g | 3.782 | | 0 | A | 1 | | 3.593 | 3.215 | |
| Glycine....g | 1.356 | | 0 | A | 1 | | 1.288 | 1.152 | |
| Proline....g | 1.130 | | 0 | A | 1 | | 1.073 | 0.960 | |
| Serine....g | 0.951 | | 0 | A | 1 | | 0.904 | 0.809 | |
| Hydroxyproline....g | 0.250 | | 0 | A | 1 | | 0.237 | 0.212 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |

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

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

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 68.84 | 0.835 | 5 | A | 1 | | 70.22 | | |
| Energy | kcal | 172 | | 0 | NC | 4 | | 176 | | |
| Energy | kj | 722 | | 0 | NC | 4 | | 736 | | |
| Protein (N x 6.25) | g | 21.76 | 0.333 | 5 | A | 1 | | 22.20 | | |
| Total lipid (fat) | g | 8.82 | 1.422 | 5 | A | 1 | | 9.00 | | |
| Ash | g | 1.04 | 0.081 | 5 | A | 1 | | 1.06 | | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | 2.988 | 3 | A | 1 | | 12 | | |
| Iron, Fe | mg | 2.75 | 0.132 | 3 | A | 1 | | 2.81 | | |
| Magnesium, Mg | mg | 22 | 0.418 | 3 | A | 1 | | 22 | | |
| Phosphorus, P | mg | 195 | 1.856 | 3 | A | 1 | | 199 | | |
| Potassium, K | mg | 322 | 2.404 | 3 | A | 1 | | 328 | | |
| Sodium, Na | mg | 79 | 3.105 | 3 | A | 1 | | 81 | | |
| Zinc, Zn | mg | 5.40 | 0.123 | 3 | A | 1 | | 5.50 | | |
| Copper, Cu | mg | 0.150 | 0.025 | 3 | A | 1 | | 0.153 | | |
| Manganese, Mn | mg | 0.023 | 0.011 | 3 | A | 1 | | 0.023 | | |
| Selenium, Se | mcg | 8.0 | | 2 | A | 1 | | 8.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Thiamin | mg | 0.125 | | 2 | A | 1 | | 0.128 | | |
| Riboflavin | mg | 0.260 | | 2 | A | 1 | | 0.265 | | |
| Niacin | mg | 4.890 | | 2 | A | 1 | | 4.988 | | |
| Pantothenic acid | mg | 0.960 | | 1 | A | 1 | | 0.979 | | |
| Vitamin B-6 | mg | 0.336 | | 2 | A | 1 | | 0.343 | | |
| Folate, total | mcg | 7 | | 1 | A | 1 | | 7 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 7 | | 1 | A | 1 | | 7 | | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 7 | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.13 | | 2 | A | 1 | | 2.17 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | AS | 1 | | 0 | | |
| Retinol | mcg | 0 | | 1 | A | 1 | | 0 | | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin A, IU | IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.28 | | 1 | A | 1 | | 0.28 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.469 | | 0 | NC | 4 | | 3.538 | | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0 | g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 10:0 | g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 12:0 | g | 0.009 | | 0 | BFFN | 4 | | 0.010 | | |
| 13:0 | g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.339 | | 0 | BFFN | 4 | | 0.346 | | |
| 15:0 ... g | 0.043 | | 0 | BFFN | 4 | | 0.044 | | |
| 16:0 ... g | 2.029 | | 0 | BFFN | 4 | | 2.070 | | |
| 17:0 ... g | 0.053 | | 0 | BFFN | 4 | | 0.054 | | |
| 18:0 ... g | 0.981 | | 0 | BFFN | 4 | | 1.000 | | |
| 20:0 ... g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 22:0 ... g | 0.000 | | 0 | BFFN | 4 | | 0.000 | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 2.507 | | 0 | NC | 4 | | 2.557 | | |
| 14:1 ... g | 0.110 | | 0 | BFFN | 4 | | 0.112 | | |
| 15:1 ... g | 0.010 | | 0 | BFFN | 4 | | 0.010 | | |
| 16:1 undifferentiated ... g | 0.678 | | 0 | BFFN | 4 | | 0.691 | | |
| 17:1 ... g | 0.029 | | 0 | BFFN | 4 | | 0.029 | | |
| 18:1 undifferentiated ... g | 1.656 | | 0 | BFFN | 4 | | 1.689 | | |
| 20:1 ... g | 0.024 | | 0 | BFFN | 4 | | 0.025 | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.415 | | 0 | NC | 4 | | 0.424 | | |
| 18:2 undifferentiated ... g | 0.251 | | 0 | BFFN | 4 | | 0.256 | | |
| 18:3 undifferentiated ... g | 0.072 | | 0 | BFFN | 4 | | 0.074 | | |
| 18:3 n-3 c,c,c ... g | | | | | | | | | |
| 18:3 n-6 c,c,c ... g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 18:3i ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 20:3 undifferentiated ... g | 0.005 | | 0 | BFFN | 4 | | 0.005 | | |
| 20:3 n-3 ... g | | | | | | | | | |
| 20:3 n-6 ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.078 | | 0 | BFFN | 4 | | 0.079 | | |
| 20:4 n-3 ... g | | | | | | | | | |
| 20:4 n-6 ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 21:5 ... g | | | | | | | | | |
| 22:4 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 66 | | 0 | BFYN | 4 | | 67 | | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.194 | | 0 | A | 1 | | 0.198 | | |
| Threonine ... g | 0.874 | | 0 | A | 1 | | 0.892 | | |
| Isoleucine ... g | 0.913 | | 0 | A | 1 | | 0.931 | | |
| Leucine ... g | 1.622 | | 0 | A | 1 | | 1.655 | | |
| Lysine ... g | 1.778 | | 0 | A | 1 | | 1.813 | | |
| Methionine ... g | 0.534 | | 0 | A | 1 | | 0.545 | | |
| Cystine ... g | 0.214 | | 0 | A | 1 | | 0.218 | | |
| Phenylalanine ... g | 0.797 | | 0 | A | 1 | | 0.813 | | |
| Tyrosine ... g | 0.680 | | 0 | A | 1 | | 0.694 | | |
| Valine ... g | 1.010 | | 0 | A | 1 | | 1.030 | | |
| Arginine ... g | 1.302 | | 0 | A | 1 | | 1.328 | | |
| Histidine ... g | 0.670 | | 0 | A | 1 | | 0.684 | | |
| Alanine ... g | 1.214 | | 0 | A | 1 | | 1.239 | | |
| Aspartic acid ... g | 1.826 | | 0 | A | 1 | | 1.863 | | |
| Glutamic acid ... g | 3.089 | | 0 | A | 1 | | 3.151 | | |
| Glycine ... g | 1.107 | | 0 | A | 1 | | 1.130 | | |
| Proline ... g | 0.923 | | 0 | A | 1 | | 0.941 | | |
| Serine ... g | 0.777 | | 0 | A | 1 | | 0.793 | | |
| Hydroxyproline ... g | 0.204 | | 0 | A | 1 | | 0.208 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17340**

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

*Cervus elaphus*

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 64.50 | 0.833 | 7 | A | 1 | | 73.53 | 54.83 | |
| Energy ... kcal | 167 | | 0 | NC | 4 | | 190 | 142 | |
| Energy ... kj | 699 | | 0 | NC | 4 | | 797 | 594 | |
| Protein (N x 6.25) ... g | 31.00 | 0.443 | 7 | A | 1 | | 35.34 | 26.35 | |
| Total lipid (fat) ... g | 3.84 | 0.893 | 7 | A | 1 | | 4.38 | 3.27 | |
| Ash ... g | 1.14 | 0.037 | 7 | A | 1 | | 1.30 | 0.97 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 5 | | 2 | A | 1 | | 6 | 4 | |
| Iron, Fe ... mg | 3.96 | 0.381 | 3 | A | 1 | | 4.51 | 3.37 | |
| Magnesium, Mg ... mg | 28 | | 2 | A | 1 | | 31 | 23 | |
| Phosphorus, P ... mg | 256 | | 2 | A | 1 | | 291 | 217 | |
| Potassium, K ... mg | 404 | | 2 | A | 1 | | 461 | 343 | |
| Sodium, Na ... mg | 54 | | 2 | A | 1 | | 62 | 46 | |
| Zinc, Zn ... mg | 5.10 | | 2 | A | 1 | | 5.81 | 4.33 | |
| Copper, Cu ... mg | 0.173 | | 2 | A | 1 | | 0.197 | 0.147 | |
| Manganese, Mn ... mg | 0.012 | | 2 | A | 1 | | 0.013 | 0.010 | |
| Selenium, Se ... mcg | 10.5 | | 0 | BFNN | 4 | | 12.0 | 8.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.160 | | 1 | A | 1 | | 0.182 | 0.136 | |
| Riboflavin ... mg | 0.330 | | 1 | A | 1 | | 0.376 | 0.281 | |
| Niacin ... mg | 8.980 | | 1 | A | 1 | | 10.237 | 7.633 | |
| Pantothenic acid ... mg | 1.222 | | 0 | BFPN | 4 | | 1.393 | 1.039 | |
| Vitamin B-6 ... mg | 0.470 | | 1 | A | 1 | | 0.536 | 0.400 | |
| Folate, total ... mcg | 9 | | 0 | BFPN | 4 | | 10 | 8 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 9 | | 0 | BFPN | 4 | | 10 | 8 | |
| Folate, DFE ... mcg_DFE | 9 | | 0 | NC | 4 | | 10 | 8 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 0.83 | | 1 | A | 1 | | 0.95 | 0.71 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.56 | | 0 | BFSN | 4 | | 0.64 | 0.48 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 1.511 | | 0 | NC | 4 | | 1.723 | 1.285 | |
| 4:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 10:0 ... g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 12:0 ... g | 0.004 | | 0 | BFFN | 4 | | 0.005 | 0.004 | |
| 13:0 ... g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.148 | | 0 | BFFN | 4 | | 0.169 | 0.126 | |
| 15:0....g | 0.019 | | 0 | BFFN | 4 | | 0.021 | 0.016 | |
| 16:0....g | 0.884 | | 0 | BFFN | 4 | | 1.008 | 0.751 | |
| 17:0....g | 0.023 | | 0 | BFFN | 4 | | 0.026 | 0.020 | |
| 18:0....g | 0.427 | | 0 | BFFN | 4 | | 0.487 | 0.363 | |
| 20:0....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 22:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.092 | | 0 | NC | 4 | | 1.245 | 0.928 | |
| 14:1....g | 0.048 | | 0 | BFFN | 4 | | 0.055 | 0.041 | |
| 15:1....g | 0.004 | | 0 | BFFN | 4 | | 0.005 | 0.004 | |
| 16:1 undifferentiated....g | 0.295 | | 0 | BFFN | 4 | | 0.337 | 0.251 | |
| 17:1....g | 0.013 | | 0 | BFFN | 4 | | 0.014 | 0.011 | |
| 18:1 undifferentiated....g | 0.722 | | 0 | BFFN | 4 | | 0.823 | 0.613 | |
| 20:1....g | 0.011 | | 0 | BFFN | 4 | | 0.012 | 0.009 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.181 | | 0 | NC | 4 | | 0.206 | 0.154 | |
| 18:2 undifferentiated....g | 0.109 | | 0 | BFFN | 4 | | 0.125 | 0.093 | |
| 18:3 undifferentiated....g | 0.032 | | 0 | BFFN | 4 | | 0.036 | 0.027 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 20:3 undifferentiated....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.034 | | 0 | BFFN | 4 | | 0.038 | 0.029 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 75 | 4.218 | 3 | A | 1 | | 85 | 63 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.277 | | 0 | A | 1 | | 0.316 | 0.235 | |
| Threonine....g | 1.246 | | 0 | A | 1 | | 1.420 | 1.059 | |
| Isoleucine....g | 1.301 | | 0 | A | 1 | | 1.483 | 1.106 | |
| Leucine....g | 2.311 | | 0 | A | 1 | | 2.635 | 1.964 | |
| Lysine....g | 2.533 | | 0 | A | 1 | | 2.887 | 2.153 | |
| Methionine....g | 0.761 | | 0 | A | 1 | | 0.868 | 0.647 | |
| Cystine....g | 0.304 | | 0 | A | 1 | | 0.347 | 0.259 | |
| Phenylalanine....g | 1.135 | | 0 | A | 1 | | 1.294 | 0.965 | |
| Tyrosine....g | 0.969 | | 0 | A | 1 | | 1.104 | 0.823 | |
| Valine....g | 1.439 | | 0 | A | 1 | | 1.641 | 1.223 | |
| Arginine....g | 1.854 | | 0 | A | 1 | | 2.114 | 1.576 | |
| Histidine....g | 0.955 | | 0 | A | 1 | | 1.089 | 0.812 | |
| Alanine....g | 1.730 | | 0 | A | 1 | | 1.972 | 1.470 | |
| Aspartic acid....g | 2.602 | | 0 | A | 1 | | 2.966 | 2.212 | |
| Glutamic acid....g | 4.401 | | 0 | A | 1 | | 5.017 | 3.741 | |
| Glycine....g | 1.578 | | 0 | A | 1 | | 1.799 | 1.341 | |
| Proline....g | 1.315 | | 0 | A | 1 | | 1.499 | 1.118 | |
| Serine....g | 1.107 | | 0 | A | 1 | | 1.262 | 0.941 | |
| Hydroxyproline....g | 0.291 | | 0 | A | 1 | | 0.331 | 0.247 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17340**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

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

**NDB No. 17166**
**Game meat, elk, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17341**

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

*Cervus elaphus*

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 65.43 | 0.596 | 8 | A | 1 | | 115.15 | 55.61 | |
| Energy ... kcal | 156 | | 0 | NC | 4 | | 274 | 133 | |
| Energy ... kj | 652 | | 0 | NC | 4 | | 1148 | 554 | |
| Protein (N x 6.25) ... g | 30.94 | 0.499 | 8 | A | 1 | | 54.45 | 26.30 | |
| Total lipid (fat) ... g | 2.64 | 0.214 | 8 | A | 1 | | 4.64 | 2.24 | |
| Ash ... g | 1.28 | 0.031 | 8 | A | 1 | | 2.24 | 1.08 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 5 | | 2 | A | 1 | | 9 | 4 | |
| Iron, Fe ... mg | 4.08 | 0.377 | 3 | A | 1 | | 7.18 | 3.47 | |
| Magnesium, Mg ... mg | 28 | | 2 | A | 1 | | 50 | 24 | |
| Phosphorus, P ... mg | 266 | | 2 | A | 1 | | 468 | 226 | |
| Potassium, K ... mg | 392 | | 2 | A | 1 | | 690 | 333 | |
| Sodium, Na ... mg | 51 | | 2 | A | 1 | | 89 | 43 | |
| Zinc, Zn ... mg | 5.64 | | 2 | A | 1 | | 9.93 | 4.79 | |
| Copper, Cu ... mg | 0.221 | | 2 | A | 1 | | 0.388 | 0.187 | |
| Manganese, Mn ... mg | 0.015 | | 2 | A | 1 | | 0.026 | 0.013 | |
| Selenium, Se ... mcg | 10.6 | | 0 | BFNN | 4 | | 18.7 | 9.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.180 | | 1 | A | 1 | | 0.317 | 0.153 | |
| Riboflavin ... mg | 0.460 | | 1 | A | 1 | | 0.810 | 0.391 | |
| Niacin ... mg | 7.160 | | 1 | A | 1 | | 12.602 | 6.086 | |
| Pantothenic acid ... mg | 1.219 | | 0 | BFPN | 4 | | 2.146 | 1.036 | |
| Vitamin B-6 ... mg | 0.466 | | 1 | A | 1 | | 0.820 | 0.396 | |
| Folate, total ... mcg | 9 | | 0 | BFPN | 4 | | 16 | 8 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 9 | | 0 | BFPN | 4 | | 16 | 8 | |
| Folate, DFE ... mcg_DFE | 9 | | 0 | NC | 4 | | 16 | 8 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 1.50 | | 1 | A | 1 | | 2.64 | 1.28 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.54 | | 0 | BFSN | 4 | | 0.96 | 0.46 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 1.037 | | 0 | NC | 4 | | 1.826 | 0.882 | |
| 4:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.001 | | 0 | BFFN | 4 | | 0.002 | 0.001 | |
| 10:0 ... g | 0.001 | | 0 | BFFN | 4 | | 0.002 | 0.001 | |
| 12:0 ... g | 0.003 | | 0 | BFFN | 4 | | 0.005 | 0.002 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17341**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.101 | | 0 | BFFN | 4 | | 0.179 | 0.086 | |
| 15:0....g | 0.013 | | 0 | BFFN | 4 | | 0.023 | 0.011 | |
| 16:0....g | 0.607 | | 0 | BFFN | 4 | | 1.068 | 0.516 | |
| 17:0....g | 0.016 | | 0 | BFFN | 4 | | 0.028 | 0.013 | |
| 18:0....g | 0.293 | | 0 | BFFN | 4 | | 0.516 | 0.249 | |
| 20:0....g | 0.001 | | 0 | BFFN | 4 | | 0.003 | 0.001 | |
| 22:0....g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.750 | | 0 | NC | 4 | | 1.319 | 0.637 | |
| 14:1....g | 0.033 | | 0 | BFFN | 4 | | 0.058 | 0.028 | |
| 15:1....g | 0.003 | | 0 | BFFN | 4 | | 0.005 | 0.002 | |
| 16:1 undifferentiated....g | 0.203 | | 0 | BFFN | 4 | | 0.357 | 0.172 | |
| 17:1....g | 0.009 | | 0 | BFFN | 4 | | 0.015 | 0.007 | |
| 18:1 undifferentiated....g | 0.495 | | 0 | BFFN | 4 | | 0.872 | 0.421 | |
| 20:1....g | 0.007 | | 0 | BFFN | 4 | | 0.013 | 0.006 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.124 | | 0 | NC | 4 | | 0.219 | 0.106 | |
| 18:2 undifferentiated....g | 0.075 | | 0 | BFFN | 4 | | 0.132 | 0.064 | |
| 18:3 undifferentiated....g | 0.022 | | 0 | BFFN | 4 | | 0.038 | 0.018 | |
| 18:3 n-3 c,c,c....g | | | | | | | | | |
| 18:3 n-6 c,c,c....g | 0.001 | | 0 | BFFN | 4 | | 0.003 | 0.001 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | 0.001 | | 0 | BFFN | 4 | | 0.003 | 0.001 | |
| 20:3 undifferentiated....g | 0.001 | | 0 | BFFN | 4 | | 0.003 | 0.001 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.023 | | 0 | BFFN | 4 | | 0.041 | 0.020 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | 1.477 | 3 | A | 1 | | 137 | 66 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.276 | | 0 | A | 1 | | 0.486 | 0.235 | |
| Threonine....g | 1.243 | | 0 | A | 1 | | 2.188 | 1.057 | |
| Isoleucine....g | 1.298 | | 0 | A | 1 | | 2.285 | 1.104 | |
| Leucine....g | 2.307 | | 0 | A | 1 | | 4.059 | 1.961 | |
| Lysine....g | 2.527 | | 0 | A | 1 | | 4.448 | 2.148 | |
| Methionine....g | 0.760 | | 0 | A | 1 | | 1.337 | 0.646 | |
| Cystine....g | 0.304 | | 0 | A | 1 | | 0.535 | 0.258 | |
| Phenylalanine....g | 1.133 | | 0 | A | 1 | | 1.993 | 0.963 | |
| Tyrosine....g | 0.967 | | 0 | A | 1 | | 1.702 | 0.822 | |
| Valine....g | 1.436 | | 0 | A | 1 | | 2.528 | 1.221 | |
| Arginine....g | 1.851 | | 0 | A | 1 | | 3.257 | 1.573 | |
| Histidine....g | 0.953 | | 0 | A | 1 | | 1.677 | 0.810 | |
| Alanine....g | 1.726 | | 0 | A | 1 | | 3.039 | 1.467 | |
| Aspartic acid....g | 2.597 | | 0 | A | 1 | | 4.570 | 2.207 | |
| Glutamic acid....g | 4.392 | | 0 | A | 1 | | 7.730 | 3.733 | |
| Glycine....g | 1.574 | | 0 | A | 1 | | 2.771 | 1.338 | |
| Proline....g | 1.312 | | 0 | A | 1 | | 2.309 | 1.115 | |
| Serine....g | 1.105 | | 0 | A | 1 | | 1.945 | 0.939 | |
| Hydroxyproline....g | 0.290 | | 0 | A | 1 | | 0.510 | 0.247 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17341**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17342**

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

*Cervus elaphus*

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.93 | 0.308 | 8 | A | 1 | | 59.73 | 55.19 | |
| Energy....kcal | 162 | | 0 | NC | 4 | | 149 | 138 | |
| Energy....kj | 678 | | 0 | NC | 4 | | 624 | 577 | |
| Protein (N x 6.25)....g | 30.76 | 0.520 | 8 | A | 1 | | 28.30 | 26.15 | |
| Total lipid (fat)....g | 3.41 | 0.326 | 8 | A | 1 | | 3.14 | 2.90 | |
| Ash....g | 1.34 | 0.060 | 8 | A | 1 | | 1.23 | 1.14 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 2 | A | 1 | | 5 | 4 | |
| Iron, Fe....mg | 4.07 | 0.156 | 3 | A | 1 | | 3.74 | 3.46 | |
| Magnesium, Mg....mg | 29 | | 2 | A | 1 | | 27 | 25 | |
| Phosphorus, P....mg | 285 | | 2 | A | 1 | | 262 | 242 | |
| Potassium, K....mg | 392 | | 2 | A | 1 | | 361 | 333 | |
| Sodium, Na....mg | 50 | | 2 | A | 1 | | 46 | 42 | |
| Zinc, Zn....mg | 4.12 | | 2 | A | 1 | | 3.79 | 3.50 | |
| Copper, Cu....mg | 0.349 | | 2 | A | 1 | | 0.321 | 0.296 | |
| Manganese, Mn....mg | 0.019 | | 2 | A | 1 | | 0.017 | 0.016 | |
| Selenium, Se....mcg | 10.5 | | 0 | BFNN | 4 | | 9.7 | 8.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.144 | | 0 | BFPN | 4 | | 0.133 | 0.123 | |
| Riboflavin....mg | 0.370 | | 0 | BFPN | 4 | | 0.340 | 0.314 | |
| Niacin....mg | 6.143 | | 0 | BFPN | 4 | | 5.652 | 5.222 | |
| Pantothenic acid....mg | 1.212 | | 0 | BFPN | 4 | | 1.115 | 1.031 | |
| Vitamin B-6....mg | 0.485 | | 0 | BFPN | 4 | | 0.446 | 0.412 | |
| Folate, total....mcg | 9 | | 0 | BFPN | 4 | | 8 | 8 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 0 | BFPN | 4 | | 8 | 8 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 8 | 8 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.96 | | 0 | BFPN | 4 | | 2.72 | 2.52 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | BFSN | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.55 | | 0 | BFSN | 4 | | 0.51 | 0.47 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.342 | | 0 | NC | 4 | | 1.235 | 1.141 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 10:0....g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 12:0....g | 0.004 | | 0 | BFFN | 4 | | 0.003 | 0.003 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17342**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.131 | | 0 | BFFN | 4 | | 0.121 | 0.112 | |
| 15:0 g | 0.017 | | 0 | BFFN | 4 | | 0.015 | 0.014 | |
| 16:0 g | 0.785 | | 0 | BFFN | 4 | | 0.722 | 0.667 | |
| 17:0 g | 0.021 | | 0 | BFFN | 4 | | 0.019 | 0.017 | |
| 18:0 g | 0.379 | | 0 | BFFN | 4 | | 0.349 | 0.322 | |
| 20:0 g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 22:0 g | 0.000 | | 0 | BFFN | 4 | | 0.000 | 0.000 | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.970 | | 0 | NC | 4 | | 0.892 | 0.824 | |
| 14:1 g | 0.043 | | 0 | BFFN | 4 | | 0.039 | 0.036 | |
| 15:1 g | 0.004 | | 0 | BFFN | 4 | | 0.003 | 0.003 | |
| 16:1 undifferentiated g | 0.262 | | 0 | BFFN | 4 | | 0.241 | 0.223 | |
| 17:1 g | 0.011 | | 0 | BFFN | 4 | | 0.010 | 0.010 | |
| 18:1 undifferentiated g | 0.641 | | 0 | BFFN | 4 | | 0.590 | 0.545 | |
| 20:1 g | 0.009 | | 0 | BFFN | 4 | | 0.009 | 0.008 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.161 | | 0 | NC | 4 | | 0.148 | 0.137 | |
| 18:2 undifferentiated g | 0.097 | | 0 | BFFN | 4 | | 0.089 | 0.083 | |
| 18:3 undifferentiated g | 0.028 | | 0 | BFFN | 4 | | 0.026 | 0.024 | |
| 18:3 n-3 c,c,c g | | | | | | | | | |
| 18:3 n-6 c,c,c g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 18:3i g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 20:3 undifferentiated g | 0.002 | | 0 | BFFN | 4 | | 0.002 | 0.002 | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.030 | | 0 | BFFN | 4 | | 0.028 | 0.025 | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 72 | | 1 | A | 1 | | 66 | 61 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.275 | | 0 | A | 1 | | 0.253 | 0.233 | |
| Threonine g | 1.236 | | 0 | A | 1 | | 1.137 | 1.051 | |
| Isoleucine g | 1.291 | | 0 | A | 1 | | 1.188 | 1.097 | |
| Leucine g | 2.293 | | 0 | A | 1 | | 2.110 | 1.949 | |
| Lysine g | 2.513 | | 0 | A | 1 | | 2.312 | 2.136 | |
| Methionine g | 0.755 | | 0 | A | 1 | | 0.695 | 0.642 | |
| Cystine g | 0.302 | | 0 | A | 1 | | 0.278 | 0.257 | |
| Phenylalanine g | 1.126 | | 0 | A | 1 | | 1.036 | 0.957 | |
| Tyrosine g | 0.961 | | 0 | A | 1 | | 0.884 | 0.817 | |
| Valine g | 1.428 | | 0 | A | 1 | | 1.314 | 1.214 | |
| Arginine g | 1.840 | | 0 | A | 1 | | 1.693 | 1.564 | |
| Histidine g | 0.948 | | 0 | A | 1 | | 0.872 | 0.805 | |
| Alanine g | 1.717 | | 0 | A | 1 | | 1.579 | 1.459 | |
| Aspartic acid g | 2.582 | | 0 | A | 1 | | 2.375 | 2.195 | |
| Glutamic acid g | 4.367 | | 0 | A | 1 | | 4.018 | 3.712 | |
| Glycine g | 1.566 | | 0 | A | 1 | | 1.440 | 1.331 | |
| Proline g | 1.305 | | 0 | A | 1 | | 1.200 | 1.109 | |
| Serine g | 1.099 | | 0 | A | 1 | | 1.011 | 0.934 | |
| Hydroxyproline g | 0.288 | | 0 | A | 1 | | 0.265 | 0.245 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17342**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

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

**Common Measures:**

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

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

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 68.21 | | 0 | | 1 | | 231.91 | 57.98 | |
| Energy....kcal | 143 | | 0 | NC | 4 | | 486 | 122 | |
| Energy....kj | 598 | | 0 | | 4 | | 2034 | 509 | |
| Protein (N x 6.25)....g | 27.10 | | 0 | | 1 | | 92.14 | 23.04 | |
| Total lipid (fat)....g | 3.03 | | 0 | | 1 | | 10.30 | 2.58 | |
| Ash....g | 1.46 | | 0 | | 1 | | 4.96 | 1.24 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 58 | 14 | |
| Iron, Fe....mg | 3.73 | | 0 | | 1 | | 12.68 | 3.17 | |
| Magnesium, Mg....mg | 0 | | 0 | | 1 | | 0 | 0 | |
| Phosphorus, P....mg | 201 | | 0 | | 1 | | 683 | 171 | |
| Potassium, K....mg | 405 | | 0 | | 1 | | 1377 | 344 | |
| Sodium, Na....mg | 86 | | 0 | | 1 | | 292 | 73 | |
| Zinc, Zn....mg | 5.27 | | 0 | | 1 | | 17.92 | 4.48 | |
| Copper, Cu....mg | 0.303 | | 0 | | 1 | | 1.030 | 0.258 | |
| Manganese, Mn....mg | 0.042 | | 0 | | 1 | | 0.143 | 0.036 | |
| Selenium, Se....mcg | 11.8 | | 0 | BFYN | 4 | | 40.1 | 10.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.306 | 0.077 | |
| Riboflavin....mg | 0.610 | | 0 | | 1 | | 2.074 | 0.519 | |
| Niacin....mg | 3.950 | | 0 | | 1 | | 13.430 | 3.358 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Folate, total....mcg | 5 | | 0 | | 1 | | 17 | 4 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 5 | | 0 | | 1 | | 17 | 4 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 17 | 4 | |
| Choline, total....mg | 106.4 | | 0 | BFNN | 4 | | 361.7 | 90.4 | |
| Betaine....mg | 14.0 | | 0 | BFNN | 4 | | 47.5 | 11.9 | |
| Vitamin B-12....mcg | 1.19 | | 0 | | 1 | | 4.05 | 1.01 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.34 | | 0 | BFSN | 4 | | 1.15 | 0.29 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.2 | | 0 | BFSN | 4 | | 4.1 | 1.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.930 | | 0 | | 1 | | 3.162 | 0.791 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17169**

**Game meat, goat, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.98 | | 0 | | 1 | | 217.53 | 54.38 | |
| Energy....kcal | 175 | | 0 | NC | 4 | | 595 | 149 | |
| Energy....kj | 732 | | | | 4 | | 2489 | 622 | |
| Protein (N x 6.25)....g | 28.14 | | 0 | | 1 | | 95.68 | 23.92 | |
| Total lipid (fat)....g | 6.05 | | 0 | | 1 | | 20.57 | 5.14 | |
| Ash....g | 1.31 | | 0 | | 1 | | 4.45 | 1.11 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | | 1 | | 27 | 7 | |
| Iron, Fe....mg | 5.03 | | 0 | | 1 | | 17.10 | 4.28 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 85 | 21 | |
| Phosphorus, P....mg | 247 | | 0 | | 1 | | 840 | 210 | |
| Potassium, K....mg | 379 | | 0 | | 1 | | 1289 | 322 | |
| Sodium, Na....mg | 55 | | 0 | | 1 | | 187 | 47 | |
| Zinc, Zn....mg | 3.82 | | 0 | | 1 | | 12.99 | 3.25 | |
| Copper, Cu....mg | 0.171 | | 0 | | 1 | | 0.581 | 0.145 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.075 | 0.019 | |
| Selenium, Se....mcg | 13.5 | | 0 | BFYN | 4 | | 45.9 | 11.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 2.0 | | 0 | | 1 | | 6.8 | 1.7 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.340 | 0.085 | |
| Riboflavin....mg | 0.120 | | 0 | | 1 | | 0.408 | 0.102 | |
| Niacin....mg | 4.840 | | 0 | | 1 | | 16.456 | 4.114 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.330 | | 0 | | 1 | | 1.122 | 0.281 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.16 | | 0 | | 1 | | 10.74 | 2.69 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.900 | | 0 | | 1 | | 6.460 | 1.615 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.034 | 0.009 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.220 | | 0 | | 1 | | 0.748 | 0.187 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.410 | | 0 | | 1 | | 4.794 | 1.199 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.200 | | 0 | | 1 | | 0.680 | 0.170 | |
| 20:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.63 | 0.341 | 139 | | 1 | | 20.59 | 329.45 | |
| Energy | kcal | 133 | | 0 | NC | 4 | | 38 | 603 | |
| Energy | kj | 556 | | | | 4 | | 158 | 2524 | |
| Protein (N x 6.25) | g | 21.39 | 0.230 | 123 | | 1 | | 6.06 | 97.03 | |
| Total lipid (fat) | g | 4.60 | 0.394 | 119 | | 1 | | 1.30 | 20.87 | |
| Ash | g | 0.99 | 0.014 | 69 | | 1 | | 0.28 | 4.49 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | 0.238 | 25 | | 1 | | 2 | 27 | |
| Iron, Fe | mg | 3.82 | 0.339 | 21 | | 1 | | 1.08 | 17.33 | |
| Magnesium, Mg | mg | 24 | 0.625 | 46 | | 1 | | 7 | 109 | |
| Phosphorus, P | mg | 221 | 9.668 | 23 | | 1 | | 63 | 1002 | |
| Potassium, K | mg | 360 | 6.714 | 45 | | 1 | | 102 | 1633 | |
| Sodium, Na | mg | 53 | 1.638 | 36 | | 1 | | 15 | 240 | |
| Zinc, Zn | mg | 2.90 | 0.479 | 16 | | 1 | | 0.82 | 13.15 | |
| Copper, Cu | mg | 0.144 | 0.006 | 263 | | 1 | | 0.041 | 0.653 | |
| Manganese, Mn | mg | 0.019 | 0.005 | 8 | | 1 | | 0.005 | 0.086 | |
| Selenium, Se | mcg | 10.1 | | 0 | BFNN | 4 | | 2.9 | 45.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 1 | | 1 | | 0.3 | 4.5 | |
| Thiamin | mg | 0.130 | | 1 | | 1 | | 0.037 | 0.590 | |
| Riboflavin | mg | 0.100 | | 1 | | 1 | | 0.028 | 0.454 | |
| Niacin | mg | 4.600 | | 1 | | 1 | | 1.304 | 20.866 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.380 | 0.067 | 6 | | 1 | | 0.108 | 1.724 | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 3.00 | | 1 | | 1 | | 0.85 | 13.61 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.440 | | 0 | | 1 | | 0.408 | 6.532 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.010 | | 21 | | 1 | | 0.003 | 0.045 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.170 | | 21 | | 1 | | 0.048 | 0.771 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.080 | | 21 | | 1 | | 0.306 | 4.899 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.160 | | 21 | | 1 | | 0.045 | 0.726 | |
| 20:0 | g | | | | | | | | | |

**NDB No. 17170**
**Game meat, horse, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 67.83 | | 0 | | 1 | | 230.62 | 57.66 | |
| Energy....kcal | 134 | | 0 | NC | 4 | | 456 | 114 | |
| Energy....kj | 561 | | 0 | | 4 | | 1906 | 477 | |
| Protein (N x 6.25)....g | 29.27 | | 0 | | 1 | | 99.52 | 24.88 | |
| Total lipid (fat)....g | 0.97 | | 0 | | 1 | | 3.30 | 0.82 | |
| Ash....g | 1.49 | | 0 | | 1 | | 5.07 | 1.27 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | | 0 | | 1 | | 20 | 5 | |
| Iron, Fe....mg | 4.22 | | 0 | | 1 | | 14.35 | 3.59 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 82 | 20 | |
| Phosphorus, P....mg | 176 | | 0 | | 1 | | 598 | 150 | |
| Potassium, K....mg | 334 | | 0 | | 1 | | 1136 | 284 | |
| Sodium, Na....mg | 69 | | 0 | | 1 | | 235 | 59 | |
| Zinc, Zn....mg | 3.68 | | 0 | | 1 | | 12.51 | 3.13 | |
| Copper, Cu....mg | 0.079 | | 0 | | 1 | | 0.269 | 0.067 | |
| Manganese, Mn....mg | 0.009 | | 0 | | 1 | | 0.031 | 0.008 | |
| Selenium, Se....mcg | 12.8 | | 0 | BFYN | 4 | | 43.5 | 10.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | | 0 | | 1 | | 17.0 | 4.3 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.170 | 0.043 | |
| Riboflavin....mg | 0.340 | | 0 | | 1 | | 1.156 | 0.289 | |
| Niacin....mg | 5.260 | | 0 | | 1 | | 17.884 | 4.471 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.370 | | 0 | | 4 | | 1.258 | 0.315 | |
| Folate, total....mcg | 4 | | 0 | | 4 | | 14 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 4 | | 14 | 3 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 14 | 3 | |
| Choline, total....mg | 115.4 | | 0 | BFNN | 4 | | 392.4 | 98.1 | |
| Betaine....mg | 15.2 | | 0 | BFNN | 4 | | 51.6 | 12.9 | |
| Vitamin B-12....mcg | 6.31 | | 0 | | 4 | | 21.45 | 5.36 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | NR | 4 | | 0.68 | 0.17 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.2 | | 0 | BFSN | 4 | | 4.1 | 1.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.290 | | 0 | | 1 | | 0.986 | 0.247 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17173**

**Game meat, moose, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 75.55 | 0.348 | 36 | | 1 | | 21.42 | 342.69 | |
| Energy....kcal | 102 | | 0 | NC | 4 | | 29 | 463 | |
| Energy....kj | 427 | | | | 4 | | 121 | 1936 | |
| Protein (N x 6.25)....g | 22.24 | 0.298 | 35 | | 1 | | 6.31 | 100.88 | |
| Total lipid (fat)....g | 0.74 | 0.104 | 37 | | 1 | | 0.21 | 3.36 | |
| Ash....g | 1.13 | 0.025 | 36 | | 1 | | 0.32 | 5.13 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.546 | 29 | | 1 | | 1 | 23 | |
| Iron, Fe....mg | 3.21 | 0.167 | 29 | | 1 | | 0.91 | 14.56 | |
| Magnesium, Mg....mg | 23 | 0.376 | 27 | | 1 | | 7 | 104 | |
| Phosphorus, P....mg | 158 | 4.278 | 30 | | 1 | | 45 | 717 | |
| Potassium, K....mg | 317 | 3.438 | 27 | | 1 | | 90 | 1438 | |
| Sodium, Na....mg | 65 | 1.182 | 27 | | 1 | | 18 | 295 | |
| Zinc, Zn....mg | 2.80 | 0.056 | 26 | | 1 | | 0.79 | 12.70 | |
| Copper, Cu....mg | 0.067 | 0.002 | 26 | | 1 | | 0.019 | 0.304 | |
| Manganese, Mn....mg | 0.008 | 0.000 | 26 | | 1 | | 0.002 | 0.036 | |
| Selenium, Se....mcg | 9.6 | | 0 | BFNN | 4 | | 2.7 | 43.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.0 | | 1 | | 1 | | 1.1 | 18.1 | |
| Thiamin....mg | 0.060 | 0.021 | 3 | | 1 | | 0.017 | 0.272 | |
| Riboflavin....mg | 0.270 | | 2 | | 1 | | 0.077 | 1.225 | |
| Niacin....mg | 5.000 | | 1 | | 1 | | 1.418 | 22.680 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.220 | | 0 | | 1 | | 0.062 | 0.998 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.090 | | 1 | | 1 | | 0.026 | 0.408 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.130 | | 1 | | 1 | | 0.037 | 0.590 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17172**
**Game meat, moose, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.58 | | 0 | | 1 | | 173.97 | 47.24 | |
| Energy....kcal | 234 | | 0 | NC | 4 | | 732 | 199 | |
| Energy....kj | 979 | | | | 4 | | 3064 | 832 | |
| Protein (N x 6.25)....g | 30.09 | | 0 | | 1 | | 94.18 | 25.58 | |
| Total lipid (fat)....g | 11.74 | | 0 | | 1 | | 36.75 | 9.98 | |
| Ash....g | 1.71 | | 0 | | 1 | | 5.35 | 1.45 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 36 | | 0 | | 1 | | 113 | 31 | |
| Iron, Fe....mg | 7.10 | | 0 | | 1 | | 22.22 | 6.04 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 81 | 22 | |
| Phosphorus, P....mg | 271 | | 0 | | 1 | | 848 | 230 | |
| Potassium, K....mg | 320 | | 0 | | 1 | | 1002 | 272 | |
| Sodium, Na....mg | 95 | | 0 | | 1 | | 297 | 81 | |
| Zinc, Zn....mg | 2.27 | | 0 | | 1 | | 7.11 | 1.93 | |
| Copper, Cu....mg | 0.189 | | 0 | | 1 | | 0.592 | 0.161 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.100 | 0.027 | |
| Selenium, Se....mcg | 14.8 | | 0 | BFYN | 4 | | 46.3 | 12.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 7.0 | | 0 | | 1 | | 21.9 | 6.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.250 | 0.068 | |
| Riboflavin....mg | 0.710 | | 0 | | 1 | | 2.222 | 0.604 | |
| Niacin....mg | 7.190 | | 0 | | 1 | | 22.505 | 6.112 | |
| Pantothenic acid....mg | 0.930 | | 0 | | 1 | | 2.911 | 0.791 | |
| Vitamin B-6....mg | 0.470 | | 0 | | 1 | | 1.471 | 0.400 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 34 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 8.30 | | 0 | | 1 | | 25.98 | 7.06 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 121 | | 0 | | 1 | | 379 | 103 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 69.35 | 1.502 | 4 | | 1 | | 19.66 | 314.57 | |
| Energy....kcal | 162 | | 0 | NC | 4 | | 46 | 735 | |
| Energy....kj | 678 | | | | 4 | | 192 | 3075 | |
| Protein (N x 6.25)....g | 20.76 | 0.507 | 5 | | 1 | | 5.89 | 94.17 | |
| Total lipid (fat)....g | 8.10 | 2.454 | 4 | | 1 | | 2.30 | 36.74 | |
| Ash....g | 1.18 | 0.049 | 5 | | 1 | | 0.33 | 5.35 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 25 | | 1 | | 1 | | 7 | 113 | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | 22 | | 1 | | 1 | | 6 | 100 | |
| Phosphorus, P....mg | 220 | | 1 | | 1 | | 62 | 998 | |
| Potassium, K....mg | 276 | | 1 | | 1 | | 78 | 1252 | |
| Sodium, Na....mg | 82 | | 1 | | 1 | | 23 | 372 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 9.1 | | 0 | BFNN | 4 | | 2.6 | 41.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | | 1 | | 1 | | 1.4 | 22.7 | |
| Thiamin....mg | 0.090 | | 2 | | 1 | | 0.026 | 0.408 | |
| Riboflavin....mg | 0.520 | | 2 | | 1 | | 0.147 | 2.359 | |
| Niacin....mg | 6.200 | | 1 | | 1 | | 1.758 | 28.123 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | | | | | | | | | |
| Threonine....g | 0.854 | | 1 | | 1 | | 0.242 | 3.874 | |
| Isoleucine....g | 0.791 | | 1 | | 1 | | 0.224 | 3.588 | |
| Leucine....g | 1.638 | | 1 | | 1 | | 0.464 | 7.430 | |
| Lysine....g | 1.628 | | 1 | | 1 | | 0.462 | 7.385 | |
| Methionine....g | 0.345 | | 1 | | 1 | | 0.098 | 1.565 | |
| Cystine....g | | | | | | | | | |
| Phenylalanine....g | 0.857 | | 1 | | 1 | | 0.243 | 3.887 | |
| Tyrosine....g | 0.568 | | 1 | | 1 | | 0.161 | 2.576 | |
| Valine....g | 0.923 | | 1 | | 1 | | 0.262 | 4.187 | |
| Arginine....g | 0.996 | | 1 | | 1 | | 0.282 | 4.518 | |
| Histidine....g | 0.618 | | 1 | | 1 | | 0.175 | 2.803 | |
| Alanine....g | 1.096 | | 1 | | 1 | | 0.311 | 4.971 | |

**NDB No. 17174**
**Game meat, muskrat, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17176**

**Game meat, opossum, cooked, roasted**

*Didelphis virginiana*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.30 | | 1 | | 1 | | 232.62 | 49.56 | |
| Energy....kcal | 221 | | 0 | NC | 4 | | 882 | 188 | |
| Energy....kj | 925 | | 0 | | 4 | | 3689 | 786 | |
| Protein (N x 6.25)....g | 30.20 | | 1 | | 1 | | 120.50 | 25.67 | |
| Total lipid (fat)....g | 10.20 | | 1 | | 1 | | 40.70 | 8.67 | |
| Ash....g | 2.30 | | 1 | | 1 | | 9.18 | 1.96 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 4 | | 68 | 14 | |
| Iron, Fe....mg | 4.64 | | 0 | | 4 | | 18.51 | 3.94 | |
| Magnesium, Mg....mg | 34 | | 0 | | 4 | | 136 | 29 | |
| Phosphorus, P....mg | 278 | | 0 | | 4 | | 1109 | 236 | |
| Potassium, K....mg | 438 | | 0 | | 4 | | 1748 | 372 | |
| Sodium, Na....mg | 58 | | 0 | | 4 | | 231 | 49 | |
| Zinc, Zn....mg | 2.28 | | 0 | | 4 | | 9.10 | 1.94 | |
| Copper, Cu....mg | 0.189 | | 0 | | 4 | | 0.754 | 0.161 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 18.2 | | 0 | BFNN | 4 | | 72.6 | 15.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 1 | | 1 | | 0.399 | 0.085 | |
| Riboflavin....mg | 0.370 | | 1 | | 1 | | 1.476 | 0.315 | |
| Niacin....mg | 8.430 | | 0 | | 4 | | 33.636 | 7.166 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.470 | | 0 | | 4 | | 1.875 | 0.400 | |
| Folate, total....mcg | 10 | | 0 | | 4 | | 40 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 10 | | 0 | | 4 | | 40 | 9 | |
| Folate, DFE....mcg_DFE | 10 | | 0 | NC | 4 | | 40 | 9 | |
| Choline, total....mg | 116.5 | | 0 | BFNN | 4 | | 464.9 | 99.0 | |
| Betaine....mg | 15.3 | | 0 | BFNN | 4 | | 61.1 | 13.0 | |
| Vitamin B-12....mcg | 8.30 | | 0 | | 4 | | 33.12 | 7.06 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.44 | | 0 | BFSN | 4 | | 1.77 | 0.38 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.6 | | 0 | BFSN | 4 | | 6.3 | 1.3 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.206 | | 0 | | 4 | | 4.812 | 1.025 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.61 | | 0 | | 1 | | 189.71 | 51.52 | |
| Energy....kcal | 197 | | 0 | NC | 4 | | 617 | 167 | |
| Energy....kj | 824 | | | | 4 | | 2580 | 701 | |
| Protein (N x 6.25)....g | 29.06 | | 0 | | 1 | | 90.96 | 24.70 | |
| Total lipid (fat)....g | 8.05 | | 0 | | 1 | | 25.20 | 6.84 | |
| Ash....g | 1.04 | | 0 | | 1 | | 3.26 | 0.88 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | | 1 | | 59 | 16 | |
| Iron, Fe....mg | 2.27 | | 0 | | 1 | | 7.11 | 1.93 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 66 | 18 | |
| Phosphorus, P....mg | 263 | | 0 | | 1 | | 823 | 224 | |
| Potassium, K....mg | 383 | | 0 | | 1 | | 1199 | 326 | |
| Sodium, Na....mg | 47 | | 0 | | 1 | | 147 | 40 | |
| Zinc, Zn....mg | 2.27 | | 0 | | 1 | | 7.11 | 1.93 | |
| Copper, Cu....mg | 0.189 | | 0 | | 1 | | 0.592 | 0.161 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.100 | 0.027 | |
| Selenium, Se....mcg | 38.5 | | 0 | BFYN | 4 | | 120.5 | 32.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.282 | 0.077 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.657 | 0.179 | |
| Niacin....mg | 8.430 | | 0 | | 1 | | 26.386 | 7.166 | |
| Pantothenic acid....mg | 0.930 | | 0 | | 1 | | 2.911 | 0.791 | |
| Vitamin B-6....mg | 0.470 | | 0 | | 1 | | 1.471 | 0.400 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 34 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 34 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 8.30 | | 0 | | 1 | | 25.98 | 7.06 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.400 | | 0 | | 1 | | 7.512 | 2.040 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |

**NDB No. 17178**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17178**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17179**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.82 | | 0 | | 1 | | 175.87 | 50.00 | |
| Energy....kcal | 206 | | 0 | NC | 4 | | 616 | 175 | |
| Energy....kj | 862 | | 0 | | 4 | | 2577 | 733 | |
| Protein (N x 6.25)....g | 30.38 | | 0 | | 1 | | 90.84 | 25.82 | |
| Total lipid (fat)....g | 8.41 | | 0 | | 1 | | 25.15 | 7.15 | |
| Ash....g | 1.09 | | 0 | | 1 | | 3.26 | 0.93 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | | 1 | | 60 | 17 | |
| Iron, Fe....mg | 2.37 | | 0 | | 1 | | 7.09 | 2.01 | |
| Magnesium, Mg....mg | 20 | | 0 | | 1 | | 60 | 17 | |
| Phosphorus, P....mg | 226 | | 0 | | 1 | | 676 | 192 | |
| Potassium, K....mg | 300 | | 0 | | 1 | | 897 | 255 | |
| Sodium, Na....mg | 37 | | 0 | | 1 | | 111 | 31 | |
| Zinc, Zn....mg | 2.37 | | 0 | | 1 | | 7.09 | 2.01 | |
| Copper, Cu....mg | 0.176 | | 0 | | 1 | | 0.526 | 0.150 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.096 | 0.027 | |
| Selenium, Se....mcg | 38.5 | | 0 | BFYN | 4 | | 115.1 | 32.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.179 | 0.051 | |
| Riboflavin....mg | 0.170 | | 0 | | 1 | | 0.508 | 0.145 | |
| Niacin....mg | 7.160 | | 0 | | 1 | | 21.408 | 6.086 | |
| Pantothenic acid....mg | 0.670 | | 0 | | 1 | | 2.003 | 0.570 | |
| Vitamin B-6....mg | 0.340 | | 0 | | 1 | | 1.017 | 0.289 | |
| Folate, total....mcg | 9 | | 0 | | 1 | | 27 | 8 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 0 | | 1 | | 27 | 8 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 27 | 8 | |
| Choline, total....mg | 121.2 | | 0 | BFNN | 4 | | 362.4 | 103.0 | |
| Betaine....mg | 15.9 | | 0 | BFNN | 4 | | 47.6 | 13.5 | |
| Vitamin B-12....mcg | 6.51 | | 0 | | 1 | | 19.46 | 5.53 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.44 | | 0 | BFSN | 4 | | 1.31 | 0.37 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.6 | | 0 | BFSN | 4 | | 4.7 | 1.3 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.510 | | 0 | | 1 | | 7.505 | 2.134 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17179**

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

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

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

**Common Measures:**

**NDB No. 17179**

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

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17177**

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

*Oryctolagus spp.*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.82 | 0.271 | 87 | | 1 | | 20.64 | 330.31 | |
| Energy....kcal | 136 | | 0 | NC | 4 | | 39 | 617 | |
| Energy....kj | 569 | | | | 4 | | 161 | 2581 | |
| Protein (N x 6.25)....g | 20.05 | 0.260 | 60 | | 1 | | 5.68 | 90.95 | |
| Total lipid (fat)....g | 5.55 | 0.339 | 62 | | 1 | | 1.57 | 25.17 | |
| Ash....g | 0.72 | 0.069 | 34 | | 1 | | 0.20 | 3.27 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 0.712 | 23 | | 1 | | 4 | 59 | |
| Iron, Fe....mg | 1.57 | 0.296 | 3 | | 1 | | 0.45 | 7.12 | |
| Magnesium, Mg....mg | 19 | 1.697 | 26 | | 1 | | 5 | 86 | |
| Phosphorus, P....mg | 213 | 12.018 | 3 | | 1 | | 60 | 966 | |
| Potassium, K....mg | 330 | 25.166 | 3 | | 1 | | 94 | 1497 | |
| Sodium, Na....mg | 41 | 1.529 | 21 | | 1 | | 12 | 186 | |
| Zinc, Zn....mg | 1.57 | 0.088 | 3 | | 1 | | 0.45 | 7.12 | |
| Copper, Cu....mg | 0.145 | | 2 | | 1 | | 0.041 | 0.658 | |
| Manganese, Mn....mg | 0.026 | 0.004 | 8 | | 1 | | 0.007 | 0.118 | |
| Selenium, Se....mcg | 23.7 | | 0 | BFNN | 4 | | 6.7 | 107.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 1 | | 1 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 1 | | 1 | | 0.028 | 0.454 | |
| Riboflavin....mg | 0.150 | | 2 | | 1 | | 0.043 | 0.680 | |
| Niacin....mg | 7.270 | | 2 | | 1 | | 2.061 | 32.977 | |
| Pantothenic acid....mg | 0.800 | | 1 | | 1 | | 0.227 | 3.629 | |
| Vitamin B-6....mg | 0.500 | | 1 | | 1 | | 0.142 | 2.268 | |
| Folate, total....mcg | 8 | | 2 | | 1 | | 2 | 36 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 2 | | 1 | | 2 | 36 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 2 | 36 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 7.16 | | 2 | | 1 | | 2.03 | 32.48 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.660 | | 0 | | 1 | | 0.471 | 7.530 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17177**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 61.37 | | 0 | | 1 | | 183.50 | 52.16 | |
| Energy | kcal | 173 | | 0 | NC | 4 | | 517 | 147 | |
| Energy | kj | 724 | | 0 | | 4 | | 2164 | 615 | |
| Protein (N x 6.25) | g | 33.02 | | 0 | | 1 | | 98.73 | 28.07 | |
| Total lipid (fat) | g | 3.51 | | 0 | | 1 | | 10.49 | 2.98 | |
| Ash | g | 1.70 | | 0 | | 1 | | 5.08 | 1.45 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 0 | | 1 | | 54 | 15 | |
| Iron, Fe | mg | 4.85 | | 0 | | 1 | | 14.50 | 4.12 | |
| Magnesium, Mg | mg | 31 | | 0 | | 1 | | 93 | 26 | |
| Phosphorus, P | mg | 240 | | 0 | | 1 | | 718 | 204 | |
| Potassium, K | mg | 343 | | 0 | | 1 | | 1026 | 292 | |
| Sodium, Na | mg | 45 | | 0 | | 1 | | 135 | 38 | |
| Zinc, Zn | mg | 2.38 | | 0 | | 4 | | 7.12 | 2.02 | |
| Copper, Cu | mg | 0.176 | | 0 | | 4 | | 0.526 | 0.150 | |
| Manganese, Mn | mg | | | | | | | | | |
| Selenium, Se | mcg | 15.2 | | 0 | BFYN | 4 | | 45.4 | 12.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.020 | | 0 | | 1 | | 0.060 | 0.017 | |
| Riboflavin | mg | 0.070 | | 0 | | 1 | | 0.209 | 0.060 | |
| Niacin | mg | 6.400 | | 0 | | 1 | | 19.136 | 5.440 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.340 | | 0 | | 4 | | 1.017 | 0.289 | |
| Folate, total | mcg | 8 | | 0 | | 4 | | 24 | 7 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 8 | | 0 | | 4 | | 24 | 7 | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 24 | 7 | |
| Choline, total | mg | 129.9 | | 0 | BFNN | 4 | | 388.4 | 110.4 | |
| Betaine | mg | 17.1 | | 0 | BFNN | 4 | | 51.0 | 14.5 | |
| Vitamin B-12 | mcg | 6.51 | | 0 | | 4 | | 19.46 | 5.53 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.41 | | 0 | BFSN | 4 | | 1.23 | 0.35 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.5 | | 0 | BFSN | 4 | | 4.4 | 1.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.050 | | 0 | | 1 | | 3.140 | 0.893 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17181**

**Game meat, rabbit, wild, cooked, stewed**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 74.51 | 0.412 | 31 | | 1 | | 21.12 | 337.98 | |
| Energy....kcal | 114 | | 0 | NC | 4 | | 32 | 517 | |
| Energy....kj | 477 | | | | 4 | | 135 | 2164 | |
| Protein (N x 6.25)....g | 21.79 | 0.183 | 32 | | 1 | | 6.18 | 98.84 | |
| Total lipid (fat)....g | 2.32 | 0.396 | 30 | | 1 | | 0.66 | 10.52 | |
| Ash....g | 1.12 | 0.017 | 28 | | 1 | | 0.32 | 5.08 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 1 | | 1 | | 3 | 54 | |
| Iron, Fe....mg | 3.20 | | 1 | | 1 | | 0.91 | 14.52 | |
| Magnesium, Mg....mg | 29 | | 1 | | 1 | | 8 | 132 | |
| Phosphorus, P....mg | 226 | | 1 | | 1 | | 64 | 1025 | |
| Potassium, K....mg | 378 | 6.305 | 98 | | 1 | | 107 | 1715 | |
| Sodium, Na....mg | 50 | 0.875 | 98 | | 1 | | 14 | 227 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 9.4 | | 0 | BFNN | 4 | | 2.7 | 42.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.030 | | 1 | | 1 | | 0.009 | 0.136 | |
| Riboflavin....mg | 0.060 | | 1 | | 1 | | 0.017 | 0.272 | |
| Niacin....mg | 6.500 | | 1 | | 1 | | 1.843 | 29.484 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.690 | | 0 | | 1 | | 0.196 | 3.130 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.060 | | 21 | | 1 | | 0.017 | 0.272 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.520 | | 21 | | 1 | | 0.147 | 2.359 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.110 | | 21 | | 1 | | 0.031 | 0.499 | |
| 20:0....g | | | | | | | | | |

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17182**

**Game meat, raccoon, cooked, roasted**

*Procyon lotor*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.30 | | 1 | | 1 | | 216.66 | 46.16 | |
| Energy....kcal | 255 | | 0 | NC | 4 | | 1019 | 217 | |
| Energy....kj | 1069 | | 0 | NC | 4 | | 4265 | 909 | |
| Protein (N x 6.25)....g | 29.20 | | 1 | | 1 | | 116.51 | 24.82 | |
| Total lipid (fat)....g | 14.50 | | 1 | | 1 | | 57.86 | 12.33 | |
| Ash....g | 1.50 | | 1 | | 1 | | 5.99 | 1.28 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | | 4 | | 56 | 12 | |
| Iron, Fe....mg | 7.10 | | 0 | | 4 | | 28.33 | 6.04 | |
| Magnesium, Mg....mg | 30 | | 0 | | 4 | | 120 | 26 | |
| Phosphorus, P....mg | 261 | | 0 | | 4 | | 1041 | 222 | |
| Potassium, K....mg | 398 | | 0 | | 4 | | 1588 | 338 | |
| Sodium, Na....mg | 79 | | 0 | | 4 | | 315 | 67 | |
| Zinc, Zn....mg | 2.27 | | 0 | | 4 | | 9.06 | 1.93 | |
| Copper, Cu....mg | 0.189 | | 0 | | 4 | | 0.754 | 0.161 | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 18.0 | | 0 | BFNN | 4 | | 71.8 | 15.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.590 | | 2 | | 1 | | 2.354 | 0.502 | |
| Riboflavin....mg | 0.520 | | 1 | | 1 | | 2.075 | 0.442 | |
| Niacin....mg | 4.680 | | 0 | | 4 | | 18.673 | 3.978 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.470 | | 0 | | 4 | | 1.875 | 0.400 | |
| Folate, total....mcg | 11 | | 0 | | 4 | | 44 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 4 | | 44 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 44 | 9 | |
| Choline, total....mg | 115.4 | | 0 | BFNN | 4 | | 460.5 | 98.1 | |
| Betaine....mg | 15.2 | | 0 | BFNN | 4 | | 60.5 | 12.9 | |
| Vitamin B-12....mcg | 8.30 | | 0 | | 4 | | 33.12 | 7.06 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.49 | | 0 | BFSN | 4 | | 1.94 | 0.41 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.7 | | 0 | BFSN | 4 | | 6.9 | 1.5 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.070 | | 0 | | 4 | | 16.239 | 3.460 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 62.07 | | 0 | | 1 | | 194.28 | 52.76 | |
| Energy | kcal | 173 | | 0 | NC | 4 | | 541 | 147 | |
| Energy | kj | 724 | | 0 | | 4 | | 2266 | 615 | |
| Protein (N x 6.25) | g | 30.77 | | 0 | | 1 | | 96.31 | 26.15 | |
| Total lipid (fat) | g | 4.69 | | 0 | | 4 | | 14.68 | 3.99 | |
| Ash | g | 1.68 | | 0 | | 1 | | 5.26 | 1.43 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | | 1 | | 9 | 3 | |
| Iron, Fe | mg | 6.81 | | 0 | | 1 | | 21.32 | 5.79 | |
| Magnesium, Mg | mg | 28 | | 0 | | 1 | | 88 | 24 | |
| Phosphorus, P | mg | 211 | | 0 | | 1 | | 660 | 179 | |
| Potassium, K | mg | 352 | | 0 | | 1 | | 1102 | 299 | |
| Sodium, Na | mg | 119 | | 0 | | 1 | | 372 | 101 | |
| Zinc, Zn | mg | 1.78 | | 0 | | 4 | | 5.57 | 1.51 | |
| Copper, Cu | mg | 0.148 | | 0 | | 4 | | 0.463 | 0.126 | |
| Manganese, Mn | mg | 0.032 | | 0 | | 1 | | 0.100 | 0.027 | |
| Selenium, Se | mcg | 15.1 | | 0 | BFYN | 4 | | 47.3 | 12.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | | 1 | | 0.188 | 0.051 | |
| Riboflavin | mg | 0.290 | | 0 | | 1 | | 0.908 | 0.247 | |
| Niacin | mg | 4.640 | | 0 | | 1 | | 14.523 | 3.944 | |
| Pantothenic acid | mg | 0.930 | | 0 | | 1 | | 2.911 | 0.791 | |
| Vitamin B-6 | mg | 0.370 | | 0 | | 4 | | 1.158 | 0.315 | |
| Folate, total | mcg | 9 | | 0 | | 4 | | 28 | 8 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 9 | | 0 | | 4 | | 28 | 8 | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 28 | 8 | |
| Choline, total | mg | 122.9 | | 0 | BFNN | 4 | | 384.8 | 104.5 | |
| Betaine | mg | 16.2 | | 0 | BFNN | 4 | | 50.6 | 13.7 | |
| Vitamin B-12 | mcg | 6.51 | | 0 | | 4 | | 20.38 | 5.53 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.40 | | 0 | BFSN | 4 | | 1.26 | 0.34 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.4 | | 0 | BFSN | 4 | | 4.5 | 1.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.850 | | 0 | | 4 | | 2.661 | 0.723 | |
| 4:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 4 | | 0.000 | 0.000 | |

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

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

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

**Common Measures:**

**NDB No. 17184**

**Game meat, squirrel, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17183**
**Game meat, squirrel, raw**
*Sciuridae*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 73.83 | 0.507 | 17 | | 1 | | 20.93 | 334.89 | |
| Energy....kcal | 120 | | 0 | NC | 4 | | 34 | 544 | |
| Energy....kj | 502 | | | | 4 | | 142 | 2277 | |
| Protein (N x 6.25)....g | 21.23 | 0.194 | 17 | | 1 | | 6.02 | 96.30 | |
| Total lipid (fat)....g | 3.21 | 0.563 | 16 | | 1 | | 0.91 | 14.56 | |
| Ash....g | 1.16 | 0.047 | 16 | | 1 | | 0.33 | 5.26 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 2 | | 1 | | 1 | | 1 | 9 | |
| Iron, Fe....mg | 4.70 | | 1 | | 1 | | 1.33 | 21.32 | |
| Magnesium, Mg....mg | 24 | | 1 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 172 | | 2 | | 1 | | 49 | 780 | |
| Potassium, K....mg | 304 | | 1 | | 1 | | 86 | 1379 | |
| Sodium, Na....mg | 103 | | 1 | | 1 | | 29 | 467 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 9.3 | | 0 | BFNN | 4 | | 2.6 | 42.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 1 | | 1 | | 0.020 | 0.318 | |
| Riboflavin....mg | 0.210 | | 1 | | 1 | | 0.060 | 0.953 | |
| Niacin....mg | 4.000 | | 1 | | 1 | | 1.134 | 18.144 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | | | | | | | | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.020 | | 5 | | 1 | | 0.006 | 0.091 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.300 | | 5 | | 1 | | 0.085 | 1.361 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.050 | | 5 | | 1 | | 0.014 | 0.227 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17183**
**Game meat, squirrel, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17168**
**Goat, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.84 | 0.215 | 92 | | 1 | | 21.50 | 344.01 | |
| Energy....kcal | 109 | | 0 | NC | 4 | | 31 | 494 | |
| Energy....kj | 456 | | | | 4 | | 129 | 2069 | |
| Protein (N x 6.25)....g | 20.60 | 0.179 | 97 | | 1 | | 5.84 | 93.44 | |
| Total lipid (fat)....g | 2.31 | 0.102 | 118 | | 1 | | 0.65 | 10.48 | |
| Ash....g | 1.11 | 0.021 | 91 | | 1 | | 0.31 | 5.03 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 1.366 | 14 | | 1 | | 4 | 59 | |
| Iron, Fe....mg | 2.83 | 0.207 | 52 | | 1 | | 0.80 | 12.84 | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | 180 | 11.701 | 14 | | 1 | | 51 | 816 | |
| Potassium, K....mg | 385 | 8.520 | 7 | | 1 | | 109 | 1746 | |
| Sodium, Na....mg | 82 | 5.598 | 7 | | 1 | | 23 | 372 | |
| Zinc, Zn....mg | 4.00 | 0.088 | 47 | | 1 | | 1.13 | 18.14 | |
| Copper, Cu....mg | 0.256 | 0.015 | 46 | | 1 | | 0.073 | 1.161 | |
| Manganese, Mn....mg | 0.038 | 0.004 | 46 | | 1 | | 0.011 | 0.172 | |
| Selenium, Se....mcg | 8.8 | | 0 | BFNN | 4 | | 2.5 | 39.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | 0.009 | 6 | | 1 | | 0.031 | 0.499 | |
| Riboflavin....mg | 0.490 | 0.053 | 6 | | 1 | | 0.139 | 2.223 | |
| Niacin....mg | 3.750 | 0.190 | 9 | | 1 | | 1.063 | 17.010 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | | | | | | | | | |
| Folate, total....mcg | 5 | | 1 | | 1 | | 1 | 23 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 5 | | 1 | | 1 | | 1 | 23 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 1 | 23 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.13 | | 1 | | 1 | | 0.32 | 5.13 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.710 | | 0 | | 1 | | 0.201 | 3.221 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 13 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 13 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17168**
**Goat, raw**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17168**
**Goat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17281**

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

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.71 | | 0 | PAK | 1 | | 158.52 | 49.90 | |
| Energy....kcal | 256 | | 0 | MC | 9 | | 691 | 218 | |
| Energy....kj | 1071 | | | | 9 | | 2892 | 910 | |
| Protein (N x 6.25)....g | 24.52 | | 0 | PAK | 1 | | 66.20 | 20.84 | |
| Total lipid (fat)....g | 16.82 | | 0 | PAK | 1 | | 45.41 | 14.30 | |
| Ash....g | 0.98 | | 0 | PAK | 1 | | 2.65 | 0.83 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAK | 1 | | 46 | 14 | |
| Iron, Fe....mg | 1.93 | | 0 | PAK | 1 | | 5.21 | 1.64 | |
| Magnesium, Mg....mg | 22 | | 0 | PAK | 1 | | 59 | 19 | |
| Phosphorus, P....mg | 195 | | 0 | PAK | 1 | | 527 | 166 | |
| Potassium, K....mg | 301 | | 0 | PAK | 1 | | 813 | 256 | |
| Sodium, Na....mg | 76 | | 0 | PAK | 1 | | 205 | 65 | |
| Zinc, Zn....mg | 4.68 | | 0 | PAK | 1 | | 12.64 | 3.98 | |
| Copper, Cu....mg | 0.142 | | 0 | PAK | 1 | | 0.383 | 0.121 | |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.035 | 0.011 | |
| Selenium, Se....mcg | 10.1 | | 0 | BFYN | 4 | | 27.3 | 8.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.123 | | 0 | PAK | 1 | | 0.332 | 0.105 | |
| Riboflavin....mg | 0.332 | | 0 | PAK | 1 | | 0.896 | 0.282 | |
| Niacin....mg | 5.441 | | 0 | PAK | 1 | | 14.691 | 4.625 | |
| Pantothenic acid....mg | 0.816 | | 0 | PAK | 1 | | 2.203 | 0.694 | |
| Vitamin B-6....mg | 0.366 | | 0 | PAK | 1 | | 0.988 | 0.311 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.87 | | 0 | PAK | 1 | | 7.75 | 2.44 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.940 | | 0 | MC | 9 | | 21.438 | 6.749 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.027 | | 0 | PAK | 1 | | 0.073 | 0.023 | |
| 12:0....g | 0.049 | | 0 | PAK | 1 | | 0.132 | 0.042 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.633 | | 0 | PAK | 1 | | 1.709 | 0.538 | |
| 15:0....g | 0.097 | | 0 | PAK | 1 | | 0.262 | 0.082 | |
| 16:0....g | 3.721 | | 0 | PAK | 1 | | 10.047 | 3.163 | |
| 17:0....g | 0.251 | | 0 | PAK | 1 | | 0.678 | 0.213 | |
| 18:0....g | 3.129 | | 0 | PAK | 1 | | 8.448 | 2.660 | |
| 20:0....g | 0.032 | | 0 | PAK | 1 | | 0.086 | 0.027 | |

**NDB No. 17281**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17280**

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

**Refuse:** 20% Bone

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

**NDB No. 17280**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17283**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.75 | | 0 | PAK | 1 | | 150.45 | 54.19 | |
| Energy....kcal | 201 | | 0 | MC | 9 | | 474 | 171 | |
| Energy....kj | 841 | | | | 9 | | 1985 | 715 | |
| Protein (N x 6.25)....g | 26.71 | | 0 | PAK | 1 | | 63.04 | 22.70 | |
| Total lipid (fat)....g | 9.63 | | 0 | PAK | 1 | | 22.73 | 8.19 | |
| Ash....g | 1.05 | | 0 | PAK | 1 | | 2.48 | 0.89 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | PAK | 1 | | 38 | 14 | |
| Iron, Fe....mg | 2.05 | | 0 | PAK | 1 | | 4.84 | 1.74 | |
| Magnesium, Mg....mg | 24 | | 0 | PAK | 1 | | 57 | 20 | |
| Phosphorus, P....mg | 207 | | 0 | PAK | 1 | | 489 | 176 | |
| Potassium, K....mg | 318 | | 0 | PAK | 1 | | 750 | 270 | |
| Sodium, Na....mg | 80 | | 0 | PAK | 1 | | 189 | 68 | |
| Zinc, Zn....mg | 5.14 | | 0 | PAK | 1 | | 12.13 | 4.37 | |
| Copper, Cu....mg | 0.153 | | 0 | PAK | 1 | | 0.361 | 0.130 | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.033 | 0.012 | |
| Selenium, Se....mcg | 11.0 | | 0 | BFYN | 4 | | 26.0 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.131 | | 0 | PAK | 1 | | 0.309 | 0.111 | |
| Riboflavin....mg | 0.360 | | 0 | PAK | 1 | | 0.850 | 0.306 | |
| Niacin....mg | 5.812 | | 0 | PAK | 1 | | 13.716 | 4.940 | |
| Pantothenic acid....mg | 0.876 | | 0 | PAK | 1 | | 2.067 | 0.745 | |
| Vitamin B-6....mg | 0.394 | | 0 | PAK | 1 | | 0.930 | 0.335 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 0 | PAK | 1 | | 7.10 | 2.56 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.048 | | 0 | PAK | 1 | | 9.553 | 3.441 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.009 | | 0 | PAK | 1 | | 0.021 | 0.008 | |
| 12:0....g | 0.023 | | 0 | PAK | 1 | | 0.054 | 0.020 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.303 | | 0 | PAK | 1 | | 0.715 | 0.258 | |
| 15:0....g | 0.044 | | 0 | PAK | 1 | | 0.104 | 0.037 | |
| 16:0....g | 2.031 | | 0 | PAK | 1 | | 4.793 | 1.726 | |
| 17:0....g | 0.119 | | 0 | PAK | 1 | | 0.281 | 0.101 | |
| 18:0....g | 1.501 | | 0 | PAK | 1 | | 3.542 | 1.276 | |
| 20:0....g | 0.018 | | 0 | PAK | 1 | | 0.042 | 0.015 | |

**NDB No. 17283**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17282**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.22 | | 0 | PAK | 1 | | 20.76 | 332.13 | 62.24 |
| Energy....kcal | 142 | | 0 | MC | 9 | | 40 | 644 | 121 |
| Energy....kj | 594 | | | | 9 | | 168 | 2695 | 505 |
| Protein (N x 6.25)....g | 20.25 | | 0 | PAK | 1 | | 5.74 | 91.85 | 17.21 |
| Total lipid (fat)....g | 6.18 | | 0 | PAK | 1 | | 1.75 | 28.03 | 5.25 |
| Ash....g | 0.99 | | 0 | PAK | 1 | | 0.28 | 4.49 | 0.84 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 0 | PAK | 1 | | 3 | 54 | 10 |
| Iron, Fe....mg | 1.59 | | 0 | PAK | 1 | | 0.45 | 7.21 | 1.35 |
| Magnesium, Mg....mg | 22 | | 0 | PAK | 1 | | 6 | 100 | 19 |
| Phosphorus, P....mg | 188 | | 0 | PAK | 1 | | 53 | 853 | 160 |
| Potassium, K....mg | 320 | | 0 | PAK | 1 | | 91 | 1452 | 272 |
| Sodium, Na....mg | 83 | | 0 | PAK | 1 | | 24 | 376 | 71 |
| Zinc, Zn....mg | 4.21 | | 0 | PAK | 1 | | 1.19 | 19.10 | 3.58 |
| Copper, Cu....mg | 0.165 | | 0 | PAK | 1 | | 0.047 | 0.748 | 0.140 |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.059 | 0.011 |
| Selenium, Se....mcg | 8.6 | | 0 | BFNN | 4 | | 2.4 | 39.0 | 7.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.149 | | 0 | PAK | 1 | | 0.042 | 0.676 | 0.127 |
| Riboflavin....mg | 0.293 | | 0 | PAK | 1 | | 0.083 | 1.329 | 0.249 |
| Niacin....mg | 5.595 | | 0 | PAK | 1 | | 1.586 | 25.379 | 4.756 |
| Pantothenic acid....mg | 0.618 | | 0 | PAK | 1 | | 0.175 | 2.803 | 0.525 |
| Vitamin B-6....mg | 0.386 | | 0 | PAK | 1 | | 0.109 | 1.751 | 0.328 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.77 | | 0 | PAK | 1 | | 0.79 | 12.56 | 2.35 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.540 | | 0 | PAK | 1 | | 0.720 | 11.521 | 2.159 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.006 | | 0 | PAK | 1 | | 0.002 | 0.027 | 0.005 |
| 12:0....g | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.059 | 0.011 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.188 | | 0 | PAK | 1 | | 0.053 | 0.853 | 0.160 |
| 15:0....g | 0.027 | | 0 | PAK | 1 | | 0.008 | 0.122 | 0.023 |
| 16:0....g | 1.297 | | 0 | PAK | 1 | | 0.368 | 5.883 | 1.102 |
| 17:0....g | 0.071 | | 0 | PAK | 1 | | 0.020 | 0.322 | 0.060 |
| 18:0....g | 0.929 | | 0 | PAK | 1 | | 0.263 | 4.214 | 0.790 |
| 20:0....g | 0.008 | | 0 | PAK | 1 | | 0.002 | 0.036 | 0.007 |

**NDB No. 17282**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17287**

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

**Refuse:** 45% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.47 | | 0 | PAK | 1 | | 127.59 | 51.40 | |
| Energy....kcal | 236 | | 0 | MC | 9 | | 498 | 201 | |
| Energy....kj | 987 | | | | 9 | | 2083 | 839 | |
| Protein (N x 6.25)....g | 24.78 | | 0 | PAK | 1 | | 52.29 | 21.06 | |
| Total lipid (fat)....g | 14.44 | | 0 | PAK | 1 | | 30.47 | 12.27 | |
| Ash....g | 0.78 | | 0 | PAK | 1 | | 1.65 | 0.66 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | PAK | 1 | | 34 | 14 | |
| Iron, Fe....mg | 1.79 | | 0 | PAK | 1 | | 3.78 | 1.52 | |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 44 | 18 | |
| Phosphorus, P....mg | 167 | | 0 | PAK | 1 | | 352 | 142 | |
| Potassium, K....mg | 244 | | 0 | PAK | 1 | | 515 | 207 | |
| Sodium, Na....mg | 93 | | 0 | PAK | 1 | | 196 | 79 | |
| Zinc, Zn....mg | 6.96 | | 0 | PAK | 1 | | 14.69 | 5.92 | |
| Copper, Cu....mg | 0.116 | | 0 | PAK | 1 | | 0.245 | 0.099 | |
| Manganese, Mn....mg | 0.011 | | 0 | PAK | 1 | | 0.023 | 0.009 | |
| Selenium, Se....mcg | 8.3 | | 0 | PAK | 1 | | 17.5 | 7.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.086 | | 0 | PAK | 1 | | 0.181 | 0.073 | |
| Riboflavin....mg | 0.262 | | 0 | PAK | 1 | | 0.553 | 0.223 | |
| Niacin....mg | 5.013 | | 0 | PAK | 1 | | 10.577 | 4.261 | |
| Pantothenic acid....mg | 0.618 | | 0 | PAK | 1 | | 1.304 | 0.525 | |
| Vitamin B-6....mg | 0.244 | | 0 | PAK | 1 | | 0.515 | 0.207 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.00 | | 0 | PAK | 1 | | 6.33 | 2.55 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.794 | | 0 | MC | 9 | | 14.335 | 5.775 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.045 | | 0 | PAK | 1 | | 0.095 | 0.038 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.562 | | 0 | PAK | 1 | | 1.186 | 0.478 | |
| 15:0....g | 0.088 | | 0 | PAK | 1 | | 0.186 | 0.075 | |
| 16:0....g | 3.186 | | 0 | PAK | 1 | | 6.722 | 2.708 | |
| 17:0....g | 0.219 | | 0 | PAK | 1 | | 0.462 | 0.186 | |
| 18:0....g | 2.694 | | 0 | PAK | 1 | | 5.684 | 2.290 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17287**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17286**

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

**Refuse:** 42% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 68.31 | | 0 | PAK | 1 | | 19.37 | 309.85 | 58.06 |
| Energy....kcal | 195 | | 0 | MC | 9 | | 55 | 885 | 166 |
| Energy....kj | 816 | | | | 9 | | 231 | 3701 | 693 |
| Protein (N x 6.25)....g | 18.85 | | 0 | PAK | 1 | | 5.34 | 85.50 | 16.02 |
| Total lipid (fat)....g | 12.68 | | 0 | PAK | 1 | | 3.59 | 57.52 | 10.78 |
| Ash....g | 0.85 | | 0 | PAK | 1 | | 0.24 | 3.86 | 0.72 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 0 | PAK | 1 | | 3 | 54 | 10 |
| Iron, Fe....mg | 1.38 | | 0 | PAK | 1 | | 0.39 | 6.26 | 1.17 |
| Magnesium, Mg....mg | 19 | | 0 | PAK | 1 | | 5 | 86 | 16 |
| Phosphorus, P....mg | 158 | | 0 | PAK | 1 | | 45 | 717 | 134 |
| Potassium, K....mg | 270 | | 0 | PAK | 1 | | 77 | 1225 | 230 |
| Sodium, Na....mg | 96 | | 0 | PAK | 1 | | 27 | 435 | 82 |
| Zinc, Zn....mg | 5.40 | | 0 | PAK | 1 | | 1.53 | 24.49 | 4.59 |
| Copper, Cu....mg | 0.092 | | 0 | PAK | 1 | | 0.026 | 0.417 | 0.078 |
| Manganese, Mn....mg | 0.009 | | 0 | PAK | 1 | | 0.003 | 0.041 | 0.008 |
| Selenium, Se....mcg | 7.2 | | 0 | PAK | 1 | | 2.0 | 32.7 | 6.1 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.094 | | 0 | PAK | 1 | | 0.027 | 0.426 | 0.080 |
| Riboflavin....mg | 0.219 | | 0 | PAK | 1 | | 0.062 | 0.993 | 0.186 |
| Niacin....mg | 5.265 | | 0 | PAK | 1 | | 1.493 | 23.882 | 4.475 |
| Pantothenic acid....mg | 0.623 | | 0 | PAK | 1 | | 0.177 | 2.826 | 0.530 |
| Vitamin B-6....mg | 0.264 | | 0 | PAK | 1 | | 0.075 | 1.198 | 0.224 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.48 | | 0 | PAK | 1 | | 0.70 | 11.25 | 2.11 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.981 | | 0 | MC | 9 | | 1.696 | 27.130 | 5.084 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.022 | | 0 | PAK | 1 | | 0.006 | 0.100 | 0.019 |
| 12:0....g | 0.039 | | 0 | PAK | 1 | | 0.011 | 0.177 | 0.033 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.489 | | 0 | PAK | 1 | | 0.139 | 2.218 | 0.416 |
| 15:0....g | 0.077 | | 0 | PAK | 1 | | 0.022 | 0.349 | 0.065 |
| 16:0....g | 2.844 | | 0 | PAK | 1 | | 0.806 | 12.900 | 2.417 |
| 17:0....g | 0.188 | | 0 | PAK | 1 | | 0.053 | 0.853 | 0.160 |
| 18:0....g | 2.298 | | 0 | PAK | 1 | | 0.651 | 10.424 | 1.953 |
| 20:0....g | 0.024 | | 0 | PAK | 1 | | 0.007 | 0.109 | 0.020 |

**NDB No. 17286**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17289**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.93 | 0.809 | 3 | A | 1 | | 120.47 | 56.89 | |
| Energy....kcal | 165 | | 0 | MC | 9 | | 297 | 140 | |
| Energy....kj | 690 | | | | 9 | | 1243 | 587 | |
| Protein (N x 6.25)....g | 27.50 | 0.503 | 3 | A | 1 | | 49.50 | 23.38 | |
| Total lipid (fat)....g | 5.22 | 0.464 | 3 | A | 1 | | 9.40 | 4.44 | |
| Ash....g | 0.83 | 0.067 | 3 | A | 1 | | 1.49 | 0.71 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | 2.838 | 3 | A | 1 | | 25 | 12 | |
| Iron, Fe....mg | 1.91 | 0.034 | 3 | A | 1 | | 3.44 | 1.62 | |
| Magnesium, Mg....mg | 22 | 0.240 | 3 | A | 1 | | 40 | 19 | |
| Phosphorus, P....mg | 177 | 4.667 | 3 | A | 1 | | 319 | 150 | |
| Potassium, K....mg | 255 | 9.528 | 3 | A | 1 | | 459 | 217 | |
| Sodium, Na....mg | 100 | 4.583 | 3 | A | 1 | | 180 | 85 | |
| Zinc, Zn....mg | 7.93 | 0.049 | 3 | A | 1 | | 14.27 | 6.74 | |
| Copper, Cu....mg | 0.125 | 0.006 | 3 | A | 1 | | 0.225 | 0.106 | |
| Manganese, Mn....mg | 0.011 | 0.001 | 3 | A | 1 | | 0.020 | 0.009 | |
| Selenium, Se....mcg | 9.0 | | 2 | A | 1 | | 16.2 | 7.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.090 | 0.006 | 3 | A | 1 | | 0.162 | 0.077 | |
| Riboflavin....mg | 0.283 | 0.085 | 3 | A | 1 | | 0.509 | 0.241 | |
| Niacin....mg | 5.390 | 0.429 | 3 | A | 1 | | 9.702 | 4.582 | |
| Pantothenic acid....mg | 0.657 | 0.027 | 3 | A | 1 | | 1.183 | 0.558 | |
| Vitamin B-6....mg | 0.257 | 0.031 | 3 | A | 1 | | 0.463 | 0.218 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.20 | 0.270 | 3 | A | 1 | | 5.76 | 2.72 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.884 | 1.400 | 3 | A | 1 | | 3.391 | 1.601 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.011 | | 2 | A | 1 | | 0.020 | 0.009 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.145 | 0.167 | 3 | A | 1 | | 0.261 | 0.123 | |
| 15:0....g | 0.021 | 0.033 | 3 | A | 1 | | 0.038 | 0.018 | |
| 16:0....g | 1.025 | 0.100 | 3 | A | 1 | | 1.845 | 0.871 | |
| 17:0....g | 0.052 | 0.067 | 3 | A | 1 | | 0.094 | 0.044 | |
| 18:0....g | 0.628 | 1.081 | 3 | A | 1 | | 1.130 | 0.534 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17289**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17288**

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

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

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

**NDB No. 17288**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17307**

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

**Refuse:** 7% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 61.99 | | 0 | PAK | 1 | | 52.69 | | |
| Energy ... kcal | 215 | | 0 | MC | 9 | | 183 | | |
| Energy ... kj | 900 | | | | 9 | | 765 | | |
| Protein (N x 6.25) ... g | 25.54 | | 0 | PAK | 1 | | 21.71 | | |
| Total lipid (fat) ... g | 11.78 | | 0 | PAK | 1 | | 10.01 | | |
| Ash ... g | 1.03 | | 0 | PAK | 1 | | 0.88 | | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary ... g | | | | | | | | | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 14 | | 0 | PAK | 1 | | 12 | | |
| Iron, Fe ... mg | 2.38 | | 0 | PAK | 1 | | 2.02 | | |
| Magnesium, Mg ... mg | 25 | | 0 | PAK | 1 | | 21 | | |
| Phosphorus, P ... mg | 228 | | 0 | PAK | 1 | | 194 | | |
| Potassium, K ... mg | 342 | | 0 | PAK | 1 | | 291 | | |
| Sodium, Na ... mg | 65 | | 0 | PAK | 1 | | 55 | | |
| Zinc, Zn ... mg | 4.95 | | 0 | PAK | 1 | | 4.21 | | |
| Copper, Cu ... mg | 0.165 | | 0 | PAK | 1 | | 0.140 | | |
| Manganese, Mn ... mg | 0.015 | | 0 | PAK | 1 | | 0.013 | | |
| Selenium, Se ... mcg | 13.5 | | 0 | BFYN | 4 | | 11.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | | | | | | | | | |
| Thiamin ... mg | 0.130 | | 0 | PAK | 1 | | 0.111 | | |
| Riboflavin ... mg | 0.400 | | 0 | PAK | 1 | | 0.340 | | |
| Niacin ... mg | 5.527 | | 0 | PAK | 1 | | 4.698 | | |
| Pantothenic acid ... mg | 0.949 | | 0 | PAK | 1 | | 0.807 | | |
| Vitamin B-6 ... mg | 0.440 | | 0 | PAK | 1 | | 0.374 | | |
| Folate, total ... mcg | | | | | | | | | |
| Folate, DFE ... mcg_DFE | | | | | | | | | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 3.10 | | 0 | PAK | 1 | | 2.64 | | |
| Vitamin A, RAE ... mcg_RAE | | | | | | | | | |
| Vitamin A, IU ... IU | | | | | | | | | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 5.320 | | 0 | MC | 9 | | 4.522 | | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.016 | | 0 | PAK | 1 | | 0.014 | | |
| 12:0 ... g | 0.037 | | 0 | PAK | 1 | | 0.031 | | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.431 | | 0 | PAK | 1 | | 0.366 | | |
| 15:0 ... g | 0.065 | | 0 | PAK | 1 | | 0.055 | | |
| 16:0 ... g | 2.565 | | 0 | PAK | 1 | | 2.180 | | |
| 17:0 ... g | 0.163 | | 0 | PAK | 1 | | 0.139 | | |
| 18:0 ... g | 2.032 | | 0 | PAK | 1 | | 1.727 | | |
| 20:0 ... g | 0.015 | | 0 | PAK | 1 | | 0.013 | | |

**NDB No. 17307**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17306**

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

**Refuse:** 6% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 68.46 | | 0 | PAK | 1 | | 19.41 | | |
| Energy....kcal | 195 | | 0 | MC | 9 | | 55 | | |
| Energy....kj | 816 | | | | 9 | | 231 | | |
| Protein (N x 6.25)....g | 19.17 | | 0 | PAK | 1 | | 5.43 | | |
| Total lipid (fat)....g | 12.56 | | 0 | PAK | 1 | | 3.56 | | |
| Ash....g | 0.98 | | 0 | PAK | 1 | | 0.28 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | PAK | 1 | | 3 | | |
| Iron, Fe....mg | 1.81 | | 0 | PAK | 1 | | 0.51 | | |
| Magnesium, Mg....mg | 23 | | 0 | PAK | 1 | | 7 | | |
| Phosphorus, P....mg | 199 | | 0 | PAK | 1 | | 56 | | |
| Potassium, K....mg | 318 | | 0 | PAK | 1 | | 90 | | |
| Sodium, Na....mg | 61 | | 0 | PAK | 1 | | 17 | | |
| Zinc, Zn....mg | 3.32 | | 0 | PAK | 1 | | 0.94 | | |
| Copper, Cu....mg | 0.144 | | 0 | PAK | 1 | | 0.041 | | |
| Manganese, Mn....mg | 0.015 | | 0 | PAK | 1 | | 0.004 | | |
| Selenium, Se....mcg | 7.4 | | 0 | PAK | 1 | | 2.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.145 | | 0 | PAK | 1 | | 0.041 | | |
| Riboflavin....mg | 0.298 | | 0 | PAK | 1 | | 0.084 | | |
| Niacin....mg | 5.167 | | 0 | PAK | 1 | | 1.465 | | |
| Pantothenic acid....mg | 0.502 | | 0 | PAK | 1 | | 0.142 | | |
| Vitamin B-6....mg | 0.375 | | 0 | PAK | 1 | | 0.106 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.81 | | 0 | PAK | 1 | | 0.80 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.813 | | 0 | MC | 9 | | 1.648 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.022 | | 0 | PAK | 1 | | 0.006 | | |
| 12:0....g | 0.037 | | 0 | PAK | 1 | | 0.010 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.466 | | 0 | PAK | 1 | | 0.132 | | |
| 15:0....g | 0.069 | | 0 | PAK | 1 | | 0.020 | | |
| 16:0....g | 2.810 | | 0 | PAK | 1 | | 0.797 | | |
| 17:0....g | 0.175 | | 0 | PAK | 1 | | 0.050 | | |
| 18:0....g | 2.212 | | 0 | PAK | 1 | | 0.627 | | |
| 20:0....g | 0.021 | | 0 | PAK | 1 | | 0.006 | | |

**NDB No. 17306**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17309**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.85 | 1.192 | 4 | A | 1 | | 55.12 | | |
| Energy....kcal | 183 | | 0 | MC | 9 | | 156 | | |
| Energy....kj | 766 | | | | 9 | | 651 | | |
| Protein (N x 6.25)....g | 26.75 | 0.939 | 4 | A | 1 | | 22.74 | | |
| Total lipid (fat)....g | 7.68 | 0.601 | 4 | A | 1 | | 6.53 | | |
| Ash....g | 1.08 | 0.063 | 4 | A | 1 | | 0.92 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 1.147 | 3 | A | 1 | | 11 | | |
| Iron, Fe....mg | 2.48 | 0.188 | 3 | A | 1 | | 2.11 | | |
| Magnesium, Mg....mg | 26 | 0.612 | 3 | A | 1 | | 22 | | |
| Phosphorus, P....mg | 237 | 5.457 | 3 | A | 1 | | 201 | | |
| Potassium, K....mg | 354 | 5.365 | 3 | A | 1 | | 301 | | |
| Sodium, Na....mg | 66 | 4.495 | 3 | A | 1 | | 56 | | |
| Zinc, Zn....mg | 5.21 | 0.248 | 3 | A | 1 | | 4.43 | | |
| Copper, Cu....mg | 0.173 | 0.018 | 3 | A | 1 | | 0.147 | | |
| Manganese, Mn....mg | 0.015 | 0.002 | 3 | A | 1 | | 0.013 | | |
| Selenium, Se....mcg | 14.2 | | 0 | BFYN | 4 | | 12.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.135 | | 2 | A | 1 | | 0.115 | | |
| Riboflavin....mg | 0.420 | | 2 | A | 1 | | 0.357 | | |
| Niacin....mg | 5.725 | | 2 | A | 1 | | 4.866 | | |
| Pantothenic acid....mg | 0.990 | | 2 | A | 1 | | 0.842 | | |
| Vitamin B-6....mg | 0.460 | | 2 | A | 1 | | 0.391 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.19 | | 2 | A | 1 | | 2.71 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.111 | 1.364 | 3 | A | 1 | | 2.644 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.007 | | 2 | A | 1 | | 0.006 | | |
| 12:0....g | 0.022 | 0.033 | 3 | A | 1 | | 0.019 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.245 | 0.265 | 3 | A | 1 | | 0.208 | | |
| 15:0....g | 0.035 | 0.067 | 3 | A | 1 | | 0.030 | | |
| 16:0....g | 1.602 | 1.035 | 3 | A | 1 | | 1.362 | | |
| 17:0....g | 0.088 | 0.033 | 3 | A | 1 | | 0.075 | | |
| 18:0....g | 1.106 | 1.586 | 3 | A | 1 | | 0.940 | | |
| 20:0....g | 0.007 | | 1 | A | 1 | | 0.006 | | |

**NDB No. 17309**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17308**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.45 | 0.519 | 4 | A | 1 | | 20.82 | | |
| Energy....kcal | 143 | | 0 | MC | 9 | | 41 | | |
| Energy....kj | 598 | | | | 9 | | 170 | | |
| Protein (N x 6.25)....g | 20.65 | 0.378 | 4 | A | 1 | | 5.85 | | |
| Total lipid (fat)....g | 6.08 | 1.190 | 4 | A | 1 | | 1.72 | | |
| Ash....g | 1.05 | 0.087 | 4 | A | 1 | | 0.30 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 0.558 | 3 | A | 1 | | 3 | | |
| Iron, Fe....mg | 1.94 | 0.158 | 3 | A | 1 | | 0.55 | | |
| Magnesium, Mg....mg | 25 | 0.404 | 3 | A | 1 | | 7 | | |
| Phosphorus, P....mg | 214 | 4.485 | 3 | A | 1 | | 61 | | |
| Potassium, K....mg | 342 | 4.667 | 3 | A | 1 | | 97 | | |
| Sodium, Na....mg | 64 | 4.590 | 3 | A | 1 | | 18 | | |
| Zinc, Zn....mg | 3.58 | 0.067 | 3 | A | 1 | | 1.01 | | |
| Copper, Cu....mg | 0.156 | 0.002 | 3 | A | 1 | | 0.044 | | |
| Manganese, Mn....mg | 0.016 | 0.002 | 3 | A | 1 | | 0.005 | | |
| Selenium, Se....mcg | 8.0 | | 2 | A | 1 | | 2.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.155 | | 2 | A | 1 | | 0.044 | | |
| Riboflavin....mg | 0.320 | | 2 | A | 1 | | 0.091 | | |
| Niacin....mg | 5.560 | | 2 | A | 1 | | 1.576 | | |
| Pantothenic acid....mg | 0.530 | | 2 | A | 1 | | 0.150 | | |
| Vitamin B-6....mg | 0.406 | | 2 | A | 1 | | 0.115 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 2 | A | 1 | | 0.85 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.413 | 1.617 | 3 | A | 1 | | 0.684 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.008 | | 2 | A | 1 | | 0.002 | | |
| 12:0....g | 0.014 | 0.033 | 3 | A | 1 | | 0.004 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.181 | 0.348 | 3 | A | 1 | | 0.051 | | |
| 15:0....g | 0.023 | 0.033 | 3 | A | 1 | | 0.007 | | |
| 16:0....g | 1.269 | 1.268 | 3 | A | 1 | | 0.360 | | |
| 17:0....g | 0.065 | 0.033 | 3 | A | 1 | | 0.018 | | |
| 18:0....g | 0.846 | 1.367 | 3 | A | 1 | | 0.240 | | |
| 20:0....g | 0.008 | | 2 | A | 1 | | 0.002 | | |

**NDB No. 17308**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17295**

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

**Refuse:** 20% Bone

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

**NDB No. 17295**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17294**

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

**Refuse:** 17% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.64 | | 0 | PAK | 1 | | 19.18 | 306.82 | 57.49 |
| Energy....kcal | 201 | | 0 | MC | 9 | | 57 | 912 | 171 |
| Energy....kj | 841 | | | | 9 | | 238 | 3815 | 715 |
| Protein (N x 6.25)....g | 18.59 | | 0 | PAK | 1 | | 5.27 | 84.32 | 15.80 |
| Total lipid (fat)....g | 13.48 | | 0 | PAK | 1 | | 3.82 | 61.15 | 11.46 |
| Ash....g | 0.98 | | 0 | PAK | 1 | | 0.28 | 4.45 | 0.83 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAK | 1 | | 3 | 41 | 8 |
| Iron, Fe....mg | 1.48 | | 0 | PAK | 1 | | 0.42 | 6.71 | 1.26 |
| Magnesium, Mg....mg | 20 | | 0 | PAK | 1 | | 6 | 91 | 17 |
| Phosphorus, P....mg | 176 | | 0 | PAK | 1 | | 50 | 798 | 150 |
| Potassium, K....mg | 301 | | 0 | PAK | 1 | | 85 | 1365 | 256 |
| Sodium, Na....mg | 75 | | 0 | PAK | 1 | | 21 | 340 | 64 |
| Zinc, Zn....mg | 4.04 | | 0 | PAK | 1 | | 1.15 | 18.33 | 3.43 |
| Copper, Cu....mg | 0.181 | | 0 | PAK | 1 | | 0.051 | 0.821 | 0.154 |
| Manganese, Mn....mg | 0.010 | | 0 | PAK | 1 | | 0.003 | 0.045 | 0.009 |
| Selenium, Se....mcg | 7.8 | | 0 | PIE | 4 | | 2.2 | 35.4 | 6.6 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.142 | | 0 | PAK | 1 | | 0.040 | 0.644 | 0.121 |
| Riboflavin....mg | 0.292 | | 0 | PAK | 1 | | 0.083 | 1.325 | 0.248 |
| Niacin....mg | 5.060 | | 0 | PAK | 1 | | 1.435 | 22.952 | 4.301 |
| Pantothenic acid....mg | 0.495 | | 0 | PAK | 1 | | 0.140 | 2.245 | 0.421 |
| Vitamin B-6....mg | 0.367 | | 0 | PAK | 1 | | 0.104 | 1.665 | 0.312 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.75 | | 0 | PAK | 1 | | 0.78 | 12.47 | 2.34 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.389 | | 0 | MC | 9 | | 1.811 | 28.981 | 5.431 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.022 | | 0 | PAK | 1 | | 0.006 | 0.100 | 0.019 |
| 12:0....g | 0.041 | | 0 | PAK | 1 | | 0.012 | 0.186 | 0.035 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.516 | | 0 | PAK | 1 | | 0.146 | 2.341 | 0.439 |
| 15:0....g | 0.079 | | 0 | PAK | 1 | | 0.022 | 0.358 | 0.067 |
| 16:0....g | 3.053 | | 0 | PAK | 1 | | 0.866 | 13.848 | 2.595 |
| 17:0....g | 0.203 | | 0 | PAK | 1 | | 0.058 | 0.921 | 0.173 |
| 18:0....g | 2.450 | | 0 | PAK | 1 | | 0.695 | 11.113 | 2.083 |
| 20:0....g | 0.025 | | 0 | PAK | 1 | | 0.007 | 0.113 | 0.021 |

**NDB No. 17294**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17297**

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

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

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

**NDB No. 17297**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17296**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.08 | 0.587 | 4 | A | 1 | | 21.00 | 336.03 | 62.97 |
| Energy....kcal | 133 | | 0 | MC | 9 | | 38 | 603 | 113 |
| Energy....kj | 556 | | | | 9 | | 158 | 2524 | 473 |
| Protein (N x 6.25)....g | 20.45 | 0.233 | 4 | A | 1 | | 5.80 | 92.76 | 17.38 |
| Total lipid (fat)....g | 5.10 | 0.234 | 4 | A | 1 | | 1.45 | 23.13 | 4.34 |
| Ash....g | 1.08 | 0.048 | 4 | A | 1 | | 0.31 | 4.90 | 0.92 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 2 | A | 1 | | 2 | 32 | 6 |
| Iron, Fe....mg | 1.61 | | 2 | A | 1 | | 0.46 | 7.30 | 1.37 |
| Magnesium, Mg....mg | 22 | | 2 | A | 1 | | 6 | 100 | 19 |
| Phosphorus, P....mg | 191 | | 2 | A | 1 | | 54 | 866 | 162 |
| Potassium, K....mg | 329 | | 2 | A | 1 | | 93 | 1492 | 280 |
| Sodium, Na....mg | 81 | | 2 | A | 1 | | 23 | 367 | 69 |
| Zinc, Zn....mg | 4.50 | | 2 | A | 1 | | 1.28 | 20.41 | 3.83 |
| Copper, Cu....mg | 0.202 | | 2 | A | 1 | | 0.057 | 0.916 | 0.172 |
| Manganese, Mn....mg | 0.012 | | 2 | A | 1 | | 0.003 | 0.054 | 0.010 |
| Selenium, Se....mcg | 8.7 | | 0 | BFNN | 4 | | 2.5 | 39.5 | 7.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.155 | | 2 | A | 1 | | 0.044 | 0.703 | 0.132 |
| Riboflavin....mg | 0.320 | | 2 | A | 1 | | 0.091 | 1.452 | 0.272 |
| Niacin....mg | 5.560 | | 2 | A | 1 | | 1.576 | 25.220 | 4.726 |
| Pantothenic acid....mg | 0.530 | | 2 | A | 1 | | 0.150 | 2.404 | 0.451 |
| Vitamin B-6....mg | 0.406 | | 2 | A | 1 | | 0.115 | 1.842 | 0.345 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 2 | A | 1 | | 0.85 | 13.65 | 2.56 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.008 | | 2 | A | 1 | | 0.569 | 9.108 | 1.707 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.004 | | 1 | A | 1 | | 0.001 | 0.018 | 0.003 |
| 12:0....g | 0.011 | | 2 | A | 1 | | 0.003 | 0.050 | 0.009 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.149 | | 2 | A | 1 | | 0.042 | 0.676 | 0.127 |
| 15:0....g | 0.020 | | 2 | A | 1 | | 0.006 | 0.091 | 0.017 |
| 16:0....g | 1.064 | | 2 | A | 1 | | 0.302 | 4.826 | 0.904 |
| 17:0....g | 0.061 | | 2 | A | 1 | | 0.017 | 0.277 | 0.052 |
| 18:0....g | 0.689 | | 2 | A | 1 | | 0.195 | 3.125 | 0.586 |
| 20:0....g | 0.009 | | 1 | A | 1 | | 0.003 | 0.041 | 0.008 |

**NDB No. 17296**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17303**

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

**Refuse:** 1% Connective tissue

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.95 | | 0 | PAK | 1 | | 50.96 | | |
| Energy....kcal | 235 | | 0 | MC | 9 | | 200 | | |
| Energy....kj | 983 | | | | 9 | | 836 | | |
| Protein (N x 6.25)....g | 25.75 | | 0 | PAK | 1 | | 21.89 | | |
| Total lipid (fat)....g | 13.83 | | 0 | PAK | 1 | | 11.76 | | |
| Ash....g | 0.99 | | 0 | PAK | 1 | | 0.84 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | PAK | 1 | | 12 | | |
| Iron, Fe....mg | 2.34 | | 0 | PAK | 1 | | 1.99 | | |
| Magnesium, Mg....mg | 25 | | 0 | PAK | 1 | | 21 | | |
| Phosphorus, P....mg | 224 | | 0 | PAK | 1 | | 190 | | |
| Potassium, K....mg | 336 | | 0 | PAK | 1 | | 286 | | |
| Sodium, Na....mg | 64 | | 0 | PAK | 1 | | 54 | | |
| Zinc, Zn....mg | 4.83 | | 0 | PAK | 1 | | 4.11 | | |
| Copper, Cu....mg | 0.162 | | 0 | PAK | 1 | | 0.138 | | |
| Manganese, Mn....mg | 0.015 | | 0 | PAK | 1 | | 0.013 | | |
| Selenium, Se....mcg | 10.1 | | 0 | BFNN | 4 | | 8.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.128 | | 0 | PAK | 1 | | 0.109 | | |
| Riboflavin....mg | 0.391 | | 0 | PAK | 1 | | 0.332 | | |
| Niacin....mg | 5.433 | | 0 | PAK | 1 | | 4.618 | | |
| Pantothenic acid....mg | 0.929 | | 0 | PAK | 1 | | 0.790 | | |
| Vitamin B-6....mg | 0.430 | | 0 | PAK | 1 | | 0.366 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.05 | | 0 | PAK | 1 | | 2.59 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.414 | | 0 | MC | 9 | | 5.452 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.021 | | 0 | PAK | 1 | | 0.018 | | |
| 12:0....g | 0.044 | | 0 | PAK | 1 | | 0.037 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.523 | | 0 | PAK | 1 | | 0.445 | | |
| 15:0....g | 0.080 | | 0 | PAK | 1 | | 0.068 | | |
| 16:0....g | 3.042 | | 0 | PAK | 1 | | 2.586 | | |
| 17:0....g | 0.200 | | 0 | PAK | 1 | | 0.170 | | |
| 18:0....g | 2.485 | | 0 | PAK | 1 | | 2.112 | | |
| 20:0....g | 0.019 | | 0 | PAK | 1 | | 0.016 | | |

**NDB No. 17303**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17302**

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

**Refuse:** 2% Connective tissue

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.86 | | 0 | PAK | 1 | | 18.95 | | |
| Energy....kcal | 208 | | 0 | MC | 9 | | 59 | | |
| Energy....kj | 870 | | | | 9 | | 247 | | |
| Protein (N x 6.25)....g | 18.33 | | 0 | PAK | 1 | | 5.20 | | |
| Total lipid (fat)....g | 14.38 | | 0 | PAK | 1 | | 4.08 | | |
| Ash....g | 0.86 | | 0 | PAK | 1 | | 0.24 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | PAK | 1 | | 3 | | |
| Iron, Fe....mg | 1.75 | | 0 | PAK | 1 | | 0.50 | | |
| Magnesium, Mg....mg | 22 | | 0 | PAK | 1 | | 6 | | |
| Phosphorus, P....mg | 192 | | 0 | PAK | 1 | | 54 | | |
| Potassium, K....mg | 308 | | 0 | PAK | 1 | | 87 | | |
| Sodium, Na....mg | 59 | | 0 | PAK | 1 | | 17 | | |
| Zinc, Zn....mg | 3.21 | | 0 | PAK | 1 | | 0.91 | | |
| Copper, Cu....mg | 0.139 | | 0 | PAK | 1 | | 0.039 | | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.004 | | |
| Selenium, Se....mcg | 7.1 | | 0 | PAK | 1 | | 2.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.140 | | 0 | PAK | 1 | | 0.040 | | |
| Riboflavin....mg | 0.288 | | 0 | PAK | 1 | | 0.082 | | |
| Niacin....mg | 4.996 | | 0 | PAK | 1 | | 1.416 | | |
| Pantothenic acid....mg | 0.490 | | 0 | PAK | 1 | | 0.139 | | |
| Vitamin B-6....mg | 0.362 | | 0 | PAK | 1 | | 0.103 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.72 | | 0 | PAK | 1 | | 0.77 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.898 | | 0 | MC | 9 | | 1.956 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.026 | | 0 | PAK | 1 | | 0.007 | | |
| 12:0....g | 0.045 | | 0 | PAK | 1 | | 0.013 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.561 | | 0 | PAK | 1 | | 0.159 | | |
| 15:0....g | 0.085 | | 0 | PAK | 1 | | 0.024 | | |
| 16:0....g | 3.273 | | 0 | PAK | 1 | | 0.928 | | |
| 17:0....g | 0.213 | | 0 | PAK | 1 | | 0.060 | | |
| 18:0....g | 2.669 | | 0 | PAK | 1 | | 0.757 | | |
| 20:0....g | 0.025 | | 0 | PAK | 1 | | 0.007 | | |

**NDB No. 17302**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17305**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.08 | 0.605 | 4 | A | 1 | | 54.47 | | |
| Energy....kcal | 188 | | 0 | MC | 9 | | 160 | | |
| Energy....kj | 787 | | | | 9 | | 669 | | |
| Protein (N x 6.25)....g | 27.63 | 0.633 | 4 | A | 1 | | 23.49 | | |
| Total lipid (fat)....g | 7.80 | 0.564 | 4 | A | 1 | | 6.63 | | |
| Ash....g | 1.05 | 0.087 | 4 | A | 1 | | 0.89 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 1.147 | 3 | A | 1 | | 11 | | |
| Iron, Fe....mg | 2.48 | 0.188 | 3 | A | 1 | | 2.11 | | |
| Magnesium, Mg....mg | 26 | 0.612 | 3 | A | 1 | | 22 | | |
| Phosphorus, P....mg | 237 | 5.457 | 3 | A | 1 | | 201 | | |
| Potassium, K....mg | 354 | 5.365 | 3 | A | 1 | | 301 | | |
| Sodium, Na....mg | 66 | 4.495 | 3 | A | 1 | | 56 | | |
| Zinc, Zn....mg | 5.21 | 0.248 | 3 | A | 1 | | 4.43 | | |
| Copper, Cu....mg | 0.173 | 0.018 | 3 | A | 1 | | 0.147 | | |
| Manganese, Mn....mg | 0.015 | 0.002 | 3 | A | 1 | | 0.013 | | |
| Selenium, Se....mcg | 10.8 | | 0 | BFNN | 4 | | 9.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.135 | | 2 | A | 1 | | 0.115 | | |
| Riboflavin....mg | 0.420 | | 2 | A | 1 | | 0.357 | | |
| Niacin....mg | 5.725 | | 2 | A | 1 | | 4.866 | | |
| Pantothenic acid....mg | 0.990 | | 2 | A | 1 | | 0.842 | | |
| Vitamin B-6....mg | 0.460 | | 2 | A | 1 | | 0.391 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.19 | | 2 | A | 1 | | 2.71 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.159 | 1.364 | 3 | A | 1 | | 2.685 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.007 | | 2 | A | 1 | | 0.006 | | |
| 12:0....g | 0.022 | 0.033 | 3 | A | 1 | | 0.019 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.248 | 0.265 | 3 | A | 1 | | 0.211 | | |
| 15:0....g | 0.036 | 0.067 | 3 | A | 1 | | 0.031 | | |
| 16:0....g | 1.626 | 1.035 | 3 | A | 1 | | 1.382 | | |
| 17:0....g | 0.089 | 0.033 | 3 | A | 1 | | 0.076 | | |
| 18:0....g | 1.123 | 1.586 | 3 | A | 1 | | 0.955 | | |
| 20:0....g | 0.007 | | 1 | A | 1 | | 0.006 | | |

**NDB No. 17305**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17304**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.13 | 0.685 | 4 | A | 1 | | 21.02 | | |
| Energy....kcal | 132 | | 0 | MC | 9 | | 37 | | |
| Energy....kj | 552 | | | | 9 | | 157 | | |
| Protein (N x 6.25)....g | 20.43 | 0.193 | 4 | A | 1 | | 5.79 | | |
| Total lipid (fat)....g | 4.91 | 0.573 | 4 | A | 1 | | 1.39 | | |
| Ash....g | 0.95 | 0.050 | 4 | A | 1 | | 0.27 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 0.558 | 3 | A | 1 | | 3 | | |
| Iron, Fe....mg | 1.94 | 0.158 | 3 | A | 1 | | 0.55 | | |
| Magnesium, Mg....mg | 25 | 0.404 | 3 | A | 1 | | 7 | | |
| Phosphorus, P....mg | 214 | 4.485 | 3 | A | 1 | | 61 | | |
| Potassium, K....mg | 342 | 4.667 | 3 | A | 1 | | 97 | | |
| Sodium, Na....mg | 64 | 4.590 | 3 | A | 1 | | 18 | | |
| Zinc, Zn....mg | 3.58 | 0.067 | 3 | A | 1 | | 1.01 | | |
| Copper, Cu....mg | 0.156 | 0.002 | 3 | A | 1 | | 0.044 | | |
| Manganese, Mn....mg | 0.016 | 0.002 | 3 | A | 1 | | 0.005 | | |
| Selenium, Se....mcg | 8.0 | | 2 | A | 1 | | 2.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.155 | | 2 | A | 1 | | 0.044 | | |
| Riboflavin....mg | 0.320 | | 2 | A | 1 | | 0.091 | | |
| Niacin....mg | 5.560 | | 2 | A | 1 | | 1.576 | | |
| Pantothenic acid....mg | 0.530 | | 2 | A | 1 | | 0.150 | | |
| Vitamin B-6....mg | 0.406 | | 2 | A | 1 | | 0.115 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 2 | A | 1 | | 0.85 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.948 | 1.617 | 3 | A | 1 | | 0.552 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.006 | | 2 | A | 1 | | 0.002 | | |
| 12:0....g | 0.011 | 0.033 | 3 | A | 1 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.146 | 0.348 | 3 | A | 1 | | 0.041 | | |
| 15:0....g | 0.018 | 0.033 | 3 | A | 1 | | 0.005 | | |
| 16:0....g | 1.025 | 1.268 | 3 | A | 1 | | 0.291 | | |
| 17:0....g | 0.052 | 0.033 | 3 | A | 1 | | 0.015 | | |
| 18:0....g | 0.683 | 1.367 | 3 | A | 1 | | 0.194 | | |
| 20:0....g | 0.006 | | 2 | A | 1 | | 0.002 | | |

**NDB No. 17304**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17299**

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

**Refuse:** 2% Connective tissue

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

**NDB No. 17299**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17298**

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

**Refuse:** 2% Connective tissue

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

**NDB No. 17298**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17301**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.18 | 0.472 | 4 | A | 1 | | 161.05 | 52.85 | |
| Energy....kcal | 215 | | 0 | MC | 9 | | 557 | 183 | |
| Energy....kj | 900 | | | | 9 | | 2330 | 765 | |
| Protein (N x 6.25)....g | 27.75 | 0.210 | 4 | A | 1 | | 71.87 | 23.59 | |
| Total lipid (fat)....g | 10.65 | 0.693 | 4 | A | 1 | | 27.58 | 9.05 | |
| Ash....g | 1.05 | 0.029 | 4 | A | 1 | | 2.72 | 0.89 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 2 | A | 1 | | 34 | 11 | |
| Iron, Fe....mg | 2.24 | | 2 | A | 1 | | 5.80 | 1.90 | |
| Magnesium, Mg....mg | 25 | | 2 | A | 1 | | 65 | 21 | |
| Phosphorus, P....mg | 214 | | 2 | A | 1 | | 554 | 182 | |
| Potassium, K....mg | 318 | | 2 | A | 1 | | 824 | 270 | |
| Sodium, Na....mg | 83 | | 2 | A | 1 | | 215 | 71 | |
| Zinc, Zn....mg | 4.76 | | 2 | A | 1 | | 12.33 | 4.05 | |
| Copper, Cu....mg | 0.194 | | 2 | A | 1 | | 0.502 | 0.165 | |
| Manganese, Mn....mg | 0.017 | | 2 | A | 1 | | 0.044 | 0.014 | |
| Selenium, Se....mcg | 13.0 | | 0 | BFYN | 4 | | 33.7 | 11.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.135 | | 2 | A | 1 | | 0.350 | 0.115 | |
| Riboflavin....mg | 0.420 | | 2 | A | 1 | | 1.088 | 0.357 | |
| Niacin....mg | 5.725 | | 2 | A | 1 | | 14.828 | 4.866 | |
| Pantothenic acid....mg | 0.990 | | 2 | A | 1 | | 2.564 | 0.842 | |
| Vitamin B-6....mg | 0.460 | | 2 | A | 1 | | 1.191 | 0.391 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.19 | | 2 | A | 1 | | 8.26 | 2.71 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.508 | | 2 | A | 1 | | 11.676 | 3.832 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.014 | | 2 | A | 1 | | 0.036 | 0.012 | |
| 12:0....g | 0.023 | | 2 | A | 1 | | 0.060 | 0.020 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.339 | | 2 | A | 1 | | 0.878 | 0.288 | |
| 15:0....g | 0.046 | | 2 | A | 1 | | 0.119 | 0.039 | |
| 16:0....g | 2.220 | | 2 | A | 1 | | 5.750 | 1.887 | |
| 17:0....g | 0.138 | | 2 | A | 1 | | 0.357 | 0.117 | |
| 18:0....g | 1.711 | | 2 | A | 1 | | 4.431 | 1.454 | |
| 20:0....g | 0.018 | | 2 | A | 1 | | 0.047 | 0.015 | |

**NDB No. 17301**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17300**

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

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

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

**NDB No. 17300**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17291**

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

**Refuse:** 16% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.65 | | 0 | PAK | 1 | | 169.41 | 50.70 | |
| Energy....kcal | 244 | | 0 | MC | 9 | | 693 | 207 | |
| Energy....kj | 1021 | | | | 9 | | 2899 | 868 | |
| Protein (N x 6.25)....g | 25.16 | | 0 | PAK | 1 | | 71.45 | 21.39 | |
| Total lipid (fat)....g | 15.13 | | 0 | PAK | 1 | | 42.97 | 12.86 | |
| Ash....g | 1.01 | | 0 | PAK | 1 | | 2.87 | 0.86 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | PAK | 1 | | 31 | 9 | |
| Iron, Fe....mg | 2.03 | | 0 | PAK | 1 | | 5.77 | 1.73 | |
| Magnesium, Mg....mg | 23 | | 0 | PAK | 1 | | 65 | 20 | |
| Phosphorus, P....mg | 202 | | 0 | PAK | 1 | | 574 | 172 | |
| Potassium, K....mg | 309 | | 0 | PAK | 1 | | 878 | 263 | |
| Sodium, Na....mg | 70 | | 0 | PAK | 1 | | 199 | 60 | |
| Zinc, Zn....mg | 4.43 | | 0 | PAK | 1 | | 12.58 | 3.77 | |
| Copper, Cu....mg | 0.147 | | 0 | PAK | 1 | | 0.417 | 0.125 | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.040 | 0.012 | |
| Selenium, Se....mcg | 5.7 | | 0 | BFYN | 4 | | 16.2 | 4.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.126 | | 0 | PAK | 1 | | 0.358 | 0.107 | |
| Riboflavin....mg | 0.386 | | 0 | PAK | 1 | | 1.096 | 0.328 | |
| Niacin....mg | 5.383 | | 0 | PAK | 1 | | 15.288 | 4.576 | |
| Pantothenic acid....mg | 0.919 | | 0 | PAK | 1 | | 2.610 | 0.781 | |
| Vitamin B-6....mg | 0.425 | | 0 | PAK | 1 | | 1.207 | 0.361 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.03 | | 0 | PAK | 1 | | 8.61 | 2.58 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.091 | | 0 | MC | 9 | | 20.138 | 6.027 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.018 | | 0 | PAK | 1 | | 0.051 | 0.015 | |
| 12:0....g | 0.041 | | 0 | PAK | 1 | | 0.116 | 0.035 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.563 | | 0 | PAK | 1 | | 1.599 | 0.479 | |
| 15:0....g | 0.087 | | 0 | PAK | 1 | | 0.247 | 0.074 | |
| 16:0....g | 3.341 | | 0 | PAK | 1 | | 9.488 | 2.840 | |
| 17:0....g | 0.230 | | 0 | PAK | 1 | | 0.653 | 0.196 | |
| 18:0....g | 2.796 | | 0 | PAK | 1 | | 7.941 | 2.377 | |
| 20:0....g | 0.015 | | 0 | PAK | 1 | | 0.043 | 0.013 | |

**NDB No. 17291**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17290**

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

**Refuse:** 14% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.33 | | 0 | PAK | 1 | | 18.80 | 300.87 | 56.38 |
| Energy....kcal | 215 | | 0 | MC | 9 | | 61 | 975 | 183 |
| Energy....kj | 900 | | | | 9 | | 255 | 4080 | 765 |
| Protein (N x 6.25)....g | 18.24 | | 0 | PAK | 1 | | 5.17 | 82.74 | 15.50 |
| Total lipid (fat)....g | 15.19 | | 0 | PAK | 1 | | 4.31 | 68.90 | 12.91 |
| Ash....g | 0.95 | | 0 | PAK | 1 | | 0.27 | 4.31 | 0.81 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | PAK | 1 | | 3 | 45 | 9 |
| Iron, Fe....mg | 1.48 | | 0 | PAK | 1 | | 0.42 | 6.71 | 1.26 |
| Magnesium, Mg....mg | 20 | | 0 | PAK | 1 | | 6 | 91 | 17 |
| Phosphorus, P....mg | 173 | | 0 | PAK | 1 | | 49 | 785 | 147 |
| Potassium, K....mg | 295 | | 0 | PAK | 1 | | 84 | 1338 | 251 |
| Sodium, Na....mg | 73 | | 0 | PAK | 1 | | 21 | 331 | 62 |
| Zinc, Zn....mg | 3.75 | | 0 | PAK | 1 | | 1.06 | 17.01 | 3.19 |
| Copper, Cu....mg | 0.173 | | 0 | PAK | 1 | | 0.049 | 0.785 | 0.147 |
| Manganese, Mn....mg | 0.011 | | 0 | PAK | 1 | | 0.003 | 0.050 | 0.009 |
| Selenium, Se....mcg | 4.2 | | 0 | PIE | 4 | | 1.2 | 19.1 | 3.6 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.140 | | 0 | PAK | 1 | | 0.040 | 0.635 | 0.119 |
| Riboflavin....mg | 0.287 | | 0 | PAK | 1 | | 0.081 | 1.302 | 0.244 |
| Niacin....mg | 4.964 | | 0 | PAK | 1 | | 1.407 | 22.517 | 4.219 |
| Pantothenic acid....mg | 0.488 | | 0 | PAK | 1 | | 0.138 | 2.214 | 0.415 |
| Vitamin B-6....mg | 0.359 | | 0 | PAK | 1 | | 0.102 | 1.628 | 0.305 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.70 | | 0 | PAK | 1 | | 0.77 | 12.25 | 2.30 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.288 | | 0 | MC | 9 | | 2.066 | 33.058 | 6.195 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.025 | | 0 | PAK | 1 | | 0.007 | 0.113 | 0.021 |
| 12:0....g | 0.047 | | 0 | PAK | 1 | | 0.013 | 0.213 | 0.040 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.589 | | 0 | PAK | 1 | | 0.167 | 2.672 | 0.501 |
| 15:0....g | 0.091 | | 0 | PAK | 1 | | 0.026 | 0.413 | 0.077 |
| 16:0....g | 3.458 | | 0 | PAK | 1 | | 0.980 | 15.685 | 2.939 |
| 17:0....g | 0.231 | | 0 | PAK | 1 | | 0.065 | 1.048 | 0.196 |
| 18:0....g | 2.821 | | 0 | PAK | 1 | | 0.800 | 12.796 | 2.398 |
| 20:0....g | 0.026 | | 0 | PAK | 1 | | 0.007 | 0.118 | 0.022 |

**NDB No. 17290**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17293**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.54 | | 0 | PAK | 1 | | 162.00 | 54.86 | |
| Energy....kcal | 190 | | 0 | MC | 9 | | 477 | 162 | |
| Energy....kj | 795 | | | | 9 | | 1995 | 676 | |
| Protein (N x 6.25)....g | 27.31 | | 0 | PAK | 1 | | 68.55 | 23.21 | |
| Total lipid (fat)....g | 8.10 | | 0 | PAK | 1 | | 20.33 | 6.89 | |
| Ash....g | 1.09 | | 0 | PAK | 1 | | 2.74 | 0.93 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAK | 1 | | 23 | 8 | |
| Iron, Fe....mg | 2.15 | | 0 | PAK | 1 | | 5.40 | 1.83 | |
| Magnesium, Mg....mg | 25 | | 0 | PAK | 1 | | 63 | 21 | |
| Phosphorus, P....mg | 214 | | 0 | PAK | 1 | | 537 | 182 | |
| Potassium, K....mg | 326 | | 0 | PAK | 1 | | 818 | 277 | |
| Sodium, Na....mg | 72 | | 0 | PAK | 1 | | 181 | 61 | |
| Zinc, Zn....mg | 4.83 | | 0 | PAK | 1 | | 12.12 | 4.11 | |
| Copper, Cu....mg | 0.158 | | 0 | PAK | 1 | | 0.397 | 0.134 | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.035 | 0.012 | |
| Selenium, Se....mcg | 5.9 | | 0 | BFYN | 4 | | 14.8 | 5.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.135 | | 0 | PAK | 1 | | 0.339 | 0.115 | |
| Riboflavin....mg | 0.420 | | 0 | PAK | 1 | | 1.054 | 0.357 | |
| Niacin....mg | 5.725 | | 0 | PAK | 1 | | 14.370 | 4.866 | |
| Pantothenic acid....mg | 0.990 | | 0 | PAK | 1 | | 2.485 | 0.842 | |
| Vitamin B-6....mg | 0.460 | | 0 | PAK | 1 | | 1.155 | 0.391 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.19 | | 0 | PAK | 1 | | 8.01 | 2.71 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.297 | | 0 | PAK | 1 | | 8.275 | 2.802 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.015 | | 0 | PAK | 1 | | 0.038 | 0.013 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.241 | | 0 | PAK | 1 | | 0.605 | 0.205 | |
| 15:0....g | 0.035 | | 0 | PAK | 1 | | 0.088 | 0.030 | |
| 16:0....g | 1.691 | | 0 | PAK | 1 | | 4.244 | 1.437 | |
| 17:0....g | 0.102 | | 0 | PAK | 1 | | 0.256 | 0.087 | |
| 18:0....g | 1.212 | | 0 | PAK | 1 | | 3.042 | 1.030 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17293**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17292**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.98 | | 0 | PAK | 1 | | 20.97 | 335.57 | 62.88 |
| Energy....kcal | 135 | | 0 | MC | 9 | | 38 | 612 | 115 |
| Energy....kj | 565 | | | | 9 | | 160 | 2562 | 480 |
| Protein (N x 6.25)....g | 20.46 | | 0 | PAK | 1 | | 5.80 | 92.81 | 17.39 |
| Total lipid (fat)....g | 5.23 | | 0 | PAK | 1 | | 1.48 | 23.72 | 4.45 |
| Ash....g | 1.06 | | 0 | PAK | 1 | | 0.30 | 4.81 | 0.90 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | PAK | 1 | | 2 | 36 | 7 |
| Iron, Fe....mg | 1.64 | | 0 | PAK | 1 | | 0.46 | 7.44 | 1.39 |
| Magnesium, Mg....mg | 23 | | 0 | PAK | 1 | | 7 | 104 | 20 |
| Phosphorus, P....mg | 192 | | 0 | PAK | 1 | | 54 | 871 | 163 |
| Potassium, K....mg | 329 | | 0 | PAK | 1 | | 93 | 1492 | 280 |
| Sodium, Na....mg | 81 | | 0 | PAK | 1 | | 23 | 367 | 69 |
| Zinc, Zn....mg | 4.25 | | 0 | PAK | 1 | | 1.20 | 19.28 | 3.61 |
| Copper, Cu....mg | 0.196 | | 0 | PAK | 1 | | 0.056 | 0.889 | 0.167 |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.059 | 0.011 |
| Selenium, Se....mcg | 4.6 | | 0 | BFNN | 4 | | 1.3 | 20.9 | 3.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.155 | | 0 | PAK | 1 | | 0.044 | 0.703 | 0.132 |
| Riboflavin....mg | 0.320 | | 0 | PAK | 1 | | 0.091 | 1.452 | 0.272 |
| Niacin....mg | 5.560 | | 0 | PAK | 1 | | 1.576 | 25.220 | 4.726 |
| Pantothenic acid....mg | 0.530 | | 0 | PAK | 1 | | 0.150 | 2.404 | 0.451 |
| Vitamin B-6....mg | 0.406 | | 0 | PAK | 1 | | 0.115 | 1.842 | 0.345 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 0 | PAK | 1 | | 0.85 | 13.65 | 2.56 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.081 | | 0 | PAK | 1 | | 0.590 | 9.439 | 1.769 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.003 | | 0 | PAK | 1 | | 0.001 | 0.014 | 0.003 |
| 12:0....g | 0.011 | | 0 | PAK | 1 | | 0.003 | 0.050 | 0.009 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.152 | | 0 | PAK | 1 | | 0.043 | 0.689 | 0.129 |
| 15:0....g | 0.021 | | 0 | PAK | 1 | | 0.006 | 0.095 | 0.018 |
| 16:0....g | 1.093 | | 0 | PAK | 1 | | 0.310 | 4.958 | 0.929 |
| 17:0....g | 0.063 | | 0 | PAK | 1 | | 0.018 | 0.286 | 0.054 |
| 18:0....g | 0.730 | | 0 | PAK | 1 | | 0.207 | 3.311 | 0.621 |
| 20:0....g | 0.007 | | 0 | PAK | 1 | | 0.002 | 0.032 | 0.006 |

**NDB No. 17292**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17311**

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

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.00 | | 0 | PAK | 1 | | 52.70 | | |
| Energy....kcal | 219 | | 0 | MC | 9 | | 186 | | |
| Energy....kj | 916 | | | | 9 | | 779 | | |
| Protein (N x 6.25)....g | 25.49 | | 0 | PAK | 1 | | 21.67 | | |
| Total lipid (fat)....g | 12.25 | | 0 | PAK | 1 | | 10.41 | | |
| Ash....g | 1.03 | | 0 | PAK | 1 | | 0.88 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | PAK | 1 | | 18 | | |
| Iron, Fe....mg | 2.12 | | 0 | PAK | 1 | | 1.80 | | |
| Magnesium, Mg....mg | 25 | | 0 | PAK | 1 | | 21 | | |
| Phosphorus, P....mg | 214 | | 0 | PAK | 1 | | 182 | | |
| Potassium, K....mg | 331 | | 0 | PAK | 1 | | 281 | | |
| Sodium, Na....mg | 78 | | 0 | PAK | 1 | | 66 | | |
| Zinc, Zn....mg | 3.36 | | 0 | PAK | 1 | | 2.86 | | |
| Copper, Cu....mg | 0.150 | | 0 | PAK | 1 | | 0.128 | | |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.011 | | |
| Selenium, Se....mcg | 9.6 | | 0 | PAK | 1 | | 8.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.173 | | 0 | PAK | 1 | | 0.147 | | |
| Riboflavin....mg | 0.322 | | 0 | PAK | 1 | | 0.274 | | |
| Niacin....mg | 7.831 | | 0 | PAK | 1 | | 6.656 | | |
| Pantothenic acid....mg | 0.813 | | 0 | PAK | 1 | | 0.691 | | |
| Vitamin B-6....mg | 0.493 | | 0 | PAK | 1 | | 0.419 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.00 | | 0 | PAK | 1 | | 1.70 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.572 | | 0 | MC | 9 | | 4.736 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | PAK | 1 | | 0.017 | | |
| 12:0....g | 0.034 | | 0 | PAK | 1 | | 0.029 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.434 | | 0 | PAK | 1 | | 0.369 | | |
| 15:0....g | 0.064 | | 0 | PAK | 1 | | 0.054 | | |
| 16:0....g | 2.709 | | 0 | PAK | 1 | | 2.303 | | |
| 17:0....g | 0.160 | | 0 | PAK | 1 | | 0.136 | | |
| 18:0....g | 2.136 | | 0 | PAK | 1 | | 1.816 | | |
| 20:0....g | 0.015 | | 0 | PAK | 1 | | 0.013 | | |

**NDB No. 17311**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17310**

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

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.80 | | 0 | PAK | 1 | | 18.94 | 56.78 | |
| Energy....kcal | 203 | | 0 | MC | 9 | | 58 | 173 | |
| Energy....kj | 849 | | | | 9 | | 241 | 722 | |
| Protein (N x 6.25)....g | 19.32 | | 0 | PAK | 1 | | 5.48 | 16.42 | |
| Total lipid (fat)....g | 13.38 | | 0 | PAK | 1 | | 3.79 | 11.37 | |
| Ash....g | 0.88 | | 0 | PAK | 1 | | 0.25 | 0.75 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | | 0 | PAK | 1 | | 4 | 13 | |
| Iron, Fe....mg | 1.66 | | 0 | PAK | 1 | | 0.47 | 1.41 | |
| Magnesium, Mg....mg | 22 | | 0 | PAK | 1 | | 6 | 19 | |
| Phosphorus, P....mg | 185 | | 0 | PAK | 1 | | 52 | 157 | |
| Potassium, K....mg | 302 | | 0 | PAK | 1 | | 86 | 257 | |
| Sodium, Na....mg | 70 | | 0 | PAK | 1 | | 20 | 60 | |
| Zinc, Zn....mg | 2.50 | | 0 | PAK | 1 | | 0.71 | 2.13 | |
| Copper, Cu....mg | 0.130 | | 0 | PAK | 1 | | 0.037 | 0.111 | |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.011 | |
| Selenium, Se....mcg | 8.2 | | 0 | PAK | 1 | | 2.3 | 7.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.169 | | 0 | PAK | 1 | | 0.048 | 0.144 | |
| Riboflavin....mg | 0.290 | | 0 | PAK | 1 | | 0.082 | 0.247 | |
| Niacin....mg | 6.652 | | 0 | PAK | 1 | | 1.886 | 5.654 | |
| Pantothenic acid....mg | 0.615 | | 0 | PAK | 1 | | 0.174 | 0.523 | |
| Vitamin B-6....mg | 0.445 | | 0 | PAK | 1 | | 0.126 | 0.378 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.76 | | 0 | PAK | 1 | | 0.50 | 1.50 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.401 | | 0 | MC | 9 | | 1.815 | 5.441 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.026 | | 0 | PAK | 1 | | 0.007 | 0.022 | |
| 12:0....g | 0.041 | | 0 | PAK | 1 | | 0.012 | 0.035 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.512 | | 0 | PAK | 1 | | 0.145 | 0.435 | |
| 15:0....g | 0.081 | | 0 | PAK | 1 | | 0.023 | 0.069 | |
| 16:0....g | 3.036 | | 0 | PAK | 1 | | 0.861 | 2.581 | |
| 17:0....g | 0.193 | | 0 | PAK | 1 | | 0.055 | 0.164 | |
| 18:0....g | 2.493 | | 0 | PAK | 1 | | 0.707 | 2.119 | |
| 20:0....g | 0.020 | | 0 | PAK | 1 | | 0.006 | 0.017 | |

**NDB No. 17310**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17313**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.45 | 0.312 | 6 | A | 1 | | 54.78 | | |
| Energy....kcal | 192 | | 0 | MC | 9 | | 163 | | |
| Energy....kj | 803 | | | | 9 | | 683 | | |
| Protein (N x 6.25)....g | 26.53 | 0.378 | 6 | A | 1 | | 22.55 | | |
| Total lipid (fat)....g | 8.75 | 0.490 | 6 | A | 1 | | 7.44 | | |
| Ash....g | 1.07 | 0.062 | 6 | A | 1 | | 0.91 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | 1.122 | 6 | A | 1 | | 18 | | |
| Iron, Fe....mg | 2.18 | 0.110 | 6 | A | 1 | | 1.85 | | |
| Magnesium, Mg....mg | 26 | 0.478 | 6 | A | 1 | | 22 | | |
| Phosphorus, P....mg | 220 | 4.354 | 6 | A | 1 | | 187 | | |
| Potassium, K....mg | 340 | 3.222 | 6 | A | 1 | | 289 | | |
| Sodium, Na....mg | 80 | 1.541 | 6 | A | 1 | | 68 | | |
| Zinc, Zn....mg | 3.48 | 0.082 | 6 | A | 1 | | 2.96 | | |
| Copper, Cu....mg | 0.156 | 0.008 | 6 | A | 1 | | 0.133 | | |
| Manganese, Mn....mg | 0.014 | 0.001 | 6 | A | 1 | | 0.012 | | |
| Selenium, Se....mcg | 10.3 | 0.882 | 3 | A | 1 | | 8.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.180 | 0.031 | 3 | A | 1 | | 0.153 | | |
| Riboflavin....mg | 0.333 | 0.033 | 3 | A | 1 | | 0.283 | | |
| Niacin....mg | 8.150 | 0.895 | 3 | A | 1 | | 6.928 | | |
| Pantothenic acid....mg | 0.840 | 0.029 | 3 | A | 1 | | 0.714 | | |
| Vitamin B-6....mg | 0.514 | 0.056 | 3 | A | 1 | | 0.437 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.01 | 0.278 | 3 | A | 1 | | 1.71 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.687 | 0.624 | 6 | A | 1 | | 3.134 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.012 | 0.040 | 5 | A | 1 | | 0.010 | | |
| 12:0....g | 0.021 | 0.031 | 6 | A | 1 | | 0.018 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.274 | 0.105 | 6 | A | 1 | | 0.233 | | |
| 15:0....g | 0.038 | | 6 | A | 1 | | 0.032 | | |
| 16:0....g | 1.891 | 0.490 | 6 | A | 1 | | 1.607 | | |
| 17:0....g | 0.095 | 0.042 | 6 | A | 1 | | 0.081 | | |
| 18:0....g | 1.348 | 0.792 | 6 | A | 1 | | 1.146 | | |
| 20:0....g | 0.008 | | 4 | A | 1 | | 0.007 | | |

**NDB No. 17313**

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

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

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17312**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.17 | 0.494 | 6 | A | 1 | | 20.46 | 61.34 | |
| Energy....kcal | 146 | | 0 | MC | 9 | | 41 | 124 | |
| Energy....kj | 611 | | | | 9 | | 173 | 519 | |
| Protein (N x 6.25)....g | 21.00 | 0.169 | 6 | A | 1 | | 5.95 | 17.85 | |
| Total lipid (fat)....g | 6.24 | 0.388 | 6 | A | 1 | | 1.77 | 5.30 | |
| Ash....g | 0.95 | 0.056 | 6 | A | 1 | | 0.27 | 0.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 1.190 | 6 | A | 1 | | 4 | 13 | |
| Iron, Fe....mg | 1.79 | 0.072 | 6 | A | 1 | | 0.51 | 1.52 | |
| Magnesium, Mg....mg | 24 | 0.285 | 6 | A | 1 | | 7 | 20 | |
| Phosphorus, P....mg | 199 | 3.500 | 6 | A | 1 | | 56 | 169 | |
| Potassium, K....mg | 327 | 1.376 | 6 | A | 1 | | 93 | 278 | |
| Sodium, Na....mg | 75 | 3.504 | 6 | A | 1 | | 21 | 64 | |
| Zinc, Zn....mg | 2.69 | 0.054 | 6 | A | 1 | | 0.76 | 2.29 | |
| Copper, Cu....mg | 0.141 | 0.013 | 6 | A | 1 | | 0.040 | 0.120 | |
| Manganese, Mn....mg | 0.014 | 0.001 | 6 | A | 1 | | 0.004 | 0.012 | |
| Selenium, Se....mcg | 9.0 | 0.577 | 3 | A | 1 | | 2.6 | 7.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.183 | 0.024 | 3 | A | 1 | | 0.052 | 0.156 | |
| Riboflavin....mg | 0.313 | 0.035 | 3 | A | 1 | | 0.089 | 0.266 | |
| Niacin....mg | 7.283 | 1.119 | 3 | A | 1 | | 2.065 | 6.191 | |
| Pantothenic acid....mg | 0.660 | 0.081 | 3 | A | 1 | | 0.187 | 0.561 | |
| Vitamin B-6....mg | 0.488 | 0.050 | 3 | A | 1 | | 0.138 | 0.415 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.85 | 0.157 | 3 | A | 1 | | 0.52 | 1.57 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.673 | 1.147 | 6 | A | 1 | | 0.758 | 2.272 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.011 | | 4 | A | 1 | | 0.003 | 0.009 | |
| 12:0....g | 0.015 | 0.031 | 6 | A | 1 | | 0.004 | 0.013 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.199 | 0.211 | 6 | A | 1 | | 0.056 | 0.169 | |
| 15:0....g | 0.030 | 0.033 | 6 | A | 1 | | 0.009 | 0.026 | |
| 16:0....g | 1.340 | 0.551 | 6 | A | 1 | | 0.380 | 1.139 | |
| 17:0....g | 0.072 | 0.084 | 6 | A | 1 | | 0.020 | 0.061 | |
| 18:0....g | 1.000 | 1.196 | 6 | A | 1 | | 0.284 | 0.850 | |
| 20:0....g | 0.005 | | 1 | A | 1 | | 0.001 | 0.004 | |

**NDB No. 17312**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17315**

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

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.53 | | 0 | PAK | 1 | | 164.54 | 48.90 | |
| Energy....kcal | 277 | | 0 | MC | 9 | | 792 | 235 | |
| Energy....kj | 1159 | | | | 9 | | 3315 | 985 | |
| Protein (N x 6.25)....g | 22.24 | | 0 | PAK | 1 | | 63.61 | 18.90 | |
| Total lipid (fat)....g | 20.21 | | 0 | PAK | 1 | | 57.80 | 17.18 | |
| Ash....g | 0.89 | | 0 | PAK | 1 | | 2.55 | 0.76 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAK | 1 | | 49 | 14 | |
| Iron, Fe....mg | 1.67 | | 0 | PAK | 1 | | 4.78 | 1.42 | |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 60 | 18 | |
| Phosphorus, P....mg | 182 | | 0 | PAK | 1 | | 521 | 155 | |
| Potassium, K....mg | 282 | | 0 | PAK | 1 | | 807 | 240 | |
| Sodium, Na....mg | 77 | | 0 | PAK | 1 | | 220 | 65 | |
| Zinc, Zn....mg | 3.35 | | 0 | PAK | 1 | | 9.58 | 2.85 | |
| Copper, Cu....mg | 0.131 | | 0 | PAK | 1 | | 0.375 | 0.111 | |
| Manganese, Mn....mg | 0.012 | | 0 | PAK | 1 | | 0.034 | 0.010 | |
| Selenium, Se....mcg | 9.1 | | 0 | PAK | 1 | | 26.0 | 7.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.131 | | 0 | PAK | 1 | | 0.375 | 0.111 | |
| Riboflavin....mg | 0.272 | | 0 | PAK | 1 | | 0.778 | 0.231 | |
| Niacin....mg | 5.559 | | 0 | PAK | 1 | | 15.899 | 4.725 | |
| Pantothenic acid....mg | 0.647 | | 0 | PAK | 1 | | 1.850 | 0.550 | |
| Vitamin B-6....mg | 0.382 | | 0 | PAK | 1 | | 1.093 | 0.325 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.94 | | 0 | PAK | 1 | | 5.55 | 1.65 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.734 | | 0 | MC | 9 | | 27.839 | 8.274 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.036 | | 0 | PAK | 1 | | 0.103 | 0.031 | |
| 12:0....g | 0.063 | | 0 | PAK | 1 | | 0.180 | 0.054 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.778 | | 0 | PAK | 1 | | 2.225 | 0.661 | |
| 15:0....g | 0.119 | | 0 | PAK | 1 | | 0.340 | 0.101 | |
| 16:0....g | 4.498 | | 0 | PAK | 1 | | 12.864 | 3.823 | |
| 17:0....g | 0.303 | | 0 | PAK | 1 | | 0.867 | 0.258 | |
| 18:0....g | 3.901 | | 0 | PAK | 1 | | 11.157 | 3.316 | |
| 20:0....g | 0.035 | | 0 | PAK | 1 | | 0.100 | 0.030 | |

**NDB No. 17315**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17314**

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

**Refuse:** 26% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 59.01 | | 0 | PAK | 1 | | 16.73 | 267.67 | 50.16 |
| Energy | kcal | 289 | | 0 | MC | 9 | | 82 | 1311 | 246 |
| Energy | kj | 1209 | | | | 9 | | 343 | 5485 | 1028 |
| Protein (N x 6.25) | g | 16.46 | | 0 | PAK | 1 | | 4.67 | 74.66 | 13.99 |
| Total lipid (fat) | g | 24.20 | | 0 | PAK | 1 | | 6.86 | 109.77 | 20.57 |
| Ash | g | 0.75 | | 0 | PAK | 1 | | 0.21 | 3.40 | 0.64 |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 13 | | 0 | PAK | 1 | | 4 | 59 | 11 |
| Iron, Fe | mg | 1.34 | | 0 | PAK | 1 | | 0.38 | 6.08 | 1.14 |
| Magnesium, Mg | mg | 18 | | 0 | PAK | 1 | | 5 | 82 | 15 |
| Phosphorus, P | mg | 156 | | 0 | PAK | 1 | | 44 | 708 | 133 |
| Potassium, K | mg | 254 | | 0 | PAK | 1 | | 72 | 1152 | 216 |
| Sodium, Na | mg | 68 | | 0 | PAK | 1 | | 19 | 308 | 58 |
| Zinc, Zn | mg | 2.51 | | 0 | PAK | 1 | | 0.71 | 11.39 | 2.13 |
| Copper, Cu | mg | 0.120 | | 0 | PAK | 1 | | 0.034 | 0.544 | 0.102 |
| Manganese, Mn | mg | 0.009 | | 0 | PAK | 1 | | 0.003 | 0.041 | 0.008 |
| Selenium, Se | mcg | 6.9 | | 0 | PAK | 1 | | 2.0 | 31.3 | 5.9 |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.145 | | 0 | PAK | 1 | | 0.041 | 0.658 | 0.123 |
| Riboflavin | mg | 0.232 | | 0 | PAK | 1 | | 0.066 | 1.052 | 0.197 |
| Niacin | mg | 5.103 | | 0 | PAK | 1 | | 1.447 | 23.147 | 4.338 |
| Pantothenic acid | mg | 0.501 | | 0 | PAK | 1 | | 0.142 | 2.273 | 0.426 |
| Vitamin B-6 | mg | 0.347 | | 0 | PAK | 1 | | 0.098 | 1.574 | 0.295 |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.62 | | 0 | PAK | 1 | | 0.46 | 7.35 | 1.38 |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin A, IU | IU | | | | | | | | | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.925 | | 0 | MC | 9 | | 3.381 | 54.092 | 10.136 |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.047 | | 0 | PAK | 1 | | 0.013 | 0.213 | 0.040 |
| 12:0 | g | 0.076 | | 0 | PAK | 1 | | 0.022 | 0.345 | 0.065 |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.965 | | 0 | PAK | 1 | | 0.274 | 4.377 | 0.820 |
| 15:0 | g | 0.153 | | 0 | PAK | 1 | | 0.043 | 0.694 | 0.130 |
| 16:0 | g | 5.561 | | 0 | PAK | 1 | | 1.577 | 25.225 | 4.727 |
| 17:0 | g | 0.370 | | 0 | PAK | 1 | | 0.105 | 1.678 | 0.315 |
| 18:0 | g | 4.712 | | 0 | PAK | 1 | | 1.336 | 21.374 | 4.005 |
| 20:0 | g | 0.042 | | 0 | PAK | 1 | | 0.012 | 0.191 | 0.036 |

**NDB No. 17314**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17317**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.78 | 0.748 | 6 | A | 1 | | 153.71 | 54.21 | |
| Energy....kcal | 210 | | 0 | MC | 9 | | 506 | 179 | |
| Energy....kj | 879 | | | | 9 | | 2118 | 747 | |
| Protein (N x 6.25)....g | 24.63 | 0.272 | 6 | A | 1 | | 59.36 | 20.94 | |
| Total lipid (fat)....g | 11.60 | 0.967 | 6 | A | 1 | | 27.96 | 9.86 | |
| Ash....g | 0.97 | 0.056 | 6 | A | 1 | | 2.34 | 0.82 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 1.573 | 6 | A | 1 | | 36 | 13 | |
| Iron, Fe....mg | 1.78 | 0.100 | 6 | A | 1 | | 4.29 | 1.51 | |
| Magnesium, Mg....mg | 23 | 0.271 | 6 | A | 1 | | 55 | 20 | |
| Phosphorus, P....mg | 195 | 3.183 | 6 | A | 1 | | 470 | 166 | |
| Potassium, K....mg | 302 | 1.352 | 6 | A | 1 | | 728 | 257 | |
| Sodium, Na....mg | 82 | 2.306 | 6 | A | 1 | | 198 | 70 | |
| Zinc, Zn....mg | 3.70 | 0.072 | 6 | A | 1 | | 8.92 | 3.15 | |
| Copper, Cu....mg | 0.143 | 0.012 | 6 | A | 1 | | 0.345 | 0.122 | |
| Manganese, Mn....mg | 0.013 | 0.001 | 6 | A | 1 | | 0.031 | 0.011 | |
| Selenium, Se....mcg | 9.7 | 0.333 | 3 | A | 1 | | 23.4 | 8.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.143 | 0.024 | 3 | A | 1 | | 0.345 | 0.122 | |
| Riboflavin....mg | 0.297 | 0.026 | 3 | A | 1 | | 0.716 | 0.252 | |
| Niacin....mg | 6.057 | 0.640 | 3 | A | 1 | | 14.597 | 5.148 | |
| Pantothenic acid....mg | 0.693 | 0.050 | 3 | A | 1 | | 1.670 | 0.589 | |
| Vitamin B-6....mg | 0.421 | 0.054 | 3 | A | 1 | | 1.015 | 0.358 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.96 | 0.034 | 3 | A | 1 | | 4.72 | 1.67 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.072 | 0.959 | 6 | A | 1 | | 12.224 | 4.311 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.015 | 0.022 | 6 | A | 1 | | 0.036 | 0.013 | |
| 12:0....g | 0.032 | 0.017 | 6 | A | 1 | | 0.077 | 0.027 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.381 | 0.095 | 6 | A | 1 | | 0.918 | 0.324 | |
| 15:0....g | 0.055 | 0.022 | 6 | A | 1 | | 0.133 | 0.047 | |
| 16:0....g | 2.473 | 0.154 | 6 | A | 1 | | 5.960 | 2.102 | |
| 17:0....g | 0.143 | 0.033 | 6 | A | 1 | | 0.345 | 0.122 | |
| 18:0....g | 1.955 | 0.782 | 6 | A | 1 | | 4.712 | 1.662 | |
| 20:0....g | 0.018 | 0.017 | 6 | A | 1 | | 0.043 | 0.015 | |

**NDB No. 17317**

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

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

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17316**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.17 | 0.611 | 6 | A | 1 | | 20.18 | 322.83 | 60.49 |
| Energy....kcal | 160 | | 0 | MC | 9 | | 45 | 726 | 136 |
| Energy....kj | 669 | | | | 9 | | 190 | 3037 | 569 |
| Protein (N x 6.25)....g | 20.12 | 0.233 | 6 | A | 1 | | 5.70 | 91.26 | 17.10 |
| Total lipid (fat)....g | 8.20 | 0.757 | 6 | A | 1 | | 2.32 | 37.20 | 6.97 |
| Ash....g | 0.90 | 0.068 | 6 | A | 1 | | 0.26 | 4.08 | 0.77 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | 1.181 | 6 | A | 1 | | 3 | 45 | 9 |
| Iron, Fe....mg | 1.59 | 0.074 | 6 | A | 1 | | 0.45 | 7.21 | 1.35 |
| Magnesium, Mg....mg | 22 | 0.287 | 6 | A | 1 | | 6 | 100 | 19 |
| Phosphorus, P....mg | 186 | 4.074 | 6 | A | 1 | | 53 | 844 | 158 |
| Potassium, K....mg | 305 | 3.393 | 6 | A | 1 | | 86 | 1383 | 259 |
| Sodium, Na....mg | 81 | 3.314 | 6 | A | 1 | | 23 | 367 | 69 |
| Zinc, Zn....mg | 3.03 | 0.061 | 6 | A | 1 | | 0.86 | 13.74 | 2.58 |
| Copper, Cu....mg | 0.147 | 0.025 | 6 | A | 1 | | 0.042 | 0.667 | 0.125 |
| Manganese, Mn....mg | 0.012 | 0.001 | 6 | A | 1 | | 0.003 | 0.054 | 0.010 |
| Selenium, Se....mcg | 8.7 | 1.764 | 3 | A | 1 | | 2.5 | 39.5 | 7.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.177 | 0.020 | 3 | A | 1 | | 0.050 | 0.803 | 0.150 |
| Riboflavin....mg | 0.277 | 0.026 | 3 | A | 1 | | 0.079 | 1.256 | 0.235 |
| Niacin....mg | 6.303 | 0.683 | 3 | A | 1 | | 1.787 | 28.590 | 5.358 |
| Pantothenic acid....mg | 0.587 | 0.056 | 3 | A | 1 | | 0.166 | 2.663 | 0.499 |
| Vitamin B-6....mg | 0.432 | 0.040 | 3 | A | 1 | | 0.122 | 1.960 | 0.367 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.82 | 0.110 | 3 | A | 1 | | 0.52 | 8.26 | 1.55 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.533 | 1.086 | 6 | A | 1 | | 1.002 | 16.026 | 3.003 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.012 | 0.025 | 4 | A | 1 | | 0.003 | 0.054 | 0.010 |
| 12:0....g | 0.018 | 0.034 | 6 | A | 1 | | 0.005 | 0.082 | 0.015 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.256 | 0.171 | 6 | A | 1 | | 0.073 | 1.161 | 0.218 |
| 15:0....g | 0.039 | 0.034 | 6 | A | 1 | | 0.011 | 0.177 | 0.033 |
| 16:0....g | 1.750 | 0.409 | 6 | A | 1 | | 0.496 | 7.938 | 1.488 |
| 17:0....g | 0.095 | 0.034 | 6 | A | 1 | | 0.027 | 0.431 | 0.081 |
| 18:0....g | 1.354 | 0.869 | 6 | A | 1 | | 0.384 | 6.142 | 1.151 |
| 20:0....g | 0.009 | 0.033 | 3 | A | 1 | | 0.003 | 0.041 | 0.008 |

**NDB No. 17316**

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

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17285**

**Lamb, Australian, imported, fresh, separable fat, cooked**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 24.00 | 1.099 | 6 | A | 1 | | 59.52 | 20.40 | |
| Energy | kcal | 639 | | 0 | MC | 9 | | 1585 | 543 | |
| Energy | kj | 2674 | | | | 9 | | 6630 | 2273 | |
| Protein (N x 6.25) | g | 9.42 | 0.259 | 6 | A | 1 | | 23.36 | 8.01 | |
| Total lipid (fat) | g | 66.40 | 1.283 | 6 | A | 1 | | 164.67 | 56.44 | |
| Ash | g | 0.45 | 0.062 | 6 | A | 1 | | 1.12 | 0.38 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 27 | 1.436 | 6 | A | 1 | | 67 | 23 | |
| Iron, Fe | mg | 1.11 | 0.048 | 6 | A | 1 | | 2.75 | 0.94 | |
| Magnesium, Mg | mg | 12 | 0.419 | 6 | A | 1 | | 30 | 10 | |
| Phosphorus, P | mg | 114 | 2.738 | 6 | A | 1 | | 283 | 97 | |
| Potassium, K | mg | 179 | 6.416 | 6 | A | 1 | | 444 | 152 | |
| Sodium, Na | mg | 51 | 2.512 | 6 | A | 1 | | 126 | 43 | |
| Zinc, Zn | mg | 1.48 | 0.095 | 6 | A | 1 | | 3.67 | 1.26 | |
| Copper, Cu | mg | 0.065 | 0.012 | 6 | A | 1 | | 0.161 | 0.055 | |
| Manganese, Mn | mg | 0.010 | | 2 | A | 1 | | 0.025 | 0.009 | |
| Selenium, Se | mcg | 5.8 | | 2 | A | 1 | | 14.4 | 4.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.063 | 0.015 | 3 | A | 1 | | 0.156 | 0.054 | |
| Riboflavin | mg | 0.140 | 0.012 | 3 | A | 1 | | 0.347 | 0.119 | |
| Niacin | mg | 2.890 | 0.217 | 3 | A | 1 | | 7.167 | 2.457 | |
| Pantothenic acid | mg | 0.400 | 0.040 | 3 | A | 1 | | 0.992 | 0.340 | |
| Vitamin B-6 | mg | 0.171 | 0.023 | 3 | A | 1 | | 0.424 | 0.145 | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.84 | 0.019 | 3 | A | 1 | | 4.56 | 1.56 | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin A, IU | IU | | | | | | | | | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 34.751 | 0.687 | 6 | MC | 9 | | 86.182 | 29.538 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.148 | 0.021 | 6 | A | 1 | | 0.367 | 0.126 | |
| 12:0 | g | 0.232 | 0.021 | 6 | A | 1 | | 0.575 | 0.197 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 2.911 | 0.121 | 6 | A | 1 | | 7.219 | 2.474 | |
| 15:0 | g | 0.464 | 0.021 | 6 | A | 1 | | 1.151 | 0.394 | |
| 16:0 | g | 15.366 | 0.197 | 6 | A | 1 | | 38.108 | 13.061 | |
| 17:0 | g | 1.160 | 0.056 | 6 | A | 1 | | 2.877 | 0.986 | |
| 18:0 | g | 14.343 | 0.754 | 6 | A | 1 | | 35.571 | 12.192 | |
| 20:0 | g | 0.127 | 0.000 | 6 | A | 1 | | 0.315 | 0.108 | |

**NDB No. 17285**

**Lamb, Australian, imported, fresh, separable fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 26.377 | 0.621 | 6 | MC | 9 | | 65.415 | 22.420 | |
| 14:1 g | 0.127 | 0.000 | 6 | A | 1 | | 0.315 | 0.108 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 1.223 | 0.115 | 6 | A | 1 | | 3.033 | 1.040 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 24.299 | 0.528 | 6 | A | 1 | | 60.262 | 20.654 | |
| 20:1 g | 0.253 | 0.041 | 4 | A | 1 | | 0.627 | 0.215 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.331 | 0.153 | 6 | MC | 9 | | 5.781 | 1.981 | |
| 18:2 undifferentiated g | 1.519 | 0.093 | 6 | A | 1 | | 3.767 | 1.291 | |
| 18:3 undifferentiated g | 0.749 | 0.054 | 6 | A | 1 | | 1.858 | 0.637 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.063 | | 1 | A | 1 | | 0.156 | 0.054 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 83 | 3.557 | 6 | A | 1 | | 206 | 71 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.110 | | 0 | | 1 | | 0.273 | 0.094 | |
| Threonine g | 0.402 | | 0 | | 1 | | 0.997 | 0.342 | |
| Isoleucine g | 0.455 | | 0 | | 1 | | 1.128 | 0.387 | |
| Leucine g | 0.732 | | 0 | | 1 | | 1.815 | 0.622 | |
| Lysine g | 0.832 | | 0 | | 1 | | 2.063 | 0.707 | |
| Methionine g | 0.241 | | 0 | | 1 | | 0.598 | 0.205 | |
| Cystine g | 0.113 | | 0 | | 1 | | 0.280 | 0.096 | |
| Phenylalanine g | 0.383 | | 0 | | 1 | | 0.950 | 0.326 | |
| Tyrosine g | 0.316 | | 0 | | 1 | | 0.784 | 0.269 | |
| Valine g | 0.508 | | 0 | | 1 | | 1.260 | 0.432 | |
| Arginine g | 0.559 | | 0 | | 1 | | 1.386 | 0.475 | |
| Histidine g | 0.298 | | 0 | | 1 | | 0.739 | 0.253 | |
| Alanine g | 0.567 | | 0 | | 1 | | 1.406 | 0.482 | |
| Aspartic acid g | 0.829 | | 0 | | 1 | | 2.056 | 0.705 | |
| Glutamic acid g | 1.367 | | 0 | | 1 | | 3.390 | 1.162 | |
| Glycine g | 0.460 | | 0 | | 1 | | 1.141 | 0.391 | |
| Proline g | 0.395 | | 0 | | 1 | | 0.980 | 0.336 | |
| Serine g | 0.350 | | 0 | | 1 | | 0.868 | 0.298 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17284**
**Lamb, Australian, imported, fresh, separable fat, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 25.08 | 1.200 | 6 | A | 1 | | 7.11 | 113.76 | 21.32 |
| Energy....kcal | 648 | | 0 | MC | 9 | | 184 | 2939 | 551 |
| Energy....kj | 2711 | | | | 9 | | 769 | 12298 | 2305 |
| Protein (N x 6.25)....g | 6.27 | 0.418 | 6 | A | 1 | | 1.78 | 28.44 | 5.33 |
| Total lipid (fat)....g | 68.87 | 1.254 | 6 | A | 1 | | 19.52 | 312.39 | 58.54 |
| Ash....g | 0.35 | 0.081 | 6 | A | 1 | | 0.10 | 1.59 | 0.30 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | 2.840 | 6 | A | 1 | | 5 | 86 | 16 |
| Iron, Fe....mg | 0.63 | 0.025 | 6 | A | 1 | | 0.18 | 2.86 | 0.54 |
| Magnesium, Mg....mg | 7 | 0.345 | 6 | A | 1 | | 2 | 32 | 6 |
| Phosphorus, P....mg | 71 | 3.167 | 6 | A | 1 | | 20 | 322 | 60 |
| Potassium, K....mg | 112 | 4.053 | 6 | A | 1 | | 32 | 508 | 95 |
| Sodium, Na....mg | 33 | 1.758 | 6 | A | 1 | | 9 | 150 | 28 |
| Zinc, Zn....mg | 1.06 | 0.074 | 6 | A | 1 | | 0.30 | 4.81 | 0.90 |
| Copper, Cu....mg | 0.046 | 0.006 | 6 | A | 1 | | 0.013 | 0.209 | 0.039 |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | 4.0 | 0.483 | 3 | A | 1 | | 1.1 | 18.1 | 3.4 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.057 | 0.009 | 3 | A | 1 | | 0.016 | 0.259 | 0.048 |
| Riboflavin....mg | 0.107 | 0.017 | 3 | A | 1 | | 0.030 | 0.485 | 0.091 |
| Niacin....mg | 1.753 | 0.093 | 3 | A | 1 | | 0.497 | 7.952 | 1.490 |
| Pantothenic acid....mg | 0.263 | 0.054 | 3 | A | 1 | | 0.075 | 1.193 | 0.224 |
| Vitamin B-6....mg | 0.111 | 0.012 | 3 | A | 1 | | 0.031 | 0.503 | 0.094 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.06 | 0.107 | 3 | A | 1 | | 0.30 | 4.81 | 0.90 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 35.353 | 1.326 | 6 | MC | 9 | | 10.023 | 160.361 | 30.050 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.142 | 0.017 | 6 | A | 1 | | 0.040 | 0.644 | 0.121 |
| 12:0....g | 0.241 | 0.021 | 6 | A | 1 | | 0.068 | 1.093 | 0.205 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.942 | 0.223 | 6 | A | 1 | | 0.834 | 13.345 | 2.501 |
| 15:0....g | 0.470 | 0.048 | 6 | A | 1 | | 0.133 | 2.132 | 0.400 |
| 16:0....g | 16.200 | 0.234 | 6 | A | 1 | | 4.593 | 73.483 | 13.770 |
| 17:0....g | 1.138 | 0.120 | 6 | A | 1 | | 0.323 | 5.162 | 0.967 |
| 18:0....g | 14.089 | 1.121 | 6 | A | 1 | | 3.994 | 63.908 | 11.976 |
| 20:0....g | 0.131 | 0.000 | 6 | A | 1 | | 0.037 | 0.594 | 0.111 |

**NDB No. 17284**

**Lamb, Australian, imported, fresh, separable fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 27.975 | 1.156 | 6 | MC | 9 | | 7.931 | 126.895 | 23.779 |
| 14:1 g | 0.120 | 0.017 | 6 | A | 1 | | 0.034 | 0.544 | 0.102 |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 1.334 | 0.112 | 6 | A | 1 | | 0.378 | 6.051 | 1.134 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 25.771 | 1.141 | 6 | A | 1 | | 7.306 | 116.897 | 21.905 |
| 20:1 g | 0.246 | 0.085 | 4 | A | 1 | | 0.070 | 1.116 | 0.209 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.844 | 0.250 | 6 | MC | 9 | | 0.806 | 12.900 | 2.417 |
| 18:2 undifferentiated g | 1.652 | 0.125 | 6 | A | 1 | | 0.468 | 7.493 | 1.404 |
| 18:3 undifferentiated g | 0.798 | 0.060 | 6 | A | 1 | | 0.226 | 3.620 | 0.678 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.263 | | 1 | A | 1 | | 0.075 | 1.193 | 0.224 |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 77 | 3.405 | 6 | A | 1 | | 22 | 349 | 65 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.073 | | 0 | | 1 | | 0.021 | 0.331 | 0.062 |
| Threonine g | 0.268 | | 0 | | 1 | | 0.076 | 1.216 | 0.228 |
| Isoleucine g | 0.303 | | 0 | | 1 | | 0.086 | 1.374 | 0.258 |
| Leucine g | 0.487 | | 0 | | 1 | | 0.138 | 2.209 | 0.414 |
| Lysine g | 0.553 | | 0 | | 1 | | 0.157 | 2.508 | 0.470 |
| Methionine g | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | 0.136 |
| Cystine g | 0.075 | | 0 | | 1 | | 0.021 | 0.340 | 0.064 |
| Phenylalanine g | 0.255 | | 0 | | 1 | | 0.072 | 1.157 | 0.217 |
| Tyrosine g | 0.211 | | 0 | | 1 | | 0.060 | 0.957 | 0.179 |
| Valine g | 0.338 | | 0 | | 1 | | 0.096 | 1.533 | 0.287 |
| Arginine g | 0.372 | | 0 | | 1 | | 0.105 | 1.687 | 0.316 |
| Histidine g | 0.199 | | 0 | | 1 | | 0.056 | 0.903 | 0.169 |
| Alanine g | 0.377 | | 0 | | 1 | | 0.107 | 1.710 | 0.320 |
| Aspartic acid g | 0.551 | | 0 | | 1 | | 0.156 | 2.499 | 0.468 |
| Glutamic acid g | 0.909 | | 0 | | 1 | | 0.258 | 4.123 | 0.773 |
| Glycine g | 0.306 | | 0 | | 1 | | 0.087 | 1.388 | 0.260 |
| Proline g | 0.263 | | 0 | | 1 | | 0.075 | 1.193 | 0.224 |
| Serine g | 0.233 | | 0 | | 1 | | 0.066 | 1.057 | 0.198 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17329**

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

**Refuse:** 36% Bone 25%, separable fat 11%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.25 | 0.454 | 6 | A | 1 | | 145.04 | 52.91 | |
| Energy....kcal | 231 | | 0 | MC | 9 | | 538 | 196 | |
| Energy....kj | 967 | | | | 9 | | 2252 | 822 | |
| Protein (N x 6.25)....g | 23.83 | 0.297 | 6 | A | 1 | | 55.52 | 20.26 | |
| Total lipid (fat)....g | 14.38 | 0.917 | 6 | A | 1 | | 33.51 | 12.22 | |
| Ash....g | 1.07 | 0.062 | 6 | A | 1 | | 2.49 | 0.91 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | 1.923 | 3 | A | 1 | | 65 | 24 | |
| Iron, Fe....mg | 1.67 | 0.101 | 3 | A | 1 | | 3.89 | 1.42 | |
| Magnesium, Mg....mg | 21 | 0.333 | 3 | A | 1 | | 49 | 18 | |
| Phosphorus, P....mg | 188 | 1.528 | 3 | A | 1 | | 438 | 160 | |
| Potassium, K....mg | 315 | 4.807 | 3 | A | 1 | | 734 | 268 | |
| Sodium, Na....mg | 94 | 2.193 | 3 | A | 1 | | 219 | 80 | |
| Zinc, Zn....mg | 6.32 | 0.234 | 3 | A | 1 | | 14.73 | 5.37 | |
| Copper, Cu....mg | 0.131 | 0.015 | 3 | A | 1 | | 0.305 | 0.111 | |
| Manganese, Mn....mg | 0.013 | 0.001 | 3 | A | 1 | | 0.030 | 0.011 | |
| Selenium, Se....mcg | 9.0 | | 0 | BFYN | 4 | | 21.0 | 7.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.100 | | 2 | A | 1 | | 0.233 | 0.085 | |
| Riboflavin....mg | 0.290 | | 2 | A | 1 | | 0.676 | 0.247 | |
| Niacin....mg | 4.695 | | 2 | A | 1 | | 10.939 | 3.991 | |
| Pantothenic acid....mg | 0.775 | | 2 | A | 1 | | 1.806 | 0.659 | |
| Vitamin B-6....mg | 0.211 | | 2 | A | 1 | | 0.492 | 0.179 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.56 | | 2 | A | 1 | | 8.29 | 3.03 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.334 | 0.907 | 3 | A | 1 | | 14.758 | 5.384 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.019 | | 2 | A | 1 | | 0.044 | 0.016 | |
| 12:0....g | 0.041 | 0.033 | 3 | A | 1 | | 0.096 | 0.035 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.487 | 0.260 | 3 | A | 1 | | 1.135 | 0.414 | |
| 15:0....g | 0.070 | 0.033 | 3 | A | 1 | | 0.163 | 0.060 | |
| 16:0....g | 3.075 | 0.536 | 3 | A | 1 | | 7.165 | 2.614 | |
| 17:0....g | 0.186 | 0.058 | 3 | A | 1 | | 0.433 | 0.158 | |
| 18:0....g | 2.386 | 1.203 | 3 | A | 1 | | 5.559 | 2.028 | |
| 20:0....g | 0.070 | 0.367 | 3 | A | 1 | | 0.163 | 0.060 | |

**NDB No. 17329**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 5.589 | 0.876 | 3 | A | 1 | | 13.022 | 4.751 | |
| 14:1 g | 0.021 | 0.033 | 3 | A | 1 | | 0.049 | 0.018 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.248 | 0.173 | 3 | A | 1 | | 0.578 | 0.211 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.181 | 0.817 | 3 | A | 1 | | 12.072 | 4.404 | |
| 20:1 g | 0.041 | 0.088 | 3 | A | 1 | | 0.096 | 0.035 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.559 | 0.145 | 3 | A | 1 | | 1.302 | 0.475 | |
| 18:2 undifferentiated g | 0.324 | 0.067 | 3 | A | 1 | | 0.755 | 0.275 | |
| 18:3 undifferentiated g | 0.157 | 0.033 | 3 | A | 1 | | 0.366 | 0.133 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.041 | 0.033 | 3 | A | 1 | | 0.096 | 0.035 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 85 | 0.764 | 3 | A | 1 | | 198 | 72 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.278 | | 0 | | 1 | | 0.648 | 0.236 | |
| Threonine g | 1.018 | | 0 | | 1 | | 2.372 | 0.865 | |
| Isoleucine g | 1.152 | | 0 | | 1 | | 2.684 | 0.979 | |
| Leucine g | 1.853 | | 0 | | 1 | | 4.317 | 1.575 | |
| Lysine g | 2.105 | | 0 | | 1 | | 4.905 | 1.789 | |
| Methionine g | 0.610 | | 0 | | 1 | | 1.421 | 0.519 | |
| Cystine g | 0.286 | | 0 | | 1 | | 0.666 | 0.243 | |
| Phenylalanine g | 0.969 | | 0 | | 1 | | 2.258 | 0.824 | |
| Tyrosine g | 0.801 | | 0 | | 1 | | 1.866 | 0.681 | |
| Valine g | 1.285 | | 0 | | 1 | | 2.994 | 1.092 | |
| Arginine g | 1.415 | | 0 | | 1 | | 3.297 | 1.203 | |
| Histidine g | 0.755 | | 0 | | 1 | | 1.759 | 0.642 | |
| Alanine g | 1.434 | | 0 | | 1 | | 3.341 | 1.219 | |
| Aspartic acid g | 2.097 | | 0 | | 1 | | 4.886 | 1.782 | |
| Glutamic acid g | 3.459 | | 0 | | 1 | | 8.059 | 2.940 | |
| Glycine g | 1.163 | | 0 | | 1 | | 2.710 | 0.989 | |
| Proline g | 0.999 | | 0 | | 1 | | 2.328 | 0.849 | |
| Serine g | 0.885 | | 0 | | 1 | | 2.062 | 0.752 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17323**

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

**Refuse:** 13% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.03 | | 0 | PAK | 1 | | 43.38 | | |
| Energy | kcal | 311 | | 0 | MC | 9 | | 264 | | |
| Energy | kj | 1301 | | | | 9 | | 1106 | | |
| Protein (N x 6.25) | g | 29.70 | | 0 | PAK | 1 | | 25.25 | | |
| Total lipid (fat) | g | 20.38 | | 0 | PAK | 1 | | 17.32 | | |
| Ash | g | 0.93 | | 0 | PAK | 1 | | 0.79 | | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 27 | | 0 | PAK | 1 | | 23 | | |
| Iron, Fe | mg | 2.42 | | 0 | PAK | 1 | | 2.06 | | |
| Magnesium, Mg | mg | 23 | | 0 | PAK | 1 | | 20 | | |
| Phosphorus, P | mg | 201 | | 0 | PAK | 1 | | 171 | | |
| Potassium, K | mg | 268 | | 0 | PAK | 1 | | 228 | | |
| Sodium, Na | mg | 73 | | 0 | PAK | 1 | | 62 | | |
| Zinc, Zn | mg | 6.64 | | 0 | PAK | 1 | | 5.64 | | |
| Copper, Cu | mg | 0.188 | | 0 | PAK | 1 | | 0.160 | | |
| Manganese, Mn | mg | 0.018 | | 0 | PAK | 1 | | 0.015 | | |
| Selenium, Se | mcg | 9.2 | | 0 | BFNN | 4 | | 7.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.093 | | 0 | PAK | 1 | | 0.079 | | |
| Riboflavin | mg | 0.263 | | 0 | PAK | 1 | | 0.224 | | |
| Niacin | mg | 4.369 | | 0 | PAK | 1 | | 3.714 | | |
| Pantothenic acid | mg | 0.707 | | 0 | PAK | 1 | | 0.601 | | |
| Vitamin B-6 | mg | 0.203 | | 0 | PAK | 1 | | 0.173 | | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 3.25 | | 0 | PAK | 1 | | 2.76 | | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin A, IU | IU | | | | | | | | | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 9.696 | | 0 | MC | 9 | | 8.242 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.041 | | 0 | PAK | 1 | | 0.035 | | |
| 12:0 | g | 0.064 | | 0 | PAK | 1 | | 0.054 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.788 | | 0 | PAK | 1 | | 0.670 | | |
| 15:0 | g | 0.127 | | 0 | PAK | 1 | | 0.108 | | |
| 16:0 | g | 4.482 | | 0 | PAK | 1 | | 3.810 | | |
| 17:0 | g | 0.311 | | 0 | PAK | 1 | | 0.264 | | |
| 18:0 | g | 3.852 | | 0 | PAK | 1 | | 3.274 | | |
| 20:0 | g | 0.032 | | 0 | PAK | 1 | | 0.027 | | |

**NDB No. 17323**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.173 | | 0 | MC | 9 | | 6.947 | | |
| 14:1 g | 0.034 | | 0 | PAK | 1 | | 0.029 | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.373 | | 0 | PAK | 1 | | 0.317 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.541 | | 0 | PAK | 1 | | 6.410 | | |
| 20:1 g | 0.072 | | 0 | PAK | 1 | | 0.061 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.830 | | 0 | MC | 9 | | 0.706 | | |
| 18:2 undifferentiated g | 0.517 | | 0 | PAK | 1 | | 0.439 | | |
| 18:3 undifferentiated g | 0.246 | | 0 | PAK | 1 | | 0.209 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.060 | | 0 | PAK | 1 | | 0.051 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 106 | | 0 | PAK | 1 | | 90 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.347 | | 0 | | 1 | | 0.295 | | |
| Threonine g | 1.269 | | 0 | | 1 | | 1.079 | | |
| Isoleucine g | 1.435 | | 0 | | 1 | | 1.220 | | |
| Leucine g | 2.309 | | 0 | | 1 | | 1.963 | | |
| Lysine g | 2.623 | | 0 | | 1 | | 2.230 | | |
| Methionine g | 0.760 | | 0 | | 1 | | 0.646 | | |
| Cystine g | 0.356 | | 0 | | 1 | | 0.303 | | |
| Phenylalanine g | 1.207 | | 0 | | 1 | | 1.026 | | |
| Tyrosine g | 0.998 | | 0 | | 1 | | 0.848 | | |
| Valine g | 1.601 | | 0 | | 1 | | 1.361 | | |
| Arginine g | 1.763 | | 0 | | 1 | | 1.499 | | |
| Histidine g | 0.941 | | 0 | | 1 | | 0.800 | | |
| Alanine g | 1.787 | | 0 | | 1 | | 1.519 | | |
| Aspartic acid g | 2.613 | | 0 | | 1 | | 2.221 | | |
| Glutamic acid g | 4.309 | | 0 | | 1 | | 3.663 | | |
| Glycine g | 1.449 | | 0 | | 1 | | 1.232 | | |
| Proline g | 1.245 | | 0 | | 1 | | 1.058 | | |
| Serine g | 1.102 | | 0 | | 1 | | 0.937 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 63.82 | | 0 | PAK | 1 | | 18.09 | 54.25 | |
| Energy | kcal | 243 | | 0 | MC | 9 | | 69 | 207 | |
| Energy | kj | 1017 | | | | 9 | | 288 | 864 | |
| Protein (N x 6.25) | g | 17.06 | | 0 | PAK | 1 | | 4.84 | 14.50 | |
| Total lipid (fat) | g | 18.89 | | 0 | PAK | 1 | | 5.36 | 16.06 | |
| Ash | g | 0.83 | | 0 | PAK | 1 | | 0.24 | 0.71 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | PAK | 1 | | 5 | 14 | |
| Iron, Fe | mg | 1.35 | | 0 | PAK | 1 | | 0.38 | 1.15 | |
| Magnesium, Mg | mg | 19 | | 0 | PAK | 1 | | 5 | 16 | |
| Phosphorus, P | mg | 168 | | 0 | PAK | 1 | | 48 | 143 | |
| Potassium, K | mg | 281 | | 0 | PAK | 1 | | 80 | 239 | |
| Sodium, Na | mg | 72 | | 0 | PAK | 1 | | 20 | 61 | |
| Zinc, Zn | mg | 3.52 | | 0 | PAK | 1 | | 1.00 | 2.99 | |
| Copper, Cu | mg | 0.120 | | 0 | PAK | 1 | | 0.034 | 0.102 | |
| Manganese, Mn | mg | 0.012 | | 0 | PAK | 1 | | 0.003 | 0.010 | |
| Selenium, Se | mcg | 6.5 | | 0 | PIE | 4 | | 1.8 | 5.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.107 | | 0 | PAK | 1 | | 0.030 | 0.091 | |
| Riboflavin | mg | 0.212 | | 0 | PAK | 1 | | 0.060 | 0.180 | |
| Niacin | mg | 3.994 | | 0 | PAK | 1 | | 1.132 | 3.395 | |
| Pantothenic acid | mg | 0.677 | | 0 | PAK | 1 | | 0.192 | 0.575 | |
| Vitamin B-6 | mg | 0.260 | | 0 | PAK | 1 | | 0.074 | 0.221 | |
| Folate, total | mcg | | | | | | | | | |
| Folate, DFE | mcg_DFE | | | | | | | | | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.60 | | 0 | PAK | 1 | | 0.74 | 2.21 | |
| Vitamin A, RAE | mcg_RAE | | | | | | | | | |
| Vitamin A, IU | IU | | | | | | | | | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 9.125 | | 0 | MC | 9 | | 2.587 | 7.756 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.060 | | 0 | PAK | 1 | | 0.017 | 0.051 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.752 | | 0 | PAK | 1 | | 0.213 | 0.639 | |
| 15:0 | g | 0.117 | | 0 | PAK | 1 | | 0.033 | 0.099 | |
| 16:0 | g | 4.310 | | 0 | PAK | 1 | | 1.222 | 3.664 | |
| 17:0 | g | 0.289 | | 0 | PAK | 1 | | 0.082 | 0.246 | |
| 18:0 | g | 3.597 | | 0 | PAK | 1 | | 1.020 | 3.057 | |
| 20:0 | g | | | | | | | | | |

**NDB No. 17322**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 7.697 | | 0 | MC | 9 | | 2.182 | 6.542 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.363 | | 0 | PAK | 1 | | 0.103 | 0.309 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.122 | | 0 | PAK | 1 | | 2.019 | 6.054 | |
| 20:1 g | 0.071 | | 0 | PAK | 1 | | 0.020 | 0.060 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.777 | | 0 | MC | 9 | | 0.220 | 0.660 | |
| 18:2 undifferentiated g | 0.469 | | 0 | PAK | 1 | | 0.133 | 0.399 | |
| 18:3 undifferentiated g | 0.228 | | 0 | PAK | 1 | | 0.065 | 0.194 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | PAK | 1 | | 0.023 | 0.068 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 65 | | 0 | PAK | 1 | | 18 | 55 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.199 | | 0 | | 1 | | 0.056 | 0.169 | |
| Threonine g | 0.729 | | 0 | | 1 | | 0.207 | 0.620 | |
| Isoleucine g | 0.824 | | 0 | | 1 | | 0.234 | 0.700 | |
| Leucine g | 1.327 | | 0 | | 1 | | 0.376 | 1.128 | |
| Lysine g | 1.507 | | 0 | | 1 | | 0.427 | 1.281 | |
| Methionine g | 0.437 | | 0 | | 1 | | 0.124 | 0.371 | |
| Cystine g | 0.205 | | 0 | | 1 | | 0.058 | 0.174 | |
| Phenylalanine g | 0.693 | | 0 | | 1 | | 0.196 | 0.589 | |
| Tyrosine g | 0.573 | | 0 | | 1 | | 0.162 | 0.487 | |
| Valine g | 0.920 | | 0 | | 1 | | 0.261 | 0.782 | |
| Arginine g | 1.013 | | 0 | | 1 | | 0.287 | 0.861 | |
| Histidine g | 0.540 | | 0 | | 1 | | 0.153 | 0.459 | |
| Alanine g | 1.026 | | 0 | | 1 | | 0.291 | 0.872 | |
| Aspartic acid g | 1.501 | | 0 | | 1 | | 0.426 | 1.276 | |
| Glutamic acid g | 2.476 | | 0 | | 1 | | 0.702 | 2.105 | |
| Glycine g | 0.833 | | 0 | | 1 | | 0.236 | 0.708 | |
| Proline g | 0.715 | | 0 | | 1 | | 0.203 | 0.608 | |
| Serine g | 0.633 | | 0 | | 1 | | 0.179 | 0.538 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17325**

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

**Refuse:** 29% Bone 13%, separable fat 16%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.98 | 0.940 | 6 | A | 1 | | 48.43 | | |
| Energy....kcal | 238 | | 0 | MC | 9 | | 202 | | |
| Energy....kj | 996 | | | | 9 | | 846 | | |
| Protein (N x 6.25)....g | 34.17 | 0.407 | 6 | A | 1 | | 29.04 | | |
| Total lipid (fat)....g | 10.23 | 0.656 | 6 | A | 1 | | 8.70 | | |
| Ash....g | 1.03 | 0.084 | 6 | A | 1 | | 0.88 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | 1.684 | 3 | A | 1 | | 23 | | |
| Iron, Fe....mg | 2.71 | 0.206 | 3 | A | 1 | | 2.30 | | |
| Magnesium, Mg....mg | 25 | 0.467 | 3 | A | 1 | | 21 | | |
| Phosphorus, P....mg | 221 | 1.764 | 3 | A | 1 | | 188 | | |
| Potassium, K....mg | 287 | 0.882 | 3 | A | 1 | | 244 | | |
| Sodium, Na....mg | 78 | 0.769 | 3 | A | 1 | | 66 | | |
| Zinc, Zn....mg | 7.78 | 0.102 | 3 | A | 1 | | 6.61 | | |
| Copper, Cu....mg | 0.215 | 0.036 | 3 | A | 1 | | 0.183 | | |
| Manganese, Mn....mg | 0.020 | 0.002 | 3 | A | 1 | | 0.017 | | |
| Selenium, Se....mcg | 10.6 | | 0 | BFNN | 4 | | 9.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.100 | | 2 | A | 1 | | 0.085 | | |
| Riboflavin....mg | 0.290 | | 2 | A | 1 | | 0.247 | | |
| Niacin....mg | 4.695 | | 2 | A | 1 | | 3.991 | | |
| Pantothenic acid....mg | 0.775 | | 2 | A | 1 | | 0.659 | | |
| Vitamin B-6....mg | 0.211 | | 2 | A | 1 | | 0.179 | | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.56 | | 2 | A | 1 | | 3.03 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.173 | 1.009 | 3 | A | 1 | | 3.547 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.018 | | 1 | A | 1 | | 0.015 | | |
| 12:0....g | 0.026 | 0.058 | 3 | A | 1 | | 0.022 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.320 | 0.240 | 3 | A | 1 | | 0.272 | | |
| 15:0....g | 0.053 | 0.000 | 3 | A | 1 | | 0.045 | | |
| 16:0....g | 2.082 | 0.240 | 3 | A | 1 | | 1.770 | | |
| 17:0....g | 0.123 | 0.000 | 3 | A | 1 | | 0.105 | | |
| 18:0....g | 1.539 | 1.040 | 3 | A | 1 | | 1.308 | | |
| 20:0....g | 0.012 | 0.033 | 3 | A | 1 | | 0.010 | | |

**NDB No. 17325**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.160 | 0.939 | 3 | A | 1 | | 3.536 | | |
| 14:1 g | 0.013 | | 2 | A | 1 | | 0.011 | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.185 | 0.231 | 3 | A | 1 | | 0.157 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.847 | 0.617 | 3 | A | 1 | | 3.270 | | |
| 20:1 g | 0.032 | 0.033 | 3 | A | 1 | | 0.027 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.499 | 0.433 | 3 | A | 1 | | 0.424 | | |
| 18:2 undifferentiated g | 0.297 | 0.260 | 3 | A | 1 | | 0.252 | | |
| 18:3 undifferentiated g | 0.135 | 0.088 | 3 | A | 1 | | 0.115 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.059 | 0.120 | 3 | A | 1 | | 0.050 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 111 | 1.528 | 3 | A | 1 | | 94 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.399 | | 0 | | 1 | | 0.339 | | |
| Threonine g | 1.460 | | 0 | | 1 | | 1.241 | | |
| Isoleucine g | 1.651 | | 0 | | 1 | | 1.403 | | |
| Leucine g | 2.657 | | 0 | | 1 | | 2.258 | | |
| Lysine g | 3.018 | | 0 | | 1 | | 2.565 | | |
| Methionine g | 0.875 | | 0 | | 1 | | 0.744 | | |
| Cystine g | 0.410 | | 0 | | 1 | | 0.349 | | |
| Phenylalanine g | 1.389 | | 0 | | 1 | | 1.181 | | |
| Tyrosine g | 1.148 | | 0 | | 1 | | 0.976 | | |
| Valine g | 1.842 | | 0 | | 1 | | 1.566 | | |
| Arginine g | 2.028 | | 0 | | 1 | | 1.724 | | |
| Histidine g | 1.082 | | 0 | | 1 | | 0.920 | | |
| Alanine g | 2.055 | | 0 | | 1 | | 1.747 | | |
| Aspartic acid g | 3.007 | | 0 | | 1 | | 2.556 | | |
| Glutamic acid g | 4.958 | | 0 | | 1 | | 4.214 | | |
| Glycine g | 1.667 | | 0 | | 1 | | 1.417 | | |
| Proline g | 1.432 | | 0 | | 1 | | 1.217 | | |
| Serine g | 1.268 | | 0 | | 1 | | 1.078 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17324**

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

**Refuse:** 28% Bone 9%, separable fat 19%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.95 | 0.460 | 6 | A | 1 | | 20.96 | 62.86 | |
| Energy....kcal | 137 | | 0 | MC | 9 | | 39 | 116 | |
| Energy....kj | 573 | | | | 9 | | 163 | 487 | |
| Protein (N x 6.25)....g | 19.88 | 0.138 | 6 | A | 1 | | 5.64 | 16.90 | |
| Total lipid (fat)....g | 5.81 | 0.365 | 6 | A | 1 | | 1.65 | 4.94 | |
| Ash....g | 0.95 | 0.050 | 6 | A | 1 | | 0.27 | 0.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 1.489 | 3 | A | 1 | | 4 | 13 | |
| Iron, Fe....mg | 1.54 | 0.120 | 3 | A | 1 | | 0.44 | 1.31 | |
| Magnesium, Mg....mg | 22 | 0.265 | 3 | A | 1 | | 6 | 19 | |
| Phosphorus, P....mg | 193 | 1.155 | 3 | A | 1 | | 55 | 164 | |
| Potassium, K....mg | 325 | 2.603 | 3 | A | 1 | | 92 | 276 | |
| Sodium, Na....mg | 83 | 0.731 | 3 | A | 1 | | 24 | 71 | |
| Zinc, Zn....mg | 4.16 | 0.187 | 3 | A | 1 | | 1.18 | 3.54 | |
| Copper, Cu....mg | 0.139 | 0.011 | 3 | A | 1 | | 0.039 | 0.118 | |
| Manganese, Mn....mg | 0.015 | 0.001 | 3 | A | 1 | | 0.004 | 0.013 | |
| Selenium, Se....mcg | 7.7 | | 0 | BFNN | 4 | | 2.2 | 6.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.120 | | 2 | A | 1 | | 0.034 | 0.102 | |
| Riboflavin....mg | 0.240 | | 2 | A | 1 | | 0.068 | 0.204 | |
| Niacin....mg | 4.580 | | 2 | A | 1 | | 1.298 | 3.893 | |
| Pantothenic acid....mg | 0.785 | | 2 | A | 1 | | 0.223 | 0.667 | |
| Vitamin B-6....mg | 0.299 | | 2 | A | 1 | | 0.085 | 0.254 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 2 | A | 1 | | 0.85 | 2.56 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.335 | 1.073 | 3 | A | 1 | | 0.662 | 1.985 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.013 | 0.067 | 3 | A | 1 | | 0.004 | 0.011 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.178 | 0.260 | 3 | A | 1 | | 0.050 | 0.151 | |
| 15:0....g | 0.025 | 0.058 | 3 | A | 1 | | 0.007 | 0.021 | |
| 16:0....g | 1.199 | 0.524 | 3 | A | 1 | | 0.340 | 1.019 | |
| 17:0....g | 0.067 | 0.088 | 3 | A | 1 | | 0.019 | 0.057 | |
| 18:0....g | 0.852 | 1.477 | 3 | A | 1 | | 0.242 | 0.724 | |
| 20:0....g | | | | | | | | | |

**NDB No. 17324**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.424 | 0.854 | 3 | A | 1 | | 0.687 | 2.060 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.108 | 0.291 | 3 | A | 1 | | 0.031 | 0.092 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.243 | 0.393 | 3 | A | 1 | | 0.636 | 1.907 | |
| 20:1 g | 0.025 | | 1 | A | 1 | | 0.007 | 0.021 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.270 | 0.240 | 3 | A | 1 | | 0.077 | 0.230 | |
| 18:2 undifferentiated g | 0.160 | 0.153 | 3 | A | 1 | | 0.045 | 0.136 | |
| 18:3 undifferentiated g | 0.078 | 0.067 | 3 | A | 1 | | 0.022 | 0.066 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.032 | 0.033 | 3 | A | 1 | | 0.009 | 0.027 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 62 | 1.279 | 3 | A | 1 | | 18 | 53 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.232 | | 0 | | 1 | | 0.066 | 0.197 | |
| Threonine g | 0.849 | | 0 | | 1 | | 0.241 | 0.722 | |
| Isoleucine g | 0.961 | | 0 | | 1 | | 0.272 | 0.817 | |
| Leucine g | 1.546 | | 0 | | 1 | | 0.438 | 1.314 | |
| Lysine g | 1.756 | | 0 | | 1 | | 0.498 | 1.493 | |
| Methionine g | 0.509 | | 0 | | 1 | | 0.144 | 0.433 | |
| Cystine g | 0.239 | | 0 | | 1 | | 0.068 | 0.203 | |
| Phenylalanine g | 0.808 | | 0 | | 1 | | 0.229 | 0.687 | |
| Tyrosine g | 0.668 | | 0 | | 1 | | 0.189 | 0.568 | |
| Valine g | 1.072 | | 0 | | 1 | | 0.304 | 0.911 | |
| Arginine g | 1.180 | | 0 | | 1 | | 0.335 | 1.003 | |
| Histidine g | 0.630 | | 0 | | 1 | | 0.179 | 0.536 | |
| Alanine g | 1.196 | | 0 | | 1 | | 0.339 | 1.017 | |
| Aspartic acid g | 1.750 | | 0 | | 1 | | 0.496 | 1.488 | |
| Glutamic acid g | 2.885 | | 0 | | 1 | | 0.818 | 2.452 | |
| Glycine g | 0.970 | | 0 | | 1 | | 0.275 | 0.825 | |
| Proline g | 0.834 | | 0 | | 1 | | 0.236 | 0.709 | |
| Serine g | 0.738 | | 0 | | 1 | | 0.209 | 0.627 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17327**

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

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.63 | | 0 | PAK | 1 | | 154.60 | 48.14 | |
| Energy....kcal | 291 | | 0 | MC | 9 | | 794 | 247 | |
| Energy....kj | 1218 | | | | 9 | | 3324 | 1035 | |
| Protein (N x 6.25)....g | 21.71 | | 0 | PAK | 1 | | 59.27 | 18.45 | |
| Total lipid (fat)....g | 22.03 | | 0 | PAK | 1 | | 60.14 | 18.73 | |
| Ash....g | 0.98 | | 0 | PAK | 1 | | 2.68 | 0.83 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | PAK | 1 | | 76 | 24 | |
| Iron, Fe....mg | 1.58 | | 0 | PAK | 1 | | 4.31 | 1.34 | |
| Magnesium, Mg....mg | 20 | | 0 | PAK | 1 | | 55 | 17 | |
| Phosphorus, P....mg | 177 | | 0 | PAK | 1 | | 483 | 150 | |
| Potassium, K....mg | 295 | | 0 | PAK | 1 | | 805 | 251 | |
| Sodium, Na....mg | 88 | | 0 | PAK | 1 | | 240 | 75 | |
| Zinc, Zn....mg | 5.61 | | 0 | PAK | 1 | | 15.32 | 4.77 | |
| Copper, Cu....mg | 0.121 | | 0 | PAK | 1 | | 0.330 | 0.103 | |
| Manganese, Mn....mg | 0.012 | | 0 | PAK | 1 | | 0.033 | 0.010 | |
| Selenium, Se....mcg | 8.2 | | 0 | BFYN | 4 | | 22.4 | 7.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.095 | | 0 | PAK | 1 | | 0.259 | 0.081 | |
| Riboflavin....mg | 0.268 | | 0 | PAK | 1 | | 0.732 | 0.228 | |
| Niacin....mg | 4.430 | | 0 | PAK | 1 | | 12.094 | 3.766 | |
| Pantothenic acid....mg | 0.720 | | 0 | PAK | 1 | | 1.966 | 0.612 | |
| Vitamin B-6....mg | 0.205 | | 0 | PAK | 1 | | 0.560 | 0.174 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.30 | | 0 | PAK | 1 | | 9.01 | 2.81 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.510 | | 0 | MC | 9 | | 28.692 | 8.934 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.038 | | 0 | PAK | 1 | | 0.104 | 0.032 | |
| 12:0....g | 0.069 | | 0 | PAK | 1 | | 0.188 | 0.059 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.843 | | 0 | PAK | 1 | | 2.301 | 0.717 | |
| 15:0....g | 0.128 | | 0 | PAK | 1 | | 0.349 | 0.109 | |
| 16:0....g | 4.881 | | 0 | PAK | 1 | | 13.325 | 4.149 | |
| 17:0....g | 0.329 | | 0 | PAK | 1 | | 0.898 | 0.280 | |
| 18:0....g | 4.143 | | 0 | PAK | 1 | | 11.310 | 3.522 | |
| 20:0....g | 0.078 | | 0 | PAK | 1 | | 0.213 | 0.066 | |

**NDB No. 17327**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.644 | | 0 | MC | 9 | | 23.598 | 7.347 | |
| 14:1 g | 0.040 | | 0 | PAK | 1 | | 0.109 | 0.034 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.391 | | 0 | PAK | 1 | | 1.067 | 0.332 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.990 | | 0 | PAK | 1 | | 21.813 | 6.792 | |
| 20:1 g | 0.072 | | 0 | PAK | 1 | | 0.197 | 0.061 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.820 | | 0 | MC | 9 | | 2.239 | 0.697 | |
| 18:2 undifferentiated g | 0.500 | | 0 | PAK | 1 | | 1.365 | 0.425 | |
| 18:3 undifferentiated g | 0.244 | | 0 | PAK | 1 | | 0.666 | 0.207 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.045 | | 0 | PAK | 1 | | 0.123 | 0.038 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 84 | | 0 | PAK | 1 | | 229 | 71 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.254 | | 0 | | 1 | | 0.693 | 0.216 | |
| Threonine g | 0.928 | | 0 | | 1 | | 2.533 | 0.789 | |
| Isoleucine g | 1.049 | | 0 | | 1 | | 2.864 | 0.892 | |
| Leucine g | 1.689 | | 0 | | 1 | | 4.611 | 1.436 | |
| Lysine g | 1.918 | | 0 | | 1 | | 5.236 | 1.630 | |
| Methionine g | 0.556 | | 0 | | 1 | | 1.518 | 0.473 | |
| Cystine g | 0.261 | | 0 | | 1 | | 0.713 | 0.222 | |
| Phenylalanine g | 0.882 | | 0 | | 1 | | 2.408 | 0.750 | |
| Tyrosine g | 0.730 | | 0 | | 1 | | 1.993 | 0.621 | |
| Valine g | 1.171 | | 0 | | 1 | | 3.197 | 0.995 | |
| Arginine g | 1.289 | | 0 | | 1 | | 3.519 | 1.096 | |
| Histidine g | 0.688 | | 0 | | 1 | | 1.878 | 0.585 | |
| Alanine g | 1.306 | | 0 | | 1 | | 3.565 | 1.110 | |
| Aspartic acid g | 1.911 | | 0 | | 1 | | 5.217 | 1.624 | |
| Glutamic acid g | 3.151 | | 0 | | 1 | | 8.602 | 2.678 | |
| Glycine g | 1.060 | | 0 | | 1 | | 2.894 | 0.901 | |
| Proline g | 0.910 | | 0 | | 1 | | 2.484 | 0.774 | |
| Serine g | 0.806 | | 0 | | 1 | | 2.200 | 0.685 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 273g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17326**

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

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.13 | | 0 | PAK | 1 | | 17.61 | 281.82 | 52.81 |
| Energy....kcal | 262 | | 0 | MC | 9 | | 74 | 1188 | 223 |
| Energy....kj | 1096 | | | | 9 | | 311 | 4972 | 932 |
| Protein (N x 6.25)....g | 16.48 | | 0 | PAK | 1 | | 4.67 | 74.75 | 14.01 |
| Total lipid (fat)....g | 21.28 | | 0 | PAK | 1 | | 6.03 | 96.53 | 18.09 |
| Ash....g | 0.76 | | 0 | PAK | 1 | | 0.22 | 3.45 | 0.65 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | PAK | 1 | | 5 | 86 | 16 |
| Iron, Fe....mg | 1.21 | | 0 | PAK | 1 | | 0.34 | 5.49 | 1.03 |
| Magnesium, Mg....mg | 17 | | 0 | PAK | 1 | | 5 | 77 | 14 |
| Phosphorus, P....mg | 150 | | 0 | PAK | 1 | | 43 | 680 | 128 |
| Potassium, K....mg | 260 | | 0 | PAK | 1 | | 74 | 1179 | 221 |
| Sodium, Na....mg | 78 | | 0 | PAK | 1 | | 22 | 354 | 66 |
| Zinc, Zn....mg | 4.37 | | 0 | PAK | 1 | | 1.24 | 19.82 | 3.71 |
| Copper, Cu....mg | 0.109 | | 0 | PAK | 1 | | 0.031 | 0.494 | 0.093 |
| Manganese, Mn....mg | 0.010 | | 0 | PAK | 1 | | 0.003 | 0.045 | 0.009 |
| Selenium, Se....mcg | 6.9 | | 0 | PIE | 4 | | 2.0 | 31.3 | 5.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.107 | | 0 | PAK | 1 | | 0.030 | 0.485 | 0.091 |
| Riboflavin....mg | 0.213 | | 0 | PAK | 1 | | 0.060 | 0.966 | 0.181 |
| Niacin....mg | 4.004 | | 0 | PAK | 1 | | 1.135 | 18.162 | 3.403 |
| Pantothenic acid....mg | 0.679 | | 0 | PAK | 1 | | 0.192 | 3.080 | 0.577 |
| Vitamin B-6....mg | 0.261 | | 0 | PAK | 1 | | 0.074 | 1.184 | 0.222 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.61 | | 0 | PAK | 1 | | 0.74 | 11.84 | 2.22 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.300 | | 0 | MC | 9 | | 2.920 | 46.721 | 8.755 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.038 | | 0 | PAK | 1 | | 0.011 | 0.172 | 0.032 |
| 12:0....g | 0.066 | | 0 | PAK | 1 | | 0.019 | 0.299 | 0.056 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.833 | | 0 | PAK | 1 | | 0.236 | 3.778 | 0.708 |
| 15:0....g | 0.131 | | 0 | PAK | 1 | | 0.037 | 0.594 | 0.111 |
| 16:0....g | 4.824 | | 0 | PAK | 1 | | 1.368 | 21.882 | 4.100 |
| 17:0....g | 0.309 | | 0 | PAK | 1 | | 0.088 | 1.402 | 0.263 |
| 18:0....g | 4.061 | | 0 | PAK | 1 | | 1.151 | 18.421 | 3.452 |
| 20:0....g | 0.039 | | 0 | PAK | 1 | | 0.011 | 0.177 | 0.033 |

**NDB No. 17326**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.579 | | 0 | MC | 9 | | 2.432 | 38.914 | 7.292 |
| 14:1 g | 0.031 | | 0 | PAK | 1 | | 0.009 | 0.141 | 0.026 |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.393 | | 0 | PAK | 1 | | 0.111 | 1.783 | 0.334 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.922 | | 0 | PAK | 1 | | 2.246 | 35.934 | 6.734 |
| 20:1 g | 0.081 | | 0 | PAK | 1 | | 0.023 | 0.367 | 0.069 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.864 | | 0 | MC | 9 | | 0.245 | 3.919 | 0.734 |
| 18:2 undifferentiated g | 0.509 | | 0 | PAK | 1 | | 0.144 | 2.309 | 0.433 |
| 18:3 undifferentiated g | 0.244 | | 0 | PAK | 1 | | 0.069 | 1.107 | 0.207 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.078 | | 0 | PAK | 1 | | 0.022 | 0.354 | 0.066 |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 67 | | 0 | PAK | 1 | | 19 | 304 | 57 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.193 | | 0 | | 1 | | 0.055 | 0.875 | 0.164 |
| Threonine g | 0.704 | | 0 | | 1 | | 0.200 | 3.193 | 0.598 |
| Isoleucine g | 0.796 | | 0 | | 1 | | 0.226 | 3.611 | 0.677 |
| Leucine g | 1.282 | | 0 | | 1 | | 0.363 | 5.815 | 1.090 |
| Lysine g | 1.456 | | 0 | | 1 | | 0.413 | 6.604 | 1.238 |
| Methionine g | 0.422 | | 0 | | 1 | | 0.120 | 1.914 | 0.359 |
| Cystine g | 0.198 | | 0 | | 1 | | 0.056 | 0.898 | 0.168 |
| Phenylalanine g | 0.670 | | 0 | | 1 | | 0.190 | 3.039 | 0.570 |
| Tyrosine g | 0.554 | | 0 | | 1 | | 0.157 | 2.513 | 0.471 |
| Valine g | 0.889 | | 0 | | 1 | | 0.252 | 4.033 | 0.756 |
| Arginine g | 0.978 | | 0 | | 1 | | 0.277 | 4.436 | 0.831 |
| Histidine g | 0.522 | | 0 | | 1 | | 0.148 | 2.368 | 0.444 |
| Alanine g | 0.992 | | 0 | | 1 | | 0.281 | 4.500 | 0.843 |
| Aspartic acid g | 1.451 | | 0 | | 1 | | 0.411 | 6.582 | 1.233 |
| Glutamic acid g | 2.392 | | 0 | | 1 | | 0.678 | 10.850 | 2.033 |
| Glycine g | 0.804 | | 0 | | 1 | | 0.228 | 3.647 | 0.683 |
| Proline g | 0.691 | | 0 | | 1 | | 0.196 | 3.134 | 0.587 |
| Serine g | 0.612 | | 0 | | 1 | | 0.174 | 2.776 | 0.520 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

**NDB No. 17328**

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

**Refuse:** 43% Bone 28%, separable fat 15%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.62 | 0.507 | 6 | A | 1 | | 20.30 | 324.87 | 60.88 |
| Energy....kcal | 164 | | 0 | MC | 9 | | 46 | 744 | 139 |
| Energy....kj | 686 | | | | 9 | | 195 | 3112 | 583 |
| Protein (N x 6.25)....g | 19.10 | 0.211 | 6 | A | 1 | | 5.41 | 86.64 | 16.24 |
| Total lipid (fat)....g | 9.09 | 0.583 | 6 | A | 1 | | 2.58 | 41.23 | 7.73 |
| Ash....g | 0.87 | 0.056 | 6 | A | 1 | | 0.25 | 3.95 | 0.74 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | 0.865 | 3 | A | 1 | | 5 | 86 | 16 |
| Iron, Fe....mg | 1.36 | 0.095 | 3 | A | 1 | | 0.39 | 6.17 | 1.16 |
| Magnesium, Mg....mg | 20 | 0.176 | 3 | A | 1 | | 6 | 91 | 17 |
| Phosphorus, P....mg | 170 | 2.404 | 3 | A | 1 | | 48 | 771 | 145 |
| Potassium, K....mg | 298 | 2.906 | 3 | A | 1 | | 84 | 1352 | 253 |
| Sodium, Na....mg | 90 | 1.808 | 3 | A | 1 | | 26 | 408 | 77 |
| Zinc, Zn....mg | 5.22 | 0.123 | 3 | A | 1 | | 1.48 | 23.68 | 4.44 |
| Copper, Cu....mg | 0.126 | 0.016 | 3 | A | 1 | | 0.036 | 0.572 | 0.107 |
| Manganese, Mn....mg | 0.012 | 0.001 | 3 | A | 1 | | 0.003 | 0.054 | 0.010 |
| Selenium, Se....mcg | 8.1 | | 0 | BFNN | 4 | | 2.3 | 36.7 | 6.9 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.120 | | 2 | A | 1 | | 0.034 | 0.544 | 0.102 |
| Riboflavin....mg | 0.240 | | 2 | A | 1 | | 0.068 | 1.089 | 0.204 |
| Niacin....mg | 4.580 | | 2 | A | 1 | | 1.298 | 20.775 | 3.893 |
| Pantothenic acid....mg | 0.785 | | 2 | A | 1 | | 0.223 | 3.561 | 0.667 |
| Vitamin B-6....mg | 0.299 | | 2 | A | 1 | | 0.085 | 1.356 | 0.254 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 2 | A | 1 | | 0.85 | 13.65 | 2.56 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.883 | 1.375 | 3 | A | 1 | | 1.101 | 17.613 | 3.301 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.012 | | 2 | A | 1 | | 0.003 | 0.054 | 0.010 |
| 12:0....g | 0.021 | 0.067 | 3 | A | 1 | | 0.006 | 0.095 | 0.018 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.292 | 0.273 | 3 | A | 1 | | 0.083 | 1.325 | 0.248 |
| 15:0....g | 0.044 | 0.033 | 3 | A | 1 | | 0.012 | 0.200 | 0.037 |
| 16:0....g | 1.910 | 0.265 | 3 | A | 1 | | 0.541 | 8.664 | 1.624 |
| 17:0....g | 0.097 | 0.176 | 3 | A | 1 | | 0.027 | 0.440 | 0.082 |
| 18:0....g | 1.492 | 1.132 | 3 | A | 1 | | 0.423 | 6.768 | 1.268 |
| 20:0....g | 0.016 | | 2 | A | 1 | | 0.005 | 0.073 | 0.014 |

**NDB No. 17328**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.611 | 1.040 | 3 | A | 1 | | 1.024 | 16.379 | 3.069 |
| 14:1 g | 0.008 | | 2 | A | 1 | | 0.002 | 0.036 | 0.007 |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.151 | 0.233 | 3 | A | 1 | | 0.043 | 0.685 | 0.128 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.350 | 0.710 | 3 | A | 1 | | 0.950 | 15.196 | 2.848 |
| 20:1 g | 0.039 | | 1 | A | 1 | | 0.011 | 0.177 | 0.033 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.357 | 0.328 | 3 | A | 1 | | 0.101 | 1.619 | 0.303 |
| 18:2 undifferentiated g | 0.217 | 0.186 | 3 | A | 1 | | 0.062 | 0.984 | 0.184 |
| 18:3 undifferentiated g | 0.102 | 0.058 | 3 | A | 1 | | 0.029 | 0.463 | 0.087 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.031 | 0.058 | 3 | A | 1 | | 0.009 | 0.141 | 0.026 |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 64 | 0.649 | 3 | A | 1 | | 18 | 290 | 54 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.223 | | 0 | | 1 | | 0.063 | 1.012 | 0.190 |
| Threonine g | 0.816 | | 0 | | 1 | | 0.231 | 3.701 | 0.694 |
| Isoleucine g | 0.923 | | 0 | | 1 | | 0.262 | 4.187 | 0.785 |
| Leucine g | 1.485 | | 0 | | 1 | | 0.421 | 6.736 | 1.262 |
| Lysine g | 1.687 | | 0 | | 1 | | 0.478 | 7.652 | 1.434 |
| Methionine g | 0.489 | | 0 | | 1 | | 0.139 | 2.218 | 0.416 |
| Cystine g | 0.229 | | 0 | | 1 | | 0.065 | 1.039 | 0.195 |
| Phenylalanine g | 0.776 | | 0 | | 1 | | 0.220 | 3.520 | 0.660 |
| Tyrosine g | 0.642 | | 0 | | 1 | | 0.182 | 2.912 | 0.546 |
| Valine g | 1.030 | | 0 | | 1 | | 0.292 | 4.672 | 0.876 |
| Arginine g | 1.134 | | 0 | | 1 | | 0.321 | 5.144 | 0.964 |
| Histidine g | 0.605 | | 0 | | 1 | | 0.172 | 2.744 | 0.514 |
| Alanine g | 1.149 | | 0 | | 1 | | 0.326 | 5.212 | 0.977 |
| Aspartic acid g | 1.681 | | 0 | | 1 | | 0.477 | 7.625 | 1.429 |
| Glutamic acid g | 2.772 | | 0 | | 1 | | 0.786 | 12.574 | 2.356 |
| Glycine g | 0.932 | | 0 | | 1 | | 0.264 | 4.228 | 0.792 |
| Proline g | 0.801 | | 0 | | 1 | | 0.227 | 3.633 | 0.681 |
| Serine g | 0.709 | | 0 | | 1 | | 0.201 | 3.216 | 0.603 |
| Hydroxyproline g | | | | | | | | | |

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17319**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.31 | | 0 | PAK | 1 | | 144.91 | 47.01 | |
| Energy....kcal | 296 | | 0 | MC | 9 | | 776 | 252 | |
| Energy....kj | 1238 | | | | 9 | | 3245 | 1053 | |
| Protein (N x 6.25)....g | 23.58 | | 0 | PAK | 1 | | 61.78 | 20.04 | |
| Total lipid (fat)....g | 21.65 | | 0 | PAK | 1 | | 56.72 | 18.40 | |
| Ash....g | 0.96 | | 0 | PAK | 1 | | 2.52 | 0.82 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | PAK | 1 | | 73 | 24 | |
| Iron, Fe....mg | 1.78 | | 0 | PAK | 1 | | 4.66 | 1.51 | |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 55 | 18 | |
| Phosphorus, P....mg | 183 | | 0 | PAK | 1 | | 479 | 156 | |
| Potassium, K....mg | 288 | | 0 | PAK | 1 | | 755 | 245 | |
| Sodium, Na....mg | 85 | | 0 | PAK | 1 | | 223 | 72 | |
| Zinc, Zn....mg | 5.85 | | 0 | PAK | 1 | | 15.33 | 4.97 | |
| Copper, Cu....mg | 0.137 | | 0 | PAK | 1 | | 0.359 | 0.116 | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.037 | 0.012 | |
| Selenium, Se....mcg | 4.5 | | 0 | BFYN | 4 | | 11.8 | 3.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.094 | | 0 | PAK | 1 | | 0.246 | 0.080 | |
| Riboflavin....mg | 0.267 | | 0 | PAK | 1 | | 0.700 | 0.227 | |
| Niacin....mg | 4.415 | | 0 | PAK | 1 | | 11.567 | 3.753 | |
| Pantothenic acid....mg | 0.717 | | 0 | PAK | 1 | | 1.879 | 0.609 | |
| Vitamin B-6....mg | 0.204 | | 0 | PAK | 1 | | 0.534 | 0.173 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.29 | | 0 | PAK | 1 | | 8.62 | 2.80 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.324 | | 0 | MC | 9 | | 27.049 | 8.775 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.038 | | 0 | PAK | 1 | | 0.100 | 0.032 | |
| 12:0....g | 0.068 | | 0 | PAK | 1 | | 0.178 | 0.058 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.831 | | 0 | PAK | 1 | | 2.177 | 0.706 | |
| 15:0....g | 0.128 | | 0 | PAK | 1 | | 0.335 | 0.109 | |
| 16:0....g | 4.790 | | 0 | PAK | 1 | | 12.550 | 4.072 | |
| 17:0....g | 0.325 | | 0 | PAK | 1 | | 0.852 | 0.276 | |
| 18:0....g | 4.077 | | 0 | PAK | 1 | | 10.682 | 3.465 | |
| 20:0....g | 0.068 | | 0 | PAK | 1 | | 0.178 | 0.058 | |

**NDB No. 17319**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.537 | | 0 | MC | 9 | | 22.367 | 7.256 | |
| 14:1 g | 0.036 | | 0 | PAK | 1 | | 0.094 | 0.031 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.387 | | 0 | PAK | 1 | | 1.014 | 0.329 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.888 | | 0 | PAK | 1 | | 20.667 | 6.705 | |
| 20:1 g | 0.072 | | 0 | PAK | 1 | | 0.189 | 0.061 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.822 | | 0 | MC | 9 | | 2.154 | 0.699 | |
| 18:2 undifferentiated g | 0.504 | | 0 | PAK | 1 | | 1.320 | 0.428 | |
| 18:3 undifferentiated g | 0.244 | | 0 | PAK | 1 | | 0.639 | 0.207 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.048 | | 0 | PAK | 1 | | 0.126 | 0.041 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 89 | | 0 | PAK | 1 | | 233 | 76 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.275 | | 0 | | 1 | | 0.721 | 0.234 | |
| Threonine g | 1.007 | | 0 | | 1 | | 2.638 | 0.856 | |
| Isoleucine g | 1.140 | | 0 | | 1 | | 2.987 | 0.969 | |
| Leucine g | 1.834 | | 0 | | 1 | | 4.805 | 1.559 | |
| Lysine g | 2.083 | | 0 | | 1 | | 5.457 | 1.771 | |
| Methionine g | 0.604 | | 0 | | 1 | | 1.582 | 0.513 | |
| Cystine g | 0.283 | | 0 | | 1 | | 0.741 | 0.241 | |
| Phenylalanine g | 0.958 | | 0 | | 1 | | 2.510 | 0.814 | |
| Tyrosine g | 0.792 | | 0 | | 1 | | 2.075 | 0.673 | |
| Valine g | 1.272 | | 0 | | 1 | | 3.333 | 1.081 | |
| Arginine g | 1.400 | | 0 | | 1 | | 3.668 | 1.190 | |
| Histidine g | 0.747 | | 0 | | 1 | | 1.957 | 0.635 | |
| Alanine g | 1.419 | | 0 | | 1 | | 3.718 | 1.206 | |
| Aspartic acid g | 2.075 | | 0 | | 1 | | 5.437 | 1.764 | |
| Glutamic acid g | 3.422 | | 0 | | 1 | | 8.966 | 2.909 | |
| Glycine g | 1.151 | | 0 | | 1 | | 3.016 | 0.978 | |
| Proline g | 0.989 | | 0 | | 1 | | 2.591 | 0.841 | |
| Serine g | 0.875 | | 0 | | 1 | | 2.293 | 0.744 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17318**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.70 | | 0 | PAK | 1 | | 17.78 | 284.41 | 53.30 |
| Energy....kcal | 256 | | 0 | MC | 9 | | 73 | 1161 | 218 |
| Energy....kj | 1071 | | | | 9 | | 304 | 4859 | 910 |
| Protein (N x 6.25)....g | 16.68 | | 0 | PAK | 1 | | 4.73 | 75.66 | 14.18 |
| Total lipid (fat)....g | 20.47 | | 0 | PAK | 1 | | 5.80 | 92.85 | 17.40 |
| Ash....g | 0.78 | | 0 | PAK | 1 | | 0.22 | 3.54 | 0.66 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAK | 1 | | 5 | 82 | 15 |
| Iron, Fe....mg | 1.26 | | 0 | PAK | 1 | | 0.36 | 5.72 | 1.07 |
| Magnesium, Mg....mg | 18 | | 0 | PAK | 1 | | 5 | 82 | 15 |
| Phosphorus, P....mg | 156 | | 0 | PAK | 1 | | 44 | 708 | 133 |
| Potassium, K....mg | 267 | | 0 | PAK | 1 | | 76 | 1211 | 227 |
| Sodium, Na....mg | 76 | | 0 | PAK | 1 | | 22 | 345 | 65 |
| Zinc, Zn....mg | 4.09 | | 0 | PAK | 1 | | 1.16 | 18.55 | 3.48 |
| Copper, Cu....mg | 0.113 | | 0 | PAK | 1 | | 0.032 | 0.513 | 0.096 |
| Manganese, Mn....mg | 0.010 | | 0 | PAK | 1 | | 0.003 | 0.045 | 0.009 |
| Selenium, Se....mcg | 3.3 | | 0 | PIE | 4 | | 0.9 | 15.0 | 2.8 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.107 | | 0 | PAK | 1 | | 0.030 | 0.485 | 0.091 |
| Riboflavin....mg | 0.213 | | 0 | PAK | 1 | | 0.060 | 0.966 | 0.181 |
| Niacin....mg | 4.001 | | 0 | PAK | 1 | | 1.134 | 18.149 | 3.401 |
| Pantothenic acid....mg | 0.678 | | 0 | PAK | 1 | | 0.192 | 3.075 | 0.576 |
| Vitamin B-6....mg | 0.261 | | 0 | PAK | 1 | | 0.074 | 1.184 | 0.222 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.61 | | 0 | PAK | 1 | | 0.74 | 11.84 | 2.22 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.907 | | 0 | MC | 9 | | 2.809 | 44.938 | 8.421 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.029 | | 0 | PAK | 1 | | 0.008 | 0.132 | 0.025 |
| 12:0....g | 0.064 | | 0 | PAK | 1 | | 0.018 | 0.290 | 0.054 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.805 | | 0 | PAK | 1 | | 0.228 | 3.651 | 0.684 |
| 15:0....g | 0.127 | | 0 | PAK | 1 | | 0.036 | 0.576 | 0.108 |
| 16:0....g | 4.650 | | 0 | PAK | 1 | | 1.318 | 21.092 | 3.953 |
| 17:0....g | 0.302 | | 0 | PAK | 1 | | 0.086 | 1.370 | 0.257 |
| 18:0....g | 3.904 | | 0 | PAK | 1 | | 1.107 | 17.709 | 3.318 |
| 20:0....g | 0.027 | | 0 | PAK | 1 | | 0.008 | 0.122 | 0.023 |

**NDB No. 17318**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.284 | | 0 | MC | 9 | | 2.349 | 37.576 | 7.041 |
| 14:1 g | 0.025 | | 0 | PAK | 1 | | 0.007 | 0.113 | 0.021 |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.382 | | 0 | PAK | 1 | | 0.108 | 1.733 | 0.325 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.651 | | 0 | PAK | 1 | | 2.169 | 34.705 | 6.503 |
| 20:1 g | 0.078 | | 0 | PAK | 1 | | 0.022 | 0.354 | 0.066 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.840 | | 0 | MC | 9 | | 0.238 | 3.810 | 0.714 |
| 18:2 undifferentiated g | 0.496 | | 0 | PAK | 1 | | 0.141 | 2.250 | 0.422 |
| 18:3 undifferentiated g | 0.238 | | 0 | PAK | 1 | | 0.067 | 1.080 | 0.202 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.079 | | 0 | PAK | 1 | | 0.022 | 0.358 | 0.067 |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 66 | | 0 | PAK | 1 | | 19 | 299 | 56 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.195 | | 0 | | 1 | | 0.055 | 0.885 | 0.166 |
| Threonine g | 0.712 | | 0 | | 1 | | 0.202 | 3.230 | 0.605 |
| Isoleucine g | 0.806 | | 0 | | 1 | | 0.229 | 3.656 | 0.685 |
| Leucine g | 1.297 | | 0 | | 1 | | 0.368 | 5.883 | 1.102 |
| Lysine g | 1.473 | | 0 | | 1 | | 0.418 | 6.682 | 1.252 |
| Methionine g | 0.427 | | 0 | | 1 | | 0.121 | 1.937 | 0.363 |
| Cystine g | 0.200 | | 0 | | 1 | | 0.057 | 0.907 | 0.170 |
| Phenylalanine g | 0.678 | | 0 | | 1 | | 0.192 | 3.075 | 0.576 |
| Tyrosine g | 0.560 | | 0 | | 1 | | 0.159 | 2.540 | 0.476 |
| Valine g | 0.899 | | 0 | | 1 | | 0.255 | 4.078 | 0.764 |
| Arginine g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | 0.842 |
| Histidine g | 0.528 | | 0 | | 1 | | 0.150 | 2.395 | 0.449 |
| Alanine g | 1.003 | | 0 | | 1 | | 0.284 | 4.550 | 0.853 |
| Aspartic acid g | 1.468 | | 0 | | 1 | | 0.416 | 6.659 | 1.248 |
| Glutamic acid g | 2.420 | | 0 | | 1 | | 0.686 | 10.977 | 2.057 |
| Glycine g | 0.814 | | 0 | | 1 | | 0.231 | 3.692 | 0.692 |
| Proline g | 0.699 | | 0 | | 1 | | 0.198 | 3.171 | 0.594 |
| Serine g | 0.619 | | 0 | | 1 | | 0.175 | 2.808 | 0.526 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17320**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw**

**Refuse:** 38% Bone 22%, separable fat 16%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.39 | | 0 | PAK | 1 | | 20.52 | 328.36 | 61.53 |
| Energy....kcal | 155 | | 0 | MC | 9 | | 44 | 703 | 132 |
| Energy....kj | 649 | | | | 9 | | 184 | 2942 | 551 |
| Protein (N x 6.25)....g | 19.36 | | 0 | PAK | 1 | | 5.49 | 87.82 | 16.46 |
| Total lipid (fat)....g | 8.01 | | 0 | PAK | 1 | | 2.27 | 36.33 | 6.81 |
| Ash....g | 0.89 | | 0 | PAK | 1 | | 0.25 | 4.04 | 0.76 |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAK | 1 | | 5 | 82 | 15 |
| Iron, Fe....mg | 1.42 | | 0 | PAK | 1 | | 0.40 | 6.44 | 1.21 |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 6 | 95 | 18 |
| Phosphorus, P....mg | 178 | | 0 | PAK | 1 | | 50 | 807 | 151 |
| Potassium, K....mg | 306 | | 0 | PAK | 1 | | 87 | 1388 | 260 |
| Sodium, Na....mg | 88 | | 0 | PAK | 1 | | 25 | 399 | 75 |
| Zinc, Zn....mg | 4.87 | | 0 | PAK | 1 | | 1.38 | 22.09 | 4.14 |
| Copper, Cu....mg | 0.130 | | 0 | PAK | 1 | | 0.037 | 0.590 | 0.111 |
| Manganese, Mn....mg | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.059 | 0.011 |
| Selenium, Se....mcg | 3.9 | | 0 | BFNN | 4 | | 1.1 | 17.7 | 3.3 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.120 | | 0 | PAK | 1 | | 0.034 | 0.544 | 0.102 |
| Riboflavin....mg | 0.240 | | 0 | PAK | 1 | | 0.068 | 1.089 | 0.204 |
| Niacin....mg | 4.580 | | 0 | PAK | 1 | | 1.298 | 20.775 | 3.893 |
| Pantothenic acid....mg | 0.785 | | 0 | PAK | 1 | | 0.223 | 3.561 | 0.667 |
| Vitamin B-6....mg | 0.299 | | 0 | PAK | 1 | | 0.085 | 1.356 | 0.254 |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.01 | | 0 | PAK | 1 | | 0.85 | 13.65 | 2.56 |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.355 | | 0 | PAK | 1 | | 0.951 | 15.218 | 2.852 |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.018 | | 0 | PAK | 1 | | 0.005 | 0.082 | 0.015 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.255 | | 0 | PAK | 1 | | 0.072 | 1.157 | 0.217 |
| 15:0....g | 0.038 | | 0 | PAK | 1 | | 0.011 | 0.172 | 0.032 |
| 16:0....g | 1.676 | | 0 | PAK | 1 | | 0.475 | 7.602 | 1.425 |
| 17:0....g | 0.087 | | 0 | PAK | 1 | | 0.025 | 0.395 | 0.074 |
| 18:0....g | 1.281 | | 0 | PAK | 1 | | 0.363 | 5.811 | 1.089 |
| 20:0....g | | | | | | | | | |

**NDB No. 17320**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.214 | | 0 | PAK | 1 | | 0.911 | 14.579 | 2.732 |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.137 | | 0 | PAK | 1 | | 0.039 | 0.621 | 0.116 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.985 | | 0 | PAK | 1 | | 0.846 | 13.540 | 2.537 |
| 20:1 g | 0.034 | | 0 | PAK | 1 | | 0.010 | 0.154 | 0.029 |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.323 | | 0 | PAK | 1 | | 0.092 | 1.465 | 0.275 |
| 18:2 undifferentiated g | 0.198 | | 0 | PAK | 1 | | 0.056 | 0.898 | 0.168 |
| 18:3 undifferentiated g | 0.094 | | 0 | PAK | 1 | | 0.027 | 0.426 | 0.080 |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.031 | | 0 | PAK | 1 | | 0.009 | 0.141 | 0.026 |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 64 | | 0 | PAK | 1 | | 18 | 290 | 54 |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.226 | | 0 | | 1 | | 0.064 | 1.025 | 0.192 |
| Threonine g | 0.827 | | 0 | | 1 | | 0.234 | 3.751 | 0.703 |
| Isoleucine g | 0.935 | | 0 | | 1 | | 0.265 | 4.241 | 0.795 |
| Leucine g | 1.505 | | 0 | | 1 | | 0.427 | 6.827 | 1.279 |
| Lysine g | 1.710 | | 0 | | 1 | | 0.485 | 7.757 | 1.454 |
| Methionine g | 0.496 | | 0 | | 1 | | 0.141 | 2.250 | 0.422 |
| Cystine g | 0.232 | | 0 | | 1 | | 0.066 | 1.052 | 0.197 |
| Phenylalanine g | 0.787 | | 0 | | 1 | | 0.223 | 3.570 | 0.669 |
| Tyrosine g | 0.650 | | 0 | | 1 | | 0.184 | 2.948 | 0.553 |
| Valine g | 1.044 | | 0 | | 1 | | 0.296 | 4.736 | 0.887 |
| Arginine g | 1.149 | | 0 | | 1 | | 0.326 | 5.212 | 0.977 |
| Histidine g | 0.613 | | 0 | | 1 | | 0.174 | 2.781 | 0.521 |
| Alanine g | 1.165 | | 0 | | 1 | | 0.330 | 5.284 | 0.990 |
| Aspartic acid g | 1.704 | | 0 | | 1 | | 0.483 | 7.729 | 1.448 |
| Glutamic acid g | 2.809 | | 0 | | 1 | | 0.796 | 12.742 | 2.388 |
| Glycine g | 0.945 | | 0 | | 1 | | 0.268 | 4.287 | 0.803 |
| Proline g | 0.811 | | 0 | | 1 | | 0.230 | 3.679 | 0.689 |
| Serine g | 0.719 | | 0 | | 1 | | 0.204 | 3.261 | 0.611 |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

Measure 3 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17321**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked**

**Refuse:** 34% Bone 22%, separable fat 12%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.05 | | 0 | PAK | 1 | | 135.53 | 51.89 | |
| Energy....kcal | 233 | | 0 | MC | 9 | | 517 | 198 | |
| Energy....kj | 975 | | | | 9 | | 2164 | 829 | |
| Protein (N x 6.25)....g | 26.18 | | 0 | PAK | 1 | | 58.12 | 22.25 | |
| Total lipid (fat)....g | 13.44 | | 0 | PAK | 1 | | 29.84 | 11.42 | |
| Ash....g | 1.06 | | 0 | PAK | 1 | | 2.35 | 0.90 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | PAK | 1 | | 62 | 24 | |
| Iron, Fe....mg | 1.90 | | 0 | PAK | 1 | | 4.22 | 1.62 | |
| Magnesium, Mg....mg | 22 | | 0 | PAK | 1 | | 49 | 19 | |
| Phosphorus, P....mg | 195 | | 0 | PAK | 1 | | 433 | 166 | |
| Potassium, K....mg | 308 | | 0 | PAK | 1 | | 684 | 262 | |
| Sodium, Na....mg | 91 | | 0 | PAK | 1 | | 202 | 77 | |
| Zinc, Zn....mg | 6.65 | | 0 | PAK | 1 | | 14.76 | 5.65 | |
| Copper, Cu....mg | 0.150 | | 0 | PAK | 1 | | 0.333 | 0.128 | |
| Manganese, Mn....mg | 0.014 | | 0 | PAK | 1 | | 0.031 | 0.012 | |
| Selenium, Se....mcg | 5.1 | | 0 | BFNN | 4 | | 11.4 | 4.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.100 | | 0 | PAK | 1 | | 0.222 | 0.085 | |
| Riboflavin....mg | 0.290 | | 0 | PAK | 1 | | 0.644 | 0.247 | |
| Niacin....mg | 4.695 | | 0 | PAK | 1 | | 10.423 | 3.991 | |
| Pantothenic acid....mg | 0.775 | | 0 | PAK | 1 | | 1.721 | 0.659 | |
| Vitamin B-6....mg | 0.211 | | 0 | PAK | 1 | | 0.468 | 0.179 | |
| Folate, total....mcg | | | | | | | | | |
| Folate, DFE....mcg_DFE | | | | | | | | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.56 | | 0 | PAK | 1 | | 7.90 | 3.03 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.843 | | 0 | PAK | 1 | | 12.971 | 4.967 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.018 | | 0 | PAK | 1 | | 0.040 | 0.015 | |
| 12:0....g | 0.038 | | 0 | PAK | 1 | | 0.084 | 0.032 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.449 | | 0 | PAK | 1 | | 0.997 | 0.382 | |
| 15:0....g | 0.066 | | 0 | PAK | 1 | | 0.147 | 0.056 | |
| 16:0....g | 2.850 | | 0 | PAK | 1 | | 6.327 | 2.423 | |
| 17:0....g | 0.172 | | 0 | PAK | 1 | | 0.382 | 0.146 | |
| 18:0....g | 2.193 | | 0 | PAK | 1 | | 4.868 | 1.864 | |
| 20:0....g | 0.057 | | 0 | PAK | 1 | | 0.127 | 0.048 | |

**NDB No. 17321**

**Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 5.264 | | 0 | PAK | 1 | | 11.686 | 4.474 | |
| 14:1 g | 0.019 | | 0 | PAK | 1 | | 0.042 | 0.016 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.233 | | 0 | PAK | 1 | | 0.517 | 0.198 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.878 | | 0 | PAK | 1 | | 10.829 | 4.146 | |
| 20:1 g | 0.039 | | 0 | PAK | 1 | | 0.087 | 0.033 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.546 | | 0 | PAK | 1 | | 1.212 | 0.464 | |
| 18:2 undifferentiated g | 0.318 | | 0 | PAK | 1 | | 0.706 | 0.270 | |
| 18:3 undifferentiated g | 0.152 | | 0 | PAK | 1 | | 0.337 | 0.129 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.045 | | 0 | PAK | 1 | | 0.100 | 0.038 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 91 | | 0 | PAK | 1 | | 202 | 77 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.306 | | 0 | | 1 | | 0.679 | 0.260 | |
| Threonine g | 1.118 | | 0 | | 1 | | 2.482 | 0.950 | |
| Isoleucine g | 1.265 | | 0 | | 1 | | 2.808 | 1.075 | |
| Leucine g | 2.036 | | 0 | | 1 | | 4.520 | 1.731 | |
| Lysine g | 2.312 | | 0 | | 1 | | 5.133 | 1.965 | |
| Methionine g | 0.670 | | 0 | | 1 | | 1.487 | 0.570 | |
| Cystine g | 0.314 | | 0 | | 1 | | 0.697 | 0.267 | |
| Phenylalanine g | 1.064 | | 0 | | 1 | | 2.362 | 0.904 | |
| Tyrosine g | 0.880 | | 0 | | 1 | | 1.954 | 0.748 | |
| Valine g | 1.412 | | 0 | | 1 | | 3.135 | 1.200 | |
| Arginine g | 1.554 | | 0 | | 1 | | 3.450 | 1.321 | |
| Histidine g | 0.829 | | 0 | | 1 | | 1.840 | 0.705 | |
| Alanine g | 1.575 | | 0 | | 1 | | 3.497 | 1.339 | |
| Aspartic acid g | 2.304 | | 0 | | 1 | | 5.115 | 1.958 | |
| Glutamic acid g | 3.799 | | 0 | | 1 | | 8.434 | 3.229 | |
| Glycine g | 1.278 | | 0 | | 1 | | 2.837 | 1.086 | |
| Proline g | 1.098 | | 0 | | 1 | | 2.438 | 0.933 | |
| Serine g | 0.972 | | 0 | | 1 | | 2.158 | 0.826 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17067**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 26.12 | | 1 | | 1 | | 74.70 | 22.20 | |
| Energy....kcal | 586 | | 0 | NC | 4 | | 1676 | 498 | |
| Energy....kj | 2452 | | | | 4 | | 7012 | 2084 | |
| Protein (N x 6.25)....g | 9.72 | | 1 | | 1 | | 27.80 | 8.26 | |
| Total lipid (fat)....g | 60.39 | | 1 | | 1 | | 172.72 | 51.33 | |
| Ash....g | 0.71 | | 1 | | 1 | | 2.03 | 0.60 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 1 | | 1 | | 77 | 23 | |
| Iron, Fe....mg | 1.39 | | 1 | | 1 | | 3.98 | 1.18 | |
| Magnesium, Mg....mg | 11 | | 1 | | 1 | | 31 | 9 | |
| Phosphorus, P....mg | 135 | | 1 | | 1 | | 386 | 115 | |
| Potassium, K....mg | 87 | | 1 | | 1 | | 249 | 74 | |
| Sodium, Na....mg | 35 | | 1 | | 1 | | 100 | 30 | |
| Zinc, Zn....mg | 1.17 | | 1 | | 1 | | 3.35 | 0.99 | |
| Copper, Cu....mg | 0.059 | | 1 | | 1 | | 0.169 | 0.050 | |
| Manganese, Mn....mg | 0.004 | | 1 | | 1 | | 0.011 | 0.003 | |
| Selenium, Se....mcg | 1.8 | | 0 | T | 4 | | 5.1 | 1.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 1 | | 1 | | 0.229 | 0.068 | |
| Riboflavin....mg | 0.180 | | 1 | | 1 | | 0.515 | 0.153 | |
| Niacin....mg | 8.030 | | 1 | | 1 | | 22.966 | 6.826 | |
| Pantothenic acid....mg | 0.590 | | 1 | | 1 | | 1.687 | 0.502 | |
| Vitamin B-6....mg | 0.030 | | 1 | | 1 | | 0.086 | 0.026 | |
| Folate, total....mcg | 3 | | 1 | | 1 | | 9 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 1 | | 1 | | 9 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 9 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.42 | | 1 | | 1 | | 6.92 | 2.06 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.04 | | 0 | | 1 | | 0.11 | 0.03 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 31.510 | | 0 | | 1 | | 90.119 | 26.784 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.190 | | 58 | | 1 | | 0.543 | 0.162 | |
| 12:0....g | 0.260 | | 58 | | 1 | | 0.744 | 0.221 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17067**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 2.750 | | 58 | | 1 | | 7.865 | 2.338 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 13.480 | | 58 | | 1 | | 38.553 | 11.458 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 12.440 | | 58 | | 1 | | 35.578 | 10.574 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 23.150 | | 0 | | 1 | | 66.209 | 19.678 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 1.030 | | 58 | | 1 | | 2.946 | 0.876 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 21.600 | | 58 | | 1 | | 61.776 | 18.360 | |
| 20:1....g | 0.110 | | 58 | | 1 | | 0.315 | 0.094 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.520 | | 0 | | 1 | | 7.207 | 2.142 | |
| 18:2 undifferentiated....g | 1.390 | | 58 | | 1 | | 3.975 | 1.182 | |
| 18:3 undifferentiated....g | 1.130 | | 58 | | 1 | | 3.232 | 0.961 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 109 | | 1 | | 1 | | 312 | 93 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.113 | | 0 | | 1 | | 0.323 | 0.096 | |
| Threonine....g | 0.415 | | 0 | | 1 | | 1.187 | 0.353 | |
| Isoleucine....g | 0.468 | | 0 | | 1 | | 1.338 | 0.398 | |
| Leucine....g | 0.755 | | 0 | | 1 | | 2.159 | 0.642 | |
| Lysine....g | 0.857 | | 0 | | 1 | | 2.451 | 0.728 | |
| Methionine....g | 0.249 | | 0 | | 1 | | 0.712 | 0.212 | |
| Cystine....g | 0.116 | | 0 | | 1 | | 0.332 | 0.099 | |
| Phenylalanine....g | 0.395 | | 0 | | 1 | | 1.130 | 0.336 | |
| Tyrosine....g | 0.326 | | 0 | | 1 | | 0.932 | 0.277 | |
| Valine....g | 0.524 | | 0 | | 1 | | 1.499 | 0.445 | |
| Arginine....g | 0.577 | | 0 | | 1 | | 1.650 | 0.490 | |
| Histidine....g | 0.307 | | 0 | | 1 | | 0.878 | 0.261 | |
| Alanine....g | 0.584 | | 0 | | 1 | | 1.670 | 0.496 | |
| Aspartic acid....g | 0.854 | | 0 | | 1 | | 2.442 | 0.726 | |
| Glutamic acid....g | 1.408 | | 0 | | 1 | | 4.027 | 1.197 | |
| Glycine....g | 0.474 | | 0 | | 1 | | 1.356 | 0.403 | |
| Proline....g | 0.407 | | 0 | | 1 | | 1.164 | 0.346 | |
| Serine....g | 0.361 | | 0 | | 1 | | 1.032 | 0.307 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 286g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

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

**NDB No. 17067**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17066**

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

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 25.56 | 1.710 | 9 | | 1 | | 7.25 | 115.94 | |
| Energy....kcal | 640 | | 0 | NC | 4 | | 181 | 2903 | |
| Energy....kj | 2678 | | | | 4 | | 759 | 12146 | |
| Protein (N x 6.25)....g | 6.92 | 0.414 | 9 | | 1 | | 1.96 | 31.39 | |
| Total lipid (fat)....g | 67.63 | 1.993 | 9 | | 1 | | 19.17 | 306.77 | |
| Ash....g | 0.42 | 0.021 | 9 | | 1 | | 0.12 | 1.91 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | 1.765 | 9 | | 1 | | 7 | 104 | |
| Iron, Fe....mg | 1.14 | 0.091 | 9 | | 1 | | 0.32 | 5.17 | |
| Magnesium, Mg....mg | 6 | 0.455 | 9 | | 1 | | 2 | 27 | |
| Phosphorus, P....mg | 86 | 5.483 | 9 | | 1 | | 24 | 390 | |
| Potassium, K....mg | 51 | 3.560 | 9 | | 1 | | 14 | 231 | |
| Sodium, Na....mg | 22 | 0.518 | 9 | | 1 | | 6 | 100 | |
| Zinc, Zn....mg | 0.85 | 0.012 | 9 | | 1 | | 0.24 | 3.86 | |
| Copper, Cu....mg | 0.045 | 0.001 | 9 | | 1 | | 0.013 | 0.204 | |
| Manganese, Mn....mg | 0.003 | | 0 | | 1 | | 0.001 | 0.014 | |
| Selenium, Se....mcg | 0.9 | | 0 | BFYN | 4 | | 0.3 | 4.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| Riboflavin....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Niacin....mg | 6.560 | | 0 | | 1 | | 1.860 | 29.756 | |
| Pantothenic acid....mg | 0.600 | | 0 | | 1 | | 0.170 | 2.722 | |
| Vitamin B-6....mg | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| Folate, total....mcg | 3 | | 0 | | 1 | | 1 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 0 | | 1 | | 1 | 14 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.73 | | 0 | | 1 | | 0.49 | 7.85 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 35.290 | | 0 | | 1 | | 10.005 | 160.075 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.210 | | 58 | | 1 | | 0.060 | 0.953 | |
| 12:0....g | 0.290 | | 58 | | 1 | | 0.082 | 1.315 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17066**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 3.080 | | 58 | | 1 | | 0.873 | 13.971 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 15.090 | | 58 | | 1 | | 4.278 | 68.448 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 13.940 | | 58 | | 1 | | 3.952 | 63.232 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 25.930 | | 0 | | 1 | | 7.351 | 117.618 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 1.150 | | 58 | | 1 | | 0.326 | 5.216 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 24.190 | | 58 | | 1 | | 6.858 | 109.726 | |
| 20:1....g | 0.130 | | 58 | | 1 | | 0.037 | 0.590 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.830 | | 0 | | 1 | | 0.802 | 12.837 | |
| 18:2 undifferentiated....g | 1.560 | | 58 | | 1 | | 0.442 | 7.076 | |
| 18:3 undifferentiated....g | 1.270 | | 58 | | 1 | | 0.360 | 5.761 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 87 | | 1 | | 1 | | 25 | 395 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.081 | | 0 | | 1 | | 0.023 | 0.367 | |
| Threonine....g | 0.296 | | 0 | | 1 | | 0.084 | 1.343 | |
| Isoleucine....g | 0.334 | | 0 | | 1 | | 0.095 | 1.515 | |
| Leucine....g | 0.538 | | 0 | | 1 | | 0.153 | 2.440 | |
| Lysine....g | 0.611 | | 0 | | 1 | | 0.173 | 2.771 | |
| Methionine....g | 0.178 | | 0 | | 1 | | 0.050 | 0.807 | |
| Cystine....g | 0.083 | | 0 | | 1 | | 0.024 | 0.376 | |
| Phenylalanine....g | 0.282 | | 0 | | 1 | | 0.080 | 1.279 | |
| Tyrosine....g | 0.233 | | 0 | | 1 | | 0.066 | 1.057 | |
| Valine....g | 0.373 | | 0 | | 1 | | 0.106 | 1.692 | |
| Arginine....g | 0.411 | | 0 | | 1 | | 0.117 | 1.864 | |
| Histidine....g | 0.219 | | 0 | | 1 | | 0.062 | 0.993 | |
| Alanine....g | 0.416 | | 0 | | 1 | | 0.118 | 1.887 | |
| Aspartic acid....g | 0.609 | | 0 | | 1 | | 0.173 | 2.762 | |
| Glutamic acid....g | 1.004 | | 0 | | 1 | | 0.285 | 4.554 | |
| Glycine....g | 0.338 | | 0 | | 1 | | 0.096 | 1.533 | |
| Proline....g | 0.290 | | 0 | | 1 | | 0.082 | 1.315 | |
| Serine....g | 0.257 | | 0 | | 1 | | 0.073 | 1.166 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17066**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17063**

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

**Refuse:** 31% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 51.15 | | 0 | | 1 | | 113.55 | 43.48 | |
| Energy ... kcal | 305 | | 0 | NC | 4 | | 677 | 259 | |
| Energy ... kj | 1276 | | | | 4 | | 2833 | 1085 | |
| Protein (N x 6.25) ... g | 24.42 | | 0 | | 1 | | 54.21 | 20.76 | |
| Total lipid (fat) ... g | 22.26 | | 0 | | 1 | | 49.42 | 18.92 | |
| Ash ... g | 1.37 | | 0 | | 1 | | 3.04 | 1.16 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 17 | | 0 | | 1 | | 38 | 14 | |
| Iron, Fe ... mg | 2.10 | | 0 | | 1 | | 4.66 | 1.79 | |
| Magnesium, Mg ... mg | 19 | | 0 | | 1 | | 42 | 16 | |
| Phosphorus, P ... mg | 217 | | 0 | | 1 | | 482 | 184 | |
| Potassium, K ... mg | 162 | | 0 | | 1 | | 360 | 138 | |
| Sodium, Na ... mg | 46 | | 0 | | 1 | | 102 | 39 | |
| Zinc, Zn ... mg | 3.49 | | 0 | | 1 | | 7.75 | 2.97 | |
| Copper, Cu ... mg | 0.100 | | 0 | | 1 | | 0.222 | 0.085 | |
| Manganese, Mn ... mg | 0.023 | | 0 | | 1 | | 0.051 | 0.020 | |
| Selenium, Se ... mcg | 2.0 | | 0 | T | 4 | | 4.4 | 1.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.120 | | 0 | | 1 | | 0.266 | 0.102 | |
| Riboflavin ... mg | 0.410 | | 0 | | 1 | | 0.910 | 0.349 | |
| Niacin ... mg | 7.770 | | 0 | | 1 | | 17.249 | 6.605 | |
| Pantothenic acid ... mg | 0.580 | | 0 | | 1 | | 1.288 | 0.493 | |
| Vitamin B-6 ... mg | 0.120 | | 0 | | 1 | | 0.266 | 0.102 | |
| Folate, total ... mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folate, DFE ... mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.81 | | 0 | | 1 | | 6.24 | 2.39 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.14 | | 0 | | 1 | | 0.31 | 0.12 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 11.050 | | 0 | | 1 | | 24.531 | 9.393 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.060 | | 0 | | 1 | | 0.133 | 0.051 | |
| 12:0 ... g | 0.090 | | 0 | | 1 | | 0.200 | 0.077 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17063**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.900 | | 0 | | 1 | | 1.998 | 0.765 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.880 | | 0 | | 1 | | 10.834 | 4.148 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.270 | | 0 | | 1 | | 9.479 | 3.630 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.590 | | 0 | | 1 | | 19.070 | 7.302 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.400 | | 0 | | 1 | | 0.888 | 0.340 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 8.010 | | 0 | | 1 | | 17.782 | 6.809 | |
| 20:1 ... g | 0.030 | | 0 | | 1 | | 0.067 | 0.026 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.040 | | 0 | | 1 | | 2.309 | 0.884 | |
| 18:2 undifferentiated ... g | 0.610 | | 0 | | 1 | | 1.354 | 0.519 | |
| 18:3 undifferentiated ... g | 0.400 | | 0 | | 1 | | 0.888 | 0.340 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | | 1 | | 0.044 | 0.017 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 109 | | 0 | | 1 | | 242 | 93 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.285 | | 0 | | 1 | | 0.633 | 0.242 | |
| Threonine ... g | 1.045 | | 0 | | 1 | | 2.320 | 0.888 | |
| Isoleucine ... g | 1.178 | | 0 | | 1 | | 2.615 | 1.001 | |
| Leucine ... g | 1.900 | | 0 | | 1 | | 4.218 | 1.615 | |
| Lysine ... g | 2.157 | | 0 | | 1 | | 4.789 | 1.833 | |
| Methionine ... g | 0.627 | | 0 | | 1 | | 1.392 | 0.533 | |
| Cystine ... g | 0.292 | | 0 | | 1 | | 0.648 | 0.248 | |
| Phenylalanine ... g | 0.994 | | 0 | | 1 | | 2.207 | 0.845 | |
| Tyrosine ... g | 0.821 | | 0 | | 1 | | 1.823 | 0.698 | |
| Valine ... g | 1.318 | | 0 | | 1 | | 2.926 | 1.120 | |
| Arginine ... g | 1.451 | | 0 | | 1 | | 3.221 | 1.233 | |
| Histidine ... g | 0.774 | | 0 | | 1 | | 1.718 | 0.658 | |
| Alanine ... g | 1.469 | | 0 | | 1 | | 3.261 | 1.249 | |
| Aspartic acid ... g | 2.150 | | 0 | | 1 | | 4.773 | 1.828 | |
| Glutamic acid ... g | 3.544 | | 0 | | 1 | | 7.868 | 3.012 | |
| Glycine ... g | 1.193 | | 0 | | 1 | | 2.648 | 1.014 | |
| Proline ... g | 1.024 | | 0 | | 1 | | 2.273 | 0.870 | |
| Serine ... g | 0.908 | | 0 | | 1 | | 2.016 | 0.772 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17063**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17062**

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

**Refuse:** 30% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.80 | | 0 | | 1 | | 16.95 | 271.25 | |
| Energy....kcal | 277 | | 0 | NC | 4 | | 79 | 1256 | |
| Energy....kj | 1159 | | | | 4 | | 329 | 5257 | |
| Protein (N x 6.25)....g | 16.74 | | 0 | | 1 | | 4.75 | 75.93 | |
| Total lipid (fat)....g | 22.74 | | 0 | | 1 | | 6.45 | 103.15 | |
| Ash....g | 0.92 | | 0 | | 1 | | 0.26 | 4.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | | 1 | | 4 | 59 | |
| Iron, Fe....mg | 1.49 | | 0 | | 1 | | 0.42 | 6.76 | |
| Magnesium, Mg....mg | 15 | | 0 | | 1 | | 4 | 68 | |
| Phosphorus, P....mg | 168 | | 0 | | 1 | | 48 | 762 | |
| Potassium, K....mg | 136 | | 0 | | 1 | | 39 | 617 | |
| Sodium, Na....mg | 39 | | 0 | | 1 | | 11 | 177 | |
| Zinc, Zn....mg | 2.39 | | 0 | | 1 | | 0.68 | 10.84 | |
| Copper, Cu....mg | 0.083 | | 0 | | 1 | | 0.024 | 0.376 | |
| Manganese, Mn....mg | 0.018 | | 0 | | 1 | | 0.005 | 0.082 | |
| Selenium, Se....mcg | 1.3 | | 0 | T | 4 | | 0.4 | 5.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.320 | | 0 | | 1 | | 0.091 | 1.452 | |
| Niacin....mg | 6.550 | | 0 | | 1 | | 1.857 | 29.711 | |
| Pantothenic acid....mg | 0.520 | | 0 | | 1 | | 0.147 | 2.359 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.42 | | 0 | | 1 | | 0.69 | 10.98 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.570 | | 0 | | 1 | | 3.280 | 52.482 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 12:0....g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17062**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.960 | | 0 | | 1 | | 0.272 | 4.355 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.010 | | 0 | | 1 | | 1.420 | 22.725 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.560 | | 0 | | 1 | | 1.293 | 20.684 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.720 | | 0 | | 1 | | 2.472 | 39.554 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.150 | | 0 | | 1 | | 2.311 | 36.968 | |
| 20:1....g | 0.040 | | 0 | | 1 | | 0.011 | 0.181 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.980 | | 0 | | 1 | | 0.278 | 4.445 | |
| 18:2 undifferentiated....g | 0.550 | | 0 | | 1 | | 0.156 | 2.495 | |
| 18:3 undifferentiated....g | 0.420 | | 0 | | 1 | | 0.119 | 1.905 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | | 0 | | 1 | | 22 | 354 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.196 | | 0 | | 1 | | 0.056 | 0.889 | |
| Threonine....g | 0.716 | | 0 | | 1 | | 0.203 | 3.248 | |
| Isoleucine....g | 0.808 | | 0 | | 1 | | 0.229 | 3.665 | |
| Leucine....g | 1.302 | | 0 | | 1 | | 0.369 | 5.906 | |
| Lysine....g | 1.478 | | 0 | | 1 | | 0.419 | 6.704 | |
| Methionine....g | 0.430 | | 0 | | 1 | | 0.122 | 1.950 | |
| Cystine....g | 0.200 | | 0 | | 1 | | 0.057 | 0.907 | |
| Phenylalanine....g | 0.681 | | 0 | | 1 | | 0.193 | 3.089 | |
| Tyrosine....g | 0.563 | | 0 | | 1 | | 0.160 | 2.554 | |
| Valine....g | 0.903 | | 0 | | 1 | | 0.256 | 4.096 | |
| Arginine....g | 0.994 | | 0 | | 1 | | 0.282 | 4.509 | |
| Histidine....g | 0.530 | | 0 | | 1 | | 0.150 | 2.404 | |
| Alanine....g | 1.007 | | 0 | | 1 | | 0.285 | 4.568 | |
| Aspartic acid....g | 1.473 | | 0 | | 1 | | 0.418 | 6.682 | |
| Glutamic acid....g | 2.429 | | 0 | | 1 | | 0.689 | 11.018 | |
| Glycine....g | 0.818 | | 0 | | 1 | | 0.232 | 3.710 | |
| Proline....g | 0.702 | | 0 | | 1 | | 0.199 | 3.184 | |
| Serine....g | 0.622 | | 0 | | 1 | | 0.176 | 2.821 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17062**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17065**

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

**Refuse:** 49% Bone 31%, separable fat 18%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.95 | | 0 | | 1 | | 98.32 | 50.96 | |
| Energy....kcal | 206 | | 0 | NC | 4 | | 338 | 175 | |
| Energy....kj | 862 | | | | 4 | | 1414 | 733 | |
| Protein (N x 6.25)....g | 29.59 | | 0 | | 1 | | 48.53 | 25.15 | |
| Total lipid (fat)....g | 8.86 | | 0 | | 1 | | 14.53 | 7.53 | |
| Ash....g | 1.60 | | 0 | | 1 | | 2.62 | 1.36 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | | 1 | | 21 | 11 | |
| Iron, Fe....mg | 2.35 | | 0 | | 1 | | 3.85 | 2.00 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 36 | 19 | |
| Phosphorus, P....mg | 246 | | 0 | | 1 | | 403 | 209 | |
| Potassium, K....mg | 188 | | 0 | | 1 | | 308 | 160 | |
| Sodium, Na....mg | 50 | | 0 | | 1 | | 82 | 43 | |
| Zinc, Zn....mg | 4.30 | | 0 | | 1 | | 7.05 | 3.66 | |
| Copper, Cu....mg | 0.114 | | 0 | | 1 | | 0.187 | 0.097 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.048 | 0.025 | |
| Selenium, Se....mcg | 2.0 | | 0 | T | 4 | | 3.3 | 1.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | | 1 | | 0.213 | 0.111 | |
| Riboflavin....mg | 0.500 | | 0 | | 1 | | 0.820 | 0.425 | |
| Niacin....mg | 7.680 | | 0 | | 1 | | 12.595 | 6.528 | |
| Pantothenic acid....mg | 0.580 | | 0 | | 1 | | 0.951 | 0.493 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.230 | 0.119 | |
| Folate, total....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.95 | | 0 | | 1 | | 4.84 | 2.51 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.31 | 0.16 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.860 | | 0 | | 1 | | 6.330 | 3.281 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.033 | 0.017 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.049 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17065**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.250 | | 0 | | 1 | | 0.410 | 0.213 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.860 | | 0 | | 1 | | 3.050 | 1.581 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.400 | | 0 | | 1 | | 2.296 | 1.190 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.480 | | 0 | | 1 | | 5.707 | 2.958 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.180 | | 0 | | 1 | | 0.295 | 0.153 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.240 | | 0 | | 1 | | 5.314 | 2.754 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.520 | | 0 | | 1 | | 0.853 | 0.442 | |
| 18:2 undifferentiated g | 0.340 | | 0 | | 1 | | 0.558 | 0.289 | |
| 18:3 undifferentiated g | 0.150 | | 0 | | 1 | | 0.246 | 0.128 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.030 | | 0 | | 1 | | 0.049 | 0.026 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 109 | | 0 | | 1 | | 179 | 93 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.346 | | 0 | | 1 | | 0.567 | 0.294 | |
| Threonine g | 1.267 | | 0 | | 1 | | 2.078 | 1.077 | |
| Isoleucine g | 1.428 | | 0 | | 1 | | 2.342 | 1.214 | |
| Leucine g | 2.302 | | 0 | | 1 | | 3.775 | 1.957 | |
| Lysine g | 2.613 | | 0 | | 1 | | 4.285 | 2.221 | |
| Methionine g | 0.759 | | 0 | | 1 | | 1.245 | 0.645 | |
| Cystine g | 0.353 | | 0 | | 1 | | 0.579 | 0.300 | |
| Phenylalanine g | 1.205 | | 0 | | 1 | | 1.976 | 1.024 | |
| Tyrosine g | 0.995 | | 0 | | 1 | | 1.632 | 0.846 | |
| Valine g | 1.597 | | 0 | | 1 | | 2.619 | 1.357 | |
| Arginine g | 1.758 | | 0 | | 1 | | 2.883 | 1.494 | |
| Histidine g | 0.937 | | 0 | | 1 | | 1.537 | 0.796 | |
| Alanine g | 1.780 | | 0 | | 1 | | 2.919 | 1.513 | |
| Aspartic acid g | 2.605 | | 0 | | 1 | | 4.272 | 2.214 | |
| Glutamic acid g | 4.294 | | 0 | | 1 | | 7.042 | 3.650 | |
| Glycine g | 1.445 | | 0 | | 1 | | 2.370 | 1.228 | |
| Proline g | 1.241 | | 0 | | 1 | | 2.035 | 1.055 | |
| Serine g | 1.100 | | 0 | | 1 | | 1.804 | 0.935 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17065**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17064**

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

**Refuse:** 50% Bone 30%, separable fat 20%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.78 | 0.638 | 9 | | 1 | | 20.92 | 334.67 | |
| Energy....kcal | 128 | | 0 | NC | 4 | | 36 | 581 | |
| Energy....kj | 536 | | | | 4 | | 152 | 2429 | |
| Protein (N x 6.25)....g | 20.75 | 0.221 | 9 | | 1 | | 5.88 | 94.12 | |
| Total lipid (fat)....g | 4.41 | 0.430 | 9 | | 1 | | 1.25 | 20.00 | |
| Ash....g | 1.12 | 0.051 | 9 | | 1 | | 0.32 | 5.08 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 1.277 | 9 | | 1 | | 2 | 36 | |
| Iron, Fe....mg | 1.64 | 0.156 | 9 | | 1 | | 0.46 | 7.44 | |
| Magnesium, Mg....mg | 19 | 0.353 | 9 | | 1 | | 5 | 86 | |
| Phosphorus, P....mg | 202 | 12.349 | 9 | | 1 | | 57 | 916 | |
| Potassium, K....mg | 171 | 6.427 | 9 | | 1 | | 48 | 776 | |
| Sodium, Na....mg | 46 | 2.566 | 9 | | 1 | | 13 | 209 | |
| Zinc, Zn....mg | 3.01 | 0.108 | 9 | | 1 | | 0.85 | 13.65 | |
| Copper, Cu....mg | 0.099 | 0.005 | 9 | | 1 | | 0.028 | 0.449 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 1.5 | | 0 | BFYN | 4 | | 0.4 | 6.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.150 | 0.007 | 9 | | 1 | | 0.043 | 0.680 | |
| Riboflavin....mg | 0.390 | 0.030 | 9 | | 1 | | 0.111 | 1.769 | |
| Niacin....mg | 6.540 | 0.141 | 9 | | 1 | | 1.854 | 29.665 | |
| Pantothenic acid....mg | 0.490 | 0.013 | 9 | | 1 | | 0.139 | 2.223 | |
| Vitamin B-6....mg | 0.140 | 0.005 | 9 | | 1 | | 0.040 | 0.635 | |
| Folate, total....mcg | 0 | 0.094 | 9 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | 0.094 | 9 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.71 | 0.051 | 9 | | 1 | | 0.77 | 12.29 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.880 | | 0 | | 1 | | 0.533 | 8.528 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17064**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.090 | | 75 | | 1 | | 0.026 | 0.408 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.900 | | 75 | | 1 | | 0.255 | 4.082 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.730 | | 75 | | 1 | | 0.207 | 3.311 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.690 | | 0 | | 1 | | 0.479 | 7.666 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.080 | | 75 | | 1 | | 0.023 | 0.363 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.600 | | 75 | | 1 | | 0.454 | 7.258 | |
| 20:1....g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.220 | | 0 | | 1 | | 0.062 | 0.998 | |
| 18:2 undifferentiated....g | 0.130 | | 75 | | 1 | | 0.037 | 0.590 | |
| 18:3 undifferentiated....g | 0.070 | | 75 | | 1 | | 0.020 | 0.318 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 75 | | 1 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 74 | 1.139 | 9 | | 1 | | 21 | 336 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.242 | | 0 | | 1 | | 0.069 | 1.098 | |
| Threonine....g | 0.888 | | 0 | | 1 | | 0.252 | 4.028 | |
| Isoleucine....g | 1.001 | | 0 | | 1 | | 0.284 | 4.541 | |
| Leucine....g | 1.614 | | 0 | | 1 | | 0.458 | 7.321 | |
| Lysine....g | 1.832 | | 0 | | 1 | | 0.519 | 8.310 | |
| Methionine....g | 0.532 | | 0 | | 1 | | 0.151 | 2.413 | |
| Cystine....g | 0.248 | | 0 | | 1 | | 0.070 | 1.125 | |
| Phenylalanine....g | 0.845 | | 0 | | 1 | | 0.240 | 3.833 | |
| Tyrosine....g | 0.697 | | 0 | | 1 | | 0.198 | 3.162 | |
| Valine....g | 1.120 | | 0 | | 1 | | 0.318 | 5.080 | |
| Arginine....g | 1.233 | | 0 | | 1 | | 0.350 | 5.593 | |
| Histidine....g | 0.657 | | 0 | | 1 | | 0.186 | 2.980 | |
| Alanine....g | 1.248 | | 0 | | 1 | | 0.354 | 5.661 | |
| Aspartic acid....g | 1.826 | | 0 | | 1 | | 0.518 | 8.283 | |
| Glutamic acid....g | 3.011 | | 0 | | 1 | | 0.854 | 13.658 | |
| Glycine....g | 1.013 | | 0 | | 1 | | 0.287 | 4.595 | |
| Proline....g | 0.870 | | 0 | | 1 | | 0.247 | 3.946 | |
| Serine....g | 0.771 | | 0 | | 1 | | 0.219 | 3.497 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17064**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17069**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised**

**Refuse:** 50% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.76 | | 0 | | 1 | | 95.36 | 48.25 | |
| Energy....kcal | 258 | | 0 | NC | 4 | | 433 | 219 | |
| Energy....kj | 1079 | | | | 4 | | 1814 | 918 | |
| Protein (N x 6.25)....g | 26.97 | | 0 | | 1 | | 45.31 | 22.92 | |
| Total lipid (fat)....g | 15.83 | | 0 | | 1 | | 26.59 | 13.46 | |
| Ash....g | 1.61 | | 0 | | 1 | | 2.70 | 1.37 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | | 1 | | 24 | 12 | |
| Iron, Fe....mg | 2.07 | | 0 | | 1 | | 3.48 | 1.76 | |
| Magnesium, Mg....mg | 15 | | 0 | | 1 | | 25 | 13 | |
| Phosphorus, P....mg | 175 | | 0 | | 1 | | 294 | 149 | |
| Potassium, K....mg | 118 | | 0 | | 1 | | 198 | 100 | |
| Sodium, Na....mg | 47 | | 0 | | 1 | | 79 | 40 | |
| Zinc, Zn....mg | 4.80 | | 0 | | 1 | | 8.06 | 4.08 | |
| Copper, Cu....mg | 0.102 | | 0 | | 1 | | 0.171 | 0.087 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.040 | 0.020 | |
| Selenium, Se....mcg | 5.3 | | 0 | PIE | 4 | | 8.9 | 4.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.118 | 0.060 | |
| Riboflavin....mg | 0.330 | | 0 | | 1 | | 0.554 | 0.281 | |
| Niacin....mg | 6.070 | | 0 | | 1 | | 10.198 | 5.160 | |
| Pantothenic acid....mg | 0.410 | | 0 | | 1 | | 0.689 | 0.349 | |
| Vitamin B-6....mg | 0.080 | | 0 | | 1 | | 0.134 | 0.068 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.44 | | 0 | | 1 | | 4.10 | 2.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.30 | 0.15 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.820 | | 0 | | 1 | | 13.138 | 6.647 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.084 | 0.043 | |
| 12:0....g | 0.060 | | 0 | | 1 | | 0.101 | 0.051 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17069**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.620 | | 0 | | 1 | | 1.042 | 0.527 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.460 | | 0 | | 1 | | 5.813 | 2.941 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.040 | | 0 | | 1 | | 5.107 | 2.584 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.100 | | 0 | | 1 | | 10.248 | 5.185 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.470 | 0.238 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.700 | | 0 | | 1 | | 9.576 | 4.845 | |
| 20:1....g | 0.020 | | 0 | | 1 | | 0.034 | 0.017 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.730 | | 0 | | 1 | | 1.226 | 0.621 | |
| 18:2 undifferentiated....g | 0.430 | | 0 | | 1 | | 0.722 | 0.366 | |
| 18:3 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.470 | 0.238 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | | 1 | | 0.034 | 0.017 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 102 | | 0 | | 1 | | 171 | 87 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.315 | | 0 | | 1 | | 0.529 | 0.268 | |
| Threonine....g | 1.154 | | 0 | | 1 | | 1.939 | 0.981 | |
| Isoleucine....g | 1.301 | | 0 | | 1 | | 2.186 | 1.106 | |
| Leucine....g | 2.098 | | 0 | | 1 | | 3.525 | 1.783 | |
| Lysine....g | 2.382 | | 0 | | 1 | | 4.002 | 2.025 | |
| Methionine....g | 0.692 | | 0 | | 1 | | 1.163 | 0.588 | |
| Cystine....g | 0.322 | | 0 | | 1 | | 0.541 | 0.274 | |
| Phenylalanine....g | 1.098 | | 0 | | 1 | | 1.845 | 0.933 | |
| Tyrosine....g | 0.906 | | 0 | | 1 | | 1.522 | 0.770 | |
| Valine....g | 1.455 | | 0 | | 1 | | 2.444 | 1.237 | |
| Arginine....g | 1.602 | | 0 | | 1 | | 2.691 | 1.362 | |
| Histidine....g | 0.854 | | 0 | | 1 | | 1.435 | 0.726 | |
| Alanine....g | 1.622 | | 0 | | 1 | | 2.725 | 1.379 | |
| Aspartic acid....g | 2.374 | | 0 | | 1 | | 3.988 | 2.018 | |
| Glutamic acid....g | 3.914 | | 0 | | 1 | | 6.576 | 3.327 | |
| Glycine....g | 1.317 | | 0 | | 1 | | 2.213 | 1.119 | |
| Proline....g | 1.131 | | 0 | | 1 | | 1.900 | 0.961 | |
| Serine....g | 1.003 | | 0 | | 1 | | 1.685 | 0.853 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17069**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17068**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw**

**Refuse:** 45% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 66.02 | | 0 | | 1 | | 18.72 | 299.47 | |
| Energy ... kcal | 223 | | 0 | NC | 4 | | 63 | 1012 | |
| Energy ... kj | 933 | | | | 4 | | 265 | 4232 | |
| Protein (N x 6.25) ... g | 18.04 | | 0 | | 1 | | 5.11 | 81.83 | |
| Total lipid (fat) ... g | 16.15 | | 0 | | 1 | | 4.58 | 73.26 | |
| Ash ... g | 1.06 | | 0 | | 1 | | 0.30 | 4.81 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 10 | | 0 | | 1 | | 3 | 45 | |
| Iron, Fe ... mg | 1.49 | | 0 | | 1 | | 0.42 | 6.76 | |
| Magnesium, Mg ... mg | 15 | | 0 | | 1 | | 4 | 68 | |
| Phosphorus, P ... mg | 170 | | 0 | | 1 | | 48 | 771 | |
| Potassium, K ... mg | 131 | | 0 | | 1 | | 37 | 594 | |
| Sodium, Na ... mg | 45 | | 0 | | 1 | | 13 | 204 | |
| Zinc, Zn ... mg | 3.37 | | 0 | | 1 | | 0.96 | 15.29 | |
| Copper, Cu ... mg | 0.095 | | 0 | | 1 | | 0.027 | 0.431 | |
| Manganese, Mn ... mg | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| Selenium, Se ... mcg | 3.5 | | 0 | PIE | 4 | | 1.0 | 15.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Riboflavin ... mg | 0.360 | | 0 | | 1 | | 0.102 | 1.633 | |
| Niacin ... mg | 6.300 | | 0 | | 1 | | 1.786 | 28.577 | |
| Pantothenic acid ... mg | 0.510 | | 0 | | 1 | | 0.145 | 2.313 | |
| Vitamin B-6 ... mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Folate, total ... mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE ... mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.53 | | 0 | | 1 | | 0.72 | 11.48 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.26 | | 0 | | 1 | | 0.07 | 1.18 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 8.180 | | 0 | | 1 | | 2.319 | 37.104 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |
| 12:0 ... g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17068**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.670 | | 0 | | 1 | | 0.190 | 3.039 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.550 | | 0 | | 1 | | 1.006 | 16.103 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.220 | | 0 | | 1 | | 0.913 | 14.606 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.190 | | 0 | | 1 | | 1.755 | 28.078 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.079 | 1.270 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.790 | | 0 | | 1 | | 1.641 | 26.263 | |
| 20:1....g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| 18:2 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 18:3 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.082 | 1.315 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 71 | | 0 | | 1 | | 20 | 322 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.211 | | 0 | | 1 | | 0.060 | 0.957 | |
| Threonine....g | 0.772 | | 0 | | 1 | | 0.219 | 3.502 | |
| Isoleucine....g | 0.870 | | 0 | | 1 | | 0.247 | 3.946 | |
| Leucine....g | 1.403 | | 0 | | 1 | | 0.398 | 6.364 | |
| Lysine....g | 1.593 | | 0 | | 1 | | 0.452 | 7.226 | |
| Methionine....g | 0.463 | | 0 | | 1 | | 0.131 | 2.100 | |
| Cystine....g | 0.215 | | 0 | | 1 | | 0.061 | 0.975 | |
| Phenylalanine....g | 0.734 | | 0 | | 1 | | 0.208 | 3.329 | |
| Tyrosine....g | 0.606 | | 0 | | 1 | | 0.172 | 2.749 | |
| Valine....g | 0.974 | | 0 | | 1 | | 0.276 | 4.418 | |
| Arginine....g | 1.072 | | 0 | | 1 | | 0.304 | 4.863 | |
| Histidine....g | 0.572 | | 0 | | 1 | | 0.162 | 2.595 | |
| Alanine....g | 1.085 | | 0 | | 1 | | 0.308 | 4.922 | |
| Aspartic acid....g | 1.588 | | 0 | | 1 | | 0.450 | 7.203 | |
| Glutamic acid....g | 2.618 | | 0 | | 1 | | 0.742 | 11.875 | |
| Glycine....g | 0.881 | | 0 | | 1 | | 0.250 | 3.996 | |
| Proline....g | 0.757 | | 0 | | 1 | | 0.215 | 3.434 | |
| Serine....g | 0.671 | | 0 | | 1 | | 0.190 | 3.044 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17068**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17071**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.49 | | 0 | | 1 | | 87.62 | 53.97 | |
| Energy....kcal | 186 | | 0 | NC | 4 | | 257 | 158 | |
| Energy....kj | 778 | | | | 4 | | 1074 | 661 | |
| Protein (N x 6.25)....g | 30.76 | | 0 | | 1 | | 42.45 | 26.15 | |
| Total lipid (fat)....g | 6.04 | | 0 | | 1 | | 8.34 | 5.13 | |
| Ash....g | 1.80 | | 0 | | 1 | | 2.48 | 1.53 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | | 1 | | 14 | 9 | |
| Iron, Fe....mg | 2.22 | | 0 | | 1 | | 3.06 | 1.89 | |
| Magnesium, Mg....mg | 16 | | 0 | | 1 | | 22 | 14 | |
| Phosphorus, P....mg | 184 | | 0 | | 1 | | 254 | 156 | |
| Potassium, K....mg | 125 | | 0 | | 1 | | 173 | 106 | |
| Sodium, Na....mg | 49 | | 0 | | 1 | | 68 | 42 | |
| Zinc, Zn....mg | 5.60 | | 0 | | 1 | | 7.73 | 4.76 | |
| Copper, Cu....mg | 0.112 | | 0 | | 1 | | 0.155 | 0.095 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.039 | 0.024 | |
| Selenium, Se....mcg | 6.1 | | 0 | BFYN | 4 | | 8.4 | 5.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.097 | 0.060 | |
| Riboflavin....mg | 0.360 | | 0 | | 1 | | 0.497 | 0.306 | |
| Niacin....mg | 5.640 | | 0 | | 1 | | 7.783 | 4.794 | |
| Pantothenic acid....mg | 0.370 | | 0 | | 1 | | 0.511 | 0.315 | |
| Vitamin B-6....mg | 0.090 | | 0 | | 1 | | 0.124 | 0.077 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 1 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 1 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 1 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.45 | | 0 | | 1 | | 3.38 | 2.08 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.28 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.610 | | 0 | | 1 | | 3.602 | 2.219 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.014 | 0.009 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.028 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17071**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.150 | | 0 | | 1 | | 0.207 | 0.128 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 1.260 | | 0 | | 1 | | 1.739 | 1.071 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.970 | | 0 | | 1 | | 1.339 | 0.825 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 2.350 | | 0 | | 1 | | 3.243 | 1.998 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.120 | | 0 | | 1 | | 0.166 | 0.102 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 2.200 | | 0 | | 1 | | 3.036 | 1.870 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.340 | | 0 | | 1 | | 0.469 | 0.289 | |
| 18:2 undifferentiated ... g | 0.220 | | 0 | | 1 | | 0.304 | 0.187 | |
| 18:3 undifferentiated ... g | 0.100 | | 0 | | 1 | | 0.138 | 0.085 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | | 1 | | 0.028 | 0.017 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 101 | | 0 | | 1 | | 139 | 86 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.359 | | 0 | | 1 | | 0.495 | 0.305 | |
| Threonine ... g | 1.316 | | 0 | | 1 | | 1.816 | 1.119 | |
| Isoleucine ... g | 1.484 | | 0 | | 1 | | 2.048 | 1.261 | |
| Leucine ... g | 2.392 | | 0 | | 1 | | 3.301 | 2.033 | |
| Lysine ... g | 2.716 | | 0 | | 1 | | 3.748 | 2.309 | |
| Methionine ... g | 0.789 | | 0 | | 1 | | 1.089 | 0.671 | |
| Cystine ... g | 0.367 | | 0 | | 1 | | 0.506 | 0.312 | |
| Phenylalanine ... g | 1.252 | | 0 | | 1 | | 1.728 | 1.064 | |
| Tyrosine ... g | 1.034 | | 0 | | 1 | | 1.427 | 0.879 | |
| Valine ... g | 1.660 | | 0 | | 1 | | 2.291 | 1.411 | |
| Arginine ... g | 1.827 | | 0 | | 1 | | 2.521 | 1.553 | |
| Histidine ... g | 0.974 | | 0 | | 1 | | 1.344 | 0.828 | |
| Alanine ... g | 1.850 | | 0 | | 1 | | 2.553 | 1.573 | |
| Aspartic acid ... g | 2.707 | | 0 | | 1 | | 3.736 | 2.301 | |
| Glutamic acid ... g | 4.463 | | 0 | | 1 | | 6.159 | 3.794 | |
| Glycine ... g | 1.502 | | 0 | | 1 | | 2.073 | 1.277 | |
| Proline ... g | 1.290 | | 0 | | 1 | | 1.780 | 1.097 | |
| Serine ... g | 1.144 | | 0 | | 1 | | 1.579 | 0.972 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 138g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17071**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17070**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.13 | 0.982 | 9 | | 1 | | 21.58 | 345.33 | |
| Energy....kcal | 118 | | 0 | NC | 4 | | 33 | 535 | |
| Energy....kj | 494 | | | | 4 | | 140 | 2239 | |
| Protein (N x 6.25)....g | 20.82 | 0.178 | 9 | | 1 | | 5.90 | 94.44 | |
| Total lipid (fat)....g | 3.28 | 0.718 | 9 | | 1 | | 0.93 | 14.88 | |
| Ash....g | 1.22 | 0.175 | 9 | | 1 | | 0.35 | 5.53 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 1.462 | 9 | | 1 | | 2 | 32 | |
| Iron, Fe....mg | 1.57 | 0.186 | 9 | | 1 | | 0.45 | 7.12 | |
| Magnesium, Mg....mg | 17 | 0.227 | 9 | | 1 | | 5 | 77 | |
| Phosphorus, P....mg | 190 | 2.863 | 9 | | 1 | | 54 | 862 | |
| Potassium, K....mg | 150 | 6.795 | 9 | | 1 | | 43 | 680 | |
| Sodium, Na....mg | 50 | 1.050 | 9 | | 1 | | 14 | 227 | |
| Zinc, Zn....mg | 4.00 | 0.181 | 9 | | 1 | | 1.13 | 18.14 | |
| Copper, Cu....mg | 0.107 | 0.012 | 9 | | 1 | | 0.030 | 0.485 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 4.1 | | 0 | BFYN | 4 | | 1.2 | 18.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Riboflavin....mg | 0.400 | | 0 | | 1 | | 0.113 | 1.814 | |
| Niacin....mg | 6.230 | | 0 | | 1 | | 1.766 | 28.259 | |
| Pantothenic acid....mg | 0.490 | | 0 | | 1 | | 0.139 | 2.223 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.73 | | 0 | | 1 | | 0.77 | 12.38 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 0 | | 1 | | 0.07 | 1.09 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.400 | | 0 | | 1 | | 0.397 | 6.350 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17070**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.070 | | 75 | | 1 | | 0.020 | 0.318 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.670 | | 75 | | 1 | | 0.190 | 3.039 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.540 | | 75 | | 1 | | 0.153 | 2.449 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.260 | | 0 | | 1 | | 0.357 | 5.715 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 75 | | 1 | | 0.017 | 0.272 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.190 | | 75 | | 1 | | 0.337 | 5.398 | |
| 20:1....g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| 18:2 undifferentiated....g | 0.100 | | 75 | | 1 | | 0.028 | 0.454 | |
| 18:3 undifferentiated....g | 0.050 | | 75 | | 1 | | 0.014 | 0.227 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 67 | | 1 | | 1 | | 19 | 304 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.243 | | 0 | | 1 | | 0.069 | 1.102 | |
| Threonine....g | 0.891 | | 0 | | 1 | | 0.253 | 4.042 | |
| Isoleucine....g | 1.005 | | 0 | | 1 | | 0.285 | 4.559 | |
| Leucine....g | 1.620 | | 0 | | 1 | | 0.459 | 7.348 | |
| Lysine....g | 1.839 | | 0 | | 1 | | 0.521 | 8.342 | |
| Methionine....g | 0.534 | | 0 | | 1 | | 0.151 | 2.422 | |
| Cystine....g | 0.249 | | 0 | | 1 | | 0.071 | 1.129 | |
| Phenylalanine....g | 0.848 | | 0 | | 1 | | 0.240 | 3.847 | |
| Tyrosine....g | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| Valine....g | 1.124 | | 0 | | 1 | | 0.319 | 5.098 | |
| Arginine....g | 1.237 | | 0 | | 1 | | 0.351 | 5.611 | |
| Histidine....g | 0.660 | | 0 | | 1 | | 0.187 | 2.994 | |
| Alanine....g | 1.252 | | 0 | | 1 | | 0.355 | 5.679 | |
| Aspartic acid....g | 1.833 | | 0 | | 1 | | 0.520 | 8.314 | |
| Glutamic acid....g | 3.022 | | 0 | | 1 | | 0.857 | 13.708 | |
| Glycine....g | 1.017 | | 0 | | 1 | | 0.288 | 4.613 | |
| Proline....g | 0.873 | | 0 | | 1 | | 0.247 | 3.960 | |
| Serine....g | 0.774 | | 0 | | 1 | | 0.219 | 3.511 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17070**

**Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17073**

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

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.87 | | 0 | | 1 | | 149.30 | 49.19 | |
| Energy....kcal | 246 | | 0 | NC | 4 | | 635 | 209 | |
| Energy....kj | 1029 | | | | 4 | | 2656 | 875 | |
| Protein (N x 6.25)....g | 24.81 | | 0 | | 1 | | 64.01 | 21.09 | |
| Total lipid (fat)....g | 15.56 | | 0 | | 1 | | 40.14 | 13.23 | |
| Ash....g | 1.39 | | 0 | | 1 | | 3.59 | 1.18 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | | 1 | | 26 | 9 | |
| Iron, Fe....mg | 2.10 | | 0 | | 1 | | 5.42 | 1.79 | |
| Magnesium, Mg....mg | 20 | | 0 | | 1 | | 52 | 17 | |
| Phosphorus, P....mg | 218 | | 0 | | 1 | | 562 | 185 | |
| Potassium, K....mg | 167 | | 0 | | 1 | | 431 | 142 | |
| Sodium, Na....mg | 43 | | 0 | | 1 | | 111 | 37 | |
| Zinc, Zn....mg | 3.58 | | 0 | | 1 | | 9.24 | 3.04 | |
| Copper, Cu....mg | 0.103 | | 0 | | 1 | | 0.266 | 0.088 | |
| Manganese, Mn....mg | 0.023 | | 0 | | 1 | | 0.059 | 0.020 | |
| Selenium, Se....mcg | 4.0 | | 0 | T | 4 | | 10.3 | 3.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | | 1 | | 0.310 | 0.102 | |
| Riboflavin....mg | 0.450 | | 0 | | 1 | | 1.161 | 0.383 | |
| Niacin....mg | 7.590 | | 0 | | 1 | | 19.582 | 6.452 | |
| Pantothenic acid....mg | 0.550 | | 0 | | 1 | | 1.419 | 0.468 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.335 | 0.111 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 3 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 3 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.60 | | 0 | | 1 | | 6.71 | 2.21 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.39 | 0.13 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.610 | | 0 | | 1 | | 19.634 | 6.469 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | | 1 | | 0.103 | 0.034 | |
| 12:0....g | 0.060 | | 0 | | 1 | | 0.155 | 0.051 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17073**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.600 | | 0 | | 1 | | 1.548 | 0.510 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.390 | | 0 | | 1 | | 8.746 | 2.882 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.930 | | 0 | | 1 | | 7.559 | 2.491 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 6.010 | | 0 | | 1 | | 15.506 | 5.109 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.290 | | 0 | | 1 | | 0.748 | 0.247 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.610 | | 0 | | 1 | | 14.474 | 4.769 | |
| 20:1 g | 0.020 | | 0 | | 1 | | 0.052 | 0.017 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.750 | | 0 | | 1 | | 1.935 | 0.638 | |
| 18:2 undifferentiated g | 0.450 | | 0 | | 1 | | 1.161 | 0.383 | |
| 18:3 undifferentiated g | 0.280 | | 0 | | 1 | | 0.722 | 0.238 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 0 | | 1 | | 0.052 | 0.017 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 101 | | 0 | | 1 | | 261 | 86 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.290 | | 0 | | 1 | | 0.748 | 0.247 | |
| Threonine g | 1.062 | | 0 | | 1 | | 2.740 | 0.903 | |
| Isoleucine g | 1.197 | | 0 | | 1 | | 3.088 | 1.017 | |
| Leucine g | 1.929 | | 0 | | 1 | | 4.977 | 1.640 | |
| Lysine g | 2.190 | | 0 | | 1 | | 5.650 | 1.862 | |
| Methionine g | 0.637 | | 0 | | 1 | | 1.643 | 0.541 | |
| Cystine g | 0.296 | | 0 | | 1 | | 0.764 | 0.252 | |
| Phenylalanine g | 1.010 | | 0 | | 1 | | 2.606 | 0.859 | |
| Tyrosine g | 0.834 | | 0 | | 1 | | 2.152 | 0.709 | |
| Valine g | 1.338 | | 0 | | 1 | | 3.452 | 1.137 | |
| Arginine g | 1.474 | | 0 | | 1 | | 3.803 | 1.253 | |
| Histidine g | 0.786 | | 0 | | 1 | | 2.028 | 0.668 | |
| Alanine g | 1.492 | | 0 | | 1 | | 3.849 | 1.268 | |
| Aspartic acid g | 2.183 | | 0 | | 1 | | 5.632 | 1.856 | |
| Glutamic acid g | 3.599 | | 0 | | 1 | | 9.285 | 3.059 | |
| Glycine g | 1.211 | | 0 | | 1 | | 3.124 | 1.029 | |
| Proline g | 1.040 | | 0 | | 1 | | 2.683 | 0.884 | |
| Serine g | 0.922 | | 0 | | 1 | | 2.379 | 0.784 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17073**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17072**

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

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.58 | | 0 | | 1 | | 18.59 | 297.47 | |
| Energy....kcal | 216 | | 0 | NC | 4 | | 61 | 980 | |
| Energy....kj | 904 | | | | 4 | | 256 | 4099 | |
| Protein (N x 6.25)....g | 18.34 | | 0 | | 1 | | 5.20 | 83.19 | |
| Total lipid (fat)....g | 15.29 | | 0 | | 1 | | 4.33 | 69.36 | |
| Ash....g | 1.01 | | 0 | | 1 | | 0.29 | 4.58 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | | 1 | | 2 | 36 | |
| Iron, Fe....mg | 1.58 | | 0 | | 1 | | 0.45 | 7.17 | |
| Magnesium, Mg....mg | 17 | | 0 | | 1 | | 5 | 77 | |
| Phosphorus, P....mg | 186 | | 0 | | 1 | | 53 | 844 | |
| Potassium, K....mg | 156 | | 0 | | 1 | | 44 | 708 | |
| Sodium, Na....mg | 40 | | 0 | | 1 | | 11 | 181 | |
| Zinc, Zn....mg | 2.65 | | 0 | | 1 | | 0.75 | 12.02 | |
| Copper, Cu....mg | 0.093 | | 0 | | 1 | | 0.026 | 0.422 | |
| Manganese, Mn....mg | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 2.7 | | 0 | BFYN | 4 | | 0.8 | 12.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | | 0 | | 1 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| Niacin....mg | 6.850 | | 0 | | 1 | | 1.942 | 31.072 | |
| Pantothenic acid....mg | 0.520 | | 0 | | 1 | | 0.147 | 2.359 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.45 | | 0 | | 1 | | 0.69 | 11.11 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.680 | | 0 | | 1 | | 2.177 | 34.836 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | | 1 | | 0.011 | 0.181 | |
| 12:0....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17072**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.620 | | 0 | | 1 | | 0.176 | 2.812 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.350 | | 0 | | 1 | | 0.950 | 15.196 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.020 | | 0 | | 1 | | 0.856 | 13.699 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.860 | | 0 | | 1 | | 1.661 | 26.581 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.260 | | 0 | | 1 | | 0.074 | 1.179 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.490 | | 0 | | 1 | | 1.556 | 24.903 | |
| 20:1....g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.670 | | 0 | | 1 | | 0.190 | 3.039 | |
| 18:2 undifferentiated....g | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| 18:3 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.079 | 1.270 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 76 | | 0 | | 1 | | 22 | 345 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.214 | | 0 | | 1 | | 0.061 | 0.971 | |
| Threonine....g | 0.785 | | 0 | | 1 | | 0.223 | 3.561 | |
| Isoleucine....g | 0.885 | | 0 | | 1 | | 0.251 | 4.014 | |
| Leucine....g | 1.426 | | 0 | | 1 | | 0.404 | 6.468 | |
| Lysine....g | 1.620 | | 0 | | 1 | | 0.459 | 7.348 | |
| Methionine....g | 0.471 | | 0 | | 1 | | 0.134 | 2.136 | |
| Cystine....g | 0.219 | | 0 | | 1 | | 0.062 | 0.993 | |
| Phenylalanine....g | 0.747 | | 0 | | 1 | | 0.212 | 3.388 | |
| Tyrosine....g | 0.616 | | 0 | | 1 | | 0.175 | 2.794 | |
| Valine....g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| Arginine....g | 1.090 | | 0 | | 1 | | 0.309 | 4.944 | |
| Histidine....g | 0.581 | | 0 | | 1 | | 0.165 | 2.635 | |
| Alanine....g | 1.103 | | 0 | | 1 | | 0.313 | 5.003 | |
| Aspartic acid....g | 1.614 | | 0 | | 1 | | 0.458 | 7.321 | |
| Glutamic acid....g | 2.661 | | 0 | | 1 | | 0.754 | 12.070 | |
| Glycine....g | 0.896 | | 0 | | 1 | | 0.254 | 4.064 | |
| Proline....g | 0.769 | | 0 | | 1 | | 0.218 | 3.488 | |
| Serine....g | 0.682 | | 0 | | 1 | | 0.193 | 3.094 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17072**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17075**

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

**Refuse:** 36% Bone 24%, separable fat 12%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.92 | | 0 | | 1 | | 139.35 | 54.33 | |
| Energy....kcal | 181 | | 0 | NC | 4 | | 395 | 154 | |
| Energy....kj | 757 | | | | 4 | | 1651 | 644 | |
| Protein (N x 6.25)....g | 27.68 | | 0 | | 1 | | 60.34 | 23.53 | |
| Total lipid (fat)....g | 7.01 | | 0 | | 1 | | 15.28 | 5.96 | |
| Ash....g | 1.52 | | 0 | | 1 | | 3.31 | 1.29 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | | 1 | | 15 | 6 | |
| Iron, Fe....mg | 2.24 | | 0 | | 1 | | 4.88 | 1.90 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 46 | 18 | |
| Phosphorus, P....mg | 234 | | 0 | | 1 | | 510 | 199 | |
| Potassium, K....mg | 183 | | 0 | | 1 | | 399 | 156 | |
| Sodium, Na....mg | 45 | | 0 | | 1 | | 98 | 38 | |
| Zinc, Zn....mg | 4.04 | | 0 | | 1 | | 8.81 | 3.43 | |
| Copper, Cu....mg | 0.111 | | 0 | | 1 | | 0.242 | 0.094 | |
| Manganese, Mn....mg | 0.027 | | 0 | | 1 | | 0.059 | 0.023 | |
| Selenium, Se....mcg | 4.2 | | 0 | T | 4 | | 9.2 | 3.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | | 1 | | 0.262 | 0.102 | |
| Riboflavin....mg | 0.500 | | 0 | | 1 | | 1.090 | 0.425 | |
| Niacin....mg | 7.510 | | 0 | | 1 | | 16.372 | 6.384 | |
| Pantothenic acid....mg | 0.540 | | 0 | | 1 | | 1.177 | 0.459 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.305 | 0.119 | |
| Folate, total....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.63 | | 0 | | 1 | | 5.73 | 2.24 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.39 | 0.15 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.050 | | 0 | | 1 | | 6.649 | 2.593 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.044 | 0.017 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.044 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17075**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.190 | | 0 | | 1 | | 0.414 | 0.162 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 1.470 | | 0 | | 1 | | 3.205 | 1.250 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.110 | | 0 | | 1 | | 2.420 | 0.944 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 2.750 | | 0 | | 1 | | 5.995 | 2.338 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.150 | | 0 | | 1 | | 0.327 | 0.128 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 2.560 | | 0 | | 1 | | 5.581 | 2.176 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.410 | | 0 | | 1 | | 0.894 | 0.349 | |
| 18:2 undifferentiated ... g | 0.260 | | 0 | | 1 | | 0.567 | 0.221 | |
| 18:3 undifferentiated ... g | 0.120 | | 0 | | 1 | | 0.262 | 0.102 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.030 | | 0 | | 1 | | 0.065 | 0.026 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 100 | | 0 | | 1 | | 218 | 85 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.323 | | 0 | | 1 | | 0.704 | 0.275 | |
| Threonine ... g | 1.185 | | 0 | | 1 | | 2.583 | 1.007 | |
| Isoleucine ... g | 1.335 | | 0 | | 1 | | 2.910 | 1.135 | |
| Leucine ... g | 2.153 | | 0 | | 1 | | 4.694 | 1.830 | |
| Lysine ... g | 2.444 | | 0 | | 1 | | 5.328 | 2.077 | |
| Methionine ... g | 0.710 | | 0 | | 1 | | 1.548 | 0.604 | |
| Cystine ... g | 0.330 | | 0 | | 1 | | 0.719 | 0.281 | |
| Phenylalanine ... g | 1.127 | | 0 | | 1 | | 2.457 | 0.958 | |
| Tyrosine ... g | 0.930 | | 0 | | 1 | | 2.027 | 0.791 | |
| Valine ... g | 1.494 | | 0 | | 1 | | 3.257 | 1.270 | |
| Arginine ... g | 1.644 | | 0 | | 1 | | 3.584 | 1.397 | |
| Histidine ... g | 0.877 | | 0 | | 1 | | 1.912 | 0.745 | |
| Alanine ... g | 1.665 | | 0 | | 1 | | 3.630 | 1.415 | |
| Aspartic acid ... g | 2.436 | | 0 | | 1 | | 5.310 | 2.071 | |
| Glutamic acid ... g | 4.017 | | 0 | | 1 | | 8.757 | 3.414 | |
| Glycine ... g | 1.352 | | 0 | | 1 | | 2.947 | 1.149 | |
| Proline ... g | 1.161 | | 0 | | 1 | | 2.531 | 0.987 | |
| Serine ... g | 1.029 | | 0 | | 1 | | 2.243 | 0.875 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17075**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17074**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.37 | 0.626 | 9 | | 1 | | 21.08 | 337.34 | |
| Energy....kcal | 123 | | 0 | NC | 4 | | 35 | 558 | |
| Energy....kj | 515 | | | | 4 | | 146 | 2334 | |
| Protein (N x 6.25)....g | 20.85 | 0.214 | 9 | | 1 | | 5.91 | 94.58 | |
| Total lipid (fat)....g | 3.80 | 0.396 | 9 | | 1 | | 1.08 | 17.24 | |
| Ash....g | 1.14 | 0.066 | 9 | | 1 | | 0.32 | 5.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | 1.019 | 9 | | 1 | | 1 | 18 | |
| Iron, Fe....mg | 1.68 | 0.169 | 9 | | 1 | | 0.48 | 7.62 | |
| Magnesium, Mg....mg | 20 | 0.409 | 9 | | 1 | | 6 | 91 | |
| Phosphorus, P....mg | 207 | 17.901 | 9 | | 1 | | 59 | 939 | |
| Potassium, K....mg | 179 | 6.920 | 9 | | 1 | | 51 | 812 | |
| Sodium, Na....mg | 44 | 3.200 | 9 | | 1 | | 12 | 200 | |
| Zinc, Zn....mg | 3.05 | 0.088 | 9 | | 1 | | 0.86 | 13.83 | |
| Copper, Cu....mg | 0.104 | 0.005 | 9 | | 1 | | 0.029 | 0.472 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 3.2 | | 0 | BFYN | 4 | | 0.9 | 14.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.150 | 0.008 | 9 | | 1 | | 0.043 | 0.680 | |
| Riboflavin....mg | 0.420 | 0.037 | 9 | | 1 | | 0.119 | 1.905 | |
| Niacin....mg | 6.920 | 0.106 | 9 | | 1 | | 1.962 | 31.389 | |
| Pantothenic acid....mg | 0.500 | 0.021 | 9 | | 1 | | 0.142 | 2.268 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Folate, total....mcg | 0 | 0.108 | 9 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | 0.108 | 9 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.60 | 0.122 | 9 | | 1 | | 0.74 | 11.79 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.620 | | 0 | | 1 | | 0.459 | 7.348 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17074**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.080 | | 75 | | 1 | | 0.023 | 0.363 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.770 | | 75 | | 1 | | 0.218 | 3.493 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.630 | | 75 | | 1 | | 0.179 | 2.858 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.460 | | 0 | | 1 | | 0.414 | 6.623 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 75 | | 1 | | 0.020 | 0.318 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.380 | | 75 | | 1 | | 0.391 | 6.260 | |
| 20:1....g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.190 | | 0 | | 1 | | 0.054 | 0.862 | |
| 18:2 undifferentiated....g | 0.120 | | 75 | | 1 | | 0.034 | 0.544 | |
| 18:3 undifferentiated....g | 0.060 | | 75 | | 1 | | 0.017 | 0.272 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 75 | | 1 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 73 | 1.005 | 9 | | 1 | | 21 | 331 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.244 | | 0 | | 1 | | 0.069 | 1.107 | |
| Threonine....g | 0.892 | | 0 | | 1 | | 0.253 | 4.046 | |
| Isoleucine....g | 1.006 | | 0 | | 1 | | 0.285 | 4.563 | |
| Leucine....g | 1.621 | | 0 | | 1 | | 0.460 | 7.353 | |
| Lysine....g | 1.841 | | 0 | | 1 | | 0.522 | 8.351 | |
| Methionine....g | 0.535 | | 0 | | 1 | | 0.152 | 2.427 | |
| Cystine....g | 0.249 | | 0 | | 1 | | 0.071 | 1.129 | |
| Phenylalanine....g | 0.849 | | 0 | | 1 | | 0.241 | 3.851 | |
| Tyrosine....g | 0.701 | | 0 | | 1 | | 0.199 | 3.180 | |
| Valine....g | 1.125 | | 0 | | 1 | | 0.319 | 5.103 | |
| Arginine....g | 1.238 | | 0 | | 1 | | 0.351 | 5.616 | |
| Histidine....g | 0.660 | | 0 | | 1 | | 0.187 | 2.994 | |
| Alanine....g | 1.254 | | 0 | | 1 | | 0.356 | 5.688 | |
| Aspartic acid....g | 1.835 | | 0 | | 1 | | 0.520 | 8.324 | |
| Glutamic acid....g | 3.025 | | 0 | | 1 | | 0.858 | 13.721 | |
| Glycine....g | 1.018 | | 0 | | 1 | | 0.289 | 4.618 | |
| Proline....g | 0.874 | | 0 | | 1 | | 0.248 | 3.964 | |
| Serine....g | 0.775 | | 0 | | 1 | | 0.220 | 3.515 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17074**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.44 | | 0 | | 1 | | 42.87 | 21.69 | |
| Energy | kcal | 315 | | 0 | NC | 4 | | 268 | 135 | |
| Energy | kj | 1318 | | 0 | | 4 | | 1120 | 567 | |
| Protein (N x 6.25) | g | 23.43 | | 0 | | 1 | | 19.92 | 10.07 | |
| Total lipid (fat) | g | 23.88 | | 0 | | 1 | | 20.30 | 10.27 | |
| Ash | g | 1.30 | | 0 | | 1 | | 1.11 | 0.56 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 23 | | 0 | | 1 | | 20 | 10 | |
| Iron, Fe | mg | 2.05 | | 0 | | 1 | | 1.74 | 0.88 | |
| Magnesium, Mg | mg | 19 | | 0 | | 1 | | 16 | 8 | |
| Phosphorus, P | mg | 208 | | 0 | | 1 | | 177 | 89 | |
| Potassium, K | mg | 159 | | 0 | | 1 | | 135 | 68 | |
| Sodium, Na | mg | 49 | | 0 | | 1 | | 42 | 21 | |
| Zinc, Zn | mg | 2.65 | | 0 | | 1 | | 2.25 | 1.14 | |
| Copper, Cu | mg | 0.109 | | 0 | | 1 | | 0.093 | 0.047 | |
| Manganese, Mn | mg | 0.021 | | 0 | | 1 | | 0.018 | 0.009 | |
| Selenium, Se | mcg | 2.0 | | 0 | T | 4 | | 1.7 | 0.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | | 1 | | 0.102 | 0.052 | |
| Riboflavin | mg | 0.360 | | 0 | | 1 | | 0.306 | 0.155 | |
| Niacin | mg | 7.930 | | 0 | | 1 | | 6.741 | 3.410 | |
| Pantothenic acid | mg | 0.500 | | 0 | | 1 | | 0.425 | 0.215 | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 1 | | 0.094 | 0.047 | |
| Folate, total | mcg | 1 | | 0 | | 1 | | 1 | 0 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | | 1 | | 1 | 0 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Choline, total | mg | 95.0 | | 0 | BFNN | 4 | | 80.7 | 40.8 | |
| Betaine | mg | 12.5 | | 0 | BFNN | 4 | | 10.6 | 5.4 | |
| Vitamin B-12 | mcg | 2.53 | | 0 | | 1 | | 2.15 | 1.09 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.13 | | 0 | | 1 | | 0.11 | 0.06 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.9 | | 0 | BFSN | 4 | | 4.2 | 2.1 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.960 | | 0 | | 1 | | 10.166 | 5.143 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | | 1 | | 0.060 | 0.030 | |

**NDB No. 17077**

**Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.100 | | 0 | | 1 | | 0.085 | 0.043 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.980 | | 0 | | 1 | | 0.833 | 0.421 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 5.250 | | 0 | | 1 | | 4.463 | 2.258 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.650 | | 0 | | 1 | | 3.953 | 2.000 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 9.200 | | 0 | | 1 | | 7.820 | 3.956 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.430 | | 0 | | 1 | | 0.366 | 0.185 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 8.590 | | 0 | | 1 | | 7.302 | 3.694 | |
| 20:1 ... g | 0.030 | | 0 | | 1 | | 0.026 | 0.013 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.090 | | 0 | | 1 | | 0.927 | 0.469 | |
| 18:2 undifferentiated ... g | 0.630 | | 0 | | 1 | | 0.536 | 0.271 | |
| 18:3 undifferentiated ... g | 0.430 | | 0 | | 1 | | 0.366 | 0.185 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | | 1 | | 0.017 | 0.009 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 112 | | 0 | | 1 | | 95 | 48 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.274 | | 0 | | 1 | | 0.233 | 0.118 | |
| Threonine ... g | 1.003 | | 0 | | 1 | | 0.853 | 0.431 | |
| Isoleucine ... g | 1.130 | | 0 | | 1 | | 0.961 | 0.486 | |
| Leucine ... g | 1.822 | | 0 | | 1 | | 1.549 | 0.783 | |
| Lysine ... g | 2.069 | | 0 | | 1 | | 1.759 | 0.890 | |
| Methionine ... g | 0.601 | | 0 | | 1 | | 0.511 | 0.258 | |
| Cystine ... g | 0.280 | | 0 | | 1 | | 0.238 | 0.120 | |
| Phenylalanine ... g | 0.954 | | 0 | | 1 | | 0.811 | 0.410 | |
| Tyrosine ... g | 0.787 | | 0 | | 1 | | 0.669 | 0.338 | |
| Valine ... g | 1.264 | | 0 | | 1 | | 1.074 | 0.544 | |
| Arginine ... g | 1.392 | | 0 | | 1 | | 1.183 | 0.599 | |
| Histidine ... g | 0.742 | | 0 | | 1 | | 0.631 | 0.319 | |
| Alanine ... g | 1.409 | | 0 | | 1 | | 1.198 | 0.606 | |
| Aspartic acid ... g | 2.062 | | 0 | | 1 | | 1.753 | 0.887 | |
| Glutamic acid ... g | 3.400 | | 0 | | 1 | | 2.890 | 1.462 | |
| Glycine ... g | 1.144 | | 0 | | 1 | | 0.972 | 0.492 | |
| Proline ... g | 0.983 | | 0 | | 1 | | 0.836 | 0.423 | |
| Serine ... g | 0.871 | | 0 | | 1 | | 0.740 | 0.375 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17077**

**Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled**

Measure 1 = 85g: 3 oz

Measure 2 = 43g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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 | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.09 | | 0 | | 1 | | 16.19 | 37.11 | |
| Energy....kcal | 303 | | 0 | NC | 4 | | 86 | 197 | |
| Energy....kj | 1268 | | | | 4 | | 359 | 824 | |
| Protein (N x 6.25)....g | 16.33 | | 0 | | 1 | | 4.63 | 10.61 | |
| Total lipid (fat)....g | 25.90 | | 0 | | 1 | | 7.34 | 16.84 | |
| Ash....g | 0.88 | | 0 | | 1 | | 0.25 | 0.57 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 5 | 11 | |
| Iron, Fe....mg | 1.55 | | 0 | | 1 | | 0.44 | 1.01 | |
| Magnesium, Mg....mg | 15 | | 0 | | 1 | | 4 | 10 | |
| Phosphorus, P....mg | 163 | | 0 | | 1 | | 46 | 106 | |
| Potassium, K....mg | 121 | | 0 | | 1 | | 34 | 79 | |
| Sodium, Na....mg | 37 | | 0 | | 1 | | 10 | 24 | |
| Zinc, Zn....mg | 1.85 | | 0 | | 1 | | 0.52 | 1.20 | |
| Copper, Cu....mg | 0.083 | | 0 | | 1 | | 0.024 | 0.054 | |
| Manganese, Mn....mg | 0.017 | | 0 | | 1 | | 0.005 | 0.011 | |
| Selenium, Se....mcg | 1.4 | | 0 | BFYN | 4 | | 0.4 | 0.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.085 | |
| Riboflavin....mg | 0.290 | | 0 | | 1 | | 0.082 | 0.189 | |
| Niacin....mg | 6.830 | | 0 | | 1 | | 1.936 | 4.440 | |
| Pantothenic acid....mg | 0.510 | | 0 | | 1 | | 0.145 | 0.332 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.072 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 0 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.10 | | 0 | | 1 | | 0.60 | 1.37 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.05 | 0.12 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 13.240 | | 0 | | 1 | | 3.754 | 8.606 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.080 | | 0 | | 1 | | 0.023 | 0.052 | |
| 12:0....g | 0.110 | | 0 | | 1 | | 0.031 | 0.072 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17076**

**Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.110 | | 0 | | 1 | | 0.315 | 0.722 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.720 | | 0 | | 1 | | 1.622 | 3.718 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 5.220 | | 0 | | 1 | | 1.480 | 3.393 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.930 | | 0 | | 1 | | 2.815 | 6.455 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.440 | | 0 | | 1 | | 0.125 | 0.286 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.280 | | 0 | | 1 | | 2.631 | 6.032 | |
| 20:1....g | 0.040 | | 0 | | 1 | | 0.011 | 0.026 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.110 | | 0 | | 1 | | 0.315 | 0.722 | |
| 18:2 undifferentiated....g | 0.620 | | 0 | | 1 | | 0.176 | 0.403 | |
| 18:3 undifferentiated....g | 0.480 | | 0 | | 1 | | 0.136 | 0.312 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | | 1 | | 0.003 | 0.007 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 83 | | 0 | | 1 | | 24 | 54 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.191 | | 0 | | 1 | | 0.054 | 0.124 | |
| Threonine....g | 0.699 | | 0 | | 1 | | 0.198 | 0.454 | |
| Isoleucine....g | 0.788 | | 0 | | 1 | | 0.223 | 0.512 | |
| Leucine....g | 1.270 | | 0 | | 1 | | 0.360 | 0.826 | |
| Lysine....g | 1.442 | | 0 | | 1 | | 0.409 | 0.937 | |
| Methionine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.272 | |
| Cystine....g | 0.195 | | 0 | | 1 | | 0.055 | 0.127 | |
| Phenylalanine....g | 0.665 | | 0 | | 1 | | 0.189 | 0.432 | |
| Tyrosine....g | 0.549 | | 0 | | 1 | | 0.156 | 0.357 | |
| Valine....g | 0.881 | | 0 | | 1 | | 0.250 | 0.573 | |
| Arginine....g | 0.970 | | 0 | | 1 | | 0.275 | 0.631 | |
| Histidine....g | 0.517 | | 0 | | 1 | | 0.147 | 0.336 | |
| Alanine....g | 0.982 | | 0 | | 1 | | 0.278 | 0.638 | |
| Aspartic acid....g | 1.437 | | 0 | | 1 | | 0.407 | 0.934 | |
| Glutamic acid....g | 2.369 | | 0 | | 1 | | 0.672 | 1.540 | |
| Glycine....g | 0.797 | | 0 | | 1 | | 0.226 | 0.518 | |
| Proline....g | 0.685 | | 0 | | 1 | | 0.194 | 0.445 | |
| Serine....g | 0.607 | | 0 | | 1 | | 0.172 | 0.395 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

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

**NDB No. 17076**

**Lamb, New Zealand, imported, frozen, loin, separable lean and fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17079**

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

**Refuse:** 49% Bone 27%, separable fat 22%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.86 | | 0 | | 1 | | 51.73 | 18.26 | |
| Energy....kcal | 199 | | 0 | NC | 4 | | 169 | 60 | |
| Energy....kj | 833 | | | | 4 | | 708 | 250 | |
| Protein (N x 6.25)....g | 29.31 | | 0 | | 1 | | 24.91 | 8.79 | |
| Total lipid (fat)....g | 8.24 | | 0 | | 1 | | 7.00 | 2.47 | |
| Ash....g | 1.55 | | 0 | | 1 | | 1.32 | 0.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | | 1 | | 18 | 6 | |
| Iron, Fe....mg | 2.34 | | 0 | | 1 | | 1.99 | 0.70 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 19 | 7 | |
| Phosphorus, P....mg | 240 | | 0 | | 1 | | 204 | 72 | |
| Potassium, K....mg | 189 | | 0 | | 1 | | 161 | 57 | |
| Sodium, Na....mg | 55 | | 0 | | 1 | | 47 | 17 | |
| Zinc, Zn....mg | 3.29 | | 0 | | 1 | | 2.80 | 0.99 | |
| Copper, Cu....mg | 0.130 | | 0 | | 1 | | 0.111 | 0.039 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.024 | 0.008 | |
| Selenium, Se....mcg | 2.0 | | 0 | T | 4 | | 1.7 | 0.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | | 1 | | 0.111 | 0.039 | |
| Riboflavin....mg | 0.430 | | 0 | | 1 | | 0.366 | 0.129 | |
| Niacin....mg | 7.890 | | 0 | | 1 | | 6.707 | 2.367 | |
| Pantothenic acid....mg | 0.460 | | 0 | | 1 | | 0.391 | 0.138 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.119 | 0.042 | |
| Folate, total....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.58 | | 0 | | 1 | | 2.19 | 0.77 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.14 | 0.05 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.580 | | 0 | | 1 | | 3.043 | 1.074 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.017 | 0.006 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.017 | 0.006 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17079**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.220 | | 0 | | 1 | | 0.187 | 0.066 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.730 | | 0 | | 1 | | 1.471 | 0.519 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.310 | | 0 | | 1 | | 1.114 | 0.393 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.220 | | 0 | | 1 | | 2.737 | 0.966 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.170 | | 0 | | 1 | | 0.145 | 0.051 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.010 | | 0 | | 1 | | 2.559 | 0.903 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.470 | | 0 | | 1 | | 0.400 | 0.141 | |
| 18:2 undifferentiated....g | 0.310 | | 0 | | 1 | | 0.264 | 0.093 | |
| 18:3 undifferentiated....g | 0.140 | | 0 | | 1 | | 0.119 | 0.042 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.030 | | 0 | | 1 | | 0.026 | 0.009 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 114 | | 0 | | 1 | | 97 | 34 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.343 | | 0 | | 1 | | 0.292 | 0.103 | |
| Threonine....g | 1.254 | | 0 | | 1 | | 1.066 | 0.376 | |
| Isoleucine....g | 1.414 | | 0 | | 1 | | 1.202 | 0.424 | |
| Leucine....g | 2.280 | | 0 | | 1 | | 1.938 | 0.684 | |
| Lysine....g | 2.588 | | 0 | | 1 | | 2.200 | 0.776 | |
| Methionine....g | 0.752 | | 0 | | 1 | | 0.639 | 0.226 | |
| Cystine....g | 0.350 | | 0 | | 1 | | 0.298 | 0.105 | |
| Phenylalanine....g | 1.193 | | 0 | | 1 | | 1.014 | 0.358 | |
| Tyrosine....g | 0.985 | | 0 | | 1 | | 0.837 | 0.296 | |
| Valine....g | 1.581 | | 0 | | 1 | | 1.344 | 0.474 | |
| Arginine....g | 1.741 | | 0 | | 1 | | 1.480 | 0.522 | |
| Histidine....g | 0.928 | | 0 | | 1 | | 0.789 | 0.278 | |
| Alanine....g | 1.763 | | 0 | | 1 | | 1.499 | 0.529 | |
| Aspartic acid....g | 2.580 | | 0 | | 1 | | 2.193 | 0.774 | |
| Glutamic acid....g | 4.253 | | 0 | | 1 | | 3.615 | 1.276 | |
| Glycine....g | 1.431 | | 0 | | 1 | | 1.216 | 0.429 | |
| Proline....g | 1.229 | | 0 | | 1 | | 1.045 | 0.369 | |
| Serine....g | 1.090 | | 0 | | 1 | | 0.927 | 0.327 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

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

**NDB No. 17079**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.33 | 0.749 | 9 | | 1 | | 20.79 | 30.80 | |
| Energy....kcal | 130 | | 0 | NC | 4 | | 37 | 55 | |
| Energy....kj | 544 | | | | 4 | | 154 | 228 | |
| Protein (N x 6.25)....g | 21.17 | 0.484 | 9 | | 1 | | 6.00 | 8.89 | |
| Total lipid (fat)....g | 4.40 | 0.624 | 9 | | 1 | | 1.25 | 1.85 | |
| Ash....g | 1.12 | 0.012 | 9 | | 1 | | 0.32 | 0.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 2.382 | 9 | | 1 | | 4 | 6 | |
| Iron, Fe....mg | 1.77 | 0.185 | 9 | | 1 | | 0.50 | 0.74 | |
| Magnesium, Mg....mg | 19 | 0.257 | 9 | | 1 | | 5 | 8 | |
| Phosphorus, P....mg | 203 | 6.399 | 9 | | 1 | | 58 | 85 | |
| Potassium, K....mg | 157 | 3.932 | 9 | | 1 | | 45 | 66 | |
| Sodium, Na....mg | 45 | 3.339 | 9 | | 1 | | 13 | 19 | |
| Zinc, Zn....mg | 2.36 | 0.151 | 9 | | 1 | | 0.67 | 0.99 | |
| Copper, Cu....mg | 0.103 | 0.005 | 9 | | 1 | | 0.029 | 0.043 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.010 | |
| Selenium, Se....mcg | 1.4 | | 0 | BFYN | 4 | | 0.4 | 0.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.160 | 0.010 | 9 | | 1 | | 0.045 | 0.067 | |
| Riboflavin....mg | 0.350 | 0.025 | 9 | | 1 | | 0.099 | 0.147 | |
| Niacin....mg | 6.970 | 0.158 | 9 | | 1 | | 1.976 | 2.927 | |
| Pantothenic acid....mg | 0.460 | 0.030 | 9 | | 1 | | 0.130 | 0.193 | |
| Vitamin B-6....mg | 0.150 | 0.001 | 9 | | 1 | | 0.043 | 0.063 | |
| Folate, total....mcg | 0 | 0.119 | 9 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | 0.119 | 9 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.28 | 0.313 | 9 | | 1 | | 0.65 | 0.96 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.05 | 0.08 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.870 | | 0 | | 1 | | 0.530 | 0.785 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.004 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.004 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17078**

**Lamb, New Zealand, imported, frozen, loin, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.090 | | 75 | | 1 | | 0.026 | 0.038 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.890 | | 75 | | 1 | | 0.252 | 0.374 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.730 | | 75 | | 1 | | 0.207 | 0.307 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.690 | | 0 | | 1 | | 0.479 | 0.710 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.080 | | 75 | | 1 | | 0.023 | 0.034 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.600 | | 75 | | 1 | | 0.454 | 0.672 | |
| 20:1 g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.220 | | 0 | | 1 | | 0.062 | 0.092 | |
| 18:2 undifferentiated g | 0.130 | | 75 | | 1 | | 0.037 | 0.055 | |
| 18:3 undifferentiated g | 0.070 | | 75 | | 1 | | 0.020 | 0.029 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 75 | | 1 | | 0.006 | 0.008 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 80 | 3.846 | 9 | | 1 | | 23 | 34 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.247 | | 0 | | 1 | | 0.070 | 0.104 | |
| Threonine g | 0.906 | | 0 | | 1 | | 0.257 | 0.381 | |
| Isoleucine g | 1.021 | | 0 | | 1 | | 0.289 | 0.429 | |
| Leucine g | 1.647 | | 0 | | 1 | | 0.467 | 0.692 | |
| Lysine g | 1.870 | | 0 | | 1 | | 0.530 | 0.785 | |
| Methionine g | 0.543 | | 0 | | 1 | | 0.154 | 0.228 | |
| Cystine g | 0.253 | | 0 | | 1 | | 0.072 | 0.106 | |
| Phenylalanine g | 0.862 | | 0 | | 1 | | 0.244 | 0.362 | |
| Tyrosine g | 0.711 | | 0 | | 1 | | 0.202 | 0.299 | |
| Valine g | 1.142 | | 0 | | 1 | | 0.324 | 0.480 | |
| Arginine g | 1.258 | | 0 | | 1 | | 0.357 | 0.528 | |
| Histidine g | 0.671 | | 0 | | 1 | | 0.190 | 0.282 | |
| Alanine g | 1.273 | | 0 | | 1 | | 0.361 | 0.535 | |
| Aspartic acid g | 1.863 | | 0 | | 1 | | 0.528 | 0.782 | |
| Glutamic acid g | 3.072 | | 0 | | 1 | | 0.871 | 1.290 | |
| Glycine g | 1.034 | | 0 | | 1 | | 0.293 | 0.434 | |
| Proline g | 0.888 | | 0 | | 1 | | 0.252 | 0.373 | |
| Serine g | 0.787 | | 0 | | 1 | | 0.223 | 0.331 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

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

**NDB No. 17078**

**Lamb, New Zealand, imported, frozen, loin, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17081**

**Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted**

**Refuse:** 32% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 50.18 | | 0 | | 1 | | 120.93 | 42.65 | |
| Energy....kcal | 340 | | 0 | NC | 4 | | 819 | 289 | |
| Energy....kj | 1423 | | 0 | | 4 | | 3428 | 1209 | |
| Protein (N x 6.25)....g | 18.98 | | 0 | | 1 | | 45.74 | 16.13 | |
| Total lipid (fat)....g | 28.75 | | 0 | | 1 | | 69.29 | 24.44 | |
| Ash....g | 1.07 | | 0 | | 1 | | 2.58 | 0.91 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | | 1 | | 46 | 16 | |
| Iron, Fe....mg | 1.71 | | 0 | | 1 | | 4.12 | 1.45 | |
| Magnesium, Mg....mg | 14 | | 0 | | 1 | | 34 | 12 | |
| Phosphorus, P....mg | 170 | | 0 | | 1 | | 410 | 145 | |
| Potassium, K....mg | 124 | | 0 | | 1 | | 299 | 105 | |
| Sodium, Na....mg | 43 | | 0 | | 1 | | 104 | 37 | |
| Zinc, Zn....mg | 2.60 | | 0 | | 1 | | 6.27 | 2.21 | |
| Copper, Cu....mg | 0.071 | | 0 | | 1 | | 0.171 | 0.060 | |
| Manganese, Mn....mg | 0.017 | | 0 | | 1 | | 0.041 | 0.014 | |
| Selenium, Se....mcg | 1.8 | | 0 | PIE | 4 | | 4.3 | 1.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.217 | 0.077 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.651 | 0.230 | |
| Niacin....mg | 6.830 | | 0 | | 1 | | 16.460 | 5.806 | |
| Pantothenic acid....mg | 0.510 | | 0 | | 1 | | 1.229 | 0.434 | |
| Vitamin B-6....mg | 0.080 | | 0 | | 1 | | 0.193 | 0.068 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | 77.9 | | 0 | BFNN | 4 | | 187.8 | 66.2 | |
| Betaine....mg | 10.2 | | 0 | BFNN | 4 | | 24.7 | 8.7 | |
| Vitamin B-12....mcg | 2.33 | | 0 | | 1 | | 5.62 | 1.98 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.10 | | 0 | | 1 | | 0.24 | 0.09 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.0 | | 0 | BFSN | 4 | | 11.9 | 4.2 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 14.450 | | 0 | | 1 | | 34.825 | 12.283 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.080 | | 0 | | 1 | | 0.193 | 0.068 | |

**NDB No. 17081**

**Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.120 | | 0 | | 1 | | 0.289 | 0.102 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.200 | | 0 | | 1 | | 2.892 | 1.020 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 6.330 | | 0 | | 1 | | 15.255 | 5.381 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 5.620 | | 0 | | 1 | | 13.544 | 4.777 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 11.080 | | 0 | | 1 | | 26.703 | 9.418 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.510 | | 0 | | 1 | | 1.229 | 0.434 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 10.330 | | 0 | | 1 | | 24.895 | 8.781 | |
| 20:1 g | 0.040 | | 0 | | 1 | | 0.096 | 0.034 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.310 | | 0 | | 1 | | 3.157 | 1.114 | |
| 18:2 undifferentiated g | 0.760 | | 0 | | 1 | | 1.832 | 0.646 | |
| 18:3 undifferentiated g | 0.530 | | 0 | | 1 | | 1.277 | 0.451 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 0 | | 1 | | 0.048 | 0.017 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 100 | | 0 | | 1 | | 241 | 85 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.222 | | 0 | | 1 | | 0.535 | 0.189 | |
| Threonine g | 0.812 | | 0 | | 1 | | 1.957 | 0.690 | |
| Isoleucine g | 0.916 | | 0 | | 1 | | 2.208 | 0.779 | |
| Leucine g | 1.476 | | 0 | | 1 | | 3.557 | 1.255 | |
| Lysine g | 1.676 | | 0 | | 1 | | 4.039 | 1.425 | |
| Methionine g | 0.487 | | 0 | | 1 | | 1.174 | 0.414 | |
| Cystine g | 0.227 | | 0 | | 1 | | 0.547 | 0.193 | |
| Phenylalanine g | 0.773 | | 0 | | 1 | | 1.863 | 0.657 | |
| Tyrosine g | 0.638 | | 0 | | 1 | | 1.538 | 0.542 | |
| Valine g | 1.024 | | 0 | | 1 | | 2.468 | 0.870 | |
| Arginine g | 1.127 | | 0 | | 1 | | 2.716 | 0.958 | |
| Histidine g | 0.601 | | 0 | | 1 | | 1.448 | 0.511 | |
| Alanine g | 1.141 | | 0 | | 1 | | 2.750 | 0.970 | |
| Aspartic acid g | 1.670 | | 0 | | 1 | | 4.025 | 1.420 | |
| Glutamic acid g | 2.754 | | 0 | | 1 | | 6.637 | 2.341 | |
| Glycine g | 0.927 | | 0 | | 1 | | 2.234 | 0.788 | |
| Proline g | 0.796 | | 0 | | 1 | | 1.918 | 0.677 | |
| Serine g | 0.706 | | 0 | | 1 | | 1.701 | 0.600 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17081**

**Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted**

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

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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 | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 53.32 | | 0 | | 1 | | 15.12 | 241.86 | |
| Energy ... kcal | 346 | | 0 | NC | 4 | | 98 | 1569 | |
| Energy ... kj | 1448 | | | | 4 | | 410 | 6567 | |
| Protein (N x 6.25) ... g | 14.92 | | 0 | | 1 | | 4.23 | 67.68 | |
| Total lipid (fat) ... g | 31.31 | | 0 | | 1 | | 8.88 | 142.02 | |
| Ash ... g | 0.81 | | 0 | | 1 | | 0.23 | 3.67 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 16 | | 0 | | 1 | | 5 | 73 | |
| Iron, Fe ... mg | 1.39 | | 0 | | 1 | | 0.39 | 6.31 | |
| Magnesium, Mg ... mg | 13 | | 0 | | 1 | | 4 | 59 | |
| Phosphorus, P ... mg | 146 | | 0 | | 1 | | 41 | 662 | |
| Potassium, K ... mg | 113 | | 0 | | 1 | | 32 | 513 | |
| Sodium, Na ... mg | 40 | | 0 | | 1 | | 11 | 181 | |
| Zinc, Zn ... mg | 2.04 | | 0 | | 1 | | 0.58 | 9.25 | |
| Copper, Cu ... mg | 0.065 | | 0 | | 1 | | 0.018 | 0.295 | |
| Manganese, Mn ... mg | 0.016 | | 0 | | 1 | | 0.005 | 0.073 | |
| Selenium, Se ... mcg | 1.2 | | 0 | PIE | 4 | | 0.3 | 5.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Riboflavin ... mg | 0.250 | | 0 | | 1 | | 0.071 | 1.134 | |
| Niacin ... mg | 6.320 | | 0 | | 1 | | 1.792 | 28.668 | |
| Pantothenic acid ... mg | 0.510 | | 0 | | 1 | | 0.145 | 2.313 | |
| Vitamin B-6 ... mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Folate, total ... mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE ... mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.17 | | 0 | | 1 | | 0.62 | 9.84 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.18 | | 0 | | 1 | | 0.05 | 0.82 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 15.990 | | 0 | | 1 | | 4.533 | 72.531 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 12:0 ... g | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| 13:0 ... g | | | | | | | | | |

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.340 | | 0 | | 1 | | 0.380 | 6.078 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 6.920 | | 0 | | 1 | | 1.962 | 31.389 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 6.310 | | 0 | | 1 | | 1.789 | 28.622 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 12.000 | | 0 | | 1 | | 3.402 | 54.432 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.530 | | 0 | | 1 | | 0.150 | 2.404 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 11.220 | | 0 | | 1 | | 3.181 | 50.894 | |
| 20:1....g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.340 | | 0 | | 1 | | 0.380 | 6.078 | |
| 18:2 undifferentiated....g | 0.750 | | 0 | | 1 | | 0.213 | 3.402 | |
| 18:3 undifferentiated....g | 0.580 | | 0 | | 1 | | 0.164 | 2.631 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 81 | | 0 | | 1 | | 23 | 367 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.174 | | 0 | | 1 | | 0.049 | 0.789 | |
| Threonine....g | 0.639 | | 0 | | 1 | | 0.181 | 2.899 | |
| Isoleucine....g | 0.720 | | 0 | | 1 | | 0.204 | 3.266 | |
| Leucine....g | 1.161 | | 0 | | 1 | | 0.329 | 5.266 | |
| Lysine....g | 1.318 | | 0 | | 1 | | 0.374 | 5.978 | |
| Methionine....g | 0.383 | | 0 | | 1 | | 0.109 | 1.737 | |
| Cystine....g | 0.178 | | 0 | | 1 | | 0.050 | 0.807 | |
| Phenylalanine....g | 0.608 | | 0 | | 1 | | 0.172 | 2.758 | |
| Tyrosine....g | 0.502 | | 0 | | 1 | | 0.142 | 2.277 | |
| Valine....g | 0.805 | | 0 | | 1 | | 0.228 | 3.651 | |
| Arginine....g | 0.887 | | 0 | | 1 | | 0.251 | 4.023 | |
| Histidine....g | 0.473 | | 0 | | 1 | | 0.134 | 2.146 | |
| Alanine....g | 0.898 | | 0 | | 1 | | 0.255 | 4.073 | |
| Aspartic acid....g | 1.314 | | 0 | | 1 | | 0.373 | 5.960 | |
| Glutamic acid....g | 2.166 | | 0 | | 1 | | 0.614 | 9.825 | |
| Glycine....g | 0.729 | | 0 | | 1 | | 0.207 | 3.307 | |
| Proline....g | 0.626 | | 0 | | 1 | | 0.177 | 2.840 | |
| Serine....g | 0.555 | | 0 | | 1 | | 0.157 | 2.517 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17080**

**Lamb, New Zealand, imported, frozen, rib, separable lean and fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17083**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.31 | | 0 | | 1 | | 97.75 | 54.66 | |
| Energy....kcal | 196 | | 0 | NC | 4 | | 298 | 167 | |
| Energy....kj | 820 | | 0 | | 4 | | 1246 | 697 | |
| Protein (N x 6.25)....g | 24.42 | | 0 | | 1 | | 37.12 | 20.76 | |
| Total lipid (fat)....g | 10.16 | | 0 | | 1 | | 15.44 | 8.64 | |
| Ash....g | 1.28 | | 0 | | 1 | | 1.95 | 1.09 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | | 1 | | 21 | 12 | |
| Iron, Fe....mg | 1.89 | | 0 | | 1 | | 2.87 | 1.61 | |
| Magnesium, Mg....mg | 16 | | 0 | | 1 | | 24 | 14 | |
| Phosphorus, P....mg | 191 | | 0 | | 1 | | 290 | 162 | |
| Potassium, K....mg | 146 | | 0 | | 1 | | 222 | 124 | |
| Sodium, Na....mg | 48 | | 0 | | 1 | | 73 | 41 | |
| Zinc, Zn....mg | 3.43 | | 0 | | 1 | | 5.21 | 2.92 | |
| Copper, Cu....mg | 0.077 | | 0 | | 1 | | 0.117 | 0.065 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.036 | 0.020 | |
| Selenium, Se....mcg | 1.7 | | 0 | BFYN | 4 | | 2.6 | 1.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | | 1 | | 0.167 | 0.094 | |
| Riboflavin....mg | 0.330 | | 0 | | 1 | | 0.502 | 0.281 | |
| Niacin....mg | 6.130 | | 0 | | 1 | | 9.318 | 5.211 | |
| Pantothenic acid....mg | 0.450 | | 0 | | 1 | | 0.684 | 0.383 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.167 | 0.094 | |
| Folate, total....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | 94.4 | | 0 | BFNN | 4 | | 143.5 | 80.3 | |
| Betaine....mg | 12.4 | | 0 | BFNN | 4 | | 18.9 | 10.5 | |
| Vitamin B-12....mcg | 2.28 | | 0 | | 1 | | 3.47 | 1.94 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.23 | 0.13 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 3.5 | | 0 | BFSN | 4 | | 5.4 | 3.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.430 | | 0 | | 1 | | 6.734 | 3.766 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.030 | 0.017 | |

**NDB No. 17083**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.046 | 0.026 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.280 | | 0 | | 1 | | 0.426 | 0.238 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.140 | | 0 | | 1 | | 3.253 | 1.819 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.610 | | 0 | | 1 | | 2.447 | 1.369 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.990 | | 0 | | 1 | | 6.065 | 3.392 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.210 | | 0 | | 1 | | 0.319 | 0.179 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.710 | | 0 | | 1 | | 5.639 | 3.154 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.590 | | 0 | | 1 | | 0.897 | 0.502 | |
| 18:2 undifferentiated g | 0.390 | | 0 | | 1 | | 0.593 | 0.332 | |
| 18:3 undifferentiated g | 0.170 | | 0 | | 1 | | 0.258 | 0.145 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.040 | | 0 | | 1 | | 0.061 | 0.034 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 94 | | 0 | | 1 | | 143 | 80 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.285 | | 0 | | 1 | | 0.433 | 0.242 | |
| Threonine g | 1.045 | | 0 | | 1 | | 1.588 | 0.888 | |
| Isoleucine g | 1.178 | | 0 | | 1 | | 1.791 | 1.001 | |
| Leucine g | 1.900 | | 0 | | 1 | | 2.888 | 1.615 | |
| Lysine g | 2.157 | | 0 | | 1 | | 3.279 | 1.833 | |
| Methionine g | 0.627 | | 0 | | 1 | | 0.953 | 0.533 | |
| Cystine g | 0.292 | | 0 | | 1 | | 0.444 | 0.248 | |
| Phenylalanine g | 0.994 | | 0 | | 1 | | 1.511 | 0.845 | |
| Tyrosine g | 0.821 | | 0 | | 1 | | 1.248 | 0.698 | |
| Valine g | 1.318 | | 0 | | 1 | | 2.003 | 1.120 | |
| Arginine g | 1.451 | | 0 | | 1 | | 2.206 | 1.233 | |
| Histidine g | 0.774 | | 0 | | 1 | | 1.176 | 0.658 | |
| Alanine g | 1.469 | | 0 | | 1 | | 2.233 | 1.249 | |
| Aspartic acid g | 2.150 | | 0 | | 1 | | 3.268 | 1.828 | |
| Glutamic acid g | 3.544 | | 0 | | 1 | | 5.387 | 3.012 | |
| Glycine g | 1.193 | | 0 | | 1 | | 1.813 | 1.014 | |
| Proline g | 1.024 | | 0 | | 1 | | 1.556 | 0.870 | |
| Serine g | 0.908 | | 0 | | 1 | | 1.380 | 0.772 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17083**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted**

Measure 1 = 152g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17082**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, raw**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.61 | 0.694 | 9 | | 1 | | 20.58 | 329.36 | |
| Energy....kcal | 142 | | 0 | NC | 4 | | 40 | 644 | |
| Energy....kj | 594 | | | | 4 | | 168 | 2695 | |
| Protein (N x 6.25)....g | 20.49 | 0.338 | 9 | | 1 | | 5.81 | 92.94 | |
| Total lipid (fat)....g | 6.06 | 0.570 | 9 | | 1 | | 1.72 | 27.49 | |
| Ash....g | 1.08 | 0.037 | 9 | | 1 | | 0.31 | 4.90 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 2.058 | 9 | | 1 | | 3 | 50 | |
| Iron, Fe....mg | 1.57 | 0.165 | 9 | | 1 | | 0.45 | 7.12 | |
| Magnesium, Mg....mg | 17 | 0.375 | 9 | | 1 | | 5 | 77 | |
| Phosphorus, P....mg | 187 | 3.686 | 9 | | 1 | | 53 | 848 | |
| Potassium, K....mg | 156 | 5.131 | 9 | | 1 | | 44 | 708 | |
| Sodium, Na....mg | 52 | 1.715 | 9 | | 1 | | 15 | 236 | |
| Zinc, Zn....mg | 2.88 | 0.132 | 9 | | 1 | | 0.82 | 13.06 | |
| Copper, Cu....mg | 0.078 | 0.009 | 9 | | 1 | | 0.022 | 0.354 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 1.4 | | 0 | BFYN | 4 | | 0.4 | 6.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.150 | 0.006 | 9 | | 1 | | 0.043 | 0.680 | |
| Riboflavin....mg | 0.310 | 0.006 | 9 | | 1 | | 0.088 | 1.406 | |
| Niacin....mg | 6.150 | 0.178 | 9 | | 1 | | 1.744 | 27.896 | |
| Pantothenic acid....mg | 0.460 | 0.019 | 9 | | 1 | | 0.130 | 2.087 | |
| Vitamin B-6....mg | 0.120 | 0.010 | 9 | | 1 | | 0.034 | 0.544 | |
| Folate, total....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.48 | 0.258 | 9 | | 1 | | 0.70 | 11.25 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.05 | 0.86 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.580 | | 0 | | 1 | | 0.731 | 11.703 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17082**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.130 | | 75 | | 1 | | 0.037 | 0.590 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.230 | | 75 | | 1 | | 0.349 | 5.579 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.000 | | 75 | | 1 | | 0.284 | 4.536 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.320 | | 0 | | 1 | | 0.658 | 10.524 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.110 | | 75 | | 1 | | 0.031 | 0.499 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.200 | | 75 | | 1 | | 0.624 | 9.979 | |
| 20:1....g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.310 | | 0 | | 1 | | 0.088 | 1.406 | |
| 18:2 undifferentiated....g | 0.190 | | 75 | | 1 | | 0.054 | 0.862 | |
| 18:3 undifferentiated....g | 0.090 | | 75 | | 1 | | 0.026 | 0.408 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.030 | | 75 | | 1 | | 0.009 | 0.136 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 76 | 1.739 | 9 | | 1 | | 22 | 345 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.239 | | 0 | | 1 | | 0.068 | 1.084 | |
| Threonine....g | 0.877 | | 0 | | 1 | | 0.249 | 3.978 | |
| Isoleucine....g | 0.988 | | 0 | | 1 | | 0.280 | 4.482 | |
| Leucine....g | 1.593 | | 0 | | 1 | | 0.452 | 7.226 | |
| Lysine....g | 1.809 | | 0 | | 1 | | 0.513 | 8.206 | |
| Methionine....g | 0.526 | | 0 | | 1 | | 0.149 | 2.386 | |
| Cystine....g | 0.245 | | 0 | | 1 | | 0.069 | 1.111 | |
| Phenylalanine....g | 0.834 | | 0 | | 1 | | 0.236 | 3.783 | |
| Tyrosine....g | 0.688 | | 0 | | 1 | | 0.195 | 3.121 | |
| Valine....g | 1.105 | | 0 | | 1 | | 0.313 | 5.012 | |
| Arginine....g | 1.217 | | 0 | | 1 | | 0.345 | 5.520 | |
| Histidine....g | 0.649 | | 0 | | 1 | | 0.184 | 2.944 | |
| Alanine....g | 1.232 | | 0 | | 1 | | 0.349 | 5.588 | |
| Aspartic acid....g | 1.803 | | 0 | | 1 | | 0.511 | 8.178 | |
| Glutamic acid....g | 2.973 | | 0 | | 1 | | 0.843 | 13.486 | |
| Glycine....g | 1.001 | | 0 | | 1 | | 0.284 | 4.541 | |
| Proline....g | 0.859 | | 0 | | 1 | | 0.244 | 3.896 | |
| Serine....g | 0.762 | | 0 | | 1 | | 0.216 | 3.456 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17082**

**Lamb, New Zealand, imported, frozen, rib, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17085**

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

**Refuse:** 29% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 42.64 | | 0 | | 1 | | 87.84 | 36.24 | |
| Energy....kcal | 357 | | 0 | NC | 4 | | 735 | 303 | |
| Energy....kj | 1494 | | | | 4 | | 3077 | 1270 | |
| Protein (N x 6.25)....g | 28.21 | | 0 | | 1 | | 58.11 | 23.98 | |
| Total lipid (fat)....g | 26.27 | | 0 | | 1 | | 54.12 | 22.33 | |
| Ash....g | 1.58 | | 0 | | 1 | | 3.25 | 1.34 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | | 1 | | 56 | 23 | |
| Iron, Fe....mg | 2.11 | | 0 | | 1 | | 4.35 | 1.79 | |
| Magnesium, Mg....mg | 18 | | 0 | | 1 | | 37 | 15 | |
| Phosphorus, P....mg | 196 | | 0 | | 1 | | 404 | 167 | |
| Potassium, K....mg | 147 | | 0 | | 1 | | 303 | 125 | |
| Sodium, Na....mg | 51 | | 0 | | 1 | | 105 | 43 | |
| Zinc, Zn....mg | 4.53 | | 0 | | 1 | | 9.33 | 3.85 | |
| Copper, Cu....mg | 0.103 | | 0 | | 1 | | 0.212 | 0.088 | |
| Manganese, Mn....mg | 0.025 | | 0 | | 1 | | 0.052 | 0.021 | |
| Selenium, Se....mcg | 4.5 | | 0 | PIE | 4 | | 9.3 | 3.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.165 | 0.068 | |
| Riboflavin....mg | 0.320 | | 0 | | 1 | | 0.659 | 0.272 | |
| Niacin....mg | 6.370 | | 0 | | 1 | | 13.122 | 5.415 | |
| Pantothenic acid....mg | 0.520 | | 0 | | 1 | | 1.071 | 0.442 | |
| Vitamin B-6....mg | 0.070 | | 0 | | 1 | | 0.144 | 0.060 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.40 | | 0 | | 1 | | 7.00 | 2.89 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 12.740 | | 0 | | 1 | | 26.244 | 10.829 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | | 1 | | 0.144 | 0.060 | |
| 12:0....g | 0.100 | | 0 | | 1 | | 0.206 | 0.085 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17085**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.020 | | 0 | | 1 | | 2.101 | 0.867 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.750 | | 0 | | 1 | | 11.845 | 4.888 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.820 | | 0 | | 1 | | 9.929 | 4.097 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.220 | | 0 | | 1 | | 21.053 | 8.687 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.510 | | 0 | | 1 | | 1.051 | 0.434 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.500 | | 0 | | 1 | | 19.570 | 8.075 | |
| 20:1....g | 0.030 | | 0 | | 1 | | 0.062 | 0.026 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.330 | | 0 | | 1 | | 2.740 | 1.131 | |
| 18:2 undifferentiated....g | 0.820 | | 0 | | 1 | | 1.689 | 0.697 | |
| 18:3 undifferentiated....g | 0.470 | | 0 | | 1 | | 0.968 | 0.400 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.082 | 0.034 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 123 | | 0 | | 1 | | 253 | 105 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.330 | | 0 | | 1 | | 0.680 | 0.281 | |
| Threonine....g | 1.207 | | 0 | | 1 | | 2.486 | 1.026 | |
| Isoleucine....g | 1.361 | | 0 | | 1 | | 2.804 | 1.157 | |
| Leucine....g | 2.194 | | 0 | | 1 | | 4.520 | 1.865 | |
| Lysine....g | 2.491 | | 0 | | 1 | | 5.131 | 2.117 | |
| Methionine....g | 0.724 | | 0 | | 1 | | 1.491 | 0.615 | |
| Cystine....g | 0.337 | | 0 | | 1 | | 0.694 | 0.286 | |
| Phenylalanine....g | 1.148 | | 0 | | 1 | | 2.365 | 0.976 | |
| Tyrosine....g | 0.948 | | 0 | | 1 | | 1.953 | 0.806 | |
| Valine....g | 1.522 | | 0 | | 1 | | 3.135 | 1.294 | |
| Arginine....g | 1.676 | | 0 | | 1 | | 3.453 | 1.425 | |
| Histidine....g | 0.894 | | 0 | | 1 | | 1.842 | 0.760 | |
| Alanine....g | 1.697 | | 0 | | 1 | | 3.496 | 1.442 | |
| Aspartic acid....g | 2.483 | | 0 | | 1 | | 5.115 | 2.111 | |
| Glutamic acid....g | 4.094 | | 0 | | 1 | | 8.434 | 3.480 | |
| Glycine....g | 1.378 | | 0 | | 1 | | 2.839 | 1.171 | |
| Proline....g | 1.183 | | 0 | | 1 | | 2.437 | 1.006 | |
| Serine....g | 1.049 | | 0 | | 1 | | 2.161 | 0.892 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17085**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17084**

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

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.11 | | 0 | | 1 | | 17.04 | 272.66 | |
| Energy....kcal | 272 | | 0 | NC | 4 | | 77 | 1234 | |
| Energy....kj | 1138 | | | | 4 | | 323 | 5162 | |
| Protein (N x 6.25)....g | 16.65 | | 0 | | 1 | | 4.72 | 75.52 | |
| Total lipid (fat)....g | 22.23 | | 0 | | 1 | | 6.30 | 100.84 | |
| Ash....g | 0.92 | | 0 | | 1 | | 0.26 | 4.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 5 | 77 | |
| Iron, Fe....mg | 1.35 | | 0 | | 1 | | 0.38 | 6.12 | |
| Magnesium, Mg....mg | 15 | | 0 | | 1 | | 4 | 68 | |
| Phosphorus, P....mg | 164 | | 0 | | 1 | | 46 | 744 | |
| Potassium, K....mg | 133 | | 0 | | 1 | | 38 | 603 | |
| Sodium, Na....mg | 41 | | 0 | | 1 | | 12 | 186 | |
| Zinc, Zn....mg | 2.80 | | 0 | | 1 | | 0.79 | 12.70 | |
| Copper, Cu....mg | 0.081 | | 0 | | 1 | | 0.023 | 0.367 | |
| Manganese, Mn....mg | 0.019 | | 0 | | 1 | | 0.005 | 0.086 | |
| Selenium, Se....mcg | 2.6 | | 0 | PIE | 4 | | 0.7 | 11.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | | 1 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| Niacin....mg | 5.510 | | 0 | | 1 | | 1.562 | 24.993 | |
| Pantothenic acid....mg | 0.550 | | 0 | | 1 | | 0.156 | 2.495 | |
| Vitamin B-6....mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Folate, total....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | | 1 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.07 | | 0 | | 1 | | 0.87 | 13.93 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.220 | | 0 | | 1 | | 3.181 | 50.894 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 12:0....g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17084**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.910 | | 0 | | 1 | | 0.258 | 4.128 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.880 | | 0 | | 1 | | 1.383 | 22.136 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.420 | | 0 | | 1 | | 1.253 | 20.049 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.520 | | 0 | | 1 | | 2.415 | 38.647 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.970 | | 0 | | 1 | | 2.259 | 36.152 | |
| 20:1 ... g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.960 | | 0 | | 1 | | 0.272 | 4.355 | |
| 18:2 undifferentiated ... g | 0.540 | | 0 | | 1 | | 0.153 | 2.449 | |
| 18:3 undifferentiated ... g | 0.400 | | 0 | | 1 | | 0.113 | 1.814 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 75 | | 0 | | 1 | | 21 | 340 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.195 | | 0 | | 1 | | 0.055 | 0.885 | |
| Threonine ... g | 0.713 | | 0 | | 1 | | 0.202 | 3.234 | |
| Isoleucine ... g | 0.803 | | 0 | | 1 | | 0.228 | 3.642 | |
| Leucine ... g | 1.295 | | 0 | | 1 | | 0.367 | 5.874 | |
| Lysine ... g | 1.471 | | 0 | | 1 | | 0.417 | 6.672 | |
| Methionine ... g | 0.427 | | 0 | | 1 | | 0.121 | 1.937 | |
| Cystine ... g | 0.199 | | 0 | | 1 | | 0.056 | 0.903 | |
| Phenylalanine ... g | 0.678 | | 0 | | 1 | | 0.192 | 3.075 | |
| Tyrosine ... g | 0.560 | | 0 | | 1 | | 0.159 | 2.540 | |
| Valine ... g | 0.899 | | 0 | | 1 | | 0.255 | 4.078 | |
| Arginine ... g | 0.989 | | 0 | | 1 | | 0.280 | 4.486 | |
| Histidine ... g | 0.528 | | 0 | | 1 | | 0.150 | 2.395 | |
| Alanine ... g | 1.001 | | 0 | | 1 | | 0.284 | 4.541 | |
| Aspartic acid ... g | 1.466 | | 0 | | 1 | | 0.416 | 6.650 | |
| Glutamic acid ... g | 2.416 | | 0 | | 1 | | 0.685 | 10.959 | |
| Glycine ... g | 0.813 | | 0 | | 1 | | 0.230 | 3.688 | |
| Proline ... g | 0.699 | | 0 | | 1 | | 0.198 | 3.171 | |
| Serine ... g | 0.619 | | 0 | | 1 | | 0.175 | 2.808 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17084**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17087**

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

**Refuse:** 46% Bone 29%, separable fat 17%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 47.86 | | 0 | | 1 | | 75.14 | 40.68 | |
| Energy....kcal | 285 | | 0 | NC | 4 | | 447 | 242 | |
| Energy....kj | 1192 | | | | 4 | | 1872 | 1014 | |
| Protein (N x 6.25)....g | 34.06 | | 0 | | 1 | | 53.47 | 28.95 | |
| Total lipid (fat)....g | 15.50 | | 0 | | 1 | | 24.34 | 13.18 | |
| Ash....g | 1.85 | | 0 | | 1 | | 2.90 | 1.57 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | | 1 | | 42 | 23 | |
| Iron, Fe....mg | 2.34 | | 0 | | 1 | | 3.67 | 1.99 | |
| Magnesium, Mg....mg | 20 | | 0 | | 1 | | 31 | 17 | |
| Phosphorus, P....mg | 215 | | 0 | | 1 | | 338 | 183 | |
| Potassium, K....mg | 166 | | 0 | | 1 | | 261 | 141 | |
| Sodium, Na....mg | 56 | | 0 | | 1 | | 88 | 48 | |
| Zinc, Zn....mg | 5.60 | | 0 | | 1 | | 8.79 | 4.76 | |
| Copper, Cu....mg | 0.116 | | 0 | | 1 | | 0.182 | 0.099 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.050 | 0.027 | |
| Selenium, Se....mcg | 5.3 | | 0 | BFYN | 4 | | 8.3 | 4.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.126 | 0.068 | |
| Riboflavin....mg | 0.360 | | 0 | | 1 | | 0.565 | 0.306 | |
| Niacin....mg | 5.850 | | 0 | | 1 | | 9.185 | 4.973 | |
| Pantothenic acid....mg | 0.500 | | 0 | | 1 | | 0.785 | 0.425 | |
| Vitamin B-6....mg | 0.080 | | 0 | | 1 | | 0.126 | 0.068 | |
| Folate, total....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.71 | | 0 | | 1 | | 5.82 | 3.15 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.810 | | 0 | | 1 | | 10.692 | 5.789 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | | 1 | | 0.063 | 0.034 | |
| 12:0....g | 0.050 | | 0 | | 1 | | 0.079 | 0.043 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17087**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.480 | | 0 | | 1 | | 0.754 | 0.408 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.300 | | 0 | | 1 | | 5.181 | 2.805 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.410 | | 0 | | 1 | | 3.784 | 2.049 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 6.140 | | 0 | | 1 | | 9.640 | 5.219 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.350 | | 0 | | 1 | | 0.550 | 0.298 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.670 | | 0 | | 1 | | 8.902 | 4.820 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.950 | | 0 | | 1 | | 1.492 | 0.808 | |
| 18:2 undifferentiated ... g | 0.640 | | 0 | | 1 | | 1.005 | 0.544 | |
| 18:3 undifferentiated ... g | 0.260 | | 0 | | 1 | | 0.408 | 0.221 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.050 | | 0 | | 1 | | 0.079 | 0.043 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 127 | | 0 | | 1 | | 199 | 108 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.398 | | 0 | | 1 | | 0.625 | 0.338 | |
| Threonine ... g | 1.458 | | 0 | | 1 | | 2.289 | 1.239 | |
| Isoleucine ... g | 1.643 | | 0 | | 1 | | 2.580 | 1.397 | |
| Leucine ... g | 2.649 | | 0 | | 1 | | 4.159 | 2.252 | |
| Lysine ... g | 3.007 | | 0 | | 1 | | 4.721 | 2.556 | |
| Methionine ... g | 0.874 | | 0 | | 1 | | 1.372 | 0.743 | |
| Cystine ... g | 0.406 | | 0 | | 1 | | 0.637 | 0.345 | |
| Phenylalanine ... g | 1.386 | | 0 | | 1 | | 2.176 | 1.178 | |
| Tyrosine ... g | 1.145 | | 0 | | 1 | | 1.798 | 0.973 | |
| Valine ... g | 1.838 | | 0 | | 1 | | 2.886 | 1.562 | |
| Arginine ... g | 2.023 | | 0 | | 1 | | 3.176 | 1.720 | |
| Histidine ... g | 1.079 | | 0 | | 1 | | 1.694 | 0.917 | |
| Alanine ... g | 2.048 | | 0 | | 1 | | 3.215 | 1.741 | |
| Aspartic acid ... g | 2.998 | | 0 | | 1 | | 4.707 | 2.548 | |
| Glutamic acid ... g | 4.942 | | 0 | | 1 | | 7.759 | 4.201 | |
| Glycine ... g | 1.663 | | 0 | | 1 | | 2.611 | 1.414 | |
| Proline ... g | 1.429 | | 0 | | 1 | | 2.244 | 1.215 | |
| Serine ... g | 1.266 | | 0 | | 1 | | 1.988 | 1.076 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

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

Measure 2 = 85g: 3 oz

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

**NDB No. 17087**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17086**

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

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.89 | 0.672 | 9 | | 1 | | 20.66 | 330.63 | |
| Energy....kcal | 135 | | 0 | NC | 4 | | 38 | 612 | |
| Energy....kj | 565 | | | | 4 | | 160 | 2562 | |
| Protein (N x 6.25)....g | 20.25 | 0.075 | 9 | | 1 | | 5.74 | 91.85 | |
| Total lipid (fat)....g | 5.43 | 0.397 | 9 | | 1 | | 1.54 | 24.63 | |
| Ash....g | 1.10 | 0.060 | 9 | | 1 | | 0.31 | 4.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 3.404 | 9 | | 1 | | 4 | 68 | |
| Iron, Fe....mg | 1.43 | 0.128 | 9 | | 1 | | 0.41 | 6.49 | |
| Magnesium, Mg....mg | 18 | 0.468 | 9 | | 1 | | 5 | 82 | |
| Phosphorus, P....mg | 193 | 4.866 | 9 | | 1 | | 55 | 875 | |
| Potassium, K....mg | 163 | 12.158 | 9 | | 1 | | 46 | 739 | |
| Sodium, Na....mg | 47 | 1.680 | 9 | | 1 | | 13 | 213 | |
| Zinc, Zn....mg | 3.52 | 0.181 | 9 | | 1 | | 1.00 | 15.97 | |
| Copper, Cu....mg | 0.094 | 0.012 | 9 | | 1 | | 0.027 | 0.426 | |
| Manganese, Mn....mg | 0.024 | | 1 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 3.2 | | 0 | T | 4 | | 0.9 | 14.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | 0.009 | 9 | | 1 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.360 | 0.034 | 9 | | 1 | | 0.102 | 1.633 | |
| Niacin....mg | 5.120 | 0.424 | 9 | | 1 | | 1.452 | 23.224 | |
| Pantothenic acid....mg | 0.540 | 0.021 | 9 | | 1 | | 0.153 | 2.449 | |
| Vitamin B-6....mg | 0.100 | 0.006 | 9 | | 1 | | 0.028 | 0.454 | |
| Folate, total....mcg | 0 | 0.086 | 9 | | 1 | | 0 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 0 | 0.086 | 9 | | 1 | | 0 | 0 | |
| Folate, DFE....mcg_DFE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.56 | 0.458 | 9 | | 1 | | 1.01 | 16.15 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.310 | | 0 | | 1 | | 0.655 | 10.478 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 75 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17086**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.110 | | 75 | | 1 | | 0.031 | 0.499 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.110 | | 75 | | 1 | | 0.315 | 5.035 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.900 | | 75 | | 1 | | 0.255 | 4.082 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.080 | | 0 | | 1 | | 0.590 | 9.435 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.090 | | 75 | | 1 | | 0.026 | 0.408 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.970 | | 75 | | 1 | | 0.558 | 8.936 | |
| 20:1....g | 0.000 | | 75 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.280 | | 0 | | 1 | | 0.079 | 1.270 | |
| 18:2 undifferentiated....g | 0.170 | | 75 | | 1 | | 0.048 | 0.771 | |
| 18:3 undifferentiated....g | 0.080 | | 75 | | 1 | | 0.023 | 0.363 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 75 | | 1 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 71 | 1.885 | 9 | | 1 | | 20 | 322 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.237 | | 0 | | 1 | | 0.067 | 1.075 | |
| Threonine....g | 0.867 | | 0 | | 1 | | 0.246 | 3.933 | |
| Isoleucine....g | 0.977 | | 0 | | 1 | | 0.277 | 4.432 | |
| Leucine....g | 1.575 | | 0 | | 1 | | 0.447 | 7.144 | |
| Lysine....g | 1.788 | | 0 | | 1 | | 0.507 | 8.110 | |
| Methionine....g | 0.520 | | 0 | | 1 | | 0.147 | 2.359 | |
| Cystine....g | 0.242 | | 0 | | 1 | | 0.069 | 1.098 | |
| Phenylalanine....g | 0.824 | | 0 | | 1 | | 0.234 | 3.738 | |
| Tyrosine....g | 0.681 | | 0 | | 1 | | 0.193 | 3.089 | |
| Valine....g | 1.093 | | 0 | | 1 | | 0.310 | 4.958 | |
| Arginine....g | 1.203 | | 0 | | 1 | | 0.341 | 5.457 | |
| Histidine....g | 0.642 | | 0 | | 1 | | 0.182 | 2.912 | |
| Alanine....g | 1.218 | | 0 | | 1 | | 0.345 | 5.525 | |
| Aspartic acid....g | 1.783 | | 0 | | 1 | | 0.505 | 8.088 | |
| Glutamic acid....g | 2.939 | | 0 | | 1 | | 0.833 | 13.331 | |
| Glycine....g | 0.989 | | 0 | | 1 | | 0.280 | 4.486 | |
| Proline....g | 0.849 | | 0 | | 1 | | 0.241 | 3.851 | |
| Serine....g | 0.753 | | 0 | | 1 | | 0.213 | 3.416 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17086**

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17006**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 26.14 | 1.493 | 11 | | 1 | | 74.76 | 22.22 | |
| Energy....kcal | 586 | | 0 | NC | 4 | | 1676 | 498 | |
| Energy....kj | 2452 | | 0 | | 4 | | 7012 | 2084 | |
| Protein (N x 6.25)....g | 12.16 | 1.485 | 13 | | 1 | | 34.78 | 10.34 | |
| Total lipid (fat)....g | 59.18 | 2.642 | 14 | | 1 | | 169.25 | 50.30 | |
| Ash....g | 0.68 | 0.036 | 14 | | 1 | | 1.94 | 0.58 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | 1.793 | 14 | | 1 | | 66 | 20 | |
| Iron, Fe....mg | 1.29 | 0.115 | 14 | | 1 | | 3.69 | 1.10 | |
| Magnesium, Mg....mg | 13 | 0.730 | 14 | | 1 | | 37 | 11 | |
| Phosphorus, P....mg | 114 | 5.288 | 14 | | 1 | | 326 | 97 | |
| Potassium, K....mg | 194 | 10.012 | 14 | | 1 | | 555 | 165 | |
| Sodium, Na....mg | 58 | 2.722 | 14 | | 1 | | 166 | 49 | |
| Zinc, Zn....mg | 1.74 | 0.143 | 14 | | 1 | | 4.98 | 1.48 | |
| Copper, Cu....mg | 0.088 | 0.005 | 14 | | 1 | | 0.252 | 0.075 | |
| Manganese, Mn....mg | 0.004 | | 0 | | 1 | | 0.011 | 0.003 | |
| Selenium, Se....mcg | 18.8 | | 0 | BFNN | 4 | | 53.8 | 16.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | 0.002 | 7 | | 1 | | 0.200 | 0.060 | |
| Riboflavin....mg | 0.170 | 0.007 | 7 | | 1 | | 0.486 | 0.145 | |
| Niacin....mg | 7.800 | 0.322 | 7 | | 1 | | 22.308 | 6.630 | |
| Pantothenic acid....mg | 0.580 | 0.017 | 7 | | 1 | | 1.659 | 0.493 | |
| Vitamin B-6....mg | 0.040 | 0.010 | 8 | | 1 | | 0.114 | 0.034 | |
| Folate, total....mcg | 3 | 0.180 | 7 | | 1 | | 9 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | 0.180 | 7 | | 1 | | 9 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 9 | 3 | |
| Choline, total....mg | 54.3 | | 0 | BFNN | 4 | | 155.3 | 46.2 | |
| Betaine....mg | 7.1 | | 0 | BFNN | 4 | | 20.4 | 6.1 | |
| Vitamin B-12....mcg | 2.35 | 0.089 | 7 | | 1 | | 6.72 | 2.00 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.04 | | 0 | | 1 | | 0.11 | 0.03 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.6 | | 0 | BFZN | 4 | | 13.2 | 3.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 27.020 | | 0 | | 1 | | 77.277 | 22.967 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.170 | | 491 | | 1 | | 0.486 | 0.145 | |

**NDB No. 17006**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.290 | | 491 | | 1 | | 0.829 | 0.247 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 2.580 | | 491 | | 1 | | 7.379 | 2.193 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 13.370 | | 491 | | 1 | | 38.238 | 11.365 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 8.430 | | 491 | | 1 | | 24.110 | 7.166 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 24.400 | | 0 | | 1 | | 69.784 | 20.740 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 1.700 | | 491 | | 1 | | 4.862 | 1.445 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 21.870 | | 491 | | 1 | | 62.548 | 18.590 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 4.480 | | 0 | | 1 | | 12.813 | 3.808 | |
| 18:2 undifferentiated....g | 3.260 | | 491 | | 1 | | 9.324 | 2.771 | |
| 18:3 undifferentiated....g | 1.120 | | 491 | | 1 | | 3.203 | 0.952 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 491 | | 1 | | 0.286 | 0.085 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 114 | 3.134 | 14 | | 1 | | 326 | 97 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.142 | | 0 | | 1 | | 0.406 | 0.121 | |
| Threonine....g | 0.520 | | 0 | | 1 | | 1.487 | 0.442 | |
| Isoleucine....g | 0.586 | | 0 | | 1 | | 1.676 | 0.498 | |
| Leucine....g | 0.945 | | 0 | | 1 | | 2.703 | 0.803 | |
| Lysine....g | 1.073 | | 0 | | 1 | | 3.069 | 0.912 | |
| Methionine....g | 0.312 | | 0 | | 1 | | 0.892 | 0.265 | |
| Cystine....g | 0.145 | | 0 | | 1 | | 0.415 | 0.123 | |
| Phenylalanine....g | 0.495 | | 0 | | 1 | | 1.416 | 0.421 | |
| Tyrosine....g | 0.409 | | 0 | | 1 | | 1.170 | 0.348 | |
| Valine....g | 0.656 | | 0 | | 1 | | 1.876 | 0.558 | |
| Arginine....g | 0.722 | | 0 | | 1 | | 2.065 | 0.614 | |
| Histidine....g | 0.385 | | 0 | | 1 | | 1.101 | 0.327 | |
| Alanine....g | 0.731 | | 0 | | 1 | | 2.091 | 0.621 | |
| Aspartic acid....g | 1.070 | | 0 | | 1 | | 3.060 | 0.910 | |
| Glutamic acid....g | 1.764 | | 0 | | 1 | | 5.045 | 1.499 | |
| Glycine....g | 0.594 | | 0 | | 1 | | 1.699 | 0.505 | |
| Proline....g | 0.510 | | 0 | | 1 | | 1.459 | 0.434 | |
| Serine....g | 0.452 | | 0 | | 1 | | 1.293 | 0.384 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17006**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked**

Measure 1 = 286g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17005**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 22.54 | 1.040 | 29 | | 1 | | 6.39 | 102.24 | |
| Energy....kcal | 665 | | 0 | NC | 4 | | 189 | 3016 | |
| Energy....kj | 2782 | | | | 4 | | 789 | 12621 | |
| Protein (N x 6.25)....g | 6.65 | 0.539 | 29 | | 1 | | 1.89 | 30.16 | |
| Total lipid (fat)....g | 70.61 | 1.486 | 30 | | 1 | | 20.02 | 320.29 | |
| Ash....g | 0.36 | 0.015 | 30 | | 1 | | 0.10 | 1.63 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | 1.540 | 30 | | 1 | | 5 | 86 | |
| Iron, Fe....mg | 0.98 | 0.064 | 30 | | 1 | | 0.28 | 4.45 | |
| Magnesium, Mg....mg | 9 | 0.847 | 30 | | 1 | | 3 | 41 | |
| Phosphorus, P....mg | 73 | 3.935 | 14 | | 1 | | 21 | 331 | |
| Potassium, K....mg | 82 | 7.365 | 30 | | 1 | | 23 | 372 | |
| Sodium, Na....mg | 31 | 2.251 | 30 | | 1 | | 9 | 141 | |
| Zinc, Zn....mg | 1.13 | 0.100 | 30 | | 1 | | 0.32 | 5.13 | |
| Copper, Cu....mg | 0.057 | 0.003 | 30 | | 1 | | 0.016 | 0.259 | |
| Manganese, Mn....mg | 0.003 | | 0 | | 1 | | 0.001 | 0.014 | |
| Selenium, Se....mcg | 8.8 | 1.186 | 12 | A | 1 | | 2.5 | 39.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.004 | 7 | | 1 | | 0.017 | 0.272 | |
| Riboflavin....mg | 0.160 | 0.006 | 7 | | 1 | | 0.045 | 0.726 | |
| Niacin....mg | 6.370 | 0.195 | 7 | | 1 | | 1.806 | 28.894 | |
| Pantothenic acid....mg | 0.580 | 0.017 | 7 | | 1 | | 0.164 | 2.631 | |
| Vitamin B-6....mg | 0.040 | 0.010 | 8 | | 1 | | 0.011 | 0.181 | |
| Folate, total....mcg | 3 | 0.162 | 7 | | 1 | | 1 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | 0.162 | 7 | | 1 | | 1 | 14 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.68 | 0.114 | 7 | | 1 | | 0.48 | 7.62 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 32.240 | | 0 | | 1 | | 9.140 | 146.241 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.200 | | 491 | | 1 | | 0.057 | 0.907 | |
| 12:0....g | 0.340 | | 491 | | 1 | | 0.096 | 1.542 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17005**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 3.070 | | 491 | | 1 | | 0.870 | 13.926 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 15.960 | | 491 | | 1 | | 4.525 | 72.395 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 10.060 | | 491 | | 1 | | 2.852 | 45.632 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 29.110 | | 0 | | 1 | | 8.253 | 132.043 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 2.030 | | 491 | | 1 | | 0.576 | 9.208 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 26.090 | | 491 | | 1 | | 7.397 | 118.344 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 5.350 | | 0 | | 1 | | 1.517 | 24.268 | |
| 18:2 undifferentiated....g | 3.890 | | 491 | | 1 | | 1.103 | 17.645 | |
| 18:3 undifferentiated....g | 1.340 | | 491 | | 1 | | 0.380 | 6.078 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.120 | | 491 | | 1 | | 0.034 | 0.544 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 90 | 4.623 | 14 | | 1 | | 26 | 408 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.078 | | 0 | | 1 | | 0.022 | 0.354 | |
| Threonine....g | 0.284 | | 0 | | 1 | | 0.081 | 1.288 | |
| Isoleucine....g | 0.321 | | 0 | | 1 | | 0.091 | 1.456 | |
| Leucine....g | 0.517 | | 0 | | 1 | | 0.147 | 2.345 | |
| Lysine....g | 0.587 | | 0 | | 1 | | 0.166 | 2.663 | |
| Methionine....g | 0.171 | | 0 | | 1 | | 0.048 | 0.776 | |
| Cystine....g | 0.079 | | 0 | | 1 | | 0.022 | 0.358 | |
| Phenylalanine....g | 0.271 | | 0 | | 1 | | 0.077 | 1.229 | |
| Tyrosine....g | 0.223 | | 0 | | 1 | | 0.063 | 1.012 | |
| Valine....g | 0.359 | | 0 | | 1 | | 0.102 | 1.628 | |
| Arginine....g | 0.395 | | 0 | | 1 | | 0.112 | 1.792 | |
| Histidine....g | 0.211 | | 0 | | 1 | | 0.060 | 0.957 | |
| Alanine....g | 0.400 | | 0 | | 1 | | 0.113 | 1.814 | |
| Aspartic acid....g | 0.585 | | 0 | | 1 | | 0.166 | 2.654 | |
| Glutamic acid....g | 0.964 | | 0 | | 1 | | 0.273 | 4.373 | |
| Glycine....g | 0.325 | | 0 | | 1 | | 0.092 | 1.474 | |
| Proline....g | 0.279 | | 0 | | 1 | | 0.079 | 1.266 | |
| Serine....g | 0.247 | | 0 | | 1 | | 0.070 | 1.120 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17005**

**Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17002**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 53.72 | | 0 | | 1 | | 130.00 | 45.66 | |
| Energy....kcal | 294 | | 0 | NC | 4 | | 711 | 250 | |
| Energy....kj | 1230 | | 0 | | 4 | | 2977 | 1046 | |
| Protein (N x 6.25)....g | 24.52 | | 0 | | 1 | | 59.34 | 20.84 | |
| Total lipid (fat)....g | 20.94 | | 0 | | 1 | | 50.67 | 17.80 | |
| Ash....g | 1.04 | | 0 | | 1 | | 2.52 | 0.88 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 41 | 14 | |
| Iron, Fe....mg | 1.88 | | 0 | | 1 | | 4.55 | 1.60 | |
| Magnesium, Mg....mg | 23 | | 0 | | 1 | | 56 | 20 | |
| Phosphorus, P....mg | 188 | | 0 | | 1 | | 455 | 160 | |
| Potassium, K....mg | 310 | | 0 | | 1 | | 750 | 264 | |
| Sodium, Na....mg | 72 | | 0 | | 1 | | 174 | 61 | |
| Zinc, Zn....mg | 4.46 | | 0 | | 1 | | 10.79 | 3.79 | |
| Copper, Cu....mg | 0.119 | | 0 | | 1 | | 0.288 | 0.101 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.053 | 0.019 | |
| Selenium, Se....mcg | 26.4 | | 0 | BFYN | 4 | | 63.9 | 22.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.242 | 0.085 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.605 | 0.213 | |
| Niacin....mg | 6.660 | | 0 | | 1 | | 16.117 | 5.661 | |
| Pantothenic acid....mg | 0.660 | | 0 | | 1 | | 1.597 | 0.561 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.315 | 0.111 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 44 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 44 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 44 | 15 | |
| Choline, total....mg | 93.7 | | 0 | BFNN | 4 | | 226.8 | 79.7 | |
| Betaine....mg | 12.3 | | 0 | BFNN | 4 | | 29.8 | 10.5 | |
| Vitamin B-12....mcg | 2.55 | | 0 | | 1 | | 6.17 | 2.17 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.14 | | 0 | NR | 4 | | 0.34 | 0.12 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.6 | | 0 | BFZN | 4 | | 11.1 | 3.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.830 | | 0 | | 1 | | 21.369 | 7.506 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.121 | 0.043 | |

**NDB No. 17002**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.090 | | 0 | | 1 | | 0.218 | 0.077 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.820 | | 0 | | 1 | | 1.984 | 0.697 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.480 | | 0 | | 1 | | 10.842 | 3.808 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.840 | | 0 | | 1 | | 6.873 | 2.414 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.820 | | 0 | | 1 | | 21.344 | 7.497 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.610 | | 0 | | 1 | | 1.476 | 0.519 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.000 | | 0 | | 1 | | 19.360 | 6.800 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.510 | | 0 | | 1 | | 3.654 | 1.284 | |
| 18:2 undifferentiated g | 1.140 | | 0 | | 1 | | 2.759 | 0.969 | |
| 18:3 undifferentiated g | 0.300 | | 0 | | 1 | | 0.726 | 0.255 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.169 | 0.060 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 97 | | 0 | | 1 | | 235 | 82 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.287 | | 0 | | 1 | | 0.695 | 0.244 | |
| Threonine g | 1.050 | | 0 | | 1 | | 2.541 | 0.893 | |
| Isoleucine g | 1.183 | | 0 | | 1 | | 2.863 | 1.006 | |
| Leucine g | 1.908 | | 0 | | 1 | | 4.617 | 1.622 | |
| Lysine g | 2.166 | | 0 | | 1 | | 5.242 | 1.841 | |
| Methionine g | 0.629 | | 0 | | 1 | | 1.522 | 0.535 | |
| Cystine g | 0.293 | | 0 | | 1 | | 0.709 | 0.249 | |
| Phenylalanine g | 0.998 | | 0 | | 1 | | 2.415 | 0.848 | |
| Tyrosine g | 0.824 | | 0 | | 1 | | 1.994 | 0.700 | |
| Valine g | 1.323 | | 0 | | 1 | | 3.202 | 1.125 | |
| Arginine g | 1.457 | | 0 | | 1 | | 3.526 | 1.238 | |
| Histidine g | 0.777 | | 0 | | 1 | | 1.880 | 0.660 | |
| Alanine g | 1.475 | | 0 | | 1 | | 3.570 | 1.254 | |
| Aspartic acid g | 2.159 | | 0 | | 1 | | 5.225 | 1.835 | |
| Glutamic acid g | 3.559 | | 0 | | 1 | | 8.613 | 3.025 | |
| Glycine g | 1.198 | | 0 | | 1 | | 2.899 | 1.018 | |
| Proline g | 1.029 | | 0 | | 1 | | 2.490 | 0.875 | |
| Serine g | 0.912 | | 0 | | 1 | | 2.207 | 0.775 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17002**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked**

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17001**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw**

*Ovis aries*

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 60.70 | | 0 | | 1 | | 17.21 | 275.34 | |
| Energy ... kcal | 267 | | 0 | NC | 4 | | 76 | 1211 | |
| Energy ... kj | 1117 | | | | 4 | | 317 | 5067 | |
| Protein (N x 6.25) ... g | 16.88 | | 0 | | 1 | | 4.79 | 76.57 | |
| Total lipid (fat) ... g | 21.59 | | 0 | | 1 | | 6.12 | 97.93 | |
| Ash ... g | 0.88 | | 0 | | 1 | | 0.25 | 3.99 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 12 | | 0 | | 1 | | 3 | 54 | |
| Iron, Fe ... mg | 1.57 | | 0 | | 1 | | 0.45 | 7.12 | |
| Magnesium, Mg ... mg | 22 | | 0 | | 1 | | 6 | 100 | |
| Phosphorus, P ... mg | 160 | | 0 | | 1 | | 45 | 726 | |
| Potassium, K ... mg | 230 | | 0 | | 1 | | 65 | 1043 | |
| Sodium, Na ... mg | 58 | | 0 | | 1 | | 16 | 263 | |
| Zinc, Zn ... mg | 3.33 | | 0 | | 1 | | 0.94 | 15.10 | |
| Copper, Cu ... mg | 0.104 | | 0 | | 1 | | 0.029 | 0.472 | |
| Manganese, Mn ... mg | 0.019 | | 0 | | 1 | | 0.005 | 0.086 | |
| Selenium, Se ... mcg | 19.8 | | 0 | PIE | 4 | | 5.6 | 89.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.120 | | 0 | | 1 | | 0.034 | 0.544 | |
| Riboflavin ... mg | 0.220 | | 0 | | 1 | | 0.062 | 0.998 | |
| Niacin ... mg | 6.100 | | 0 | | 1 | | 1.729 | 27.670 | |
| Pantothenic acid ... mg | 0.670 | | 0 | | 1 | | 0.190 | 3.039 | |
| Vitamin B-6 ... mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Folate, total ... mcg | 18 | | 0 | | 1 | | 5 | 82 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 18 | | 0 | | 1 | | 5 | 82 | |
| Folate, DFE ... mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 82 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.39 | | 0 | | 1 | | 0.68 | 10.84 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 9.470 | | 0 | | 1 | | 2.685 | 42.956 | |
| 4:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 12:0 ... g | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17001**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.870 | | 0 | | 1 | | 0.247 | 3.946 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.750 | | 0 | | 1 | | 1.347 | 21.546 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.980 | | 0 | | 1 | | 0.845 | 13.517 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.860 | | 0 | | 1 | | 2.512 | 40.189 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.630 | | 0 | | 1 | | 0.179 | 2.858 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.960 | | 0 | | 1 | | 2.257 | 36.107 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.700 | | 0 | | 1 | | 0.482 | 7.711 | |
| 18:2 undifferentiated g | 1.240 | | 0 | | 1 | | 0.352 | 5.625 | |
| 18:3 undifferentiated g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.197 | | 0 | | 1 | | 0.056 | 0.894 | |
| Threonine g | 0.723 | | 0 | | 1 | | 0.205 | 3.280 | |
| Isoleucine g | 0.815 | | 0 | | 1 | | 0.231 | 3.697 | |
| Leucine g | 1.313 | | 0 | | 1 | | 0.372 | 5.956 | |
| Lysine g | 1.491 | | 0 | | 1 | | 0.423 | 6.763 | |
| Methionine g | 0.433 | | 0 | | 1 | | 0.123 | 1.964 | |
| Cystine g | 0.202 | | 0 | | 1 | | 0.057 | 0.916 | |
| Phenylalanine g | 0.687 | | 0 | | 1 | | 0.195 | 3.116 | |
| Tyrosine g | 0.567 | | 0 | | 1 | | 0.161 | 2.572 | |
| Valine g | 0.911 | | 0 | | 1 | | 0.258 | 4.132 | |
| Arginine g | 1.003 | | 0 | | 1 | | 0.284 | 4.550 | |
| Histidine g | 0.535 | | 0 | | 1 | | 0.152 | 2.427 | |
| Alanine g | 1.015 | | 0 | | 1 | | 0.288 | 4.604 | |
| Aspartic acid g | 1.486 | | 0 | | 1 | | 0.421 | 6.740 | |
| Glutamic acid g | 2.450 | | 0 | | 1 | | 0.695 | 11.113 | |
| Glycine g | 0.825 | | 0 | | 1 | | 0.234 | 3.742 | |
| Proline g | 0.708 | | 0 | | 1 | | 0.201 | 3.211 | |
| Serine g | 0.628 | | 0 | | 1 | | 0.178 | 2.849 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine mg | | | | | | | | | |
| Theobromine mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 17001**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw**

Measure 2 = 453.6g: 1 lb

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17227**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.82 | | 0 | PAE | 4 | | 139.55 | 47.45 | |
| Energy....kcal | 271 | | 0 | NC | 4 | | 678 | 230 | |
| Energy....kj | 1134 | | 0 | | 4 | | 2835 | 964 | |
| Protein (N x 6.25)....g | 25.51 | | 0 | PAE | 4 | | 63.78 | 21.68 | |
| Total lipid (fat)....g | 18.01 | | 0 | PAE | 4 | | 45.03 | 15.31 | |
| Ash....g | 1.06 | | 0 | PAE | 4 | | 2.65 | 0.90 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | PAE | 4 | | 40 | 14 | |
| Iron, Fe....mg | 1.93 | | 0 | PAE | 4 | | 4.83 | 1.64 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 60 | 20 | |
| Phosphorus, P....mg | 193 | | 0 | PAE | 4 | | 483 | 164 | |
| Potassium, K....mg | 318 | | 0 | PAE | 4 | | 795 | 270 | |
| Sodium, Na....mg | 72 | | 0 | PAE | 4 | | 180 | 61 | |
| Zinc, Zn....mg | 4.74 | | 0 | PAE | 4 | | 11.85 | 4.03 | |
| Copper, Cu....mg | 0.121 | | 0 | PAE | 4 | | 0.303 | 0.103 | |
| Manganese, Mn....mg | 0.024 | | 0 | PAE | 4 | | 0.060 | 0.020 | |
| Selenium, Se....mcg | 27.2 | | 0 | BFNN | 4 | | 68.0 | 23.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.250 | 0.085 | |
| Riboflavin....mg | 0.260 | | 0 | PAE | 4 | | 0.650 | 0.221 | |
| Niacin....mg | 6.550 | | 0 | PAE | 4 | | 16.375 | 5.568 | |
| Pantothenic acid....mg | 0.670 | | 0 | PAE | 4 | | 1.675 | 0.570 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.350 | 0.119 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 48 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 48 | 16 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 48 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.57 | | 0 | PAE | 4 | | 6.43 | 2.18 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.450 | | 0 | PAE | 4 | | 18.625 | 6.333 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.125 | 0.043 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.175 | 0.060 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17227**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.690 | | 0 | PAE | 4 | | 1.725 | 0.587 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.810 | | 0 | PAE | 4 | | 9.525 | 3.239 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.410 | | 0 | PAE | 4 | | 6.025 | 2.049 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.630 | | 0 | PAE | 4 | | 19.075 | 6.486 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.530 | | 0 | PAE | 4 | | 1.325 | 0.451 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.940 | | 0 | PAE | 4 | | 17.350 | 5.899 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.290 | | 0 | PAE | 4 | | 3.225 | 1.097 | |
| 18:2 undifferentiated....g | 0.980 | | 0 | PAE | 4 | | 2.450 | 0.833 | |
| 18:3 undifferentiated....g | 0.240 | | 0 | PAE | 4 | | 0.600 | 0.204 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | PAE | 4 | | 0.175 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 96 | | 0 | PAE | 4 | | 240 | 82 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.298 | | 0 | PAE | 4 | | 0.745 | 0.253 | |
| Threonine....g | 1.092 | | 0 | PAE | 4 | | 2.730 | 0.928 | |
| Isoleucine....g | 1.231 | | 0 | PAE | 4 | | 3.078 | 1.046 | |
| Leucine....g | 1.984 | | 0 | PAE | 4 | | 4.960 | 1.686 | |
| Lysine....g | 2.253 | | 0 | PAE | 4 | | 5.633 | 1.915 | |
| Methionine....g | 0.655 | | 0 | PAE | 4 | | 1.638 | 0.557 | |
| Cystine....g | 0.304 | | 0 | PAE | 4 | | 0.760 | 0.258 | |
| Phenylalanine....g | 1.038 | | 0 | PAE | 4 | | 2.595 | 0.882 | |
| Tyrosine....g | 0.857 | | 0 | PAE | 4 | | 2.143 | 0.728 | |
| Valine....g | 1.376 | | 0 | PAE | 4 | | 3.440 | 1.170 | |
| Arginine....g | 1.516 | | 0 | PAE | 4 | | 3.790 | 1.289 | |
| Histidine....g | 0.808 | | 0 | PAE | 4 | | 2.020 | 0.687 | |
| Alanine....g | 1.534 | | 0 | PAE | 4 | | 3.835 | 1.304 | |
| Aspartic acid....g | 2.245 | | 0 | PAE | 4 | | 5.613 | 1.908 | |
| Glutamic acid....g | 3.702 | | 0 | PAE | 4 | | 9.255 | 3.147 | |
| Glycine....g | 1.246 | | 0 | PAE | 4 | | 3.115 | 1.059 | |
| Proline....g | 1.070 | | 0 | PAE | 4 | | 2.675 | 0.910 | |
| Serine....g | 0.948 | | 0 | PAE | 4 | | 2.370 | 0.806 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17227**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17226**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.17 | | 0 | PAE | 4 | | 17.91 | 286.54 | |
| Energy....kcal | 243 | | 0 | NC | 4 | | 69 | 1102 | |
| Energy....kj | 1017 | | | | 4 | | 288 | 4612 | |
| Protein (N x 6.25)....g | 17.54 | | 0 | PAE | 4 | | 4.97 | 79.56 | |
| Total lipid (fat)....g | 18.66 | | 0 | PAE | 4 | | 5.29 | 84.64 | |
| Ash....g | 0.92 | | 0 | PAE | 4 | | 0.26 | 4.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 0 | PAE | 4 | | 3 | 54 | |
| Iron, Fe....mg | 1.62 | | 0 | PAE | 4 | | 0.46 | 7.35 | |
| Magnesium, Mg....mg | 22 | | 0 | PAE | 4 | | 6 | 100 | |
| Phosphorus, P....mg | 166 | | 0 | PAE | 4 | | 47 | 753 | |
| Potassium, K....mg | 239 | | 0 | PAE | 4 | | 68 | 1084 | |
| Sodium, Na....mg | 59 | | 0 | PAE | 4 | | 17 | 268 | |
| Zinc, Zn....mg | 3.52 | | 0 | PAE | 4 | | 1.00 | 15.97 | |
| Copper, Cu....mg | 0.108 | | 0 | PAE | 4 | | 0.031 | 0.490 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 19.7 | | 0 | BFNN | 4 | | 5.6 | 89.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.220 | | 0 | PAE | 4 | | 0.062 | 0.998 | |
| Niacin....mg | 6.070 | | 0 | PAE | 4 | | 1.721 | 27.534 | |
| Pantothenic acid....mg | 0.680 | | 0 | PAE | 4 | | 0.193 | 3.084 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.635 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.44 | | 0 | PAE | 4 | | 0.69 | 11.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.070 | | 0 | PAE | 4 | | 2.288 | 36.606 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17226**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.730 | | 0 | PAE | 4 | | 0.207 | 3.311 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.070 | | 0 | PAE | 4 | | 1.154 | 18.462 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.550 | | 0 | PAE | 4 | | 0.723 | 11.567 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.650 | | 0 | PAE | 4 | | 2.169 | 34.700 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.540 | | 0 | PAE | 4 | | 0.153 | 2.449 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.870 | | 0 | PAE | 4 | | 1.948 | 31.162 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.480 | | 0 | PAE | 4 | | 0.420 | 6.713 | |
| 18:2 undifferentiated....g | 1.090 | | 0 | PAE | 4 | | 0.309 | 4.944 | |
| 18:3 undifferentiated....g | 0.330 | | 0 | PAE | 4 | | 0.094 | 1.497 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | PAE | 4 | | 0.020 | 0.318 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 70 | | 0 | PAE | 4 | | 20 | 318 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.930 | |
| Threonine....g | 0.751 | | 0 | PAE | 4 | | 0.213 | 3.407 | |
| Isoleucine....g | 0.846 | | 0 | PAE | 4 | | 0.240 | 3.837 | |
| Leucine....g | 1.365 | | 0 | PAE | 4 | | 0.387 | 6.192 | |
| Lysine....g | 1.549 | | 0 | PAE | 4 | | 0.439 | 7.026 | |
| Methionine....g | 0.450 | | 0 | PAE | 4 | | 0.128 | 2.041 | |
| Cystine....g | 0.209 | | 0 | PAE | 4 | | 0.059 | 0.948 | |
| Phenylalanine....g | 0.714 | | 0 | PAE | 4 | | 0.202 | 3.239 | |
| Tyrosine....g | 0.590 | | 0 | PAE | 4 | | 0.167 | 2.676 | |
| Valine....g | 0.947 | | 0 | PAE | 4 | | 0.268 | 4.296 | |
| Arginine....g | 1.042 | | 0 | PAE | 4 | | 0.295 | 4.727 | |
| Histidine....g | 0.556 | | 0 | PAE | 4 | | 0.158 | 2.522 | |
| Alanine....g | 1.055 | | 0 | PAE | 4 | | 0.299 | 4.785 | |
| Aspartic acid....g | 1.544 | | 0 | PAE | 4 | | 0.438 | 7.004 | |
| Glutamic acid....g | 2.546 | | 0 | PAE | 4 | | 0.722 | 11.549 | |
| Glycine....g | 0.857 | | 0 | PAE | 4 | | 0.243 | 3.887 | |
| Proline....g | 0.736 | | 0 | PAE | 4 | | 0.209 | 3.338 | |
| Serine....g | 0.652 | | 0 | PAE | 4 | | 0.185 | 2.957 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17226**

**Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17004**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked**

**Refuse:** 42% Bone 25%, separable fat 17%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.96 | 0.431 | 16 | | 1 | | 115.87 | 52.67 | |
| Energy....kcal | 206 | | 0 | NC | 4 | | 385 | 175 | |
| Energy....kj | 862 | | | | 4 | | 1612 | 733 | |
| Protein (N x 6.25)....g | 28.22 | 0.336 | 16 | | 1 | | 52.77 | 23.99 | |
| Total lipid (fat)....g | 9.52 | 0.358 | 16 | | 1 | | 17.80 | 8.09 | |
| Ash....g | 1.14 | 0.013 | 16 | | 1 | | 2.13 | 0.97 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 0.599 | 16 | | 1 | | 28 | 13 | |
| Iron, Fe....mg | 2.05 | 0.063 | 16 | | 1 | | 3.83 | 1.74 | |
| Magnesium, Mg....mg | 26 | 0.340 | 16 | | 1 | | 49 | 22 | |
| Phosphorus, P....mg | 210 | 3.520 | 16 | | 1 | | 393 | 179 | |
| Potassium, K....mg | 344 | 3.940 | 16 | | 1 | | 643 | 292 | |
| Sodium, Na....mg | 76 | 0.861 | 16 | | 1 | | 142 | 65 | |
| Zinc, Zn....mg | 5.27 | 0.117 | 16 | | 1 | | 9.85 | 4.48 | |
| Copper, Cu....mg | 0.128 | 0.006 | 16 | | 1 | | 0.239 | 0.109 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.052 | 0.024 | |
| Selenium, Se....mcg | 26.1 | 2.876 | 5 | A | 1 | | 48.8 | 22.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | 0.005 | 16 | | 1 | | 0.187 | 0.085 | |
| Riboflavin....mg | 0.280 | 0.014 | 16 | | 1 | | 0.524 | 0.238 | |
| Niacin....mg | 6.320 | 0.199 | 16 | | 1 | | 11.818 | 5.372 | |
| Pantothenic acid....mg | 0.690 | 0.021 | 16 | | 1 | | 1.290 | 0.587 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.299 | 0.136 | |
| Folate, total....mcg | 23 | 0.860 | 16 | | 1 | | 43 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 0.860 | 16 | | 1 | | 43 | 20 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 43 | 20 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.61 | 0.104 | 16 | | 1 | | 4.88 | 2.22 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.36 | 0.16 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.400 | | 0 | | 1 | | 6.358 | 2.890 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 107 | | 1 | | 0.037 | 0.017 | |
| 12:0....g | 0.030 | | 107 | | 1 | | 0.056 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17004**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.300 | | 107 | | 1 | | 0.561 | 0.255 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.830 | | 107 | | 1 | | 3.422 | 1.556 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.170 | | 107 | | 1 | | 2.188 | 0.995 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.170 | | 0 | | 1 | | 7.798 | 3.545 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 107 | | 1 | | 0.524 | 0.238 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.860 | | 107 | | 1 | | 7.218 | 3.281 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.620 | | 0 | | 1 | | 1.159 | 0.527 | |
| 18:2 undifferentiated....g | 0.510 | | 107 | | 1 | | 0.954 | 0.434 | |
| 18:3 undifferentiated....g | 0.060 | | 107 | | 1 | | 0.112 | 0.051 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 107 | | 1 | | 0.112 | 0.051 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | 2.023 | 16 | | 1 | | 172 | 78 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.330 | | 0 | | 1 | | 0.617 | 0.281 | |
| Threonine....g | 1.208 | | 0 | | 1 | | 2.259 | 1.027 | |
| Isoleucine....g | 1.361 | | 0 | | 1 | | 2.545 | 1.157 | |
| Leucine....g | 2.195 | | 0 | | 1 | | 4.105 | 1.866 | |
| Lysine....g | 2.492 | | 0 | | 1 | | 4.660 | 2.118 | |
| Methionine....g | 0.724 | | 0 | | 1 | | 1.354 | 0.615 | |
| Cystine....g | 0.337 | | 0 | | 1 | | 0.630 | 0.286 | |
| Phenylalanine....g | 1.149 | | 0 | | 1 | | 2.149 | 0.977 | |
| Tyrosine....g | 0.948 | | 0 | | 1 | | 1.773 | 0.806 | |
| Valine....g | 1.523 | | 0 | | 1 | | 2.848 | 1.295 | |
| Arginine....g | 1.676 | | 0 | | 1 | | 3.134 | 1.425 | |
| Histidine....g | 0.894 | | 0 | | 1 | | 1.672 | 0.760 | |
| Alanine....g | 1.697 | | 0 | | 1 | | 3.173 | 1.442 | |
| Aspartic acid....g | 2.484 | | 0 | | 1 | | 4.645 | 2.111 | |
| Glutamic acid....g | 4.095 | | 0 | | 1 | | 7.658 | 3.481 | |
| Glycine....g | 1.378 | | 0 | | 1 | | 2.577 | 1.171 | |
| Proline....g | 1.184 | | 0 | | 1 | | 2.214 | 1.006 | |
| Serine....g | 1.049 | | 0 | | 1 | | 1.962 | 0.892 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 187g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17004**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17003**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 42% Bone 23%, separable fat 19%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.42 | 0.208 | 45 | | 1 | | 20.81 | 333.03 | |
| Energy....kcal | 134 | | 0 | NC | 4 | | 38 | 608 | |
| Energy....kj | 561 | | | | 4 | | 159 | 2543 | |
| Protein (N x 6.25)....g | 20.29 | 0.135 | 32 | | 1 | | 5.75 | 92.04 | |
| Total lipid (fat)....g | 5.25 | 0.226 | 45 | | 1 | | 1.49 | 23.81 | |
| Ash....g | 1.06 | 0.008 | 32 | | 1 | | 0.30 | 4.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | 0.458 | 32 | | 1 | | 3 | 45 | |
| Iron, Fe....mg | 1.77 | 0.084 | 32 | | 1 | | 0.50 | 8.03 | |
| Magnesium, Mg....mg | 26 | 0.813 | 32 | | 1 | | 7 | 118 | |
| Phosphorus, P....mg | 189 | 3.416 | 16 | | 1 | | 54 | 857 | |
| Potassium, K....mg | 280 | 13.317 | 32 | | 1 | | 79 | 1270 | |
| Sodium, Na....mg | 66 | 2.807 | 32 | | 1 | | 19 | 299 | |
| Zinc, Zn....mg | 4.06 | 0.126 | 32 | | 1 | | 1.15 | 18.42 | |
| Copper, Cu....mg | 0.120 | 0.003 | 32 | | 1 | | 0.034 | 0.544 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 23.4 | 2.943 | 15 | A | 1 | | 6.6 | 106.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | 0.006 | 16 | | 1 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.230 | 0.013 | 16 | | 1 | | 0.065 | 1.043 | |
| Niacin....mg | 6.000 | 0.198 | 16 | | 1 | | 1.701 | 27.216 | |
| Pantothenic acid....mg | 0.700 | 0.016 | 16 | | 1 | | 0.198 | 3.175 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | |
| Folate, total....mcg | 23 | 1.180 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.180 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.62 | 0.107 | 16 | | 1 | | 0.74 | 11.88 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.880 | | 0 | | 1 | | 0.533 | 8.528 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17003**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.140 | | 373 | | 1 | | 0.040 | 0.635 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.020 | | 373 | | 1 | | 0.289 | 4.627 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.620 | | 373 | | 1 | | 0.176 | 2.812 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.110 | | 0 | | 1 | | 0.598 | 9.571 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.160 | | 373 | | 1 | | 0.045 | 0.726 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.910 | | 373 | | 1 | | 0.541 | 8.664 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 2.177 | |
| 18:2 undifferentiated....g | 0.360 | | 373 | | 1 | | 0.102 | 1.633 | |
| 18:3 undifferentiated....g | 0.070 | | 373 | | 1 | | 0.020 | 0.318 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 373 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 65 | 1.095 | 16 | | 1 | | 18 | 295 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.237 | | 46 | | 1 | | 0.067 | 1.075 | |
| Threonine....g | 0.869 | | 50 | | 1 | | 0.246 | 3.942 | |
| Isoleucine....g | 0.979 | | 50 | | 1 | | 0.278 | 4.441 | |
| Leucine....g | 1.579 | | 50 | | 1 | | 0.448 | 7.162 | |
| Lysine....g | 1.792 | | 50 | | 1 | | 0.508 | 8.129 | |
| Methionine....g | 0.521 | | 49 | | 1 | | 0.148 | 2.363 | |
| Cystine....g | 0.242 | | 43 | | 1 | | 0.069 | 1.098 | |
| Phenylalanine....g | 0.826 | | 50 | | 1 | | 0.234 | 3.747 | |
| Tyrosine....g | 0.682 | | 50 | | 1 | | 0.193 | 3.094 | |
| Valine....g | 1.095 | | 50 | | 1 | | 0.310 | 4.967 | |
| Arginine....g | 1.206 | | 50 | | 1 | | 0.342 | 5.470 | |
| Histidine....g | 0.643 | | 50 | | 1 | | 0.182 | 2.917 | |
| Alanine....g | 1.221 | | 37 | | 1 | | 0.346 | 5.538 | |
| Aspartic acid....g | 1.786 | | 37 | | 1 | | 0.506 | 8.101 | |
| Glutamic acid....g | 2.945 | | 37 | | 1 | | 0.835 | 13.359 | |
| Glycine....g | 0.991 | | 37 | | 1 | | 0.281 | 4.495 | |
| Proline....g | 0.851 | | 37 | | 1 | | 0.241 | 3.860 | |
| Serine....g | 0.755 | | 37 | | 1 | | 0.214 | 3.425 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17003**

**Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17060**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 56.23 | | 0 | | 1 | | 152.95 | 47.80 | |
| Energy ... kcal | 223 | | 0 | NC | 4 | | 607 | 190 | |
| Energy ... kj | 933 | | 0 | | 4 | | 2538 | 793 | |
| Protein (N x 6.25) ... g | 33.69 | | 0 | | 1 | | 91.64 | 28.64 | |
| Total lipid (fat) ... g | 8.80 | | 0 | | 1 | | 23.94 | 7.48 | |
| Ash ... g | 1.77 | | 0 | | 1 | | 4.81 | 1.50 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 15 | | 0 | | 1 | | 41 | 13 | |
| Iron, Fe ... mg | 2.80 | | 0 | | 1 | | 7.62 | 2.38 | |
| Magnesium, Mg ... mg | 28 | | 0 | | 1 | | 76 | 24 | |
| Phosphorus, P ... mg | 205 | | 0 | | 1 | | 558 | 174 | |
| Potassium, K ... mg | 260 | | 0 | | 1 | | 707 | 221 | |
| Sodium, Na ... mg | 70 | | 0 | | 1 | | 190 | 60 | |
| Zinc, Zn ... mg | 6.58 | | 0 | | 1 | | 17.90 | 5.59 | |
| Copper, Cu ... mg | 0.141 | | 0 | | 1 | | 0.384 | 0.120 | |
| Manganese, Mn ... mg | 0.032 | | 0 | | 1 | | 0.087 | 0.027 | |
| Selenium, Se ... mcg | 38.1 | | 0 | BFYN | 4 | | 103.6 | 32.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.070 | | 0 | | 1 | | 0.190 | 0.060 | |
| Riboflavin ... mg | 0.240 | | 0 | | 1 | | 0.653 | 0.204 | |
| Niacin ... mg | 5.950 | | 0 | | 1 | | 16.184 | 5.058 | |
| Pantothenic acid ... mg | 0.590 | | 0 | | 1 | | 1.605 | 0.502 | |
| Vitamin B-6 ... mg | 0.120 | | 0 | | 1 | | 0.326 | 0.102 | |
| Folate, total ... mcg | 21 | | 0 | | 1 | | 57 | 18 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 21 | | 0 | | 1 | | 57 | 18 | |
| Folate, DFE ... mcg_DFE | 21 | | 0 | NC | 4 | | 57 | 18 | |
| Choline, total ... mg | 129.3 | | 0 | BFNN | 4 | | 351.8 | 109.9 | |
| Betaine ... mg | 17.0 | | 0 | BFNN | 4 | | 46.2 | 14.4 | |
| Vitamin B-12 ... mcg | 2.73 | | 0 | | 1 | | 7.43 | 2.32 | |
| Vitamin B-12, added ... mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.20 | | 0 | | 1 | | 0.54 | 0.17 | |
| Vitamin E, added ... mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | 4.4 | | 0 | BFSN | 4 | | 11.8 | 3.7 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 3.150 | | 0 | | 1 | | 8.568 | 2.678 | |
| 4:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.010 | | 0 | | 1 | | 0.027 | 0.009 | |

**NDB No. 17060**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.020 | | 0 | | 1 | | 0.054 | 0.017 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.230 | | 0 | | 1 | | 0.626 | 0.196 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.710 | | 0 | | 1 | | 4.651 | 1.454 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.050 | | 0 | | 1 | | 2.856 | 0.893 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.540 | | 0 | | 1 | | 9.629 | 3.009 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.270 | | 0 | | 1 | | 0.734 | 0.230 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.200 | | 0 | | 1 | | 8.704 | 2.720 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.810 | | 0 | | 1 | | 2.203 | 0.689 | |
| 18:2 undifferentiated g | 0.600 | | 0 | | 1 | | 1.632 | 0.510 | |
| 18:3 undifferentiated g | 0.120 | | 0 | | 1 | | 0.326 | 0.102 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.218 | 0.068 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 108 | | 0 | | 1 | | 294 | 92 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.394 | | 0 | | 1 | | 1.072 | 0.335 | |
| Threonine g | 1.442 | | 0 | | 1 | | 3.922 | 1.226 | |
| Isoleucine g | 1.625 | | 0 | | 1 | | 4.420 | 1.381 | |
| Leucine g | 2.620 | | 0 | | 1 | | 7.126 | 2.227 | |
| Lysine g | 2.975 | | 0 | | 1 | | 8.092 | 2.529 | |
| Methionine g | 0.865 | | 0 | | 1 | | 2.353 | 0.735 | |
| Cystine g | 0.402 | | 0 | | 1 | | 1.093 | 0.342 | |
| Phenylalanine g | 1.372 | | 0 | | 1 | | 3.732 | 1.166 | |
| Tyrosine g | 1.132 | | 0 | | 1 | | 3.079 | 0.962 | |
| Valine g | 1.818 | | 0 | | 1 | | 4.945 | 1.545 | |
| Arginine g | 2.002 | | 0 | | 1 | | 5.445 | 1.702 | |
| Histidine g | 1.067 | | 0 | | 1 | | 2.902 | 0.907 | |
| Alanine g | 2.026 | | 0 | | 1 | | 5.511 | 1.722 | |
| Aspartic acid g | 2.965 | | 0 | | 1 | | 8.065 | 2.520 | |
| Glutamic acid g | 4.889 | | 0 | | 1 | | 13.298 | 4.156 | |
| Glycine g | 1.645 | | 0 | | 1 | | 4.474 | 1.398 | |
| Proline g | 1.413 | | 0 | | 1 | | 3.843 | 1.201 | |
| Serine g | 1.253 | | 0 | | 1 | | 3.408 | 1.065 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17060**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised**

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17061**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 63.53 | | 0 | | 1 | | 207.74 | 54.00 | |
| Energy ... kcal | 186 | | 0 | NC | 4 | | 608 | 158 | |
| Energy ... kj | 778 | | | | 4 | | 2545 | 661 | |
| Protein (N x 6.25) ... g | 28.08 | | 0 | | 1 | | 91.82 | 23.87 | |
| Total lipid (fat) ... g | 7.33 | | 0 | | 1 | | 23.97 | 6.23 | |
| Ash ... g | 1.48 | | 0 | | 1 | | 4.84 | 1.26 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 13 | | 0 | | 1 | | 43 | 11 | |
| Iron, Fe ... mg | 2.34 | | 0 | | 1 | | 7.65 | 1.99 | |
| Magnesium, Mg ... mg | 31 | | 0 | | 1 | | 101 | 26 | |
| Phosphorus, P ... mg | 224 | | 0 | | 1 | | 732 | 190 | |
| Potassium, K ... mg | 335 | | 0 | | 1 | | 1095 | 285 | |
| Sodium, Na ... mg | 76 | | 0 | | 1 | | 249 | 65 | |
| Zinc, Zn ... mg | 5.77 | | 0 | | 1 | | 18.87 | 4.90 | |
| Copper, Cu ... mg | 0.151 | | 0 | | 1 | | 0.494 | 0.128 | |
| Manganese, Mn ... mg | 0.029 | | 0 | | 1 | | 0.095 | 0.025 | |
| Selenium, Se ... mcg | 31.7 | | 0 | BFYN | 4 | | 103.7 | 26.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.110 | | 0 | | 1 | | 0.360 | 0.094 | |
| Riboflavin ... mg | 0.300 | | 0 | | 1 | | 0.981 | 0.255 | |
| Niacin ... mg | 6.610 | | 0 | | 1 | | 21.615 | 5.619 | |
| Pantothenic acid ... mg | 0.690 | | 0 | | 1 | | 2.256 | 0.587 | |
| Vitamin B-6 ... mg | 0.140 | | 0 | | 1 | | 0.458 | 0.119 | |
| Folate, total ... mcg | 23 | | 0 | | 1 | | 75 | 20 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 23 | | 0 | | 1 | | 75 | 20 | |
| Folate, DFE ... mcg_DFE | 23 | | 0 | NC | 4 | | 75 | 20 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 3.03 | | 0 | | 1 | | 9.91 | 2.58 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.20 | | 0 | | 1 | | 0.65 | 0.17 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 2.620 | | 0 | | 1 | | 8.567 | 2.227 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.010 | | 0 | | 1 | | 0.033 | 0.009 | |
| 12:0 ... g | 0.020 | | 0 | | 1 | | 0.065 | 0.017 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17061**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.190 | | 0 | | 1 | | 0.621 | 0.162 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.420 | | 0 | | 1 | | 4.643 | 1.207 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.870 | | 0 | | 1 | | 2.845 | 0.740 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.950 | | 0 | | 1 | | 9.647 | 2.508 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.220 | | 0 | | 1 | | 0.719 | 0.187 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.670 | | 0 | | 1 | | 8.731 | 2.270 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.670 | | 0 | | 1 | | 2.191 | 0.570 | |
| 18:2 undifferentiated g | 0.500 | | 0 | | 1 | | 1.635 | 0.425 | |
| 18:3 undifferentiated g | 0.100 | | 0 | | 1 | | 0.327 | 0.085 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.229 | 0.060 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 90 | | 0 | | 1 | | 294 | 77 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.328 | | 0 | | 1 | | 1.073 | 0.279 | |
| Threonine g | 1.202 | | 0 | | 1 | | 3.931 | 1.022 | |
| Isoleucine g | 1.355 | | 0 | | 1 | | 4.431 | 1.152 | |
| Leucine g | 2.184 | | 0 | | 1 | | 7.142 | 1.856 | |
| Lysine g | 2.479 | | 0 | | 1 | | 8.106 | 2.107 | |
| Methionine g | 0.720 | | 0 | | 1 | | 2.354 | 0.612 | |
| Cystine g | 0.335 | | 0 | | 1 | | 1.095 | 0.285 | |
| Phenylalanine g | 1.143 | | 0 | | 1 | | 3.738 | 0.972 | |
| Tyrosine g | 0.944 | | 0 | | 1 | | 3.087 | 0.802 | |
| Valine g | 1.515 | | 0 | | 1 | | 4.954 | 1.288 | |
| Arginine g | 1.668 | | 0 | | 1 | | 5.454 | 1.418 | |
| Histidine g | 0.889 | | 0 | | 1 | | 2.907 | 0.756 | |
| Alanine g | 1.688 | | 0 | | 1 | | 5.520 | 1.435 | |
| Aspartic acid g | 2.471 | | 0 | | 1 | | 8.080 | 2.100 | |
| Glutamic acid g | 4.074 | | 0 | | 1 | | 13.322 | 3.463 | |
| Glycine g | 1.371 | | 0 | | 1 | | 4.483 | 1.165 | |
| Proline g | 1.178 | | 0 | | 1 | | 3.852 | 1.001 | |
| Serine g | 1.044 | | 0 | | 1 | | 3.414 | 0.887 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 327g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

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

**NDB No. 17061**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17059**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.74 | 0.242 | 32 | | 1 | | 20.91 | 334.48 | |
| Energy....kcal | 134 | | 0 | NC | 4 | | 38 | 608 | |
| Energy....kj | 561 | | | | 4 | | 159 | 2543 | |
| Protein (N x 6.25)....g | 20.21 | 0.143 | 32 | | 1 | | 5.73 | 91.67 | |
| Total lipid (fat)....g | 5.28 | 0.184 | 32 | | 1 | | 1.50 | 23.95 | |
| Ash....g | 1.06 | 0.009 | 32 | | 1 | | 0.30 | 4.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 0.410 | 32 | | 1 | | 3 | 41 | |
| Iron, Fe....mg | 1.77 | 0.084 | 32 | | 1 | | 0.50 | 8.03 | |
| Magnesium, Mg....mg | 26 | 0.818 | 32 | | 1 | | 7 | 118 | |
| Phosphorus, P....mg | 189 | 3.495 | 16 | | 1 | | 54 | 857 | |
| Potassium, K....mg | 284 | 13.311 | 32 | | 1 | | 81 | 1288 | |
| Sodium, Na....mg | 65 | 2.752 | 32 | | 1 | | 18 | 295 | |
| Zinc, Zn....mg | 4.15 | 0.122 | 32 | | 1 | | 1.18 | 18.82 | |
| Copper, Cu....mg | 0.121 | 0.003 | 32 | | 1 | | 0.034 | 0.549 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 22.8 | | 0 | PIE | 4 | | 6.5 | 103.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | 0.007 | 16 | | 1 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.240 | 0.013 | 16 | | 1 | | 0.068 | 1.089 | |
| Niacin....mg | 5.950 | 0.187 | 16 | | 1 | | 1.687 | 26.989 | |
| Pantothenic acid....mg | 0.710 | 0.015 | 16 | | 1 | | 0.201 | 3.221 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | |
| Folate, total....mcg | 23 | 1.191 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.191 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.73 | 0.120 | 16 | | 1 | | 0.77 | 12.38 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.890 | | 0 | | 1 | | 0.536 | 8.573 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17059**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.140 | | 373 | | 1 | | 0.040 | 0.635 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.020 | | 373 | | 1 | | 0.289 | 4.627 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.630 | | 373 | | 1 | | 0.179 | 2.858 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.130 | | 0 | | 1 | | 0.604 | 9.662 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.160 | | 373 | | 1 | | 0.045 | 0.726 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.920 | | 373 | | 1 | | 0.544 | 8.709 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 2.177 | |
| 18:2 undifferentiated....g | 0.360 | | 373 | | 1 | | 0.102 | 1.633 | |
| 18:3 undifferentiated....g | 0.070 | | 373 | | 1 | | 0.020 | 0.318 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 373 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 65 | 1.131 | 16 | | 1 | | 18 | 295 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.236 | | 0 | | 1 | | 0.067 | 1.070 | |
| Threonine....g | 0.865 | | 0 | | 1 | | 0.245 | 3.924 | |
| Isoleucine....g | 0.975 | | 0 | | 1 | | 0.276 | 4.423 | |
| Leucine....g | 1.572 | | 0 | | 1 | | 0.446 | 7.131 | |
| Lysine....g | 1.785 | | 0 | | 1 | | 0.506 | 8.097 | |
| Methionine....g | 0.519 | | 0 | | 1 | | 0.147 | 2.354 | |
| Cystine....g | 0.241 | | 0 | | 1 | | 0.068 | 1.093 | |
| Phenylalanine....g | 0.823 | | 0 | | 1 | | 0.233 | 3.733 | |
| Tyrosine....g | 0.679 | | 0 | | 1 | | 0.192 | 3.080 | |
| Valine....g | 1.091 | | 0 | | 1 | | 0.309 | 4.949 | |
| Arginine....g | 1.201 | | 0 | | 1 | | 0.340 | 5.448 | |
| Histidine....g | 0.640 | | 0 | | 1 | | 0.181 | 2.903 | |
| Alanine....g | 1.216 | | 0 | | 1 | | 0.345 | 5.516 | |
| Aspartic acid....g | 1.779 | | 0 | | 1 | | 0.504 | 8.070 | |
| Glutamic acid....g | 2.933 | | 0 | | 1 | | 0.832 | 13.304 | |
| Glycine....g | 0.987 | | 0 | | 1 | | 0.280 | 4.477 | |
| Proline....g | 0.848 | | 0 | | 1 | | 0.240 | 3.847 | |
| Serine....g | 0.752 | | 0 | | 1 | | 0.213 | 3.411 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17059**

**Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17008**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 56% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.80 | | 0 | | 1 | | 84.06 | 48.28 | |
| Energy....kcal | 243 | | 0 | NC | 4 | | 360 | 207 | |
| Energy....kj | 1017 | | 0 | | 4 | | 1505 | 864 | |
| Protein (N x 6.25)....g | 28.37 | | 0 | | 1 | | 41.99 | 24.11 | |
| Total lipid (fat)....g | 13.46 | | 0 | | 1 | | 19.92 | 11.44 | |
| Ash....g | 0.91 | | 0 | | 1 | | 1.35 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | | 1 | | 30 | 17 | |
| Iron, Fe....mg | 2.14 | | 0 | | 1 | | 3.17 | 1.82 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 33 | 19 | |
| Phosphorus, P....mg | 166 | | 0 | | 1 | | 246 | 141 | |
| Potassium, K....mg | 257 | | 0 | | 1 | | 380 | 218 | |
| Sodium, Na....mg | 72 | | 0 | | 1 | | 107 | 61 | |
| Zinc, Zn....mg | 7.69 | | 0 | | 1 | | 11.38 | 6.54 | |
| Copper, Cu....mg | 0.123 | | 0 | | 1 | | 0.182 | 0.105 | |
| Manganese, Mn....mg | 0.025 | | 0 | | 1 | | 0.037 | 0.021 | |
| Selenium, Se....mcg | 30.6 | | 0 | BFYN | 4 | | 45.3 | 26.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.074 | 0.043 | |
| Riboflavin....mg | 0.190 | | 0 | | 1 | | 0.281 | 0.162 | |
| Niacin....mg | 5.460 | | 0 | | 1 | | 8.081 | 4.641 | |
| Pantothenic acid....mg | 0.630 | | 0 | | 1 | | 0.932 | 0.536 | |
| Vitamin B-6....mg | 0.100 | | 0 | | 1 | | 0.148 | 0.085 | |
| Folate, total....mcg | 17 | | 0 | | 1 | | 25 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | | 1 | | 25 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 25 | 14 | |
| Choline, total....mg | 110.0 | | 0 | BFNN | 4 | | 162.8 | 93.5 | |
| Betaine....mg | 14.5 | | 0 | BFNN | 4 | | 21.4 | 12.3 | |
| Vitamin B-12....mcg | 2.28 | | 0 | | 1 | | 3.37 | 1.94 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.27 | 0.15 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.3 | | 0 | BFSN | 4 | | 6.4 | 3.6 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.630 | | 0 | | 1 | | 8.332 | 4.786 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.044 | 0.026 | |

**NDB No. 17008**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.060 | | 0 | | 1 | | 0.089 | 0.051 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.520 | | 0 | | 1 | | 0.770 | 0.442 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.870 | | 0 | | 1 | | 4.248 | 2.440 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.820 | | 0 | | 1 | | 2.694 | 1.547 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 5.680 | | 0 | | 1 | | 8.406 | 4.828 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.390 | | 0 | | 1 | | 0.577 | 0.332 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.160 | | 0 | | 1 | | 7.637 | 4.386 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.970 | | 0 | | 1 | | 1.436 | 0.825 | |
| 18:2 undifferentiated ... g | 0.730 | | 0 | | 1 | | 1.080 | 0.621 | |
| 18:3 undifferentiated ... g | 0.190 | | 0 | | 1 | | 0.281 | 0.162 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.050 | | 0 | | 1 | | 0.074 | 0.043 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 106 | | 0 | | 1 | | 157 | 90 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.332 | | 0 | | 1 | | 0.491 | 0.282 | |
| Threonine ... g | 1.214 | | 0 | | 1 | | 1.797 | 1.032 | |
| Isoleucine ... g | 1.369 | | 0 | | 1 | | 2.026 | 1.164 | |
| Leucine ... g | 2.207 | | 0 | | 1 | | 3.266 | 1.876 | |
| Lysine ... g | 2.505 | | 0 | | 1 | | 3.707 | 2.129 | |
| Methionine ... g | 0.728 | | 0 | | 1 | | 1.077 | 0.619 | |
| Cystine ... g | 0.339 | | 0 | | 1 | | 0.502 | 0.288 | |
| Phenylalanine ... g | 1.155 | | 0 | | 1 | | 1.709 | 0.982 | |
| Tyrosine ... g | 0.954 | | 0 | | 1 | | 1.412 | 0.811 | |
| Valine ... g | 1.531 | | 0 | | 1 | | 2.266 | 1.301 | |
| Arginine ... g | 1.686 | | 0 | | 1 | | 2.495 | 1.433 | |
| Histidine ... g | 0.899 | | 0 | | 1 | | 1.331 | 0.764 | |
| Alanine ... g | 1.706 | | 0 | | 1 | | 2.525 | 1.450 | |
| Aspartic acid ... g | 2.497 | | 0 | | 1 | | 3.696 | 2.122 | |
| Glutamic acid ... g | 4.117 | | 0 | | 1 | | 6.093 | 3.499 | |
| Glycine ... g | 1.386 | | 0 | | 1 | | 2.051 | 1.178 | |
| Proline ... g | 1.190 | | 0 | | 1 | | 1.761 | 1.012 | |
| Serine ... g | 1.055 | | 0 | | 1 | | 1.561 | 0.897 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

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

**Common Measures:**

**NDB No. 17008**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

Measure 1 = 148g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17007**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 52% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.01 | | 0 | | 1 | | 19.00 | 303.96 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 57 | 912 | |
| Energy....kj | 841 | | | | 4 | | 238 | 3815 | |
| Protein (N x 6.25)....g | 18.91 | | 0 | | 1 | | 5.36 | 85.78 | |
| Total lipid (fat)....g | 13.38 | | 0 | | 1 | | 3.79 | 60.69 | |
| Ash....g | 0.95 | | 0 | | 1 | | 0.27 | 4.31 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | | 1 | | 3 | 50 | |
| Iron, Fe....mg | 1.67 | | 0 | | 1 | | 0.47 | 7.58 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 6 | 100 | |
| Phosphorus, P....mg | 170 | | 0 | | 1 | | 48 | 771 | |
| Potassium, K....mg | 214 | | 0 | | 1 | | 61 | 971 | |
| Sodium, Na....mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Zinc, Zn....mg | 5.22 | | 0 | | 1 | | 1.48 | 23.68 | |
| Copper, Cu....mg | 0.101 | | 0 | | 1 | | 0.029 | 0.458 | |
| Manganese, Mn....mg | 0.021 | | 0 | | 1 | | 0.006 | 0.095 | |
| Selenium, Se....mcg | 19.9 | | 0 | PIE | 4 | | 5.6 | 90.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| Riboflavin....mg | 0.190 | | 0 | | 1 | | 0.054 | 0.862 | |
| Niacin....mg | 5.470 | | 0 | | 1 | | 1.551 | 24.812 | |
| Pantothenic acid....mg | 0.690 | | 0 | | 1 | | 0.196 | 3.130 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Folate, total....mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.34 | | 0 | | 1 | | 0.66 | 10.61 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.25 | | 0 | | 1 | | 0.07 | 1.13 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.830 | | 0 | | 1 | | 1.653 | 26.445 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 12:0....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17007**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.530 | | 0 | | 1 | | 0.150 | 2.404 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.940 | | 0 | | 1 | | 0.833 | 13.336 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.840 | | 0 | | 1 | | 0.522 | 8.346 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.490 | | 0 | | 1 | | 1.556 | 24.903 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.930 | | 0 | | 1 | | 1.398 | 22.362 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.060 | | 0 | | 1 | | 0.301 | 4.808 | |
| 18:2 undifferentiated....g | 0.770 | | 0 | | 1 | | 0.218 | 3.493 | |
| 18:3 undifferentiated....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.011 | 0.181 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.221 | | 0 | | 1 | | 0.063 | 1.002 | |
| Threonine....g | 0.810 | | 0 | | 1 | | 0.230 | 3.674 | |
| Isoleucine....g | 0.913 | | 0 | | 1 | | 0.259 | 4.141 | |
| Leucine....g | 1.471 | | 0 | | 1 | | 0.417 | 6.672 | |
| Lysine....g | 1.670 | | 0 | | 1 | | 0.473 | 7.575 | |
| Methionine....g | 0.485 | | 0 | | 1 | | 0.137 | 2.200 | |
| Cystine....g | 0.226 | | 0 | | 1 | | 0.064 | 1.025 | |
| Phenylalanine....g | 0.770 | | 0 | | 1 | | 0.218 | 3.493 | |
| Tyrosine....g | 0.636 | | 0 | | 1 | | 0.180 | 2.885 | |
| Valine....g | 1.021 | | 0 | | 1 | | 0.289 | 4.631 | |
| Arginine....g | 1.124 | | 0 | | 1 | | 0.319 | 5.098 | |
| Histidine....g | 0.599 | | 0 | | 1 | | 0.170 | 2.717 | |
| Alanine....g | 1.138 | | 0 | | 1 | | 0.323 | 5.162 | |
| Aspartic acid....g | 1.665 | | 0 | | 1 | | 0.472 | 7.552 | |
| Glutamic acid....g | 2.745 | | 0 | | 1 | | 0.778 | 12.451 | |
| Glycine....g | 0.924 | | 0 | | 1 | | 0.262 | 4.191 | |
| Proline....g | 0.793 | | 0 | | 1 | | 0.225 | 3.597 | |
| Serine....g | 0.703 | | 0 | | 1 | | 0.199 | 3.189 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17007**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17228**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 52% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.01 | | 0 | PAE | 4 | | 19.00 | 303.96 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 57 | 912 | |
| Energy....kj | 841 | | | | 4 | | 238 | 3815 | |
| Protein (N x 6.25)....g | 18.91 | | 0 | PAE | 4 | | 5.36 | 85.78 | |
| Total lipid (fat)....g | 13.38 | | 0 | PAE | 4 | | 3.79 | 60.69 | |
| Ash....g | 0.95 | | 0 | PAE | 4 | | 0.27 | 4.31 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | PAE | 4 | | 3 | 50 | |
| Iron, Fe....mg | 1.67 | | 0 | PAE | 4 | | 0.47 | 7.58 | |
| Magnesium, Mg....mg | 22 | | 0 | PAE | 4 | | 6 | 100 | |
| Phosphorus, P....mg | 170 | | 0 | PAE | 4 | | 48 | 771 | |
| Potassium, K....mg | 214 | | 0 | PAE | 4 | | 61 | 971 | |
| Sodium, Na....mg | 72 | | 0 | PAE | 4 | | 20 | 327 | |
| Zinc, Zn....mg | 5.22 | | 0 | PAE | 4 | | 1.48 | 23.68 | |
| Copper, Cu....mg | 0.101 | | 0 | PAE | 4 | | 0.029 | 0.458 | |
| Manganese, Mn....mg | 0.021 | | 0 | PAE | 4 | | 0.006 | 0.095 | |
| Selenium, Se....mcg | 19.9 | | 0 | BFZN | 4 | | 5.6 | 90.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.028 | 0.454 | |
| Riboflavin....mg | 0.190 | | 0 | PAE | 4 | | 0.054 | 0.862 | |
| Niacin....mg | 5.470 | | 0 | PAE | 4 | | 1.551 | 24.812 | |
| Pantothenic acid....mg | 0.690 | | 0 | PAE | 4 | | 0.196 | 3.130 | |
| Vitamin B-6....mg | 0.150 | | 0 | PAE | 4 | | 0.043 | 0.680 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.34 | | 0 | PAE | 4 | | 0.66 | 10.61 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.830 | | 0 | PAE | 4 | | 1.653 | 26.445 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | PAE | 4 | | 0.009 | 0.136 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17228**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.530 | | 0 | PAE | 4 | | 0.150 | 2.404 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.940 | | 0 | PAE | 4 | | 0.833 | 13.336 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.840 | | 0 | PAE | 4 | | 0.522 | 8.346 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 5.490 | | 0 | PAE | 4 | | 1.556 | 24.903 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.390 | | 0 | PAE | 4 | | 0.111 | 1.769 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 4.930 | | 0 | PAE | 4 | | 1.398 | 22.362 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.060 | | 0 | PAE | 4 | | 0.301 | 4.808 | |
| 18:2 undifferentiated ... g | 0.770 | | 0 | PAE | 4 | | 0.218 | 3.493 | |
| 18:3 undifferentiated ... g | 0.240 | | 0 | PAE | 4 | | 0.068 | 1.089 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.040 | | 0 | PAE | 4 | | 0.011 | 0.181 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 72 | | 0 | PAE | 4 | | 20 | 327 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.221 | | 0 | PAE | 4 | | 0.063 | 1.002 | |
| Threonine ... g | 0.810 | | 0 | PAE | 4 | | 0.230 | 3.674 | |
| Isoleucine ... g | 0.913 | | 0 | PAE | 4 | | 0.259 | 4.141 | |
| Leucine ... g | 1.471 | | 0 | PAE | 4 | | 0.417 | 6.672 | |
| Lysine ... g | 1.670 | | 0 | PAE | 4 | | 0.473 | 7.575 | |
| Methionine ... g | 0.485 | | 0 | PAE | 4 | | 0.137 | 2.200 | |
| Cystine ... g | 0.226 | | 0 | PAE | 4 | | 0.064 | 1.025 | |
| Phenylalanine ... g | 0.770 | | 0 | PAE | 4 | | 0.218 | 3.493 | |
| Tyrosine ... g | 0.636 | | 0 | PAE | 4 | | 0.180 | 2.885 | |
| Valine ... g | 1.021 | | 0 | PAE | 4 | | 0.289 | 4.631 | |
| Arginine ... g | 1.124 | | 0 | PAE | 4 | | 0.319 | 5.098 | |
| Histidine ... g | 0.599 | | 0 | PAE | 4 | | 0.170 | 2.717 | |
| Alanine ... g | 1.138 | | 0 | PAE | 4 | | 0.323 | 5.162 | |
| Aspartic acid ... g | 1.665 | | 0 | PAE | 4 | | 0.472 | 7.552 | |
| Glutamic acid ... g | 2.745 | | 0 | PAE | 4 | | 0.778 | 12.451 | |
| Glycine ... g | 0.924 | | 0 | PAE | 4 | | 0.262 | 4.191 | |
| Proline ... g | 0.793 | | 0 | PAE | 4 | | 0.225 | 3.597 | |
| Serine ... g | 0.703 | | 0 | PAE | 4 | | 0.199 | 3.189 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17228**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17229**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

**Refuse:** 56% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.80 | | 0 | PAE | 4 | | 84.06 | 48.28 | |
| Energy....kcal | 243 | | 0 | NC | 4 | | 360 | 207 | |
| Energy....kj | 1017 | | | | 4 | | 1505 | 864 | |
| Protein (N x 6.25)....g | 28.37 | | 0 | PAE | 4 | | 41.99 | 24.11 | |
| Total lipid (fat)....g | 13.46 | | 0 | PAE | 4 | | 19.92 | 11.44 | |
| Ash....g | 0.91 | | 0 | PAE | 4 | | 1.35 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | PAE | 4 | | 30 | 17 | |
| Iron, Fe....mg | 2.14 | | 0 | PAE | 4 | | 3.17 | 1.82 | |
| Magnesium, Mg....mg | 22 | | 0 | PAE | 4 | | 33 | 19 | |
| Phosphorus, P....mg | 166 | | 0 | PAE | 4 | | 246 | 141 | |
| Potassium, K....mg | 257 | | 0 | PAE | 4 | | 380 | 218 | |
| Sodium, Na....mg | 72 | | 0 | PAE | 4 | | 107 | 61 | |
| Zinc, Zn....mg | 7.69 | | 0 | PAE | 4 | | 11.38 | 6.54 | |
| Copper, Cu....mg | 0.123 | | 0 | PAE | 4 | | 0.182 | 0.105 | |
| Manganese, Mn....mg | 0.025 | | 0 | PAE | 4 | | 0.037 | 0.021 | |
| Selenium, Se....mcg | 30.6 | | 0 | BFZN | 4 | | 45.3 | 26.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | PAE | 4 | | 0.074 | 0.043 | |
| Riboflavin....mg | 0.190 | | 0 | PAE | 4 | | 0.281 | 0.162 | |
| Niacin....mg | 5.460 | | 0 | PAE | 4 | | 8.081 | 4.641 | |
| Pantothenic acid....mg | 0.630 | | 0 | PAE | 4 | | 0.932 | 0.536 | |
| Vitamin B-6....mg | 0.100 | | 0 | PAE | 4 | | 0.148 | 0.085 | |
| Folate, total....mcg | 17 | | 0 | PAE | 4 | | 25 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | PAE | 4 | | 25 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 25 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.28 | | 0 | PAE | 4 | | 3.37 | 1.94 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.630 | | 0 | PAE | 4 | | 8.332 | 4.786 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | PAE | 4 | | 0.044 | 0.026 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.089 | 0.051 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17229**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.520 | | 0 | PAE | 4 | | 0.770 | 0.442 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.870 | | 0 | PAE | 4 | | 4.248 | 2.440 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.820 | | 0 | PAE | 4 | | 2.694 | 1.547 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 5.680 | | 0 | PAE | 4 | | 8.406 | 4.828 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.390 | | 0 | PAE | 4 | | 0.577 | 0.332 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.160 | | 0 | PAE | 4 | | 7.637 | 4.386 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.970 | | 0 | PAE | 4 | | 1.436 | 0.825 | |
| 18:2 undifferentiated ... g | 0.730 | | 0 | PAE | 4 | | 1.080 | 0.621 | |
| 18:3 undifferentiated ... g | 0.190 | | 0 | PAE | 4 | | 0.281 | 0.162 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.050 | | 0 | PAE | 4 | | 0.074 | 0.043 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 106 | | 0 | PAE | 4 | | 157 | 90 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.332 | | 0 | PAE | 4 | | 0.491 | 0.282 | |
| Threonine ... g | 1.214 | | 0 | PAE | 4 | | 1.797 | 1.032 | |
| Isoleucine ... g | 1.369 | | 0 | PAE | 4 | | 2.026 | 1.164 | |
| Leucine ... g | 2.207 | | 0 | PAE | 4 | | 3.266 | 1.876 | |
| Lysine ... g | 2.505 | | 0 | PAE | 4 | | 3.707 | 2.129 | |
| Methionine ... g | 0.728 | | 0 | PAE | 4 | | 1.077 | 0.619 | |
| Cystine ... g | 0.339 | | 0 | PAE | 4 | | 0.502 | 0.288 | |
| Phenylalanine ... g | 1.155 | | 0 | PAE | 4 | | 1.709 | 0.982 | |
| Tyrosine ... g | 0.954 | | 0 | PAE | 4 | | 1.412 | 0.811 | |
| Valine ... g | 1.531 | | 0 | PAE | 4 | | 2.266 | 1.301 | |
| Arginine ... g | 1.686 | | 0 | PAE | 4 | | 2.495 | 1.433 | |
| Histidine ... g | 0.899 | | 0 | PAE | 4 | | 1.331 | 0.764 | |
| Alanine ... g | 1.706 | | 0 | PAE | 4 | | 2.525 | 1.450 | |
| Aspartic acid ... g | 2.497 | | 0 | PAE | 4 | | 3.696 | 2.122 | |
| Glutamic acid ... g | 4.117 | | 0 | PAE | 4 | | 6.093 | 3.499 | |
| Glycine ... g | 1.386 | | 0 | PAE | 4 | | 2.051 | 1.178 | |
| Proline ... g | 1.190 | | 0 | PAE | 4 | | 1.761 | 1.012 | |
| Serine ... g | 1.055 | | 0 | PAE | 4 | | 1.561 | 0.897 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 148g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17229**

**Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17010**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 62% Bone 56%, separable fat 6%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.79 | 0.233 | 8 | | 1 | | 79.09 | 52.52 | |
| Energy....kcal | 187 | | 0 | NC | 4 | | 239 | 159 | |
| Energy....kj | 782 | | | | 4 | | 1001 | 665 | |
| Protein (N x 6.25)....g | 31.01 | 0.907 | 8 | | 1 | | 39.69 | 26.36 | |
| Total lipid (fat)....g | 6.02 | 0.270 | 8 | | 1 | | 7.71 | 5.12 | |
| Ash....g | 0.94 | 0.032 | 8 | | 1 | | 1.20 | 0.80 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | 2.196 | 8 | | 1 | | 26 | 17 | |
| Iron, Fe....mg | 2.27 | 0.128 | 8 | | 1 | | 2.91 | 1.93 | |
| Magnesium, Mg....mg | 23 | 0.353 | 8 | | 1 | | 29 | 20 | |
| Phosphorus, P....mg | 175 | 4.210 | 8 | | 1 | | 224 | 149 | |
| Potassium, K....mg | 267 | 20.367 | 8 | | 1 | | 342 | 227 | |
| Sodium, Na....mg | 74 | 1.273 | 8 | | 1 | | 95 | 63 | |
| Zinc, Zn....mg | 8.66 | 0.301 | 8 | | 1 | | 11.08 | 7.36 | |
| Copper, Cu....mg | 0.129 | 0.007 | 8 | | 1 | | 0.165 | 0.110 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.036 | 0.024 | |
| Selenium, Se....mcg | 35.3 | | 0 | BFYN | 4 | | 45.2 | 30.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.040 | 0.004 | 7 | | 1 | | 0.051 | 0.034 | |
| Riboflavin....mg | 0.190 | 0.014 | 8 | | 1 | | 0.243 | 0.162 | |
| Niacin....mg | 5.070 | 0.375 | 8 | | 1 | | 6.490 | 4.310 | |
| Pantothenic acid....mg | 0.630 | 0.030 | 8 | | 1 | | 0.806 | 0.536 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.141 | 0.094 | |
| Folate, total....mcg | 19 | 0.995 | 8 | | 1 | | 24 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | 0.995 | 8 | | 1 | | 24 | 16 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 24 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.26 | 0.114 | 8 | | 1 | | 2.89 | 1.92 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.26 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.150 | | 0 | | 1 | | 2.752 | 1.828 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 107 | | 1 | | 0.013 | 0.009 | |
| 12:0....g | 0.020 | | 107 | | 1 | | 0.026 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17010**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.190 | | 107 | | 1 | | 0.243 | 0.162 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.160 | | 107 | | 1 | | 1.485 | 0.986 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.740 | | 107 | | 1 | | 0.947 | 0.629 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.640 | | 0 | | 1 | | 3.379 | 2.244 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.180 | | 107 | | 1 | | 0.230 | 0.153 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.440 | | 107 | | 1 | | 3.123 | 2.074 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.390 | | 0 | | 1 | | 0.499 | 0.332 | |
| 18:2 undifferentiated....g | 0.320 | | 107 | | 1 | | 0.410 | 0.272 | |
| 18:3 undifferentiated....g | 0.040 | | 107 | | 1 | | 0.051 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 107 | | 1 | | 0.051 | 0.034 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 104 | 5.482 | 8 | | 1 | | 133 | 88 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.362 | | 0 | | 1 | | 0.463 | 0.308 | |
| Threonine....g | 1.327 | | 0 | | 1 | | 1.699 | 1.128 | |
| Isoleucine....g | 1.496 | | 0 | | 1 | | 1.915 | 1.272 | |
| Leucine....g | 2.412 | | 0 | | 1 | | 3.087 | 2.050 | |
| Lysine....g | 2.739 | | 0 | | 1 | | 3.506 | 2.328 | |
| Methionine....g | 0.796 | | 0 | | 1 | | 1.019 | 0.677 | |
| Cystine....g | 0.370 | | 0 | | 1 | | 0.474 | 0.315 | |
| Phenylalanine....g | 1.262 | | 0 | | 1 | | 1.615 | 1.073 | |
| Tyrosine....g | 1.042 | | 0 | | 1 | | 1.334 | 0.886 | |
| Valine....g | 1.673 | | 0 | | 1 | | 2.141 | 1.422 | |
| Arginine....g | 1.842 | | 0 | | 1 | | 2.358 | 1.566 | |
| Histidine....g | 0.982 | | 0 | | 1 | | 1.257 | 0.835 | |
| Alanine....g | 1.865 | | 0 | | 1 | | 2.387 | 1.585 | |
| Aspartic acid....g | 2.730 | | 0 | | 1 | | 3.494 | 2.321 | |
| Glutamic acid....g | 4.500 | | 0 | | 1 | | 5.760 | 3.825 | |
| Glycine....g | 1.515 | | 0 | | 1 | | 1.939 | 1.288 | |
| Proline....g | 1.301 | | 0 | | 1 | | 1.665 | 1.106 | |
| Serine....g | 1.153 | | 0 | | 1 | | 1.476 | 0.980 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 128g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17010**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17009**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 59% Bone 52%, separable fat 7%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.86 | 0.349 | 23 | | 1 | | 21.22 | 339.56 | |
| Energy....kcal | 120 | | 0 | NC | 4 | | 34 | 544 | |
| Energy....kj | 502 | | | | 4 | | 142 | 2277 | |
| Protein (N x 6.25)....g | 21.08 | 0.146 | 24 | | 1 | | 5.98 | 95.62 | |
| Total lipid (fat)....g | 3.29 | 0.292 | 24 | | 1 | | 0.93 | 14.92 | |
| Ash....g | 1.05 | 0.014 | 24 | | 1 | | 0.30 | 4.76 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 0.963 | 24 | | 1 | | 3 | 41 | |
| Iron, Fe....mg | 1.79 | 0.096 | 24 | | 1 | | 0.51 | 8.12 | |
| Magnesium, Mg....mg | 25 | 1.005 | 24 | | 1 | | 7 | 113 | |
| Phosphorus, P....mg | 187 | 4.872 | 8 | | 1 | | 53 | 848 | |
| Potassium, K....mg | 237 | 18.541 | 24 | | 1 | | 67 | 1075 | |
| Sodium, Na....mg | 79 | 5.697 | 24 | | 1 | | 22 | 358 | |
| Zinc, Zn....mg | 5.95 | 0.227 | 24 | | 1 | | 1.69 | 26.99 | |
| Copper, Cu....mg | 0.109 | 0.005 | 24 | | 1 | | 0.031 | 0.494 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 24.0 | | 0 | BFNN | 4 | | 6.8 | 108.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | 0.007 | 8 | | 1 | | 0.028 | 0.454 | |
| Riboflavin....mg | 0.200 | 0.014 | 8 | | 1 | | 0.057 | 0.907 | |
| Niacin....mg | 5.310 | 0.381 | 8 | | 1 | | 1.505 | 24.086 | |
| Pantothenic acid....mg | 0.710 | 0.029 | 8 | | 1 | | 0.201 | 3.221 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Folate, total....mcg | 22 | 1.776 | 8 | | 1 | | 6 | 100 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 22 | 1.776 | 8 | | 1 | | 6 | 100 | |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 6 | 100 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.45 | 0.203 | 8 | | 1 | | 0.69 | 11.11 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 0 | | 1 | | 0.07 | 1.09 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.180 | | 0 | | 1 | | 0.335 | 5.352 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17009**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.090 | | 373 | | 1 | | 0.026 | 0.408 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.640 | | 373 | | 1 | | 0.181 | 2.903 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.390 | | 373 | | 1 | | 0.111 | 1.769 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.320 | | 0 | | 1 | | 0.374 | 5.988 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 373 | | 1 | | 0.028 | 0.454 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.200 | | 373 | | 1 | | 0.340 | 5.443 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| 18:2 undifferentiated....g | 0.230 | | 373 | | 1 | | 0.065 | 1.043 | |
| 18:3 undifferentiated....g | 0.040 | | 373 | | 1 | | 0.011 | 0.181 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.030 | | 373 | | 1 | | 0.009 | 0.136 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 69 | 2.475 | 8 | | 1 | | 20 | 313 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.246 | | 0 | | 1 | | 0.070 | 1.116 | |
| Threonine....g | 0.902 | | 0 | | 1 | | 0.256 | 4.091 | |
| Isoleucine....g | 1.017 | | 0 | | 1 | | 0.288 | 4.613 | |
| Leucine....g | 1.640 | | 0 | | 1 | | 0.465 | 7.439 | |
| Lysine....g | 1.861 | | 0 | | 1 | | 0.528 | 8.441 | |
| Methionine....g | 0.541 | | 0 | | 1 | | 0.153 | 2.454 | |
| Cystine....g | 0.252 | | 0 | | 1 | | 0.071 | 1.143 | |
| Phenylalanine....g | 0.858 | | 0 | | 1 | | 0.243 | 3.892 | |
| Tyrosine....g | 0.708 | | 0 | | 1 | | 0.201 | 3.211 | |
| Valine....g | 1.137 | | 0 | | 1 | | 0.322 | 5.157 | |
| Arginine....g | 1.252 | | 0 | | 1 | | 0.355 | 5.679 | |
| Histidine....g | 0.668 | | 0 | | 1 | | 0.189 | 3.030 | |
| Alanine....g | 1.268 | | 0 | | 1 | | 0.359 | 5.752 | |
| Aspartic acid....g | 1.855 | | 0 | | 1 | | 0.526 | 8.414 | |
| Glutamic acid....g | 3.059 | | 0 | | 1 | | 0.867 | 13.876 | |
| Glycine....g | 1.029 | | 0 | | 1 | | 0.292 | 4.668 | |
| Proline....g | 0.884 | | 0 | | 1 | | 0.251 | 4.010 | |
| Serine....g | 0.784 | | 0 | | 1 | | 0.222 | 3.556 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17009**

**Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17016**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.66 | | 0 | | 1 | | 163.18 | 51.56 | |
| Energy....kcal | 225 | | 0 | NC | 4 | | 605 | 191 | |
| Energy....kj | 941 | | | | 4 | | 2532 | 800 | |
| Protein (N x 6.25)....g | 26.41 | | 0 | | 1 | | 71.04 | 22.45 | |
| Total lipid (fat)....g | 12.45 | | 0 | | 1 | | 33.49 | 10.58 | |
| Ash....g | 1.05 | | 0 | | 1 | | 2.82 | 0.89 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | | 1 | | 27 | 9 | |
| Iron, Fe....mg | 1.98 | | 0 | | 1 | | 5.33 | 1.68 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 67 | 21 | |
| Phosphorus, P....mg | 198 | | 0 | | 1 | | 533 | 168 | |
| Potassium, K....mg | 326 | | 0 | | 1 | | 877 | 277 | |
| Sodium, Na....mg | 65 | | 0 | | 1 | | 175 | 55 | |
| Zinc, Zn....mg | 4.66 | | 0 | | 1 | | 12.54 | 3.96 | |
| Copper, Cu....mg | 0.117 | | 0 | | 1 | | 0.315 | 0.099 | |
| Manganese, Mn....mg | 0.025 | | 0 | | 1 | | 0.067 | 0.021 | |
| Selenium, Se....mcg | 29.4 | | 0 | BFYN | 4 | | 79.1 | 25.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.269 | 0.085 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.726 | 0.230 | |
| Niacin....mg | 6.550 | | 0 | | 1 | | 17.620 | 5.568 | |
| Pantothenic acid....mg | 0.700 | | 0 | | 1 | | 1.883 | 0.595 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.430 | 0.136 | |
| Folate, total....mcg | 22 | | 0 | | 1 | | 59 | 19 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 22 | | 0 | | 1 | | 59 | 19 | |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 59 | 19 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.67 | | 0 | | 1 | | 7.18 | 2.27 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.43 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.090 | | 0 | | 1 | | 13.692 | 4.327 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.081 | 0.026 | |
| 12:0....g | 0.050 | | 0 | | 1 | | 0.135 | 0.043 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17016**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.470 | | 0 | | 1 | | 1.264 | 0.400 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.610 | | 0 | | 1 | | 7.021 | 2.219 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.660 | | 0 | | 1 | | 4.465 | 1.411 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.290 | | 0 | | 1 | | 14.230 | 4.497 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.968 | 0.306 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.820 | | 0 | | 1 | | 12.966 | 4.097 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.880 | | 0 | | 1 | | 2.367 | 0.748 | |
| 18:2 undifferentiated....g | 0.670 | | 0 | | 1 | | 1.802 | 0.570 | |
| 18:3 undifferentiated....g | 0.160 | | 0 | | 1 | | 0.430 | 0.136 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.135 | 0.043 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 90 | | 0 | | 1 | | 242 | 77 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.309 | | 0 | | 1 | | 0.831 | 0.263 | |
| Threonine....g | 1.130 | | 0 | | 1 | | 3.040 | 0.961 | |
| Isoleucine....g | 1.274 | | 0 | | 1 | | 3.427 | 1.083 | |
| Leucine....g | 2.054 | | 0 | | 1 | | 5.525 | 1.746 | |
| Lysine....g | 2.332 | | 0 | | 1 | | 6.273 | 1.982 | |
| Methionine....g | 0.678 | | 0 | | 1 | | 1.824 | 0.576 | |
| Cystine....g | 0.315 | | 0 | | 1 | | 0.847 | 0.268 | |
| Phenylalanine....g | 1.075 | | 0 | | 1 | | 2.892 | 0.914 | |
| Tyrosine....g | 0.888 | | 0 | | 1 | | 2.389 | 0.755 | |
| Valine....g | 1.425 | | 0 | | 1 | | 3.833 | 1.211 | |
| Arginine....g | 1.569 | | 0 | | 1 | | 4.221 | 1.334 | |
| Histidine....g | 0.837 | | 0 | | 1 | | 2.252 | 0.711 | |
| Alanine....g | 1.588 | | 0 | | 1 | | 4.272 | 1.350 | |
| Aspartic acid....g | 2.324 | | 0 | | 1 | | 6.252 | 1.975 | |
| Glutamic acid....g | 3.832 | | 0 | | 1 | | 10.308 | 3.257 | |
| Glycine....g | 1.290 | | 0 | | 1 | | 3.470 | 1.097 | |
| Proline....g | 1.108 | | 0 | | 1 | | 2.981 | 0.942 | |
| Serine....g | 0.982 | | 0 | | 1 | | 2.642 | 0.835 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17016**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17015**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.17 | | 0 | | 1 | | 19.04 | 304.68 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 57 | 912 | |
| Energy....kj | 841 | | | | 4 | | 238 | 3815 | |
| Protein (N x 6.25)....g | 18.58 | | 0 | | 1 | | 5.27 | 84.28 | |
| Total lipid (fat)....g | 13.49 | | 0 | | 1 | | 3.82 | 61.19 | |
| Ash....g | 0.98 | | 0 | | 1 | | 0.28 | 4.45 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | | 1 | | 2 | 36 | |
| Iron, Fe....mg | 1.71 | | 0 | | 1 | | 0.48 | 7.76 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 178 | | 0 | | 1 | | 50 | 807 | |
| Potassium, K....mg | 261 | | 0 | | 1 | | 74 | 1184 | |
| Sodium, Na....mg | 57 | | 0 | | 1 | | 16 | 259 | |
| Zinc, Zn....mg | 3.50 | | 0 | | 1 | | 0.99 | 15.88 | |
| Copper, Cu....mg | 0.115 | | 0 | | 1 | | 0.033 | 0.522 | |
| Manganese, Mn....mg | 0.021 | | 0 | | 1 | | 0.006 | 0.095 | |
| Selenium, Se....mcg | 21.4 | | 0 | PIE | 4 | | 6.1 | 97.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.230 | | 0 | | 1 | | 0.065 | 1.043 | |
| Niacin....mg | 6.220 | | 0 | | 1 | | 1.763 | 28.214 | |
| Pantothenic acid....mg | 0.680 | | 0 | | 1 | | 0.193 | 3.084 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Folate, total....mcg | 20 | | 0 | | 1 | | 6 | 91 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | | 1 | | 6 | 91 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 6 | 91 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.51 | | 0 | | 1 | | 0.71 | 11.39 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.800 | | 0 | | 1 | | 1.644 | 26.309 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 12:0....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17015**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.520 | | 0 | | 1 | | 0.147 | 2.359 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.930 | | 0 | | 1 | | 0.831 | 13.290 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.840 | | 0 | | 1 | | 0.522 | 8.346 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.530 | | 0 | | 1 | | 1.568 | 25.084 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.970 | | 0 | | 1 | | 1.409 | 22.544 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.080 | | 0 | | 1 | | 0.306 | 4.899 | |
| 18:2 undifferentiated....g | 0.790 | | 0 | | 1 | | 0.224 | 3.583 | |
| 18:3 undifferentiated....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 67 | | 0 | | 1 | | 19 | 304 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.217 | | 0 | | 1 | | 0.062 | 0.984 | |
| Threonine....g | 0.795 | | 0 | | 1 | | 0.225 | 3.606 | |
| Isoleucine....g | 0.896 | | 0 | | 1 | | 0.254 | 4.064 | |
| Leucine....g | 1.445 | | 0 | | 1 | | 0.410 | 6.555 | |
| Lysine....g | 1.640 | | 0 | | 1 | | 0.465 | 7.439 | |
| Methionine....g | 0.477 | | 0 | | 1 | | 0.135 | 2.164 | |
| Cystine....g | 0.222 | | 0 | | 1 | | 0.063 | 1.007 | |
| Phenylalanine....g | 0.756 | | 0 | | 1 | | 0.214 | 3.429 | |
| Tyrosine....g | 0.624 | | 0 | | 1 | | 0.177 | 2.830 | |
| Valine....g | 1.002 | | 0 | | 1 | | 0.284 | 4.545 | |
| Arginine....g | 1.104 | | 0 | | 1 | | 0.313 | 5.008 | |
| Histidine....g | 0.588 | | 0 | | 1 | | 0.167 | 2.667 | |
| Alanine....g | 1.117 | | 0 | | 1 | | 0.317 | 5.067 | |
| Aspartic acid....g | 1.635 | | 0 | | 1 | | 0.464 | 7.416 | |
| Glutamic acid....g | 2.696 | | 0 | | 1 | | 0.764 | 12.229 | |
| Glycine....g | 0.907 | | 0 | | 1 | | 0.257 | 4.114 | |
| Proline....g | 0.779 | | 0 | | 1 | | 0.221 | 3.534 | |
| Serine....g | 0.691 | | 0 | | 1 | | 0.196 | 3.134 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17015**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17233**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.43 | | 0 | PAE | 4 | | 164.02 | 52.22 | |
| Energy....kcal | 217 | | 0 | NC | 4 | | 579 | 184 | |
| Energy....kj | 908 | | | | 4 | | 2424 | 772 | |
| Protein (N x 6.25)....g | 26.73 | | 0 | PAE | 4 | | 71.37 | 22.72 | |
| Total lipid (fat)....g | 11.40 | | 0 | PAE | 4 | | 30.44 | 9.69 | |
| Ash....g | 1.06 | | 0 | PAE | 4 | | 2.83 | 0.90 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAE | 4 | | 24 | 8 | |
| Iron, Fe....mg | 1.99 | | 0 | PAE | 4 | | 5.31 | 1.69 | |
| Magnesium, Mg....mg | 25 | | 0 | PAE | 4 | | 67 | 21 | |
| Phosphorus, P....mg | 200 | | 0 | PAE | 4 | | 534 | 170 | |
| Potassium, K....mg | 329 | | 0 | PAE | 4 | | 878 | 280 | |
| Sodium, Na....mg | 65 | | 0 | PAE | 4 | | 174 | 55 | |
| Zinc, Zn....mg | 4.72 | | 0 | PAE | 4 | | 12.60 | 4.01 | |
| Copper, Cu....mg | 0.118 | | 0 | PAE | 4 | | 0.315 | 0.100 | |
| Manganese, Mn....mg | 0.026 | | 0 | PAE | 4 | | 0.069 | 0.022 | |
| Selenium, Se....mcg | 29.7 | | 0 | BFNN | 4 | | 79.3 | 25.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.267 | 0.085 | |
| Riboflavin....mg | 0.270 | | 0 | PAE | 4 | | 0.721 | 0.230 | |
| Niacin....mg | 6.520 | | 0 | PAE | 4 | | 17.408 | 5.542 | |
| Pantothenic acid....mg | 0.700 | | 0 | PAE | 4 | | 1.869 | 0.595 | |
| Vitamin B-6....mg | 0.160 | | 0 | PAE | 4 | | 0.427 | 0.136 | |
| Folate, total....mcg | 23 | | 0 | PAE | 4 | | 61 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | | 0 | PAE | 4 | | 61 | 20 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 61 | 20 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.68 | | 0 | PAE | 4 | | 7.16 | 2.28 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.600 | | 0 | PAE | 4 | | 12.282 | 3.910 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | PAE | 4 | | 0.080 | 0.026 | |
| 12:0....g | 0.040 | | 0 | PAE | 4 | | 0.107 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17233**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.420 | | 0 | PAE | 4 | | 1.121 | 0.357 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.370 | | 0 | PAE | 4 | | 6.328 | 2.015 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.500 | | 0 | PAE | 4 | | 4.005 | 1.275 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 4.860 | | 0 | PAE | 4 | | 12.976 | 4.131 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.330 | | 0 | PAE | 4 | | 0.881 | 0.281 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 4.430 | | 0 | PAE | 4 | | 11.828 | 3.766 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.800 | | 0 | PAE | 4 | | 2.136 | 0.680 | |
| 18:2 undifferentiated ... g | 0.620 | | 0 | PAE | 4 | | 1.655 | 0.527 | |
| 18:3 undifferentiated ... g | 0.140 | | 0 | PAE | 4 | | 0.374 | 0.119 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.050 | | 0 | PAE | 4 | | 0.134 | 0.043 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 90 | | 0 | PAE | 4 | | 240 | 77 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.312 | | 0 | PAE | 4 | | 0.833 | 0.265 | |
| Threonine ... g | 1.144 | | 0 | PAE | 4 | | 3.054 | 0.972 | |
| Isoleucine ... g | 1.290 | | 0 | PAE | 4 | | 3.444 | 1.097 | |
| Leucine ... g | 2.079 | | 0 | PAE | 4 | | 5.551 | 1.767 | |
| Lysine ... g | 2.360 | | 0 | PAE | 4 | | 6.301 | 2.006 | |
| Methionine ... g | 0.686 | | 0 | PAE | 4 | | 1.832 | 0.583 | |
| Cystine ... g | 0.319 | | 0 | PAE | 4 | | 0.852 | 0.271 | |
| Phenylalanine ... g | 1.088 | | 0 | PAE | 4 | | 2.905 | 0.925 | |
| Tyrosine ... g | 0.898 | | 0 | PAE | 4 | | 2.398 | 0.763 | |
| Valine ... g | 1.442 | | 0 | PAE | 4 | | 3.850 | 1.226 | |
| Arginine ... g | 1.588 | | 0 | PAE | 4 | | 4.240 | 1.350 | |
| Histidine ... g | 0.847 | | 0 | PAE | 4 | | 2.261 | 0.720 | |
| Alanine ... g | 1.607 | | 0 | PAE | 4 | | 4.291 | 1.366 | |
| Aspartic acid ... g | 2.353 | | 0 | PAE | 4 | | 6.283 | 2.000 | |
| Glutamic acid ... g | 3.879 | | 0 | PAE | 4 | | 10.357 | 3.297 | |
| Glycine ... g | 1.305 | | 0 | PAE | 4 | | 3.484 | 1.109 | |
| Proline ... g | 1.121 | | 0 | PAE | 4 | | 2.993 | 0.953 | |
| Serine ... g | 0.994 | | 0 | PAE | 4 | | 2.654 | 0.845 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17233**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17232**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 68.73 | | 0 | PAE | 4 | | 19.48 | 311.76 | |
| Energy....kcal | 185 | | 0 | NC | 4 | | 52 | 839 | |
| Energy....kj | 774 | | | | 4 | | 219 | 3511 | |
| Protein (N x 6.25)....g | 18.99 | | 0 | PAE | 4 | | 5.38 | 86.14 | |
| Total lipid (fat)....g | 11.50 | | 0 | PAE | 4 | | 3.26 | 52.16 | |
| Ash....g | 1.00 | | 0 | PAE | 4 | | 0.28 | 4.54 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | PAE | 4 | | 2 | 32 | |
| Iron, Fe....mg | 1.73 | | 0 | PAE | 4 | | 0.49 | 7.85 | |
| Magnesium, Mg....mg | 25 | | 0 | PAE | 4 | | 7 | 113 | |
| Phosphorus, P....mg | 182 | | 0 | PAE | 4 | | 52 | 826 | |
| Potassium, K....mg | 267 | | 0 | PAE | 4 | | 76 | 1211 | |
| Sodium, Na....mg | 58 | | 0 | PAE | 4 | | 16 | 263 | |
| Zinc, Zn....mg | 3.58 | | 0 | PAE | 4 | | 1.01 | 16.24 | |
| Copper, Cu....mg | 0.117 | | 0 | PAE | 4 | | 0.033 | 0.531 | |
| Manganese, Mn....mg | 0.022 | | 0 | PAE | 4 | | 0.006 | 0.100 | |
| Selenium, Se....mcg | 21.9 | | 0 | BFNN | 4 | | 6.2 | 99.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.240 | | 0 | PAE | 4 | | 0.068 | 1.089 | |
| Niacin....mg | 6.210 | | 0 | PAE | 4 | | 1.761 | 28.169 | |
| Pantothenic acid....mg | 0.690 | | 0 | PAE | 4 | | 0.196 | 3.130 | |
| Vitamin B-6....mg | 0.160 | | 0 | PAE | 4 | | 0.045 | 0.726 | |
| Folate, total....mcg | 21 | | 0 | PAE | 4 | | 6 | 95 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | PAE | 4 | | 6 | 95 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 6 | 95 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.54 | | 0 | PAE | 4 | | 0.72 | 11.52 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.880 | | 0 | PAE | 4 | | 1.383 | 22.136 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | PAE | 4 | | 0.009 | 0.136 | |
| 12:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17232**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.430 | | 0 | PAE | 4 | | 0.122 | 1.950 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.480 | | 0 | PAE | 4 | | 0.703 | 11.249 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.550 | | 0 | PAE | 4 | | 0.439 | 7.031 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.700 | | 0 | PAE | 4 | | 1.332 | 21.319 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.340 | | 0 | PAE | 4 | | 0.096 | 1.542 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.230 | | 0 | PAE | 4 | | 1.199 | 19.187 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.930 | | 0 | PAE | 4 | | 0.264 | 4.218 | |
| 18:2 undifferentiated....g | 0.680 | | 0 | PAE | 4 | | 0.193 | 3.084 | |
| 18:3 undifferentiated....g | 0.200 | | 0 | PAE | 4 | | 0.057 | 0.907 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 67 | | 0 | PAE | 4 | | 19 | 304 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.222 | | 0 | PAE | 4 | | 0.063 | 1.007 | |
| Threonine....g | 0.813 | | 0 | PAE | 4 | | 0.230 | 3.688 | |
| Isoleucine....g | 0.916 | | 0 | PAE | 4 | | 0.260 | 4.155 | |
| Leucine....g | 1.477 | | 0 | PAE | 4 | | 0.419 | 6.700 | |
| Lysine....g | 1.677 | | 0 | PAE | 4 | | 0.475 | 7.607 | |
| Methionine....g | 0.487 | | 0 | PAE | 4 | | 0.138 | 2.209 | |
| Cystine....g | 0.227 | | 0 | PAE | 4 | | 0.064 | 1.030 | |
| Phenylalanine....g | 0.773 | | 0 | PAE | 4 | | 0.219 | 3.506 | |
| Tyrosine....g | 0.638 | | 0 | PAE | 4 | | 0.181 | 2.894 | |
| Valine....g | 1.025 | | 0 | PAE | 4 | | 0.291 | 4.649 | |
| Arginine....g | 1.128 | | 0 | PAE | 4 | | 0.320 | 5.117 | |
| Histidine....g | 0.602 | | 0 | PAE | 4 | | 0.171 | 2.731 | |
| Alanine....g | 1.142 | | 0 | PAE | 4 | | 0.324 | 5.180 | |
| Aspartic acid....g | 1.672 | | 0 | PAE | 4 | | 0.474 | 7.584 | |
| Glutamic acid....g | 2.756 | | 0 | PAE | 4 | | 0.781 | 12.501 | |
| Glycine....g | 0.928 | | 0 | PAE | 4 | | 0.263 | 4.209 | |
| Proline....g | 0.797 | | 0 | PAE | 4 | | 0.226 | 3.615 | |
| Serine....g | 0.706 | | 0 | PAE | 4 | | 0.200 | 3.202 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17232**

**Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17018**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

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

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.92 | 0.449 | 16 | | 1 | | 154.51 | 55.18 | |
| Energy....kcal | 180 | | 0 | NC | 4 | | 428 | 153 | |
| Energy....kj | 753 | | | | 4 | | 1792 | 640 | |
| Protein (N x 6.25)....g | 28.17 | 0.344 | 14 | | 1 | | 67.04 | 23.94 | |
| Total lipid (fat)....g | 6.67 | 0.249 | 16 | | 1 | | 15.87 | 5.67 | |
| Ash....g | 1.10 | 0.018 | 16 | | 1 | | 2.62 | 0.94 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.348 | 16 | | 1 | | 19 | 7 | |
| Iron, Fe....mg | 2.06 | 0.076 | 16 | | 1 | | 4.90 | 1.75 | |
| Magnesium, Mg....mg | 26 | 0.478 | 16 | | 1 | | 62 | 22 | |
| Phosphorus, P....mg | 208 | 4.003 | 16 | | 1 | | 495 | 177 | |
| Potassium, K....mg | 342 | 4.448 | 16 | | 1 | | 814 | 291 | |
| Sodium, Na....mg | 66 | 1.233 | 16 | | 1 | | 157 | 56 | |
| Zinc, Zn....mg | 5.02 | 0.100 | 16 | | 1 | | 11.95 | 4.27 | |
| Copper, Cu....mg | 0.121 | 0.010 | 16 | | 1 | | 0.288 | 0.103 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.067 | 0.024 | |
| Selenium, Se....mcg | 31.7 | | 0 | BFYN | 4 | | 75.4 | 26.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | 0.005 | 16 | | 1 | | 0.262 | 0.094 | |
| Riboflavin....mg | 0.280 | 0.012 | 16 | | 1 | | 0.666 | 0.238 | |
| Niacin....mg | 6.390 | 0.150 | 16 | | 1 | | 15.208 | 5.432 | |
| Pantothenic acid....mg | 0.710 | 0.027 | 16 | | 1 | | 1.690 | 0.604 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.405 | 0.145 | |
| Folate, total....mcg | 24 | 1.747 | 16 | | 1 | | 57 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 24 | 1.747 | 16 | | 1 | | 57 | 20 | |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 57 | 20 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.71 | 0.184 | 15 | | 1 | | 6.45 | 2.30 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.43 | 0.15 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.380 | | 0 | | 1 | | 5.664 | 2.023 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 107 | | 1 | | 0.024 | 0.009 | |
| 12:0....g | 0.020 | | 107 | | 1 | | 0.048 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17018**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.210 | | 107 | | 1 | | 0.500 | 0.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.280 | | 107 | | 1 | | 3.046 | 1.088 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.820 | | 107 | | 1 | | 1.952 | 0.697 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.920 | | 0 | | 1 | | 6.950 | 2.482 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.200 | | 107 | | 1 | | 0.476 | 0.170 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.710 | | 107 | | 1 | | 6.450 | 2.304 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.440 | | 0 | | 1 | | 1.047 | 0.374 | |
| 18:2 undifferentiated....g | 0.360 | | 107 | | 1 | | 0.857 | 0.306 | |
| 18:3 undifferentiated....g | 0.040 | | 107 | | 1 | | 0.095 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 107 | | 1 | | 0.095 | 0.034 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 87 | 3.238 | 16 | | 1 | | 207 | 74 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.329 | | 0 | | 1 | | 0.783 | 0.280 | |
| Threonine....g | 1.206 | | 0 | | 1 | | 2.870 | 1.025 | |
| Isoleucine....g | 1.359 | | 0 | | 1 | | 3.234 | 1.155 | |
| Leucine....g | 2.191 | | 0 | | 1 | | 5.215 | 1.862 | |
| Lysine....g | 2.488 | | 0 | | 1 | | 5.921 | 2.115 | |
| Methionine....g | 0.723 | | 0 | | 1 | | 1.721 | 0.615 | |
| Cystine....g | 0.336 | | 0 | | 1 | | 0.800 | 0.286 | |
| Phenylalanine....g | 1.147 | | 0 | | 1 | | 2.730 | 0.975 | |
| Tyrosine....g | 0.947 | | 0 | | 1 | | 2.254 | 0.805 | |
| Valine....g | 1.520 | | 0 | | 1 | | 3.618 | 1.292 | |
| Arginine....g | 1.674 | | 0 | | 1 | | 3.984 | 1.423 | |
| Histidine....g | 0.892 | | 0 | | 1 | | 2.123 | 0.758 | |
| Alanine....g | 1.694 | | 0 | | 1 | | 4.032 | 1.440 | |
| Aspartic acid....g | 2.479 | | 0 | | 1 | | 5.900 | 2.107 | |
| Glutamic acid....g | 4.088 | | 0 | | 1 | | 9.729 | 3.475 | |
| Glycine....g | 1.376 | | 0 | | 1 | | 3.275 | 1.170 | |
| Proline....g | 1.182 | | 0 | | 1 | | 2.813 | 1.005 | |
| Serine....g | 1.047 | | 0 | | 1 | | 2.492 | 0.890 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 238g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17018**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17017**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 31% Bone 20%, separable fat 11%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.44 | 0.250 | 32 | | 1 | | 21.10 | 337.66 | |
| Energy....kcal | 125 | | 0 | NC | 4 | | 35 | 567 | |
| Energy....kj | 523 | | | | 4 | | 148 | 2372 | |
| Protein (N x 6.25)....g | 20.52 | 0.136 | 32 | | 1 | | 5.82 | 93.08 | |
| Total lipid (fat)....g | 4.19 | 0.188 | 32 | | 1 | | 1.19 | 19.01 | |
| Ash....g | 1.08 | 0.010 | 32 | | 1 | | 0.31 | 4.90 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | 0.391 | 32 | | 1 | | 2 | 27 | |
| Iron, Fe....mg | 1.82 | 0.088 | 32 | | 1 | | 0.52 | 8.26 | |
| Magnesium, Mg....mg | 27 | 0.846 | 32 | | 1 | | 8 | 122 | |
| Phosphorus, P....mg | 195 | 3.649 | 16 | | 1 | | 55 | 885 | |
| Potassium, K....mg | 290 | 13.751 | 32 | | 1 | | 82 | 1315 | |
| Sodium, Na....mg | 61 | 2.662 | 32 | | 1 | | 17 | 277 | |
| Zinc, Zn....mg | 3.89 | 0.115 | 32 | | 1 | | 1.10 | 17.65 | |
| Copper, Cu....mg | 0.124 | 0.004 | 32 | | 1 | | 0.035 | 0.562 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 23.4 | | 0 | BFNN | 4 | | 6.6 | 106.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | 0.007 | 16 | | 1 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.250 | 0.012 | 16 | | 1 | | 0.071 | 1.134 | |
| Niacin....mg | 6.190 | 0.181 | 16 | | 1 | | 1.755 | 28.078 | |
| Pantothenic acid....mg | 0.700 | 0.022 | 16 | | 1 | | 0.198 | 3.175 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Folate, total....mcg | 23 | 1.524 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.524 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.64 | 0.123 | 16 | | 1 | | 0.75 | 11.98 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.06 | 0.91 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.500 | | 0 | | 1 | | 0.425 | 6.804 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17017**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.110 | | 373 | | 1 | | 0.031 | 0.499 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.810 | | 373 | | 1 | | 0.230 | 3.674 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.500 | | 373 | | 1 | | 0.142 | 2.268 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.690 | | 0 | | 1 | | 0.479 | 7.666 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.130 | | 373 | | 1 | | 0.037 | 0.590 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.530 | | 373 | | 1 | | 0.434 | 6.940 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| 18:2 undifferentiated....g | 0.290 | | 373 | | 1 | | 0.082 | 1.315 | |
| 18:3 undifferentiated....g | 0.060 | | 373 | | 1 | | 0.017 | 0.272 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 373 | | 1 | | 0.011 | 0.181 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 64 | 1.534 | 16 | | 1 | | 18 | 290 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| Threonine....g | 0.878 | | 0 | | 1 | | 0.249 | 3.983 | |
| Isoleucine....g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| Leucine....g | 1.596 | | 0 | | 1 | | 0.452 | 7.239 | |
| Lysine....g | 1.812 | | 0 | | 1 | | 0.514 | 8.219 | |
| Methionine....g | 0.527 | | 0 | | 1 | | 0.149 | 2.390 | |
| Cystine....g | 0.245 | | 0 | | 1 | | 0.069 | 1.111 | |
| Phenylalanine....g | 0.835 | | 0 | | 1 | | 0.237 | 3.788 | |
| Tyrosine....g | 0.690 | | 0 | | 1 | | 0.196 | 3.130 | |
| Valine....g | 1.107 | | 0 | | 1 | | 0.314 | 5.021 | |
| Arginine....g | 1.219 | | 0 | | 1 | | 0.346 | 5.529 | |
| Histidine....g | 0.650 | | 0 | | 1 | | 0.184 | 2.948 | |
| Alanine....g | 1.234 | | 0 | | 1 | | 0.350 | 5.597 | |
| Aspartic acid....g | 1.806 | | 0 | | 1 | | 0.512 | 8.192 | |
| Glutamic acid....g | 2.977 | | 0 | | 1 | | 0.844 | 13.504 | |
| Glycine....g | 1.002 | | 0 | | 1 | | 0.284 | 4.545 | |
| Proline....g | 0.861 | | 0 | | 1 | | 0.244 | 3.905 | |
| Serine....g | 0.763 | | 0 | | 1 | | 0.216 | 3.461 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17017**

**Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17020**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 54.13 | | 0 | | 1 | | 141.82 | 46.01 | |
| Energy ... kcal | 292 | | 0 | NC | 4 | | 765 | 248 | |
| Energy ... kj | 1222 | | | | 4 | | 3201 | 1038 | |
| Protein (N x 6.25) ... g | 24.63 | | 0 | | 1 | | 64.53 | 20.94 | |
| Total lipid (fat) ... g | 20.67 | | 0 | | 1 | | 54.16 | 17.57 | |
| Ash ... g | 0.99 | | 0 | | 1 | | 2.59 | 0.84 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 11 | | 0 | | 1 | | 29 | 9 | |
| Iron, Fe ... mg | 2.00 | | 0 | | 1 | | 5.24 | 1.70 | |
| Magnesium, Mg ... mg | 22 | | 0 | | 1 | | 58 | 19 | |
| Phosphorus, P ... mg | 183 | | 0 | | 1 | | 479 | 156 | |
| Potassium, K ... mg | 301 | | 0 | | 1 | | 789 | 256 | |
| Sodium, Na ... mg | 68 | | 0 | | 1 | | 178 | 58 | |
| Zinc, Zn ... mg | 4.13 | | 0 | | 1 | | 10.82 | 3.51 | |
| Copper, Cu ... mg | 0.112 | | 0 | | 1 | | 0.293 | 0.095 | |
| Manganese, Mn ... mg | 0.022 | | 0 | | 1 | | 0.058 | 0.019 | |
| Selenium, Se ... mcg | 25.5 | | 0 | BFYN | 4 | | 66.8 | 21.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.110 | | 0 | | 1 | | 0.288 | 0.094 | |
| Riboflavin ... mg | 0.280 | | 0 | | 1 | | 0.734 | 0.238 | |
| Niacin ... mg | 6.620 | | 0 | | 1 | | 17.344 | 5.627 | |
| Pantothenic acid ... mg | 0.670 | | 0 | | 1 | | 1.755 | 0.570 | |
| Vitamin B-6 ... mg | 0.140 | | 0 | | 1 | | 0.367 | 0.119 | |
| Folate, total ... mcg | 17 | | 0 | | 1 | | 45 | 14 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 17 | | 0 | | 1 | | 45 | 14 | |
| Folate, DFE ... mcg_DFE | 17 | | 0 | NC | 4 | | 45 | 14 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.53 | | 0 | | 1 | | 6.63 | 2.15 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.13 | | 0 | | 1 | | 0.34 | 0.11 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 8.740 | | 0 | | 1 | | 22.899 | 7.429 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.050 | | 0 | | 1 | | 0.131 | 0.043 | |
| 12:0 ... g | 0.090 | | 0 | | 1 | | 0.236 | 0.077 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17020**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.810 | | 0 | | 1 | | 2.122 | 0.689 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.430 | | 0 | | 1 | | 11.607 | 3.766 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.810 | | 0 | | 1 | | 7.362 | 2.389 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.710 | | 0 | | 1 | | 22.820 | 7.404 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.600 | | 0 | | 1 | | 1.572 | 0.510 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.900 | | 0 | | 1 | | 20.698 | 6.715 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.490 | | 0 | | 1 | | 3.904 | 1.267 | |
| 18:2 undifferentiated ... g | 1.120 | | 0 | | 1 | | 2.934 | 0.952 | |
| 18:3 undifferentiated ... g | 0.300 | | 0 | | 1 | | 0.786 | 0.255 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | | 1 | | 0.183 | 0.060 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 97 | | 0 | | 1 | | 254 | 82 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.288 | | 0 | | 1 | | 0.755 | 0.245 | |
| Threonine ... g | 1.054 | | 0 | | 1 | | 2.761 | 0.896 | |
| Isoleucine ... g | 1.188 | | 0 | | 1 | | 3.113 | 1.010 | |
| Leucine ... g | 1.916 | | 0 | | 1 | | 5.020 | 1.629 | |
| Lysine ... g | 2.175 | | 0 | | 1 | | 5.699 | 1.849 | |
| Methionine ... g | 0.632 | | 0 | | 1 | | 1.656 | 0.537 | |
| Cystine ... g | 0.294 | | 0 | | 1 | | 0.770 | 0.250 | |
| Phenylalanine ... g | 1.003 | | 0 | | 1 | | 2.628 | 0.853 | |
| Tyrosine ... g | 0.828 | | 0 | | 1 | | 2.169 | 0.704 | |
| Valine ... g | 1.329 | | 0 | | 1 | | 3.482 | 1.130 | |
| Arginine ... g | 1.463 | | 0 | | 1 | | 3.833 | 1.244 | |
| Histidine ... g | 0.780 | | 0 | | 1 | | 2.044 | 0.663 | |
| Alanine ... g | 1.481 | | 0 | | 1 | | 3.880 | 1.259 | |
| Aspartic acid ... g | 2.168 | | 0 | | 1 | | 5.680 | 1.843 | |
| Glutamic acid ... g | 3.574 | | 0 | | 1 | | 9.364 | 3.038 | |
| Glycine ... g | 1.203 | | 0 | | 1 | | 3.152 | 1.023 | |
| Proline ... g | 1.033 | | 0 | | 1 | | 2.706 | 0.878 | |
| Serine ... g | 0.916 | | 0 | | 1 | | 2.400 | 0.779 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 262g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17020**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17019**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 23% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 60.30 | | 0 | | 1 | | 17.10 | 273.52 | |
| Energy | kcal | 272 | | 0 | NC | 4 | | 77 | 1234 | |
| Energy | kj | 1138 | | | | 4 | | 323 | 5162 | |
| Protein (N x 6.25) | g | 16.94 | | 0 | | 1 | | 4.80 | 76.84 | |
| Total lipid (fat) | g | 22.11 | | 0 | | 1 | | 6.27 | 100.29 | |
| Ash | g | 0.89 | | 0 | | 1 | | 0.25 | 4.04 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 0 | | 1 | | 3 | 45 | |
| Iron, Fe | mg | 1.61 | | 0 | | 1 | | 0.46 | 7.30 | |
| Magnesium, Mg | mg | 22 | | 0 | | 1 | | 6 | 100 | |
| Phosphorus, P | mg | 159 | | 0 | | 1 | | 45 | 721 | |
| Potassium, K | mg | 231 | | 0 | | 1 | | 65 | 1048 | |
| Sodium, Na | mg | 56 | | 0 | | 1 | | 16 | 254 | |
| Zinc, Zn | mg | 3.08 | | 0 | | 1 | | 0.87 | 13.97 | |
| Copper, Cu | mg | 0.112 | | 0 | | 1 | | 0.032 | 0.508 | |
| Manganese, Mn | mg | 0.019 | | 0 | | 1 | | 0.005 | 0.086 | |
| Selenium, Se | mcg | 19.6 | | 0 | PIE | 4 | | 5.6 | 88.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | | 1 | | 0.034 | 0.544 | |
| Riboflavin | mg | 0.230 | | 0 | | 1 | | 0.065 | 1.043 | |
| Niacin | mg | 6.340 | | 0 | | 1 | | 1.797 | 28.758 | |
| Pantothenic acid | mg | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| Vitamin B-6 | mg | 0.140 | | 0 | | 1 | | 0.040 | 0.635 | |
| Folate, total | mcg | 18 | | 0 | | 1 | | 5 | 82 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 18 | | 0 | | 1 | | 5 | 82 | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 82 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.48 | | 0 | | 1 | | 0.70 | 11.25 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 9.730 | | 0 | | 1 | | 2.758 | 44.135 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 12:0 | g | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17019**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.900 | | 0 | | 1 | | 0.255 | 4.082 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.880 | | 0 | | 1 | | 1.383 | 22.136 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.060 | | 0 | | 1 | | 0.868 | 13.880 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.080 | | 0 | | 1 | | 2.574 | 41.187 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.640 | | 0 | | 1 | | 0.181 | 2.903 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.150 | | 0 | | 1 | | 2.311 | 36.968 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.730 | | 0 | | 1 | | 0.490 | 7.847 | |
| 18:2 undifferentiated....g | 1.270 | | 0 | | 1 | | 0.360 | 5.761 | |
| 18:3 undifferentiated....g | 0.400 | | 0 | | 1 | | 0.113 | 1.814 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.198 | | 0 | | 1 | | 0.056 | 0.898 | |
| Threonine....g | 0.725 | | 0 | | 1 | | 0.206 | 3.289 | |
| Isoleucine....g | 0.817 | | 0 | | 1 | | 0.232 | 3.706 | |
| Leucine....g | 1.317 | | 0 | | 1 | | 0.373 | 5.974 | |
| Lysine....g | 1.496 | | 0 | | 1 | | 0.424 | 6.786 | |
| Methionine....g | 0.435 | | 0 | | 1 | | 0.123 | 1.973 | |
| Cystine....g | 0.202 | | 0 | | 1 | | 0.057 | 0.916 | |
| Phenylalanine....g | 0.689 | | 0 | | 1 | | 0.195 | 3.125 | |
| Tyrosine....g | 0.569 | | 0 | | 1 | | 0.161 | 2.581 | |
| Valine....g | 0.914 | | 0 | | 1 | | 0.259 | 4.146 | |
| Arginine....g | 1.006 | | 0 | | 1 | | 0.285 | 4.563 | |
| Histidine....g | 0.536 | | 0 | | 1 | | 0.152 | 2.431 | |
| Alanine....g | 1.018 | | 0 | | 1 | | 0.289 | 4.618 | |
| Aspartic acid....g | 1.491 | | 0 | | 1 | | 0.423 | 6.763 | |
| Glutamic acid....g | 2.458 | | 0 | | 1 | | 0.697 | 11.149 | |
| Glycine....g | 0.827 | | 0 | | 1 | | 0.234 | 3.751 | |
| Proline....g | 0.710 | | 0 | | 1 | | 0.201 | 3.221 | |
| Serine....g | 0.630 | | 0 | | 1 | | 0.179 | 2.858 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17019**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17235**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.85 | | 0 | PAE | 4 | | 142.61 | 46.62 | |
| Energy....kcal | 284 | | 0 | NC | 4 | | 738 | 241 | |
| Energy....kj | 1188 | | | | 4 | | 3089 | 1010 | |
| Protein (N x 6.25)....g | 24.95 | | 0 | PAE | 4 | | 64.87 | 21.21 | |
| Total lipid (fat)....g | 19.67 | | 0 | PAE | 4 | | 51.14 | 16.72 | |
| Ash....g | 1.00 | | 0 | PAE | 4 | | 2.60 | 0.85 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | PAE | 4 | | 29 | 9 | |
| Iron, Fe....mg | 2.01 | | 0 | PAE | 4 | | 5.23 | 1.71 | |
| Magnesium, Mg....mg | 23 | | 0 | PAE | 4 | | 60 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | PAE | 4 | | 481 | 157 | |
| Potassium, K....mg | 304 | | 0 | PAE | 4 | | 790 | 258 | |
| Sodium, Na....mg | 68 | | 0 | PAE | 4 | | 177 | 58 | |
| Zinc, Zn....mg | 4.20 | | 0 | PAE | 4 | | 10.92 | 3.57 | |
| Copper, Cu....mg | 0.113 | | 0 | PAE | 4 | | 0.294 | 0.096 | |
| Manganese, Mn....mg | 0.023 | | 0 | PAE | 4 | | 0.060 | 0.020 | |
| Selenium, Se....mcg | 25.8 | | 0 | BFNN | 4 | | 67.1 | 21.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.286 | 0.094 | |
| Riboflavin....mg | 0.280 | | 0 | PAE | 4 | | 0.728 | 0.238 | |
| Niacin....mg | 6.590 | | 0 | PAE | 4 | | 17.134 | 5.602 | |
| Pantothenic acid....mg | 0.670 | | 0 | PAE | 4 | | 1.742 | 0.570 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.364 | 0.119 | |
| Folate, total....mcg | 17 | | 0 | PAE | 4 | | 44 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | PAE | 4 | | 44 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 44 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.54 | | 0 | PAE | 4 | | 6.60 | 2.16 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.260 | | 0 | PAE | 4 | | 21.476 | 7.021 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.130 | 0.043 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.208 | 0.068 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17235**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.770 | | 0 | PAE | 4 | | 2.002 | 0.655 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.200 | | 0 | PAE | 4 | | 10.920 | 3.570 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.660 | | 0 | PAE | 4 | | 6.916 | 2.261 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.300 | | 0 | PAE | 4 | | 21.580 | 7.055 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.570 | | 0 | PAE | 4 | | 1.482 | 0.485 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.530 | | 0 | PAE | 4 | | 19.578 | 6.401 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.420 | | 0 | PAE | 4 | | 3.692 | 1.207 | |
| 18:2 undifferentiated ... g | 1.070 | | 0 | PAE | 4 | | 2.782 | 0.910 | |
| 18:3 undifferentiated ... g | 0.280 | | 0 | PAE | 4 | | 0.728 | 0.238 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | PAE | 4 | | 0.182 | 0.060 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 96 | | 0 | PAE | 4 | | 250 | 82 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.292 | | 0 | PAE | 4 | | 0.759 | 0.248 | |
| Threonine ... g | 1.068 | | 0 | PAE | 4 | | 2.777 | 0.908 | |
| Isoleucine ... g | 1.204 | | 0 | PAE | 4 | | 3.130 | 1.023 | |
| Leucine ... g | 1.941 | | 0 | PAE | 4 | | 5.047 | 1.650 | |
| Lysine ... g | 2.203 | | 0 | PAE | 4 | | 5.728 | 1.873 | |
| Methionine ... g | 0.640 | | 0 | PAE | 4 | | 1.664 | 0.544 | |
| Cystine ... g | 0.298 | | 0 | PAE | 4 | | 0.775 | 0.253 | |
| Phenylalanine ... g | 1.016 | | 0 | PAE | 4 | | 2.642 | 0.864 | |
| Tyrosine ... g | 0.839 | | 0 | PAE | 4 | | 2.181 | 0.713 | |
| Valine ... g | 1.346 | | 0 | PAE | 4 | | 3.500 | 1.144 | |
| Arginine ... g | 1.482 | | 0 | PAE | 4 | | 3.853 | 1.260 | |
| Histidine ... g | 0.790 | | 0 | PAE | 4 | | 2.054 | 0.672 | |
| Alanine ... g | 1.501 | | 0 | PAE | 4 | | 3.903 | 1.276 | |
| Aspartic acid ... g | 2.196 | | 0 | PAE | 4 | | 5.710 | 1.867 | |
| Glutamic acid ... g | 3.621 | | 0 | PAE | 4 | | 9.415 | 3.078 | |
| Glycine ... g | 1.219 | | 0 | PAE | 4 | | 3.169 | 1.036 | |
| Proline ... g | 1.047 | | 0 | PAE | 4 | | 2.722 | 0.890 | |
| Serine ... g | 0.928 | | 0 | PAE | 4 | | 2.413 | 0.789 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17235**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17234**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 61.32 | | 0 | PAE | 4 | | 17.38 | 278.15 | |
| Energy ... kcal | 261 | | 0 | NC | 4 | | 74 | 1184 | |
| Energy ... kj | 1092 | | | | 4 | | 310 | 4953 | |
| Protein (N x 6.25) ... g | 17.21 | | 0 | PAE | 4 | | 4.88 | 78.06 | |
| Total lipid (fat) ... g | 20.80 | | 0 | PAE | 4 | | 5.90 | 94.35 | |
| Ash ... g | 0.90 | | 0 | PAE | 4 | | 0.26 | 4.08 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 10 | | 0 | PAE | 4 | | 3 | 45 | |
| Iron, Fe ... mg | 1.63 | | 0 | PAE | 4 | | 0.46 | 7.39 | |
| Magnesium, Mg ... mg | 23 | | 0 | PAE | 4 | | 7 | 104 | |
| Phosphorus, P ... mg | 161 | | 0 | PAE | 4 | | 46 | 730 | |
| Potassium, K ... mg | 235 | | 0 | PAE | 4 | | 67 | 1066 | |
| Sodium, Na ... mg | 56 | | 0 | PAE | 4 | | 16 | 254 | |
| Zinc, Zn ... mg | 3.13 | | 0 | PAE | 4 | | 0.89 | 14.20 | |
| Copper, Cu ... mg | 0.114 | | 0 | PAE | 4 | | 0.032 | 0.517 | |
| Manganese, Mn ... mg | 0.019 | | 0 | PAE | 4 | | 0.005 | 0.086 | |
| Selenium, Se ... mcg | 19.9 | | 0 | BFNN | 4 | | 5.6 | 90.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Riboflavin ... mg | 0.230 | | 0 | PAE | 4 | | 0.065 | 1.043 | |
| Niacin ... mg | 6.340 | | 0 | PAE | 4 | | 1.797 | 28.758 | |
| Pantothenic acid ... mg | 0.700 | | 0 | PAE | 4 | | 0.198 | 3.175 | |
| Vitamin B-6 ... mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.635 | |
| Folate, total ... mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folate, DFE ... mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.50 | | 0 | PAE | 4 | | 0.71 | 11.34 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 9.120 | | 0 | PAE | 4 | | 2.586 | 41.368 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0 ... g | 0.090 | | 0 | PAE | 4 | | 0.026 | 0.408 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17234**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.840 | | 0 | PAE | 4 | | 0.238 | 3.810 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.580 | | 0 | PAE | 4 | | 1.298 | 20.775 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.870 | | 0 | PAE | 4 | | 0.814 | 13.018 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.540 | | 0 | PAE | 4 | | 2.421 | 38.737 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.600 | | 0 | PAE | 4 | | 0.170 | 2.722 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.670 | | 0 | PAE | 4 | | 2.174 | 34.791 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.640 | | 0 | PAE | 4 | | 0.465 | 7.439 | |
| 18:2 undifferentiated ... g | 1.200 | | 0 | PAE | 4 | | 0.340 | 5.443 | |
| 18:3 undifferentiated ... g | 0.370 | | 0 | PAE | 4 | | 0.105 | 1.678 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | PAE | 4 | | 0.020 | 0.318 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 71 | | 0 | PAE | 4 | | 20 | 322 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.201 | | 0 | PAE | 4 | | 0.057 | 0.912 | |
| Threonine ... g | 0.737 | | 0 | PAE | 4 | | 0.209 | 3.343 | |
| Isoleucine ... g | 0.830 | | 0 | PAE | 4 | | 0.235 | 3.765 | |
| Leucine ... g | 1.339 | | 0 | PAE | 4 | | 0.380 | 6.074 | |
| Lysine ... g | 1.520 | | 0 | PAE | 4 | | 0.431 | 6.895 | |
| Methionine ... g | 0.442 | | 0 | PAE | 4 | | 0.125 | 2.005 | |
| Cystine ... g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.930 | |
| Phenylalanine ... g | 0.701 | | 0 | PAE | 4 | | 0.199 | 3.180 | |
| Tyrosine ... g | 0.579 | | 0 | PAE | 4 | | 0.164 | 2.626 | |
| Valine ... g | 0.929 | | 0 | PAE | 4 | | 0.263 | 4.214 | |
| Arginine ... g | 1.023 | | 0 | PAE | 4 | | 0.290 | 4.640 | |
| Histidine ... g | 0.545 | | 0 | PAE | 4 | | 0.155 | 2.472 | |
| Alanine ... g | 1.035 | | 0 | PAE | 4 | | 0.293 | 4.695 | |
| Aspartic acid ... g | 1.515 | | 0 | PAE | 4 | | 0.430 | 6.872 | |
| Glutamic acid ... g | 2.498 | | 0 | PAE | 4 | | 0.708 | 11.331 | |
| Glycine ... g | 0.841 | | 0 | PAE | 4 | | 0.238 | 3.815 | |
| Proline ... g | 0.722 | | 0 | PAE | 4 | | 0.205 | 3.275 | |
| Serine ... g | 0.640 | | 0 | PAE | 4 | | 0.181 | 2.903 | |
| Hydroxyproline ... g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17234**

**Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17022**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 41% Bone 23%, separable fat 18%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.49 | 0.620 | 16 | | 1 | | 125.60 | 53.12 | |
| Energy....kcal | 204 | | 0 | NC | 4 | | 410 | 173 | |
| Energy....kj | 854 | | | | 4 | | 1716 | 726 | |
| Protein (N x 6.25)....g | 28.35 | 0.522 | 15 | | 1 | | 56.98 | 24.10 | |
| Total lipid (fat)....g | 9.17 | 0.521 | 16 | | 1 | | 18.43 | 7.79 | |
| Ash....g | 1.09 | 0.019 | 16 | | 1 | | 2.19 | 0.93 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.319 | 16 | | 1 | | 16 | 7 | |
| Iron, Fe....mg | 2.20 | 0.074 | 16 | | 1 | | 4.42 | 1.87 | |
| Magnesium, Mg....mg | 25 | 0.390 | 16 | | 1 | | 50 | 21 | |
| Phosphorus, P....mg | 203 | 3.737 | 16 | | 1 | | 408 | 173 | |
| Potassium, K....mg | 333 | 4.538 | 16 | | 1 | | 669 | 283 | |
| Sodium, Na....mg | 71 | 0.935 | 16 | | 1 | | 143 | 60 | |
| Zinc, Zn....mg | 4.85 | 0.139 | 16 | | 1 | | 9.75 | 4.12 | |
| Copper, Cu....mg | 0.119 | 0.007 | 16 | | 1 | | 0.239 | 0.101 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.056 | 0.024 | |
| Selenium, Se....mcg | 30.8 | | 0 | BFYN | 4 | | 61.9 | 26.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | 0.005 | 16 | | 1 | | 0.241 | 0.102 | |
| Riboflavin....mg | 0.310 | 0.016 | 16 | | 1 | | 0.623 | 0.264 | |
| Niacin....mg | 6.270 | 0.264 | 16 | | 1 | | 12.603 | 5.330 | |
| Pantothenic acid....mg | 0.700 | 0.029 | 16 | | 1 | | 1.407 | 0.595 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.342 | 0.145 | |
| Folate, total....mcg | 21 | 1.046 | 16 | | 1 | | 42 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | 1.046 | 16 | | 1 | | 42 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 42 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.58 | 0.148 | 16 | | 1 | | 5.19 | 2.19 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | | 1 | | 0.34 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.280 | | 0 | | 1 | | 6.593 | 2.788 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 107 | | 1 | | 0.040 | 0.017 | |
| 12:0....g | 0.030 | | 107 | | 1 | | 0.060 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17022**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.290 | | 107 | | 1 | | 0.583 | 0.247 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.760 | | 107 | | 1 | | 3.538 | 1.496 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.130 | | 107 | | 1 | | 2.271 | 0.961 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.020 | | 0 | | 1 | | 8.080 | 3.417 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 107 | | 1 | | 0.543 | 0.230 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.720 | | 107 | | 1 | | 7.477 | 3.162 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.600 | | 0 | | 1 | | 1.206 | 0.510 | |
| 18:2 undifferentiated....g | 0.490 | | 107 | | 1 | | 0.985 | 0.417 | |
| 18:3 undifferentiated....g | 0.050 | | 107 | | 1 | | 0.101 | 0.043 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 107 | | 1 | | 0.121 | 0.051 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | 3.349 | 16 | | 1 | | 185 | 78 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.331 | | 0 | | 1 | | 0.665 | 0.281 | |
| Threonine....g | 1.214 | | 0 | | 1 | | 2.440 | 1.032 | |
| Isoleucine....g | 1.368 | | 0 | | 1 | | 2.750 | 1.163 | |
| Leucine....g | 2.205 | | 0 | | 1 | | 4.432 | 1.874 | |
| Lysine....g | 2.504 | | 0 | | 1 | | 5.033 | 2.128 | |
| Methionine....g | 0.728 | | 0 | | 1 | | 1.463 | 0.619 | |
| Cystine....g | 0.338 | | 0 | | 1 | | 0.679 | 0.287 | |
| Phenylalanine....g | 1.154 | | 0 | | 1 | | 2.320 | 0.981 | |
| Tyrosine....g | 0.953 | | 0 | | 1 | | 1.916 | 0.810 | |
| Valine....g | 1.530 | | 0 | | 1 | | 3.075 | 1.301 | |
| Arginine....g | 1.684 | | 0 | | 1 | | 3.385 | 1.431 | |
| Histidine....g | 0.898 | | 0 | | 1 | | 1.805 | 0.763 | |
| Alanine....g | 1.705 | | 0 | | 1 | | 3.427 | 1.449 | |
| Aspartic acid....g | 2.496 | | 0 | | 1 | | 5.017 | 2.122 | |
| Glutamic acid....g | 4.114 | | 0 | | 1 | | 8.269 | 3.497 | |
| Glycine....g | 1.385 | | 0 | | 1 | | 2.784 | 1.177 | |
| Proline....g | 1.189 | | 0 | | 1 | | 2.390 | 1.011 | |
| Serine....g | 1.054 | | 0 | | 1 | | 2.119 | 0.896 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 201g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

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

**NDB No. 17022**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17021**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 43% Bone 23%, separable fat 20%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.57 | 0.470 | 32 | | 1 | | 20.86 | 333.71 | |
| Energy....kcal | 134 | | 0 | NC | 4 | | 38 | 608 | |
| Energy....kj | 561 | | | | 4 | | 159 | 2543 | |
| Protein (N x 6.25)....g | 20.55 | 0.328 | 32 | | 1 | | 5.83 | 93.21 | |
| Total lipid (fat)....g | 5.08 | 0.221 | 32 | | 1 | | 1.44 | 23.04 | |
| Ash....g | 1.07 | 0.011 | 32 | | 1 | | 0.30 | 4.85 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.465 | 32 | | 1 | | 2 | 32 | |
| Iron, Fe....mg | 1.83 | 0.094 | 32 | | 1 | | 0.52 | 8.30 | |
| Magnesium, Mg....mg | 27 | 1.196 | 32 | | 1 | | 8 | 122 | |
| Phosphorus, P....mg | 189 | 4.452 | 16 | | 1 | | 54 | 857 | |
| Potassium, K....mg | 284 | 14.399 | 32 | | 1 | | 81 | 1288 | |
| Sodium, Na....mg | 64 | 2.551 | 32 | | 1 | | 18 | 290 | |
| Zinc, Zn....mg | 3.77 | 0.173 | 32 | | 1 | | 1.07 | 17.10 | |
| Copper, Cu....mg | 0.132 | 0.006 | 32 | | 1 | | 0.037 | 0.599 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 23.4 | | 0 | BFNN | 4 | | 6.6 | 106.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | 0.007 | 16 | | 1 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.250 | 0.015 | 16 | | 1 | | 0.071 | 1.134 | |
| Niacin....mg | 6.330 | 0.303 | 16 | | 1 | | 1.795 | 28.713 | |
| Pantothenic acid....mg | 0.740 | 0.017 | 16 | | 1 | | 0.210 | 3.357 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Folate, total....mcg | 24 | 1.354 | 16 | | 1 | | 7 | 109 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 24 | 1.354 | 16 | | 1 | | 7 | 109 | |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 7 | 109 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.76 | 0.149 | 16 | | 1 | | 0.78 | 12.52 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.24 | | 0 | | 1 | | 0.07 | 1.09 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.820 | | 0 | | 1 | | 0.516 | 8.256 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17021**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.130 | | 373 | | 1 | | 0.037 | 0.590 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.990 | | 373 | | 1 | | 0.281 | 4.491 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.600 | | 373 | | 1 | | 0.170 | 2.722 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.040 | | 0 | | 1 | | 0.578 | 9.253 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.150 | | 373 | | 1 | | 0.043 | 0.680 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.850 | | 373 | | 1 | | 0.524 | 8.392 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.460 | | 0 | | 1 | | 0.130 | 2.087 | |
| 18:2 undifferentiated....g | 0.350 | | 373 | | 1 | | 0.099 | 1.588 | |
| 18:3 undifferentiated....g | 0.070 | | 373 | | 1 | | 0.020 | 0.318 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 373 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 66 | 1.602 | 16 | | 1 | | 19 | 299 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| Threonine....g | 0.880 | | 0 | | 1 | | 0.249 | 3.992 | |
| Isoleucine....g | 0.991 | | 0 | | 1 | | 0.281 | 4.495 | |
| Leucine....g | 1.598 | | 0 | | 1 | | 0.453 | 7.249 | |
| Lysine....g | 1.815 | | 0 | | 1 | | 0.515 | 8.233 | |
| Methionine....g | 0.527 | | 0 | | 1 | | 0.149 | 2.390 | |
| Cystine....g | 0.245 | | 0 | | 1 | | 0.069 | 1.111 | |
| Phenylalanine....g | 0.837 | | 0 | | 1 | | 0.237 | 3.797 | |
| Tyrosine....g | 0.691 | | 0 | | 1 | | 0.196 | 3.134 | |
| Valine....g | 1.109 | | 0 | | 1 | | 0.314 | 5.030 | |
| Arginine....g | 1.221 | | 0 | | 1 | | 0.346 | 5.538 | |
| Histidine....g | 0.651 | | 0 | | 1 | | 0.185 | 2.953 | |
| Alanine....g | 1.236 | | 0 | | 1 | | 0.350 | 5.606 | |
| Aspartic acid....g | 1.809 | | 0 | | 1 | | 0.513 | 8.206 | |
| Glutamic acid....g | 2.982 | | 0 | | 1 | | 0.845 | 13.526 | |
| Glycine....g | 1.004 | | 0 | | 1 | | 0.285 | 4.554 | |
| Proline....g | 0.862 | | 0 | | 1 | | 0.244 | 3.910 | |
| Serine....g | 0.764 | | 0 | | 1 | | 0.217 | 3.466 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

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

**NDB No. 17021**

**Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17012**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.48 | | 0 | | 1 | | 152.32 | 48.86 | |
| Energy....kcal | 258 | | 0 | NC | 4 | | 684 | 219 | |
| Energy....kj | 1079 | | 0 | | 4 | | 2861 | 918 | |
| Protein (N x 6.25)....g | 25.55 | | 0 | | 1 | | 67.71 | 21.72 | |
| Total lipid (fat)....g | 16.48 | | 0 | | 1 | | 43.67 | 14.01 | |
| Ash....g | 1.02 | | 0 | | 1 | | 2.70 | 0.87 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | | 1 | | 29 | 9 | |
| Iron, Fe....mg | 1.98 | | 0 | | 1 | | 5.25 | 1.68 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 64 | 20 | |
| Phosphorus, P....mg | 191 | | 0 | | 1 | | 506 | 162 | |
| Potassium, K....mg | 313 | | 0 | | 1 | | 829 | 266 | |
| Sodium, Na....mg | 66 | | 0 | | 1 | | 175 | 56 | |
| Zinc, Zn....mg | 4.40 | | 0 | | 1 | | 11.66 | 3.74 | |
| Copper, Cu....mg | 0.115 | | 0 | | 1 | | 0.305 | 0.098 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.064 | 0.020 | |
| Selenium, Se....mcg | 27.2 | | 0 | BFYN | 4 | | 72.1 | 23.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.265 | 0.085 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.716 | 0.230 | |
| Niacin....mg | 6.590 | | 0 | | 1 | | 17.464 | 5.602 | |
| Pantothenic acid....mg | 0.680 | | 0 | | 1 | | 1.802 | 0.578 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.398 | 0.128 | |
| Folate, total....mcg | 20 | | 0 | | 1 | | 53 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | | 1 | | 53 | 17 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 53 | 17 | |
| Choline, total....mg | 96.3 | | 0 | BFNN | 4 | | 255.2 | 81.9 | |
| Betaine....mg | 12.7 | | 0 | BFNN | 4 | | 33.5 | 10.8 | |
| Vitamin B-12....mcg | 2.59 | | 0 | | 1 | | 6.86 | 2.20 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.40 | 0.13 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.2 | | 0 | BFSN | 4 | | 11.2 | 3.6 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.890 | | 0 | | 1 | | 18.259 | 5.857 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.040 | | 0 | | 1 | | 0.106 | 0.034 | |

**NDB No. 17012**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.070 | | 0 | | 1 | | 0.186 | 0.060 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.640 | | 0 | | 1 | | 1.696 | 0.544 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.510 | | 0 | | 1 | | 9.302 | 2.984 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.220 | | 0 | | 1 | | 5.883 | 1.887 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 6.960 | | 0 | | 1 | | 18.444 | 5.916 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.480 | | 0 | | 1 | | 1.272 | 0.408 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.320 | | 0 | | 1 | | 16.748 | 5.372 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.180 | | 0 | | 1 | | 3.127 | 1.003 | |
| 18:2 undifferentiated g | 0.900 | | 0 | | 1 | | 2.385 | 0.765 | |
| 18:3 undifferentiated g | 0.230 | | 0 | | 1 | | 0.610 | 0.196 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.060 | | 0 | | 1 | | 0.159 | 0.051 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 93 | | 0 | | 1 | | 246 | 79 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.299 | | 0 | | 1 | | 0.792 | 0.254 | |
| Threonine g | 1.094 | | 0 | | 1 | | 2.899 | 0.930 | |
| Isoleucine g | 1.233 | | 0 | | 1 | | 3.267 | 1.048 | |
| Leucine g | 1.987 | | 0 | | 1 | | 5.266 | 1.689 | |
| Lysine g | 2.256 | | 0 | | 1 | | 5.978 | 1.918 | |
| Methionine g | 0.656 | | 0 | | 1 | | 1.738 | 0.558 | |
| Cystine g | 0.305 | | 0 | | 1 | | 0.808 | 0.259 | |
| Phenylalanine g | 1.040 | | 0 | | 1 | | 2.756 | 0.884 | |
| Tyrosine g | 0.859 | | 0 | | 1 | | 2.276 | 0.730 | |
| Valine g | 1.379 | | 0 | | 1 | | 3.654 | 1.172 | |
| Arginine g | 1.518 | | 0 | | 1 | | 4.023 | 1.290 | |
| Histidine g | 0.809 | | 0 | | 1 | | 2.144 | 0.688 | |
| Alanine g | 1.537 | | 0 | | 1 | | 4.073 | 1.306 | |
| Aspartic acid g | 2.249 | | 0 | | 1 | | 5.960 | 1.912 | |
| Glutamic acid g | 3.708 | | 0 | | 1 | | 9.826 | 3.152 | |
| Glycine g | 1.248 | | 0 | | 1 | | 3.307 | 1.061 | |
| Proline g | 1.072 | | 0 | | 1 | | 2.841 | 0.911 | |
| Serine g | 0.950 | | 0 | | 1 | | 2.518 | 0.808 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17012**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17011**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 64.32 | | 0 | | 1 | | 18.23 | 291.76 | |
| Energy ... kcal | 230 | | 0 | NC | 4 | | 65 | 1043 | |
| Energy ... kj | 962 | | | | 4 | | 273 | 4365 | |
| Protein (N x 6.25) ... g | 17.91 | | 0 | | 1 | | 5.08 | 81.24 | |
| Total lipid (fat) ... g | 17.07 | | 0 | | 1 | | 4.84 | 77.43 | |
| Ash ... g | 0.94 | | 0 | | 1 | | 0.27 | 4.26 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 9 | | 0 | | 1 | | 3 | 41 | |
| Iron, Fe ... mg | 1.66 | | 0 | | 1 | | 0.47 | 7.53 | |
| Magnesium, Mg ... mg | 23 | | 0 | | 1 | | 7 | 104 | |
| Phosphorus, P ... mg | 170 | | 0 | | 1 | | 48 | 771 | |
| Potassium, K ... mg | 249 | | 0 | | 1 | | 71 | 1129 | |
| Sodium, Na ... mg | 56 | | 0 | | 1 | | 16 | 254 | |
| Zinc, Zn ... mg | 3.32 | | 0 | | 1 | | 0.94 | 15.06 | |
| Copper, Cu ... mg | 0.113 | | 0 | | 1 | | 0.032 | 0.513 | |
| Manganese, Mn ... mg | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| Selenium, Se ... mcg | 20.7 | | 0 | PAK | 1 | | 5.9 | 93.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Riboflavin ... mg | 0.230 | | 0 | | 1 | | 0.065 | 1.043 | |
| Niacin ... mg | 6.260 | | 0 | | 1 | | 1.775 | 28.395 | |
| Pantothenic acid ... mg | 0.690 | | 0 | | 1 | | 0.196 | 3.130 | |
| Vitamin B-6 ... mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Folate, total ... mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folate, DFE ... mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.50 | | 0 | | 1 | | 0.71 | 11.34 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 7.430 | | 0 | | 1 | | 2.106 | 33.702 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.040 | | 0 | | 1 | | 0.011 | 0.181 | |
| 12:0 ... g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17011**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.680 | | 0 | | 1 | | 0.193 | 3.084 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.740 | | 0 | | 1 | | 1.060 | 16.965 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.350 | | 0 | | 1 | | 0.666 | 10.660 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 7.000 | | 0 | | 1 | | 1.985 | 31.752 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.500 | | 0 | | 1 | | 0.142 | 2.268 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 6.290 | | 0 | | 1 | | 1.783 | 28.531 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.350 | | 0 | | 1 | | 0.383 | 6.124 | |
| 18:2 undifferentiated ... g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| 18:3 undifferentiated ... g | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 69 | | 0 | | 1 | | 20 | 313 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.209 | | 0 | | 1 | | 0.059 | 0.948 | |
| Threonine ... g | 0.767 | | 0 | | 1 | | 0.217 | 3.479 | |
| Isoleucine ... g | 0.864 | | 0 | | 1 | | 0.245 | 3.919 | |
| Leucine ... g | 1.393 | | 0 | | 1 | | 0.395 | 6.319 | |
| Lysine ... g | 1.582 | | 0 | | 1 | | 0.448 | 7.176 | |
| Methionine ... g | 0.460 | | 0 | | 1 | | 0.130 | 2.087 | |
| Cystine ... g | 0.214 | | 0 | | 1 | | 0.061 | 0.971 | |
| Phenylalanine ... g | 0.729 | | 0 | | 1 | | 0.207 | 3.307 | |
| Tyrosine ... g | 0.602 | | 0 | | 1 | | 0.171 | 2.731 | |
| Valine ... g | 0.967 | | 0 | | 1 | | 0.274 | 4.386 | |
| Arginine ... g | 1.064 | | 0 | | 1 | | 0.302 | 4.826 | |
| Histidine ... g | 0.567 | | 0 | | 1 | | 0.161 | 2.572 | |
| Alanine ... g | 1.077 | | 0 | | 1 | | 0.305 | 4.885 | |
| Aspartic acid ... g | 1.577 | | 0 | | 1 | | 0.447 | 7.153 | |
| Glutamic acid ... g | 2.600 | | 0 | | 1 | | 0.737 | 11.794 | |
| Glycine ... g | 0.875 | | 0 | | 1 | | 0.248 | 3.969 | |
| Proline ... g | 0.751 | | 0 | | 1 | | 0.213 | 3.407 | |
| Serine ... g | 0.666 | | 0 | | 1 | | 0.189 | 3.021 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17011**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17231**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.99 | | 0 | PAE | 4 | | 153.37 | 50.14 | |
| Energy....kcal | 242 | | 0 | NC | 4 | | 629 | 206 | |
| Energy....kj | 1013 | | | | 4 | | 2633 | 861 | |
| Protein (N x 6.25)....g | 26.20 | | 0 | PAE | 4 | | 68.12 | 22.27 | |
| Total lipid (fat)....g | 14.42 | | 0 | PAE | 4 | | 37.49 | 12.26 | |
| Ash....g | 1.04 | | 0 | PAE | 4 | | 2.70 | 0.88 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | PAE | 4 | | 26 | 9 | |
| Iron, Fe....mg | 2.02 | | 0 | PAE | 4 | | 5.25 | 1.72 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 62 | 20 | |
| Phosphorus, P....mg | 194 | | 0 | PAE | 4 | | 504 | 165 | |
| Potassium, K....mg | 319 | | 0 | PAE | 4 | | 829 | 271 | |
| Sodium, Na....mg | 67 | | 0 | PAE | 4 | | 174 | 57 | |
| Zinc, Zn....mg | 4.53 | | 0 | PAE | 4 | | 11.78 | 3.85 | |
| Copper, Cu....mg | 0.116 | | 0 | PAE | 4 | | 0.302 | 0.099 | |
| Manganese, Mn....mg | 0.025 | | 0 | PAE | 4 | | 0.065 | 0.021 | |
| Selenium, Se....mcg | 27.8 | | 0 | BFNN | 4 | | 72.3 | 23.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.286 | 0.094 | |
| Riboflavin....mg | 0.280 | | 0 | PAE | 4 | | 0.728 | 0.238 | |
| Niacin....mg | 6.530 | | 0 | PAE | 4 | | 16.978 | 5.551 | |
| Pantothenic acid....mg | 0.690 | | 0 | PAE | 4 | | 1.794 | 0.587 | |
| Vitamin B-6....mg | 0.150 | | 0 | PAE | 4 | | 0.390 | 0.128 | |
| Folate, total....mcg | 20 | | 0 | PAE | 4 | | 52 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | PAE | 4 | | 52 | 17 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 52 | 17 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.60 | | 0 | PAE | 4 | | 6.76 | 2.21 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.920 | | 0 | PAE | 4 | | 15.392 | 5.032 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.104 | 0.034 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.156 | 0.051 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17231**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.550 | | 0 | PAE | 4 | | 1.430 | 0.468 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.030 | | 0 | PAE | 4 | | 7.878 | 2.576 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.920 | | 0 | PAE | 4 | | 4.992 | 1.632 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 6.120 | | 0 | PAE | 4 | | 15.912 | 5.202 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.420 | | 0 | PAE | 4 | | 1.092 | 0.357 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.570 | | 0 | PAE | 4 | | 14.482 | 4.735 | |
| 20:1 g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.020 | | 0 | PAE | 4 | | 2.652 | 0.867 | |
| 18:2 undifferentiated g | 0.780 | | 0 | PAE | 4 | | 2.028 | 0.663 | |
| 18:3 undifferentiated g | 0.190 | | 0 | PAE | 4 | | 0.494 | 0.162 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.060 | | 0 | PAE | 4 | | 0.156 | 0.051 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 92 | | 0 | PAE | 4 | | 239 | 78 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.306 | | 0 | PAE | 4 | | 0.796 | 0.260 | |
| Threonine g | 1.121 | | 0 | PAE | 4 | | 2.915 | 0.953 | |
| Isoleucine g | 1.264 | | 0 | PAE | 4 | | 3.286 | 1.074 | |
| Leucine g | 2.038 | | 0 | PAE | 4 | | 5.299 | 1.732 | |
| Lysine g | 2.314 | | 0 | PAE | 4 | | 6.016 | 1.967 | |
| Methionine g | 0.672 | | 0 | PAE | 4 | | 1.747 | 0.571 | |
| Cystine g | 0.313 | | 0 | PAE | 4 | | 0.814 | 0.266 | |
| Phenylalanine g | 1.067 | | 0 | PAE | 4 | | 2.774 | 0.907 | |
| Tyrosine g | 0.880 | | 0 | PAE | 4 | | 2.288 | 0.748 | |
| Valine g | 1.414 | | 0 | PAE | 4 | | 3.676 | 1.202 | |
| Arginine g | 1.556 | | 0 | PAE | 4 | | 4.046 | 1.323 | |
| Histidine g | 0.830 | | 0 | PAE | 4 | | 2.158 | 0.706 | |
| Alanine g | 1.576 | | 0 | PAE | 4 | | 4.098 | 1.340 | |
| Aspartic acid g | 2.306 | | 0 | PAE | 4 | | 5.996 | 1.960 | |
| Glutamic acid g | 3.802 | | 0 | PAE | 4 | | 9.885 | 3.232 | |
| Glycine g | 1.280 | | 0 | PAE | 4 | | 3.328 | 1.088 | |
| Proline g | 1.099 | | 0 | PAE | 4 | | 2.857 | 0.934 | |
| Serine g | 0.974 | | 0 | PAE | 4 | | 2.532 | 0.828 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 260g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17231**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17230**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.38 | | 0 | PAE | 4 | | 18.82 | 301.10 | |
| Energy....kcal | 209 | | 0 | NC | 4 | | 59 | 948 | |
| Energy....kj | 874 | | | | 4 | | 248 | 3967 | |
| Protein (N x 6.25)....g | 18.47 | | 0 | PAE | 4 | | 5.24 | 83.78 | |
| Total lipid (fat)....g | 14.42 | | 0 | PAE | 4 | | 4.09 | 65.41 | |
| Ash....g | 0.97 | | 0 | PAE | 4 | | 0.27 | 4.40 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | PAE | 4 | | 2 | 36 | |
| Iron, Fe....mg | 1.70 | | 0 | PAE | 4 | | 0.48 | 7.71 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 7 | 109 | |
| Phosphorus, P....mg | 175 | | 0 | PAE | 4 | | 50 | 794 | |
| Potassium, K....mg | 258 | | 0 | PAE | 4 | | 73 | 1170 | |
| Sodium, Na....mg | 57 | | 0 | PAE | 4 | | 16 | 259 | |
| Zinc, Zn....mg | 3.43 | | 0 | PAE | 4 | | 0.97 | 15.56 | |
| Copper, Cu....mg | 0.116 | | 0 | PAE | 4 | | 0.033 | 0.526 | |
| Manganese, Mn....mg | 0.021 | | 0 | PAE | 4 | | 0.006 | 0.095 | |
| Selenium, Se....mcg | 21.3 | | 0 | BFNN | 4 | | 6.0 | 96.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.240 | | 0 | PAE | 4 | | 0.068 | 1.089 | |
| Niacin....mg | 6.250 | | 0 | PAE | 4 | | 1.772 | 28.350 | |
| Pantothenic acid....mg | 0.700 | | 0 | PAE | 4 | | 0.198 | 3.175 | |
| Vitamin B-6....mg | 0.150 | | 0 | PAE | 4 | | 0.043 | 0.680 | |
| Folate, total....mcg | 20 | | 0 | PAE | 4 | | 6 | 91 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | PAE | 4 | | 6 | 91 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 6 | 91 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.54 | | 0 | PAE | 4 | | 0.72 | 11.52 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.210 | | 0 | PAE | 4 | | 1.761 | 28.169 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.011 | 0.181 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17230**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.560 | | 0 | PAE | 4 | | 0.159 | 2.540 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.140 | | 0 | PAE | 4 | | 0.890 | 14.243 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.960 | | 0 | PAE | 4 | | 0.556 | 8.891 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.910 | | 0 | PAE | 4 | | 1.675 | 26.808 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.420 | | 0 | PAE | 4 | | 0.119 | 1.905 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.310 | | 0 | PAE | 4 | | 1.505 | 24.086 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.150 | | 0 | PAE | 4 | | 0.326 | 5.216 | |
| 18:2 undifferentiated....g | 0.850 | | 0 | PAE | 4 | | 0.241 | 3.856 | |
| 18:3 undifferentiated....g | 0.250 | | 0 | PAE | 4 | | 0.071 | 1.134 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 68 | | 0 | PAE | 4 | | 19 | 308 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.216 | | 0 | PAE | 4 | | 0.061 | 0.980 | |
| Threonine....g | 0.791 | | 0 | PAE | 4 | | 0.224 | 3.588 | |
| Isoleucine....g | 0.891 | | 0 | PAE | 4 | | 0.253 | 4.042 | |
| Leucine....g | 1.437 | | 0 | PAE | 4 | | 0.407 | 6.518 | |
| Lysine....g | 1.631 | | 0 | PAE | 4 | | 0.462 | 7.398 | |
| Methionine....g | 0.474 | | 0 | PAE | 4 | | 0.134 | 2.150 | |
| Cystine....g | 0.220 | | 0 | PAE | 4 | | 0.062 | 0.998 | |
| Phenylalanine....g | 0.752 | | 0 | PAE | 4 | | 0.213 | 3.411 | |
| Tyrosine....g | 0.621 | | 0 | PAE | 4 | | 0.176 | 2.817 | |
| Valine....g | 0.997 | | 0 | PAE | 4 | | 0.283 | 4.522 | |
| Arginine....g | 1.097 | | 0 | PAE | 4 | | 0.311 | 4.976 | |
| Histidine....g | 0.585 | | 0 | PAE | 4 | | 0.166 | 2.654 | |
| Alanine....g | 1.111 | | 0 | PAE | 4 | | 0.315 | 5.039 | |
| Aspartic acid....g | 1.626 | | 0 | PAE | 4 | | 0.461 | 7.376 | |
| Glutamic acid....g | 2.680 | | 0 | PAE | 4 | | 0.760 | 12.156 | |
| Glycine....g | 0.902 | | 0 | PAE | 4 | | 0.256 | 4.091 | |
| Proline....g | 0.775 | | 0 | PAE | 4 | | 0.220 | 3.515 | |
| Serine....g | 0.687 | | 0 | PAE | 4 | | 0.195 | 3.116 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17230**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17014**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 35% Bone 22%, separable fat 13%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.89 | 0.462 | 16 | | 1 | | 139.28 | 54.31 | |
| Energy....kcal | 191 | | 0 | NC | 4 | | 416 | 162 | |
| Energy....kj | 799 | | 0 | | 4 | | 1742 | 679 | |
| Protein (N x 6.25)....g | 28.30 | 0.302 | 16 | | 1 | | 61.69 | 24.06 | |
| Total lipid (fat)....g | 7.74 | 0.327 | 16 | | 1 | | 16.87 | 6.58 | |
| Ash....g | 1.09 | 0.018 | 16 | | 1 | | 2.38 | 0.93 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | 0.279 | 16 | | 1 | | 17 | 7 | |
| Iron, Fe....mg | 2.12 | 0.071 | 16 | | 1 | | 4.62 | 1.80 | |
| Magnesium, Mg....mg | 26 | 0.415 | 16 | | 1 | | 57 | 22 | |
| Phosphorus, P....mg | 206 | 3.710 | 16 | | 1 | | 449 | 175 | |
| Potassium, K....mg | 338 | 4.118 | 16 | | 1 | | 737 | 287 | |
| Sodium, Na....mg | 68 | 0.905 | 16 | | 1 | | 148 | 58 | |
| Zinc, Zn....mg | 4.94 | 0.108 | 16 | | 1 | | 10.77 | 4.20 | |
| Copper, Cu....mg | 0.120 | 0.008 | 16 | | 1 | | 0.262 | 0.102 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.061 | 0.024 | |
| Selenium, Se....mcg | 30.1 | | 0 | BFYN | 4 | | 65.6 | 25.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | 0.005 | 16 | | 1 | | 0.240 | 0.094 | |
| Riboflavin....mg | 0.290 | 0.014 | 16 | | 1 | | 0.632 | 0.247 | |
| Niacin....mg | 6.340 | 0.192 | 16 | | 1 | | 13.821 | 5.389 | |
| Pantothenic acid....mg | 0.710 | 0.026 | 16 | | 1 | | 1.548 | 0.604 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.371 | 0.145 | |
| Folate, total....mcg | 23 | 1.216 | 16 | | 1 | | 50 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.216 | 16 | | 1 | | 50 | 20 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 50 | 20 | |
| Choline, total....mg | 104.9 | | 0 | BFNN | 4 | | 228.8 | 89.2 | |
| Betaine....mg | 13.8 | | 0 | BFNN | 4 | | 30.1 | 11.7 | |
| Vitamin B-12....mcg | 2.64 | 0.146 | 16 | | 1 | | 5.76 | 2.24 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.39 | 0.15 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 3.6 | | 0 | BFSN | 4 | | 7.8 | 3.1 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.760 | | 0 | | 1 | | 6.017 | 2.346 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 107 | | 1 | | 0.044 | 0.017 | |

**NDB No. 17014**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.020 | | 107 | | 1 | | 0.044 | 0.017 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.240 | | 107 | | 1 | | 0.523 | 0.204 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.490 | | 107 | | 1 | | 3.248 | 1.267 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.950 | | 107 | | 1 | | 2.071 | 0.808 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.390 | | 0 | | 1 | | 7.390 | 2.882 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.230 | | 107 | | 1 | | 0.501 | 0.196 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.140 | | 107 | | 1 | | 6.845 | 2.669 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.510 | | 0 | | 1 | | 1.112 | 0.434 | |
| 18:2 undifferentiated g | 0.410 | | 107 | | 1 | | 0.894 | 0.349 | |
| 18:3 undifferentiated g | 0.050 | | 107 | | 1 | | 0.109 | 0.043 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.050 | | 107 | | 1 | | 0.109 | 0.043 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 89 | 2.833 | 16 | | 1 | | 194 | 76 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.331 | | 0 | | 1 | | 0.722 | 0.281 | |
| Threonine g | 1.211 | | 0 | | 1 | | 2.640 | 1.029 | |
| Isoleucine g | 1.365 | | 0 | | 1 | | 2.976 | 1.160 | |
| Leucine g | 2.201 | | 0 | | 1 | | 4.798 | 1.871 | |
| Lysine g | 2.499 | | 0 | | 1 | | 5.448 | 2.124 | |
| Methionine g | 0.726 | | 0 | | 1 | | 1.583 | 0.617 | |
| Cystine g | 0.338 | | 0 | | 1 | | 0.737 | 0.287 | |
| Phenylalanine g | 1.152 | | 0 | | 1 | | 2.511 | 0.979 | |
| Tyrosine g | 0.951 | | 0 | | 1 | | 2.073 | 0.808 | |
| Valine g | 1.527 | | 0 | | 1 | | 3.329 | 1.298 | |
| Arginine g | 1.681 | | 0 | | 1 | | 3.665 | 1.429 | |
| Histidine g | 0.896 | | 0 | | 1 | | 1.953 | 0.762 | |
| Alanine g | 1.702 | | 0 | | 1 | | 3.710 | 1.447 | |
| Aspartic acid g | 2.491 | | 0 | | 1 | | 5.430 | 2.117 | |
| Glutamic acid g | 4.106 | | 0 | | 1 | | 8.951 | 3.490 | |
| Glycine g | 1.382 | | 0 | | 1 | | 3.013 | 1.175 | |
| Proline g | 1.187 | | 0 | | 1 | | 2.588 | 1.009 | |
| Serine g | 1.052 | | 0 | | 1 | | 2.293 | 0.894 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17014**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Measure 1 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17013**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 36% Bone 21%, separable fat 15%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.11 | 0.268 | 32 | | 1 | | 21.01 | 336.16 | |
| Energy....kcal | 128 | | 0 | NC | 4 | | 36 | 581 | |
| Energy....kj | 536 | | | | 4 | | 152 | 2429 | |
| Protein (N x 6.25)....g | 20.56 | 0.181 | 32 | | 1 | | 5.83 | 93.26 | |
| Total lipid (fat)....g | 4.51 | 0.180 | 32 | | 1 | | 1.28 | 20.46 | |
| Ash....g | 1.07 | 0.009 | 32 | | 1 | | 0.30 | 4.85 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | 0.371 | 32 | | 1 | | 2 | 27 | |
| Iron, Fe....mg | 1.82 | 0.087 | 32 | | 1 | | 0.52 | 8.26 | |
| Magnesium, Mg....mg | 27 | 0.879 | 32 | | 1 | | 8 | 122 | |
| Phosphorus, P....mg | 193 | 3.924 | 16 | | 1 | | 55 | 875 | |
| Potassium, K....mg | 289 | 13.735 | 32 | | 1 | | 82 | 1311 | |
| Sodium, Na....mg | 62 | 2.601 | 32 | | 1 | | 18 | 281 | |
| Zinc, Zn....mg | 3.84 | 0.120 | 32 | | 1 | | 1.09 | 17.42 | |
| Copper, Cu....mg | 0.126 | 0.004 | 32 | | 1 | | 0.036 | 0.572 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 23.5 | | 0 | BFNN | 4 | | 6.7 | 106.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | 0.007 | 16 | | 1 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.250 | 0.013 | 16 | | 1 | | 0.071 | 1.134 | |
| Niacin....mg | 6.230 | 0.188 | 16 | | 1 | | 1.766 | 28.259 | |
| Pantothenic acid....mg | 0.720 | 0.017 | 16 | | 1 | | 0.204 | 3.266 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Folate, total....mcg | 23 | 1.390 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.390 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.70 | 0.132 | 16 | | 1 | | 0.77 | 12.25 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.610 | | 0 | | 1 | | 0.456 | 7.303 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17013**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.120 | | 373 | | 1 | | 0.034 | 0.544 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.880 | | 373 | | 1 | | 0.249 | 3.992 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.540 | | 373 | | 1 | | 0.153 | 2.449 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.810 | | 0 | | 1 | | 0.513 | 8.210 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.140 | | 373 | | 1 | | 0.040 | 0.635 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.640 | | 373 | | 1 | | 0.465 | 7.439 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.410 | | 0 | | 1 | | 0.116 | 1.860 | |
| 18:2 undifferentiated....g | 0.310 | | 373 | | 1 | | 0.088 | 1.406 | |
| 18:3 undifferentiated....g | 0.060 | | 373 | | 1 | | 0.017 | 0.272 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 373 | | 1 | | 0.011 | 0.181 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 64 | 1.390 | 16 | | 1 | | 18 | 290 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| Threonine....g | 0.880 | | 0 | | 1 | | 0.249 | 3.992 | |
| Isoleucine....g | 0.992 | | 0 | | 1 | | 0.281 | 4.500 | |
| Leucine....g | 1.599 | | 0 | | 1 | | 0.453 | 7.253 | |
| Lysine....g | 1.815 | | 0 | | 1 | | 0.515 | 8.233 | |
| Methionine....g | 0.528 | | 0 | | 1 | | 0.150 | 2.395 | |
| Cystine....g | 0.245 | | 0 | | 1 | | 0.069 | 1.111 | |
| Phenylalanine....g | 0.837 | | 0 | | 1 | | 0.237 | 3.797 | |
| Tyrosine....g | 0.691 | | 0 | | 1 | | 0.196 | 3.134 | |
| Valine....g | 1.109 | | 0 | | 1 | | 0.314 | 5.030 | |
| Arginine....g | 1.221 | | 0 | | 1 | | 0.346 | 5.538 | |
| Histidine....g | 0.651 | | 0 | | 1 | | 0.185 | 2.953 | |
| Alanine....g | 1.236 | | 0 | | 1 | | 0.350 | 5.606 | |
| Aspartic acid....g | 1.809 | | 0 | | 1 | | 0.513 | 8.206 | |
| Glutamic acid....g | 2.983 | | 0 | | 1 | | 0.846 | 13.531 | |
| Glycine....g | 1.004 | | 0 | | 1 | | 0.285 | 4.554 | |
| Proline....g | 0.862 | | 0 | | 1 | | 0.244 | 3.910 | |
| Serine....g | 0.764 | | 0 | | 1 | | 0.217 | 3.466 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17013**

**Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17024**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 51.57 | | 0 | | 1 | | 43.83 | 33.00 | |
| Energy....kcal | 316 | | 0 | NC | 4 | | 269 | 202 | |
| Energy....kj | 1322 | | 0 | | 4 | | 1124 | 846 | |
| Protein (N x 6.25)....g | 25.17 | | 0 | | 1 | | 21.39 | 16.11 | |
| Total lipid (fat)....g | 23.08 | | 0 | | 1 | | 19.62 | 14.77 | |
| Ash....g | 1.09 | | 0 | | 1 | | 0.93 | 0.70 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | | 1 | | 17 | 13 | |
| Iron, Fe....mg | 1.81 | | 0 | | 1 | | 1.54 | 1.16 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 20 | 15 | |
| Phosphorus, P....mg | 196 | | 0 | | 1 | | 167 | 125 | |
| Potassium, K....mg | 327 | | 0 | | 1 | | 278 | 209 | |
| Sodium, Na....mg | 77 | | 0 | | 1 | | 65 | 49 | |
| Zinc, Zn....mg | 3.48 | | 0 | | 1 | | 2.96 | 2.23 | |
| Copper, Cu....mg | 0.130 | | 0 | | 1 | | 0.111 | 0.083 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.019 | 0.014 | |
| Selenium, Se....mcg | 27.4 | | 0 | BFYN | 4 | | 23.3 | 17.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.085 | 0.064 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.213 | 0.160 | |
| Niacin....mg | 7.100 | | 0 | | 1 | | 6.035 | 4.544 | |
| Pantothenic acid....mg | 0.640 | | 0 | | 1 | | 0.544 | 0.410 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.111 | 0.083 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 15 | 12 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 15 | 12 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 15 | 12 | |
| Choline, total....mg | 93.8 | | 0 | BFNN | 4 | | 79.7 | 60.0 | |
| Betaine....mg | 12.3 | | 0 | BFNN | 4 | | 10.5 | 7.9 | |
| Vitamin B-12....mcg | 2.47 | | 0 | | 1 | | 2.10 | 1.58 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.13 | | 0 | | 1 | | 0.11 | 0.08 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.8 | | 0 | BFSN | 4 | | 4.1 | 3.1 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.830 | | 0 | | 1 | | 8.356 | 6.291 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.060 | | 0 | | 1 | | 0.051 | 0.038 | |

**NDB No. 17024**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.100 | | 0 | | 1 | | 0.085 | 0.064 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.920 | | 0 | | 1 | | 0.782 | 0.589 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.980 | | 0 | | 1 | | 4.233 | 3.187 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 3.150 | | 0 | | 1 | | 2.678 | 2.016 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 9.700 | | 0 | | 1 | | 8.245 | 6.208 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.670 | | 0 | | 1 | | 0.570 | 0.429 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.790 | | 0 | | 1 | | 7.472 | 5.626 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.680 | | 0 | | 1 | | 1.428 | 1.075 | |
| 18:2 undifferentiated g | 1.260 | | 0 | | 1 | | 1.071 | 0.806 | |
| 18:3 undifferentiated g | 0.350 | | 0 | | 1 | | 0.298 | 0.224 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.060 | 0.045 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 100 | | 0 | | 1 | | 85 | 64 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.294 | | 0 | | 1 | | 0.250 | 0.188 | |
| Threonine g | 1.077 | | 0 | | 1 | | 0.915 | 0.689 | |
| Isoleucine g | 1.214 | | 0 | | 1 | | 1.032 | 0.777 | |
| Leucine g | 1.958 | | 0 | | 1 | | 1.664 | 1.253 | |
| Lysine g | 2.223 | | 0 | | 1 | | 1.890 | 1.423 | |
| Methionine g | 0.646 | | 0 | | 1 | | 0.549 | 0.413 | |
| Cystine g | 0.300 | | 0 | | 1 | | 0.255 | 0.192 | |
| Phenylalanine g | 1.025 | | 0 | | 1 | | 0.871 | 0.656 | |
| Tyrosine g | 0.846 | | 0 | | 1 | | 0.719 | 0.541 | |
| Valine g | 1.358 | | 0 | | 1 | | 1.154 | 0.869 | |
| Arginine g | 1.496 | | 0 | | 1 | | 1.272 | 0.957 | |
| Histidine g | 0.797 | | 0 | | 1 | | 0.677 | 0.510 | |
| Alanine g | 1.514 | | 0 | | 1 | | 1.287 | 0.969 | |
| Aspartic acid g | 2.216 | | 0 | | 1 | | 1.884 | 1.418 | |
| Glutamic acid g | 3.653 | | 0 | | 1 | | 3.105 | 2.338 | |
| Glycine g | 1.229 | | 0 | | 1 | | 1.045 | 0.787 | |
| Proline g | 1.056 | | 0 | | 1 | | 0.898 | 0.676 | |
| Serine g | 0.936 | | 0 | | 1 | | 0.796 | 0.599 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17024**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17025**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 22% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.50 | | 0 | | 1 | | 141.23 | 44.63 | |
| Energy | kcal | 309 | | 0 | NC | 4 | | 831 | 263 | |
| Energy | kj | 1293 | | 0 | | 4 | | 3478 | 1099 | |
| Protein (N x 6.25) | g | 22.55 | | 0 | | 1 | | 60.66 | 19.17 | |
| Total lipid (fat) | g | 23.59 | | 0 | | 1 | | 63.46 | 20.05 | |
| Ash | g | 1.16 | | 0 | | 1 | | 3.12 | 0.99 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | | 0 | | 1 | | 48 | 15 | |
| Iron, Fe | mg | 2.12 | | 0 | | 1 | | 5.70 | 1.80 | |
| Magnesium, Mg | mg | 23 | | 0 | | 1 | | 62 | 20 | |
| Phosphorus, P | mg | 180 | | 0 | | 1 | | 484 | 153 | |
| Potassium, K | mg | 246 | | 0 | | 1 | | 662 | 209 | |
| Sodium, Na | mg | 64 | | 0 | | 1 | | 172 | 54 | |
| Zinc, Zn | mg | 3.41 | | 0 | | 1 | | 9.17 | 2.90 | |
| Copper, Cu | mg | 0.119 | | 0 | | 1 | | 0.320 | 0.101 | |
| Manganese, Mn | mg | 0.020 | | 0 | | 1 | | 0.054 | 0.017 | |
| Selenium, Se | mcg | 24.6 | | 0 | BFYN | 4 | | 66.2 | 20.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | | 1 | | 0.269 | 0.085 | |
| Riboflavin | mg | 0.240 | | 0 | | 1 | | 0.646 | 0.204 | |
| Niacin | mg | 7.100 | | 0 | | 1 | | 19.099 | 6.035 | |
| Pantothenic acid | mg | 0.650 | | 0 | | 1 | | 1.749 | 0.553 | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 1 | | 0.296 | 0.094 | |
| Folate, total | mcg | 19 | | 0 | | 1 | | 51 | 16 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 19 | | 0 | | 1 | | 51 | 16 | |
| Folate, DFE | mcg_DFE | 19 | | 0 | NC | 4 | | 51 | 16 | |
| Choline, total | mg | 88.4 | | 0 | BFNN | 4 | | 237.9 | 75.2 | |
| Betaine | mg | 11.6 | | 0 | BFNN | 4 | | 31.3 | 9.9 | |
| Vitamin B-12 | mcg | 2.21 | | 0 | | 1 | | 5.94 | 1.88 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | | 0 | | 1 | | 0.30 | 0.09 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.7 | | 0 | BFSN | 4 | | 12.7 | 4.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.240 | | 0 | | 1 | | 27.546 | 8.704 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.060 | | 0 | | 1 | | 0.161 | 0.051 | |

**NDB No. 17025**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.100 | | 0 | | 1 | | 0.269 | 0.085 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.930 | | 0 | | 1 | | 2.502 | 0.791 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 5.160 | | 0 | | 1 | | 13.880 | 4.386 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 3.240 | | 0 | | 1 | | 8.716 | 2.754 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 9.680 | | 0 | | 1 | | 26.039 | 8.228 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.690 | | 0 | | 1 | | 1.856 | 0.587 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.690 | | 0 | | 1 | | 23.376 | 7.387 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.870 | | 0 | | 1 | | 5.030 | 1.590 | |
| 18:2 undifferentiated g | 1.370 | | 0 | | 1 | | 3.685 | 1.165 | |
| 18:3 undifferentiated g | 0.420 | | 0 | | 1 | | 1.130 | 0.357 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.215 | 0.068 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 95 | | 0 | | 1 | | 256 | 81 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.264 | | 0 | | 1 | | 0.710 | 0.224 | |
| Threonine g | 0.965 | | 0 | | 1 | | 2.596 | 0.820 | |
| Isoleucine g | 1.088 | | 0 | | 1 | | 2.927 | 0.925 | |
| Leucine g | 1.754 | | 0 | | 1 | | 4.718 | 1.491 | |
| Lysine g | 1.991 | | 0 | | 1 | | 5.356 | 1.692 | |
| Methionine g | 0.579 | | 0 | | 1 | | 1.558 | 0.492 | |
| Cystine g | 0.269 | | 0 | | 1 | | 0.724 | 0.229 | |
| Phenylalanine g | 0.918 | | 0 | | 1 | | 2.469 | 0.780 | |
| Tyrosine g | 0.758 | | 0 | | 1 | | 2.039 | 0.644 | |
| Valine g | 1.217 | | 0 | | 1 | | 3.274 | 1.034 | |
| Arginine g | 1.340 | | 0 | | 1 | | 3.605 | 1.139 | |
| Histidine g | 0.714 | | 0 | | 1 | | 1.921 | 0.607 | |
| Alanine g | 1.356 | | 0 | | 1 | | 3.648 | 1.153 | |
| Aspartic acid g | 1.985 | | 0 | | 1 | | 5.340 | 1.687 | |
| Glutamic acid g | 3.272 | | 0 | | 1 | | 8.802 | 2.781 | |
| Glycine g | 1.101 | | 0 | | 1 | | 2.962 | 0.936 | |
| Proline g | 0.946 | | 0 | | 1 | | 2.545 | 0.804 | |
| Serine g | 0.838 | | 0 | | 1 | | 2.254 | 0.712 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17025**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17023**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.55 | | 0 | | 1 | | 16.03 | 53.72 | |
| Energy....kcal | 310 | | 0 | NC | 4 | | 88 | 295 | |
| Energy....kj | 1297 | | | | 4 | | 368 | 1232 | |
| Protein (N x 6.25)....g | 16.32 | | 0 | | 1 | | 4.63 | 15.50 | |
| Total lipid (fat)....g | 26.63 | | 0 | | 1 | | 7.55 | 25.30 | |
| Ash....g | 0.84 | | 0 | | 1 | | 0.24 | 0.80 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | | 0 | | 1 | | 4 | 14 | |
| Iron, Fe....mg | 1.61 | | 0 | | 1 | | 0.46 | 1.53 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 6 | 20 | |
| Phosphorus, P....mg | 152 | | 0 | | 1 | | 43 | 144 | |
| Potassium, K....mg | 214 | | 0 | | 1 | | 61 | 203 | |
| Sodium, Na....mg | 56 | | 0 | | 1 | | 16 | 53 | |
| Zinc, Zn....mg | 2.53 | | 0 | | 1 | | 0.72 | 2.40 | |
| Copper, Cu....mg | 0.105 | | 0 | | 1 | | 0.030 | 0.100 | |
| Manganese, Mn....mg | 0.018 | | 0 | | 1 | | 0.005 | 0.017 | |
| Selenium, Se....mcg | 18.9 | | 0 | PIE | 4 | | 5.4 | 18.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.105 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.060 | 0.200 | |
| Niacin....mg | 6.470 | | 0 | | 1 | | 1.834 | 6.147 | |
| Pantothenic acid....mg | 0.630 | | 0 | | 1 | | 0.179 | 0.599 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.124 | |
| Folate, total....mcg | 17 | | 0 | | 1 | | 5 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | | 1 | | 5 | 16 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 5 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.04 | | 0 | | 1 | | 0.58 | 1.94 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.05 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.760 | | 0 | | 1 | | 3.334 | 11.172 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | | 1 | | 0.020 | 0.067 | |
| 12:0....g | 0.120 | | 0 | | 1 | | 0.034 | 0.114 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17023**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.090 | | 0 | | 1 | | 0.309 | 1.036 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.890 | | 0 | | 1 | | 1.670 | 5.596 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.700 | | 0 | | 1 | | 1.049 | 3.515 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.940 | | 0 | | 1 | | 3.101 | 10.393 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.770 | | 0 | | 1 | | 0.218 | 0.732 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.820 | | 0 | | 1 | | 2.784 | 9.329 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.080 | | 0 | | 1 | | 0.590 | 1.976 | |
| 18:2 undifferentiated....g | 1.520 | | 0 | | 1 | | 0.431 | 1.444 | |
| 18:3 undifferentiated....g | 0.480 | | 0 | | 1 | | 0.136 | 0.456 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.023 | 0.076 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 74 | | 0 | | 1 | | 21 | 70 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.191 | | 0 | | 1 | | 0.054 | 0.181 | |
| Threonine....g | 0.699 | | 0 | | 1 | | 0.198 | 0.664 | |
| Isoleucine....g | 0.787 | | 0 | | 1 | | 0.223 | 0.748 | |
| Leucine....g | 1.270 | | 0 | | 1 | | 0.360 | 1.207 | |
| Lysine....g | 1.441 | | 0 | | 1 | | 0.409 | 1.369 | |
| Methionine....g | 0.419 | | 0 | | 1 | | 0.119 | 0.398 | |
| Cystine....g | 0.195 | | 0 | | 1 | | 0.055 | 0.185 | |
| Phenylalanine....g | 0.664 | | 0 | | 1 | | 0.188 | 0.631 | |
| Tyrosine....g | 0.549 | | 0 | | 1 | | 0.156 | 0.522 | |
| Valine....g | 0.881 | | 0 | | 1 | | 0.250 | 0.837 | |
| Arginine....g | 0.970 | | 0 | | 1 | | 0.275 | 0.922 | |
| Histidine....g | 0.517 | | 0 | | 1 | | 0.147 | 0.491 | |
| Alanine....g | 0.982 | | 0 | | 1 | | 0.278 | 0.933 | |
| Aspartic acid....g | 1.437 | | 0 | | 1 | | 0.407 | 1.365 | |
| Glutamic acid....g | 2.369 | | 0 | | 1 | | 0.672 | 2.251 | |
| Glycine....g | 0.797 | | 0 | | 1 | | 0.226 | 0.757 | |
| Proline....g | 0.685 | | 0 | | 1 | | 0.194 | 0.651 | |
| Serine....g | 0.607 | | 0 | | 1 | | 0.172 | 0.577 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17023**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17237**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 53.31 | | 0 | PAE | 4 | | 45.31 | 28.25 | |
| Energy....kcal | 297 | | 0 | NC | 4 | | 252 | 157 | |
| Energy....kj | 1243 | | | | 4 | | 1056 | 659 | |
| Protein (N x 6.25)....g | 26.06 | | 0 | PAE | 4 | | 22.15 | 13.81 | |
| Total lipid (fat)....g | 20.61 | | 0 | PAE | 4 | | 17.52 | 10.92 | |
| Ash....g | 1.12 | | 0 | PAE | 4 | | 0.95 | 0.59 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | PAE | 4 | | 17 | 11 | |
| Iron, Fe....mg | 1.84 | | 0 | PAE | 4 | | 1.56 | 0.98 | |
| Magnesium, Mg....mg | 25 | | 0 | PAE | 4 | | 21 | 13 | |
| Phosphorus, P....mg | 201 | | 0 | PAE | 4 | | 171 | 107 | |
| Potassium, K....mg | 336 | | 0 | PAE | 4 | | 286 | 178 | |
| Sodium, Na....mg | 78 | | 0 | PAE | 4 | | 66 | 41 | |
| Zinc, Zn....mg | 3.60 | | 0 | PAE | 4 | | 3.06 | 1.91 | |
| Copper, Cu....mg | 0.133 | | 0 | PAE | 4 | | 0.113 | 0.070 | |
| Manganese, Mn....mg | 0.023 | | 0 | PAE | 4 | | 0.020 | 0.012 | |
| Selenium, Se....mcg | 28.2 | | 0 | BFNN | 4 | | 24.0 | 14.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.094 | 0.058 | |
| Riboflavin....mg | 0.260 | | 0 | PAE | 4 | | 0.221 | 0.138 | |
| Niacin....mg | 7.060 | | 0 | PAE | 4 | | 6.001 | 3.742 | |
| Pantothenic acid....mg | 0.640 | | 0 | PAE | 4 | | 0.544 | 0.339 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.111 | 0.069 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 16 | 10 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 16 | 10 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 16 | 10 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.48 | | 0 | PAE | 4 | | 2.11 | 1.31 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.650 | | 0 | PAE | 4 | | 7.353 | 4.585 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.043 | 0.027 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.077 | 0.048 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17237**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.800 | | 0 | PAE | 4 | | 0.680 | 0.424 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.400 | | 0 | PAE | 4 | | 3.740 | 2.332 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.790 | | 0 | PAE | 4 | | 2.372 | 1.479 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.690 | | 0 | PAE | 4 | | 7.387 | 4.606 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.600 | | 0 | PAE | 4 | | 0.510 | 0.318 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.890 | | 0 | PAE | 4 | | 6.707 | 4.182 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.480 | | 0 | PAE | 4 | | 1.258 | 0.784 | |
| 18:2 undifferentiated ... g | 1.120 | | 0 | PAE | 4 | | 0.952 | 0.594 | |
| 18:3 undifferentiated ... g | 0.290 | | 0 | PAE | 4 | | 0.247 | 0.154 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | PAE | 4 | | 0.060 | 0.037 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 99 | | 0 | PAE | 4 | | 84 | 52 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.305 | | 0 | PAE | 4 | | 0.259 | 0.162 | |
| Threonine ... g | 1.116 | | 0 | PAE | 4 | | 0.949 | 0.591 | |
| Isoleucine ... g | 1.258 | | 0 | PAE | 4 | | 1.069 | 0.667 | |
| Leucine ... g | 2.027 | | 0 | PAE | 4 | | 1.723 | 1.074 | |
| Lysine ... g | 2.302 | | 0 | PAE | 4 | | 1.957 | 1.220 | |
| Methionine ... g | 0.669 | | 0 | PAE | 4 | | 0.569 | 0.355 | |
| Cystine ... g | 0.311 | | 0 | PAE | 4 | | 0.264 | 0.165 | |
| Phenylalanine ... g | 1.061 | | 0 | PAE | 4 | | 0.902 | 0.562 | |
| Tyrosine ... g | 0.876 | | 0 | PAE | 4 | | 0.745 | 0.464 | |
| Valine ... g | 1.406 | | 0 | PAE | 4 | | 1.195 | 0.745 | |
| Arginine ... g | 1.548 | | 0 | PAE | 4 | | 1.316 | 0.820 | |
| Histidine ... g | 0.826 | | 0 | PAE | 4 | | 0.702 | 0.438 | |
| Alanine ... g | 1.568 | | 0 | PAE | 4 | | 1.333 | 0.831 | |
| Aspartic acid ... g | 2.294 | | 0 | PAE | 4 | | 1.950 | 1.216 | |
| Glutamic acid ... g | 3.782 | | 0 | PAE | 4 | | 3.215 | 2.004 | |
| Glycine ... g | 1.273 | | 0 | PAE | 4 | | 1.082 | 0.675 | |
| Proline ... g | 1.093 | | 0 | PAE | 4 | | 0.929 | 0.579 | |
| Serine ... g | 0.969 | | 0 | PAE | 4 | | 0.824 | 0.514 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 53g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17237**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17238**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.33 | | 0 | PAE | 4 | | 143.97 | 46.18 | |
| Energy....kcal | 290 | | 0 | NC | 4 | | 769 | 247 | |
| Energy....kj | 1213 | | | | 4 | | 3215 | 1031 | |
| Protein (N x 6.25)....g | 23.27 | | 0 | PAE | 4 | | 61.67 | 19.78 | |
| Total lipid (fat)....g | 21.12 | | 0 | PAE | 4 | | 55.97 | 17.95 | |
| Ash....g | 1.20 | | 0 | PAE | 4 | | 3.18 | 1.02 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAE | 4 | | 48 | 15 | |
| Iron, Fe....mg | 2.17 | | 0 | PAE | 4 | | 5.75 | 1.84 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 64 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | PAE | 4 | | 490 | 157 | |
| Potassium, K....mg | 250 | | 0 | PAE | 4 | | 663 | 213 | |
| Sodium, Na....mg | 64 | | 0 | PAE | 4 | | 170 | 54 | |
| Zinc, Zn....mg | 3.52 | | 0 | PAE | 4 | | 9.33 | 2.99 | |
| Copper, Cu....mg | 0.122 | | 0 | PAE | 4 | | 0.323 | 0.104 | |
| Manganese, Mn....mg | 0.021 | | 0 | PAE | 4 | | 0.056 | 0.018 | |
| Selenium, Se....mcg | 25.2 | | 0 | BFNN | 4 | | 66.8 | 21.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.265 | 0.085 | |
| Riboflavin....mg | 0.240 | | 0 | PAE | 4 | | 0.636 | 0.204 | |
| Niacin....mg | 7.050 | | 0 | PAE | 4 | | 18.683 | 5.993 | |
| Pantothenic acid....mg | 0.660 | | 0 | PAE | 4 | | 1.749 | 0.561 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.345 | 0.111 | |
| Folate, total....mcg | 20 | | 0 | PAE | 4 | | 53 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | PAE | 4 | | 53 | 17 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 53 | 17 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.20 | | 0 | PAE | 4 | | 5.83 | 1.87 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.080 | | 0 | PAE | 4 | | 24.062 | 7.718 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.133 | 0.043 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.239 | 0.077 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17238**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.820 | | 0 | PAE | 4 | | 2.173 | 0.697 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.590 | | 0 | PAE | 4 | | 12.164 | 3.902 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.870 | | 0 | PAE | 4 | | 7.606 | 2.440 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.650 | | 0 | PAE | 4 | | 22.923 | 7.353 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.620 | | 0 | PAE | 4 | | 1.643 | 0.527 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.770 | | 0 | PAE | 4 | | 20.591 | 6.605 | |
| 20:1 g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.690 | | 0 | PAE | 4 | | 4.479 | 1.437 | |
| 18:2 undifferentiated g | 1.240 | | 0 | PAE | 4 | | 3.286 | 1.054 | |
| 18:3 undifferentiated g | 0.370 | | 0 | PAE | 4 | | 0.981 | 0.315 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | PAE | 4 | | 0.212 | 0.068 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 93 | | 0 | PAE | 4 | | 246 | 79 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.272 | | 0 | PAE | 4 | | 0.721 | 0.231 | |
| Threonine g | 0.996 | | 0 | PAE | 4 | | 2.639 | 0.847 | |
| Isoleucine g | 1.123 | | 0 | PAE | 4 | | 2.976 | 0.955 | |
| Leucine g | 1.810 | | 0 | PAE | 4 | | 4.797 | 1.539 | |
| Lysine g | 2.055 | | 0 | PAE | 4 | | 5.446 | 1.747 | |
| Methionine g | 0.597 | | 0 | PAE | 4 | | 1.582 | 0.507 | |
| Cystine g | 0.278 | | 0 | PAE | 4 | | 0.737 | 0.236 | |
| Phenylalanine g | 0.947 | | 0 | PAE | 4 | | 2.510 | 0.805 | |
| Tyrosine g | 0.782 | | 0 | PAE | 4 | | 2.072 | 0.665 | |
| Valine g | 1.256 | | 0 | PAE | 4 | | 3.328 | 1.068 | |
| Arginine g | 1.383 | | 0 | PAE | 4 | | 3.665 | 1.176 | |
| Histidine g | 0.737 | | 0 | PAE | 4 | | 1.953 | 0.626 | |
| Alanine g | 1.400 | | 0 | PAE | 4 | | 3.710 | 1.190 | |
| Aspartic acid g | 2.048 | | 0 | PAE | 4 | | 5.427 | 1.741 | |
| Glutamic acid g | 3.377 | | 0 | PAE | 4 | | 8.949 | 2.870 | |
| Glycine g | 1.137 | | 0 | PAE | 4 | | 3.013 | 0.966 | |
| Proline g | 0.976 | | 0 | PAE | 4 | | 2.586 | 0.830 | |
| Serine g | 0.865 | | 0 | PAE | 4 | | 2.292 | 0.735 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17238**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17236**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.55 | | 0 | PAE | 4 | | 16.88 | 47.04 | |
| Energy....kcal | 279 | | 0 | NC | 4 | | 79 | 220 | |
| Energy....kj | 1167 | | | | 4 | | 331 | 922 | |
| Protein (N x 6.25)....g | 17.18 | | 0 | PAE | 4 | | 4.87 | 13.57 | |
| Total lipid (fat)....g | 22.75 | | 0 | PAE | 4 | | 6.45 | 17.97 | |
| Ash....g | 0.88 | | 0 | PAE | 4 | | 0.25 | 0.70 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | PAE | 4 | | 4 | 11 | |
| Iron, Fe....mg | 1.66 | | 0 | PAE | 4 | | 0.47 | 1.31 | |
| Magnesium, Mg....mg | 22 | | 0 | PAE | 4 | | 6 | 17 | |
| Phosphorus, P....mg | 159 | | 0 | PAE | 4 | | 45 | 126 | |
| Potassium, K....mg | 226 | | 0 | PAE | 4 | | 64 | 179 | |
| Sodium, Na....mg | 59 | | 0 | PAE | 4 | | 17 | 47 | |
| Zinc, Zn....mg | 2.65 | | 0 | PAE | 4 | | 0.75 | 2.09 | |
| Copper, Cu....mg | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.087 | |
| Manganese, Mn....mg | 0.019 | | 0 | PAE | 4 | | 0.005 | 0.015 | |
| Selenium, Se....mcg | 19.4 | | 0 | BFNN | 4 | | 5.5 | 15.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.095 | |
| Riboflavin....mg | 0.210 | | 0 | PAE | 4 | | 0.060 | 0.166 | |
| Niacin....mg | 6.480 | | 0 | PAE | 4 | | 1.837 | 5.119 | |
| Pantothenic acid....mg | 0.640 | | 0 | PAE | 4 | | 0.181 | 0.506 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.111 | |
| Folate, total....mcg | 18 | | 0 | PAE | 4 | | 5 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | PAE | 4 | | 5 | 14 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.07 | | 0 | PAE | 4 | | 0.59 | 1.64 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.950 | | 0 | PAE | 4 | | 2.821 | 7.861 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.047 | |
| 12:0....g | 0.100 | | 0 | PAE | 4 | | 0.028 | 0.079 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17236**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.910 | | 0 | PAE | 4 | | 0.258 | 0.719 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.000 | | 0 | PAE | 4 | | 1.418 | 3.950 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.140 | | 0 | PAE | 4 | | 0.890 | 2.481 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.340 | | 0 | PAE | 4 | | 2.648 | 7.379 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.660 | | 0 | PAE | 4 | | 0.187 | 0.521 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.380 | | 0 | PAE | 4 | | 2.376 | 6.620 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.790 | | 0 | PAE | 4 | | 0.507 | 1.414 | |
| 18:2 undifferentiated....g | 1.310 | | 0 | PAE | 4 | | 0.371 | 1.035 | |
| 18:3 undifferentiated....g | 0.410 | | 0 | PAE | 4 | | 0.116 | 0.324 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | PAE | 4 | | 0.020 | 0.055 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 72 | | 0 | PAE | 4 | | 20 | 57 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.201 | | 0 | PAE | 4 | | 0.057 | 0.159 | |
| Threonine....g | 0.735 | | 0 | PAE | 4 | | 0.208 | 0.581 | |
| Isoleucine....g | 0.829 | | 0 | PAE | 4 | | 0.235 | 0.655 | |
| Leucine....g | 1.336 | | 0 | PAE | 4 | | 0.379 | 1.055 | |
| Lysine....g | 1.517 | | 0 | PAE | 4 | | 0.430 | 1.198 | |
| Methionine....g | 0.441 | | 0 | PAE | 4 | | 0.125 | 0.348 | |
| Cystine....g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.162 | |
| Phenylalanine....g | 0.699 | | 0 | PAE | 4 | | 0.198 | 0.552 | |
| Tyrosine....g | 0.577 | | 0 | PAE | 4 | | 0.164 | 0.456 | |
| Valine....g | 0.927 | | 0 | PAE | 4 | | 0.263 | 0.732 | |
| Arginine....g | 1.020 | | 0 | PAE | 4 | | 0.289 | 0.806 | |
| Histidine....g | 0.544 | | 0 | PAE | 4 | | 0.154 | 0.430 | |
| Alanine....g | 1.033 | | 0 | PAE | 4 | | 0.293 | 0.816 | |
| Aspartic acid....g | 1.512 | | 0 | PAE | 4 | | 0.429 | 1.194 | |
| Glutamic acid....g | 2.492 | | 0 | PAE | 4 | | 0.706 | 1.969 | |
| Glycine....g | 0.839 | | 0 | PAE | 4 | | 0.238 | 0.663 | |
| Proline....g | 0.720 | | 0 | PAE | 4 | | 0.204 | 0.569 | |
| Serine....g | 0.639 | | 0 | PAE | 4 | | 0.181 | 0.505 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 79g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17236**

**Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17027**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 44% Bone 23%, separable fat 21%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.98 | 0.389 | 16 | | 1 | | 51.83 | 28.05 | |
| Energy....kcal | 216 | | 0 | NC | 4 | | 184 | 99 | |
| Energy....kj | 904 | | 0 | | 4 | | 768 | 416 | |
| Protein (N x 6.25)....g | 29.99 | 0.633 | 16 | | 1 | | 25.49 | 13.80 | |
| Total lipid (fat)....g | 9.73 | 0.450 | 15 | | 1 | | 8.27 | 4.48 | |
| Ash....g | 1.24 | 0.022 | 16 | | 1 | | 1.05 | 0.57 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | 1.269 | 16 | | 1 | | 16 | 9 | |
| Iron, Fe....mg | 2.00 | 0.074 | 16 | | 1 | | 1.70 | 0.92 | |
| Magnesium, Mg....mg | 28 | 0.463 | 16 | | 1 | | 24 | 13 | |
| Phosphorus, P....mg | 226 | 5.584 | 16 | | 1 | | 192 | 104 | |
| Potassium, K....mg | 376 | 8.460 | 16 | | 1 | | 320 | 173 | |
| Sodium, Na....mg | 84 | 1.472 | 16 | | 1 | | 71 | 39 | |
| Zinc, Zn....mg | 4.13 | 0.102 | 16 | | 1 | | 3.51 | 1.90 | |
| Copper, Cu....mg | 0.145 | 0.008 | 16 | | 1 | | 0.123 | 0.067 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.024 | 0.013 | |
| Selenium, Se....mcg | 32.8 | | 0 | BFYN | 4 | | 27.9 | 15.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | 0.007 | 16 | | 1 | | 0.094 | 0.051 | |
| Riboflavin....mg | 0.280 | 0.017 | 16 | | 1 | | 0.238 | 0.129 | |
| Niacin....mg | 6.850 | 0.255 | 16 | | 1 | | 5.823 | 3.151 | |
| Pantothenic acid....mg | 0.660 | 0.029 | 16 | | 1 | | 0.561 | 0.304 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.136 | 0.074 | |
| Folate, total....mcg | 24 | 1.487 | 16 | | 1 | | 20 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 24 | 1.487 | 16 | | 1 | | 20 | 11 | |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 20 | 11 | |
| Choline, total....mg | 108.3 | | 0 | BFNN | 4 | | 92.1 | 49.8 | |
| Betaine....mg | 14.2 | | 0 | BFNN | 4 | | 12.1 | 6.5 | |
| Vitamin B-12....mcg | 2.52 | 0.147 | 16 | | 1 | | 2.14 | 1.16 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.14 | 0.07 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 3.9 | | 0 | BFSN | 4 | | 3.3 | 1.8 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.480 | | 0 | | 1 | | 2.958 | 1.601 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 107 | | 1 | | 0.017 | 0.009 | |

**NDB No. 17027**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 107 | | 1 | | 0.026 | 0.014 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.300 | | 107 | | 1 | | 0.255 | 0.138 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.870 | | 107 | | 1 | | 1.590 | 0.860 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.200 | | 107 | | 1 | | 1.020 | 0.552 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.260 | | 0 | | 1 | | 3.621 | 1.960 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.290 | | 107 | | 1 | | 0.247 | 0.133 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.950 | | 107 | | 1 | | 3.358 | 1.817 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.640 | | 0 | | 1 | | 0.544 | 0.294 | |
| 18:2 undifferentiated g | 0.520 | | 107 | | 1 | | 0.442 | 0.239 | |
| 18:3 undifferentiated g | 0.060 | | 107 | | 1 | | 0.051 | 0.028 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.060 | | 107 | | 1 | | 0.051 | 0.028 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 95 | 3.112 | 16 | | 1 | | 81 | 44 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.350 | | 0 | | 1 | | 0.298 | 0.161 | |
| Threonine g | 1.283 | | 0 | | 1 | | 1.091 | 0.590 | |
| Isoleucine g | 1.447 | | 0 | | 1 | | 1.230 | 0.666 | |
| Leucine g | 2.332 | | 0 | | 1 | | 1.982 | 1.073 | |
| Lysine g | 2.648 | | 0 | | 1 | | 2.251 | 1.218 | |
| Methionine g | 0.770 | | 0 | | 1 | | 0.655 | 0.354 | |
| Cystine g | 0.358 | | 0 | | 1 | | 0.304 | 0.165 | |
| Phenylalanine g | 1.221 | | 0 | | 1 | | 1.038 | 0.562 | |
| Tyrosine g | 1.008 | | 0 | | 1 | | 0.857 | 0.464 | |
| Valine g | 1.618 | | 0 | | 1 | | 1.375 | 0.744 | |
| Arginine g | 1.782 | | 0 | | 1 | | 1.515 | 0.820 | |
| Histidine g | 0.950 | | 0 | | 1 | | 0.808 | 0.437 | |
| Alanine g | 1.803 | | 0 | | 1 | | 1.533 | 0.829 | |
| Aspartic acid g | 2.639 | | 0 | | 1 | | 2.243 | 1.214 | |
| Glutamic acid g | 4.352 | | 0 | | 1 | | 3.699 | 2.002 | |
| Glycine g | 1.465 | | 0 | | 1 | | 1.245 | 0.674 | |
| Proline g | 1.258 | | 0 | | 1 | | 1.069 | 0.579 | |
| Serine g | 1.115 | | 0 | | 1 | | 0.948 | 0.513 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17027**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 85g: 3 oz

Measure 2 = 46g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17028**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 44% Bone 22%, separable fat 22%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.76 | | 0 | | 1 | | 121.13 | 53.35 | |
| Energy....kcal | 202 | | 0 | NC | 4 | | 390 | 172 | |
| Energy....kj | 845 | | | | 4 | | 1631 | 718 | |
| Protein (N x 6.25)....g | 26.59 | | 0 | | 1 | | 51.32 | 22.60 | |
| Total lipid (fat)....g | 9.76 | | 0 | | 1 | | 18.84 | 8.30 | |
| Ash....g | 1.35 | | 0 | | 1 | | 2.61 | 1.15 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 33 | 14 | |
| Iron, Fe....mg | 2.44 | | 0 | | 1 | | 4.71 | 2.07 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 52 | 23 | |
| Phosphorus, P....mg | 206 | | 0 | | 1 | | 398 | 175 | |
| Potassium, K....mg | 267 | | 0 | | 1 | | 515 | 227 | |
| Sodium, Na....mg | 66 | | 0 | | 1 | | 127 | 56 | |
| Zinc, Zn....mg | 4.06 | | 0 | | 1 | | 7.84 | 3.45 | |
| Copper, Cu....mg | 0.132 | | 0 | | 1 | | 0.255 | 0.112 | |
| Manganese, Mn....mg | 0.026 | | 0 | | 1 | | 0.050 | 0.022 | |
| Selenium, Se....mcg | 30.3 | | 0 | BFYN | 4 | | 58.5 | 25.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.193 | 0.085 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.521 | 0.230 | |
| Niacin....mg | 6.830 | | 0 | | 1 | | 13.182 | 5.806 | |
| Pantothenic acid....mg | 0.680 | | 0 | | 1 | | 1.312 | 0.578 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.309 | 0.136 | |
| Folate, total....mcg | 25 | | 0 | | 1 | | 48 | 21 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 25 | | 0 | | 1 | | 48 | 21 | |
| Folate, DFE....mcg_DFE | 25 | | 0 | NC | 4 | | 48 | 21 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.16 | | 0 | | 1 | | 4.17 | 1.84 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.31 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.720 | | 0 | | 1 | | 7.180 | 3.162 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.039 | 0.017 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.058 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17028**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.290 | | 0 | | 1 | | 0.560 | 0.247 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.970 | | 0 | | 1 | | 3.802 | 1.675 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.210 | | 0 | | 1 | | 2.335 | 1.029 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.950 | | 0 | | 1 | | 7.624 | 3.358 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.560 | 0.247 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.560 | | 0 | | 1 | | 6.871 | 3.026 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.860 | | 0 | | 1 | | 1.660 | 0.731 | |
| 18:2 undifferentiated....g | 0.640 | | 0 | | 1 | | 1.235 | 0.544 | |
| 18:3 undifferentiated....g | 0.140 | | 0 | | 1 | | 0.270 | 0.119 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.154 | 0.068 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 87 | | 0 | | 1 | | 168 | 74 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.311 | | 0 | | 1 | | 0.600 | 0.264 | |
| Threonine....g | 1.138 | | 0 | | 1 | | 2.196 | 0.967 | |
| Isoleucine....g | 1.283 | | 0 | | 1 | | 2.476 | 1.091 | |
| Leucine....g | 2.068 | | 0 | | 1 | | 3.991 | 1.758 | |
| Lysine....g | 2.348 | | 0 | | 1 | | 4.532 | 1.996 | |
| Methionine....g | 0.682 | | 0 | | 1 | | 1.316 | 0.580 | |
| Cystine....g | 0.317 | | 0 | | 1 | | 0.612 | 0.269 | |
| Phenylalanine....g | 1.083 | | 0 | | 1 | | 2.090 | 0.921 | |
| Tyrosine....g | 0.894 | | 0 | | 1 | | 1.725 | 0.760 | |
| Valine....g | 1.435 | | 0 | | 1 | | 2.770 | 1.220 | |
| Arginine....g | 1.580 | | 0 | | 1 | | 3.049 | 1.343 | |
| Histidine....g | 0.842 | | 0 | | 1 | | 1.625 | 0.716 | |
| Alanine....g | 1.599 | | 0 | | 1 | | 3.086 | 1.359 | |
| Aspartic acid....g | 2.341 | | 0 | | 1 | | 4.518 | 1.990 | |
| Glutamic acid....g | 3.859 | | 0 | | 1 | | 7.448 | 3.280 | |
| Glycine....g | 1.299 | | 0 | | 1 | | 2.507 | 1.104 | |
| Proline....g | 1.115 | | 0 | | 1 | | 2.152 | 0.948 | |
| Serine....g | 0.989 | | 0 | | 1 | | 1.909 | 0.841 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 193g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17028**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17026**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 46% Bone 21%, separable fat 25%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.55 | 0.275 | 32 | | 1 | | 20.57 | 47.16 | |
| Energy....kcal | 143 | | 0 | NC | 4 | | 41 | 93 | |
| Energy....kj | 598 | | | | 4 | | 170 | 389 | |
| Protein (N x 6.25)....g | 20.88 | 0.167 | 31 | | 1 | | 5.92 | 13.57 | |
| Total lipid (fat)....g | 5.94 | 0.234 | 32 | | 1 | | 1.68 | 3.86 | |
| Ash....g | 1.06 | 0.009 | 32 | | 1 | | 0.30 | 0.69 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 0.644 | 32 | | 1 | | 3 | 8 | |
| Iron, Fe....mg | 1.91 | 0.110 | 32 | | 1 | | 0.54 | 1.24 | |
| Magnesium, Mg....mg | 27 | 0.918 | 32 | | 1 | | 8 | 18 | |
| Phosphorus, P....mg | 190 | 3.624 | 16 | | 1 | | 54 | 124 | |
| Potassium, K....mg | 276 | 14.533 | 32 | | 1 | | 78 | 179 | |
| Sodium, Na....mg | 68 | 2.950 | 32 | | 1 | | 19 | 44 | |
| Zinc, Zn....mg | 3.19 | 0.117 | 32 | | 1 | | 0.90 | 2.07 | |
| Copper, Cu....mg | 0.128 | 0.005 | 32 | | 1 | | 0.036 | 0.083 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.016 | |
| Selenium, Se....mcg | 23.6 | | 0 | BFNN | 4 | | 6.7 | 15.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | 0.007 | 16 | | 1 | | 0.037 | 0.085 | |
| Riboflavin....mg | 0.230 | 0.014 | 16 | | 1 | | 0.065 | 0.150 | |
| Niacin....mg | 6.510 | 0.290 | 16 | | 1 | | 1.846 | 4.232 | |
| Pantothenic acid....mg | 0.660 | 0.024 | 16 | | 1 | | 0.187 | 0.429 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.048 | 0.111 | |
| Folate, total....mcg | 24 | 1.653 | 16 | | 1 | | 7 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 24 | 1.653 | 16 | | 1 | | 7 | 16 | |
| Folate, DFE....mcg_DFE | 24 | | 0 | NC | 4 | | 7 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.21 | 0.089 | 16 | | 1 | | 0.63 | 1.44 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.05 | 0.12 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.130 | | 0 | | 1 | | 0.604 | 1.385 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.007 | |
| 12:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.007 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17026**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.150 | | 373 | | 1 | | 0.043 | 0.098 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.150 | | 373 | | 1 | | 0.326 | 0.748 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.710 | | 373 | | 1 | | 0.201 | 0.462 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.390 | | 0 | | 1 | | 0.678 | 1.554 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.180 | | 373 | | 1 | | 0.051 | 0.117 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.160 | | 373 | | 1 | | 0.612 | 1.404 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.540 | | 0 | | 1 | | 0.153 | 0.351 | |
| 18:2 undifferentiated....g | 0.410 | | 373 | | 1 | | 0.116 | 0.267 | |
| 18:3 undifferentiated....g | 0.080 | | 373 | | 1 | | 0.023 | 0.052 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 373 | | 1 | | 0.017 | 0.039 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 66 | 1.741 | 16 | | 1 | | 19 | 43 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.244 | | 0 | | 1 | | 0.069 | 0.159 | |
| Threonine....g | 0.893 | | 0 | | 1 | | 0.253 | 0.580 | |
| Isoleucine....g | 1.007 | | 0 | | 1 | | 0.285 | 0.655 | |
| Leucine....g | 1.624 | | 0 | | 1 | | 0.460 | 1.056 | |
| Lysine....g | 1.843 | | 0 | | 1 | | 0.522 | 1.198 | |
| Methionine....g | 0.536 | | 0 | | 1 | | 0.152 | 0.348 | |
| Cystine....g | 0.249 | | 0 | | 1 | | 0.071 | 0.162 | |
| Phenylalanine....g | 0.850 | | 0 | | 1 | | 0.241 | 0.553 | |
| Tyrosine....g | 0.702 | | 0 | | 1 | | 0.199 | 0.456 | |
| Valine....g | 1.126 | | 0 | | 1 | | 0.319 | 0.732 | |
| Arginine....g | 1.240 | | 0 | | 1 | | 0.352 | 0.806 | |
| Histidine....g | 0.661 | | 0 | | 1 | | 0.187 | 0.430 | |
| Alanine....g | 1.255 | | 0 | | 1 | | 0.356 | 0.816 | |
| Aspartic acid....g | 1.837 | | 0 | | 1 | | 0.521 | 1.194 | |
| Glutamic acid....g | 3.029 | | 0 | | 1 | | 0.859 | 1.969 | |
| Glycine....g | 1.020 | | 0 | | 1 | | 0.289 | 0.663 | |
| Proline....g | 0.876 | | 0 | | 1 | | 0.248 | 0.569 | |
| Serine....g | 0.776 | | 0 | | 1 | | 0.220 | 0.504 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17026**

**Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17030**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 30% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.06 | | 0 | | 1 | | 107.77 | 40.00 | |
| Energy | kcal | 361 | | 0 | NC | 4 | | 827 | 307 | |
| Energy | kj | 1510 | | 0 | | 4 | | 3459 | 1284 | |
| Protein (N x 6.25) | g | 22.13 | | 0 | | 1 | | 50.68 | 18.81 | |
| Total lipid (fat) | g | 29.59 | | 0 | | 1 | | 67.76 | 25.15 | |
| Ash | g | 1.14 | | 0 | | 1 | | 2.61 | 0.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 19 | | 0 | | 1 | | 44 | 16 | |
| Iron, Fe | mg | 1.88 | | 0 | | 1 | | 4.31 | 1.60 | |
| Magnesium, Mg | mg | 23 | | 0 | | 1 | | 53 | 20 | |
| Phosphorus, P | mg | 178 | | 0 | | 1 | | 408 | 151 | |
| Potassium, K | mg | 270 | | 0 | | 1 | | 618 | 230 | |
| Sodium, Na | mg | 76 | | 0 | | 1 | | 174 | 65 | |
| Zinc, Zn | mg | 4.00 | | 0 | | 1 | | 9.16 | 3.40 | |
| Copper, Cu | mg | 0.121 | | 0 | | 1 | | 0.277 | 0.103 | |
| Manganese, Mn | mg | 0.020 | | 0 | | 1 | | 0.046 | 0.017 | |
| Selenium, Se | mcg | 23.9 | | 0 | BFYN | 4 | | 54.7 | 20.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | | 1 | | 0.206 | 0.077 | |
| Riboflavin | mg | 0.220 | | 0 | | 1 | | 0.504 | 0.187 | |
| Niacin | mg | 7.000 | | 0 | | 1 | | 16.030 | 5.950 | |
| Pantothenic acid | mg | 0.610 | | 0 | | 1 | | 1.397 | 0.519 | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 1 | | 0.252 | 0.094 | |
| Folate, total | mcg | 14 | | 0 | | 1 | | 32 | 12 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 14 | | 0 | | 1 | | 32 | 12 | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 32 | 12 | |
| Choline, total | mg | 86.4 | | 0 | BFNN | 4 | | 197.8 | 73.4 | |
| Betaine | mg | 11.3 | | 0 | BFNN | 4 | | 26.0 | 9.6 | |
| Vitamin B-12 | mcg | 2.54 | | 0 | | 1 | | 5.82 | 2.16 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.12 | | 0 | | 1 | | 0.27 | 0.10 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.3 | | 0 | BFSN | 4 | | 12.0 | 4.5 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 12.700 | | 0 | | 1 | | 29.083 | 10.795 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.070 | | 0 | | 1 | | 0.160 | 0.060 | |

**NDB No. 17030**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.120 | | 0 | | 1 | | 0.275 | 0.102 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 1.140 | | 0 | | 1 | | 2.611 | 0.969 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 6.430 | | 0 | | 1 | | 14.725 | 5.466 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.020 | | 0 | | 1 | | 9.206 | 3.417 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 12.120 | | 0 | | 1 | | 27.755 | 10.302 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.860 | | 0 | | 1 | | 1.969 | 0.731 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 10.890 | | 0 | | 1 | | 24.938 | 9.257 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.370 | | 0 | | 1 | | 5.427 | 2.015 | |
| 18:2 undifferentiated....g | 1.740 | | 0 | | 1 | | 3.985 | 1.479 | |
| 18:3 undifferentiated....g | 0.520 | | 0 | | 1 | | 1.191 | 0.442 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 0 | | 1 | | 0.252 | 0.094 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 99 | | 0 | | 1 | | 227 | 84 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.259 | | 0 | | 1 | | 0.593 | 0.220 | |
| Threonine....g | 0.947 | | 0 | | 1 | | 2.169 | 0.805 | |
| Isoleucine....g | 1.068 | | 0 | | 1 | | 2.446 | 0.908 | |
| Leucine....g | 1.721 | | 0 | | 1 | | 3.941 | 1.463 | |
| Lysine....g | 1.954 | | 0 | | 1 | | 4.475 | 1.661 | |
| Methionine....g | 0.568 | | 0 | | 1 | | 1.301 | 0.483 | |
| Cystine....g | 0.264 | | 0 | | 1 | | 0.605 | 0.224 | |
| Phenylalanine....g | 0.901 | | 0 | | 1 | | 2.063 | 0.766 | |
| Tyrosine....g | 0.744 | | 0 | | 1 | | 1.704 | 0.632 | |
| Valine....g | 1.194 | | 0 | | 1 | | 2.734 | 1.015 | |
| Arginine....g | 1.315 | | 0 | | 1 | | 3.011 | 1.118 | |
| Histidine....g | 0.701 | | 0 | | 1 | | 1.605 | 0.596 | |
| Alanine....g | 1.331 | | 0 | | 1 | | 3.048 | 1.131 | |
| Aspartic acid....g | 1.948 | | 0 | | 1 | | 4.461 | 1.656 | |
| Glutamic acid....g | 3.211 | | 0 | | 1 | | 7.353 | 2.729 | |
| Glycine....g | 1.081 | | 0 | | 1 | | 2.475 | 0.919 | |
| Proline....g | 0.928 | | 0 | | 1 | | 2.125 | 0.789 | |
| Serine....g | 0.823 | | 0 | | 1 | | 1.885 | 0.700 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17030**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17031**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 47.89 | | 0 | | 1 | | 122.12 | 40.71 | |
| Energy....kcal | 359 | | 0 | NC | 4 | | 915 | 305 | |
| Energy....kj | 1502 | | | | 4 | | 3830 | 1277 | |
| Protein (N x 6.25)....g | 21.12 | | 0 | | 1 | | 53.86 | 17.95 | |
| Total lipid (fat)....g | 29.82 | | 0 | | 1 | | 76.04 | 25.35 | |
| Ash....g | 0.93 | | 0 | | 1 | | 2.37 | 0.79 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | | 0 | | 1 | | 56 | 19 | |
| Iron, Fe....mg | 1.60 | | 0 | | 1 | | 4.08 | 1.36 | |
| Magnesium, Mg....mg | 20 | | 0 | | 1 | | 51 | 17 | |
| Phosphorus, P....mg | 166 | | 0 | | 1 | | 423 | 141 | |
| Potassium, K....mg | 271 | | 0 | | 1 | | 691 | 230 | |
| Sodium, Na....mg | 73 | | 0 | | 1 | | 186 | 62 | |
| Zinc, Zn....mg | 3.49 | | 0 | | 1 | | 8.90 | 2.97 | |
| Copper, Cu....mg | 0.115 | | 0 | | 1 | | 0.293 | 0.098 | |
| Manganese, Mn....mg | 0.019 | | 0 | | 1 | | 0.048 | 0.016 | |
| Selenium, Se....mcg | 21.8 | | 0 | BFYN | 4 | | 55.6 | 18.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.230 | 0.077 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.536 | 0.179 | |
| Niacin....mg | 6.750 | | 0 | | 1 | | 17.213 | 5.738 | |
| Pantothenic acid....mg | 0.630 | | 0 | | 1 | | 1.607 | 0.536 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.281 | 0.094 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 38 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 38 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 38 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.23 | | 0 | | 1 | | 5.69 | 1.90 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.10 | | 0 | | 1 | | 0.26 | 0.09 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 12.770 | | 0 | | 1 | | 32.564 | 10.855 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.080 | | 0 | | 1 | | 0.204 | 0.068 | |
| 12:0....g | 0.130 | | 0 | | 1 | | 0.332 | 0.111 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17031**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 1.190 | | 0 | | 1 | | 3.035 | 1.012 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 6.450 | | 0 | | 1 | | 16.448 | 5.483 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.080 | | 0 | | 1 | | 10.404 | 3.468 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 12.520 | | 0 | | 1 | | 31.926 | 10.642 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.870 | | 0 | | 1 | | 2.219 | 0.740 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 11.330 | | 0 | | 1 | | 28.892 | 9.631 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 2.170 | | 0 | | 1 | | 5.534 | 1.845 | |
| 18:2 undifferentiated ... g | 1.630 | | 0 | | 1 | | 4.157 | 1.386 | |
| 18:3 undifferentiated ... g | 0.460 | | 0 | | 1 | | 1.173 | 0.391 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.090 | | 0 | | 1 | | 0.230 | 0.077 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 97 | | 0 | | 1 | | 247 | 82 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.247 | | 0 | | 1 | | 0.630 | 0.210 | |
| Threonine ... g | 0.904 | | 0 | | 1 | | 2.305 | 0.768 | |
| Isoleucine ... g | 1.019 | | 0 | | 1 | | 2.598 | 0.866 | |
| Leucine ... g | 1.642 | | 0 | | 1 | | 4.187 | 1.396 | |
| Lysine ... g | 1.865 | | 0 | | 1 | | 4.756 | 1.585 | |
| Methionine ... g | 0.542 | | 0 | | 1 | | 1.382 | 0.461 | |
| Cystine ... g | 0.252 | | 0 | | 1 | | 0.643 | 0.214 | |
| Phenylalanine ... g | 0.860 | | 0 | | 1 | | 2.193 | 0.731 | |
| Tyrosine ... g | 0.710 | | 0 | | 1 | | 1.811 | 0.604 | |
| Valine ... g | 1.139 | | 0 | | 1 | | 2.904 | 0.968 | |
| Arginine ... g | 1.254 | | 0 | | 1 | | 3.198 | 1.066 | |
| Histidine ... g | 0.669 | | 0 | | 1 | | 1.706 | 0.569 | |
| Alanine ... g | 1.270 | | 0 | | 1 | | 3.239 | 1.080 | |
| Aspartic acid ... g | 1.859 | | 0 | | 1 | | 4.740 | 1.580 | |
| Glutamic acid ... g | 3.064 | | 0 | | 1 | | 7.813 | 2.604 | |
| Glycine ... g | 1.031 | | 0 | | 1 | | 2.629 | 0.876 | |
| Proline ... g | 0.886 | | 0 | | 1 | | 2.259 | 0.753 | |
| Serine ... g | 0.785 | | 0 | | 1 | | 2.002 | 0.667 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17031**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17029**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 27% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.80 | | 0 | | 1 | | 14.40 | 230.43 | |
| Energy | kcal | 372 | | 0 | NC | 4 | | 105 | 1687 | |
| Energy | kj | 1556 | | | | 4 | | 441 | 7060 | |
| Protein (N x 6.25) | g | 14.52 | | 0 | | 1 | | 4.12 | 65.86 | |
| Total lipid (fat) | g | 34.39 | | 0 | | 1 | | 9.75 | 155.99 | |
| Ash | g | 0.74 | | 0 | | 1 | | 0.21 | 3.36 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | | 1 | | 4 | 68 | |
| Iron, Fe | mg | 1.39 | | 0 | | 1 | | 0.39 | 6.31 | |
| Magnesium, Mg | mg | 18 | | 0 | | 1 | | 5 | 82 | |
| Phosphorus, P | mg | 137 | | 0 | | 1 | | 39 | 621 | |
| Potassium, K | mg | 190 | | 0 | | 1 | | 54 | 862 | |
| Sodium, Na | mg | 56 | | 0 | | 1 | | 16 | 254 | |
| Zinc, Zn | mg | 2.71 | | 0 | | 1 | | 0.77 | 12.29 | |
| Copper, Cu | mg | 0.089 | | 0 | | 1 | | 0.025 | 0.404 | |
| Manganese, Mn | mg | 0.016 | | 0 | | 1 | | 0.005 | 0.073 | |
| Selenium, Se | mcg | 16.8 | | 0 | PIE | 4 | | 4.8 | 76.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| Riboflavin | mg | 0.190 | | 0 | | 1 | | 0.054 | 0.862 | |
| Niacin | mg | 6.090 | | 0 | | 1 | | 1.727 | 27.624 | |
| Pantothenic acid | mg | 0.620 | | 0 | | 1 | | 0.176 | 2.812 | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Folate, total | mcg | 14 | | 0 | | 1 | | 4 | 64 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 14 | | 0 | | 1 | | 4 | 64 | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 64 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.09 | | 0 | | 1 | | 0.59 | 9.48 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.18 | | 0 | | 1 | | 0.05 | 0.82 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 15.160 | | 0 | | 1 | | 4.298 | 68.766 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 12:0 | g | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17029**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.400 | | 0 | | 1 | | 0.397 | 6.350 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 7.600 | | 0 | | 1 | | 2.155 | 34.474 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.770 | | 0 | | 1 | | 1.352 | 21.637 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 14.130 | | 0 | | 1 | | 4.006 | 64.094 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 1.000 | | 0 | | 1 | | 0.284 | 4.536 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 12.680 | | 0 | | 1 | | 3.595 | 57.516 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.690 | | 0 | | 1 | | 0.763 | 12.202 | |
| 18:2 undifferentiated....g | 1.970 | | 0 | | 1 | | 0.558 | 8.936 | |
| 18:3 undifferentiated....g | 0.620 | | 0 | | 1 | | 0.176 | 2.812 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 76 | | 0 | | 1 | | 22 | 345 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.170 | | 0 | | 1 | | 0.048 | 0.771 | |
| Threonine....g | 0.621 | | 0 | | 1 | | 0.176 | 2.817 | |
| Isoleucine....g | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| Leucine....g | 1.129 | | 0 | | 1 | | 0.320 | 5.121 | |
| Lysine....g | 1.282 | | 0 | | 1 | | 0.363 | 5.815 | |
| Methionine....g | 0.373 | | 0 | | 1 | | 0.106 | 1.692 | |
| Cystine....g | 0.173 | | 0 | | 1 | | 0.049 | 0.785 | |
| Phenylalanine....g | 0.591 | | 0 | | 1 | | 0.168 | 2.681 | |
| Tyrosine....g | 0.488 | | 0 | | 1 | | 0.138 | 2.214 | |
| Valine....g | 0.783 | | 0 | | 1 | | 0.222 | 3.552 | |
| Arginine....g | 0.862 | | 0 | | 1 | | 0.244 | 3.910 | |
| Histidine....g | 0.460 | | 0 | | 1 | | 0.130 | 2.087 | |
| Alanine....g | 0.873 | | 0 | | 1 | | 0.247 | 3.960 | |
| Aspartic acid....g | 1.278 | | 0 | | 1 | | 0.362 | 5.797 | |
| Glutamic acid....g | 2.106 | | 0 | | 1 | | 0.597 | 9.553 | |
| Glycine....g | 0.709 | | 0 | | 1 | | 0.201 | 3.216 | |
| Proline....g | 0.609 | | 0 | | 1 | | 0.173 | 2.762 | |
| Serine....g | 0.540 | | 0 | | 1 | | 0.153 | 2.449 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17029**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17240**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Refuse:** 32% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 49.03 | | 0 | PAE | 4 | | 108.85 | 41.68 | |
| Energy....kcal | 340 | | 0 | NC | 4 | | 755 | 289 | |
| Energy....kj | 1423 | | | | 4 | | 3158 | 1209 | |
| Protein (N x 6.25)....g | 23.06 | | 0 | PAE | 4 | | 51.19 | 19.60 | |
| Total lipid (fat)....g | 26.82 | | 0 | PAE | 4 | | 59.54 | 22.80 | |
| Ash....g | 1.19 | | 0 | PAE | 4 | | 2.64 | 1.01 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAE | 4 | | 40 | 15 | |
| Iron, Fe....mg | 1.93 | | 0 | PAE | 4 | | 4.28 | 1.64 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 53 | 20 | |
| Phosphorus, P....mg | 184 | | 0 | PAE | 4 | | 408 | 156 | |
| Potassium, K....mg | 277 | | 0 | PAE | 4 | | 615 | 235 | |
| Sodium, Na....mg | 77 | | 0 | PAE | 4 | | 171 | 65 | |
| Zinc, Zn....mg | 4.21 | | 0 | PAE | 4 | | 9.35 | 3.58 | |
| Copper, Cu....mg | 0.124 | | 0 | PAE | 4 | | 0.275 | 0.105 | |
| Manganese, Mn....mg | 0.021 | | 0 | PAE | 4 | | 0.047 | 0.018 | |
| Selenium, Se....mcg | 24.7 | | 0 | BFNN | 4 | | 54.8 | 21.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | PAE | 4 | | 0.200 | 0.077 | |
| Riboflavin....mg | 0.230 | | 0 | PAE | 4 | | 0.511 | 0.196 | |
| Niacin....mg | 6.920 | | 0 | PAE | 4 | | 15.362 | 5.882 | |
| Pantothenic acid....mg | 0.610 | | 0 | PAE | 4 | | 1.354 | 0.519 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.244 | 0.094 | |
| Folate, total....mcg | 15 | | 0 | PAE | 4 | | 33 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | PAE | 4 | | 33 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 33 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.56 | | 0 | PAE | 4 | | 5.68 | 2.18 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.360 | | 0 | PAE | 4 | | 25.219 | 9.656 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | PAE | 4 | | 0.155 | 0.060 | |
| 12:0....g | 0.110 | | 0 | PAE | 4 | | 0.244 | 0.094 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17240**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 1.010 | | 0 | PAE | 4 | | 2.242 | 0.859 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 5.780 | | 0 | PAE | 4 | | 12.832 | 4.913 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 3.610 | | 0 | PAE | 4 | | 8.014 | 3.069 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 10.970 | | 0 | PAE | 4 | | 24.353 | 9.325 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.780 | | 0 | PAE | 4 | | 1.732 | 0.663 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 9.860 | | 0 | PAE | 4 | | 21.889 | 8.381 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 2.170 | | 0 | PAE | 4 | | 4.817 | 1.845 | |
| 18:2 undifferentiated ... g | 1.600 | | 0 | PAE | 4 | | 3.552 | 1.360 | |
| 18:3 undifferentiated ... g | 0.460 | | 0 | PAE | 4 | | 1.021 | 0.391 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.120 | | 0 | PAE | 4 | | 0.266 | 0.102 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 98 | | 0 | PAE | 4 | | 218 | 83 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.270 | | 0 | PAE | 4 | | 0.599 | 0.230 | |
| Threonine ... g | 0.987 | | 0 | PAE | 4 | | 2.191 | 0.839 | |
| Isoleucine ... g | 1.113 | | 0 | PAE | 4 | | 2.471 | 0.946 | |
| Leucine ... g | 1.794 | | 0 | PAE | 4 | | 3.983 | 1.525 | |
| Lysine ... g | 2.037 | | 0 | PAE | 4 | | 4.522 | 1.731 | |
| Methionine ... g | 0.592 | | 0 | PAE | 4 | | 1.314 | 0.503 | |
| Cystine ... g | 0.275 | | 0 | PAE | 4 | | 0.611 | 0.234 | |
| Phenylalanine ... g | 0.939 | | 0 | PAE | 4 | | 2.085 | 0.798 | |
| Tyrosine ... g | 0.775 | | 0 | PAE | 4 | | 1.721 | 0.659 | |
| Valine ... g | 1.244 | | 0 | PAE | 4 | | 2.762 | 1.057 | |
| Arginine ... g | 1.370 | | 0 | PAE | 4 | | 3.041 | 1.165 | |
| Histidine ... g | 0.731 | | 0 | PAE | 4 | | 1.623 | 0.621 | |
| Alanine ... g | 1.387 | | 0 | PAE | 4 | | 3.079 | 1.179 | |
| Aspartic acid ... g | 2.030 | | 0 | PAE | 4 | | 4.507 | 1.726 | |
| Glutamic acid ... g | 3.347 | | 0 | PAE | 4 | | 7.430 | 2.845 | |
| Glycine ... g | 1.126 | | 0 | PAE | 4 | | 2.500 | 0.957 | |
| Proline ... g | 0.967 | | 0 | PAE | 4 | | 2.147 | 0.822 | |
| Serine ... g | 0.857 | | 0 | PAE | 4 | | 1.903 | 0.728 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 222g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17240**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17241**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 30% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 49.59 | | 0 | PAE | 4 | | 122.98 | 42.15 | |
| Energy ... kcal | 341 | | 0 | NC | 4 | | 846 | 290 | |
| Energy ... kj | 1427 | | | | 4 | | 3538 | 1213 | |
| Protein (N x 6.25) ... g | 21.82 | | 0 | PAE | 4 | | 54.11 | 18.55 | |
| Total lipid (fat) ... g | 27.53 | | 0 | PAE | 4 | | 68.27 | 23.40 | |
| Ash ... g | 0.95 | | 0 | PAE | 4 | | 2.36 | 0.81 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 22 | | 0 | PAE | 4 | | 55 | 19 | |
| Iron, Fe ... mg | 1.62 | | 0 | PAE | 4 | | 4.02 | 1.38 | |
| Magnesium, Mg ... mg | 20 | | 0 | PAE | 4 | | 50 | 17 | |
| Phosphorus, P ... mg | 170 | | 0 | PAE | 4 | | 422 | 145 | |
| Potassium, K ... mg | 277 | | 0 | PAE | 4 | | 687 | 235 | |
| Sodium, Na ... mg | 74 | | 0 | PAE | 4 | | 184 | 63 | |
| Zinc, Zn ... mg | 3.62 | | 0 | PAE | 4 | | 8.98 | 3.08 | |
| Copper, Cu ... mg | 0.117 | | 0 | PAE | 4 | | 0.290 | 0.099 | |
| Manganese, Mn ... mg | 0.021 | | 0 | PAE | 4 | | 0.052 | 0.018 | |
| Selenium, Se ... mcg | 22.3 | | 0 | BFNN | 4 | | 55.3 | 19.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.090 | | 0 | PAE | 4 | | 0.223 | 0.077 | |
| Riboflavin ... mg | 0.210 | | 0 | PAE | 4 | | 0.521 | 0.179 | |
| Niacin ... mg | 6.670 | | 0 | PAE | 4 | | 16.542 | 5.670 | |
| Pantothenic acid ... mg | 0.640 | | 0 | PAE | 4 | | 1.587 | 0.544 | |
| Vitamin B-6 ... mg | 0.120 | | 0 | PAE | 4 | | 0.298 | 0.102 | |
| Folate, total ... mcg | 16 | | 0 | PAE | 4 | | 40 | 14 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 16 | | 0 | PAE | 4 | | 40 | 14 | |
| Folate, DFE ... mcg_DFE | 16 | | 0 | NC | 4 | | 40 | 14 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.22 | | 0 | PAE | 4 | | 5.51 | 1.89 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 11.660 | | 0 | PAE | 4 | | 28.917 | 9.911 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.070 | | 0 | PAE | 4 | | 0.174 | 0.060 | |
| 12:0 ... g | 0.120 | | 0 | PAE | 4 | | 0.298 | 0.102 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17241**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.090 | | 0 | PAE | 4 | | 2.703 | 0.927 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.910 | | 0 | PAE | 4 | | 14.657 | 5.024 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.740 | | 0 | PAE | 4 | | 9.275 | 3.179 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 11.590 | | 0 | PAE | 4 | | 28.743 | 9.852 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.800 | | 0 | PAE | 4 | | 1.984 | 0.680 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 10.510 | | 0 | PAE | 4 | | 26.065 | 8.934 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.990 | | 0 | PAE | 4 | | 4.935 | 1.692 | |
| 18:2 undifferentiated....g | 1.500 | | 0 | PAE | 4 | | 3.720 | 1.275 | |
| 18:3 undifferentiated....g | 0.400 | | 0 | PAE | 4 | | 0.992 | 0.340 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | PAE | 4 | | 0.223 | 0.077 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 96 | | 0 | PAE | 4 | | 238 | 82 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.255 | | 0 | PAE | 4 | | 0.632 | 0.217 | |
| Threonine....g | 0.934 | | 0 | PAE | 4 | | 2.316 | 0.794 | |
| Isoleucine....g | 1.053 | | 0 | PAE | 4 | | 2.611 | 0.895 | |
| Leucine....g | 1.697 | | 0 | PAE | 4 | | 4.209 | 1.442 | |
| Lysine....g | 1.927 | | 0 | PAE | 4 | | 4.779 | 1.638 | |
| Methionine....g | 0.560 | | 0 | PAE | 4 | | 1.389 | 0.476 | |
| Cystine....g | 0.260 | | 0 | PAE | 4 | | 0.645 | 0.221 | |
| Phenylalanine....g | 0.888 | | 0 | PAE | 4 | | 2.202 | 0.755 | |
| Tyrosine....g | 0.733 | | 0 | PAE | 4 | | 1.818 | 0.623 | |
| Valine....g | 1.177 | | 0 | PAE | 4 | | 2.919 | 1.000 | |
| Arginine....g | 1.296 | | 0 | PAE | 4 | | 3.214 | 1.102 | |
| Histidine....g | 0.691 | | 0 | PAE | 4 | | 1.714 | 0.587 | |
| Alanine....g | 1.312 | | 0 | PAE | 4 | | 3.254 | 1.115 | |
| Aspartic acid....g | 1.920 | | 0 | PAE | 4 | | 4.762 | 1.632 | |
| Glutamic acid....g | 3.166 | | 0 | PAE | 4 | | 7.852 | 2.691 | |
| Glycine....g | 1.065 | | 0 | PAE | 4 | | 2.641 | 0.905 | |
| Proline....g | 0.915 | | 0 | PAE | 4 | | 2.269 | 0.778 | |
| Serine....g | 0.811 | | 0 | PAE | 4 | | 2.011 | 0.689 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17241**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17239**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 29% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 53.68 | | 0 | PAE | 4 | | 15.22 | 243.49 | |
| Energy....kcal | 342 | | 0 | NC | 4 | | 97 | 1551 | |
| Energy....kj | 1431 | | | | 4 | | 406 | 6491 | |
| Protein (N x 6.25)....g | 15.32 | | 0 | PAE | 4 | | 4.34 | 69.49 | |
| Total lipid (fat)....g | 30.71 | | 0 | PAE | 4 | | 8.71 | 139.30 | |
| Ash....g | 0.78 | | 0 | PAE | 4 | | 0.22 | 3.54 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | PAE | 4 | | 4 | 64 | |
| Iron, Fe....mg | 1.43 | | 0 | PAE | 4 | | 0.41 | 6.49 | |
| Magnesium, Mg....mg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Phosphorus, P....mg | 143 | | 0 | PAE | 4 | | 41 | 649 | |
| Potassium, K....mg | 201 | | 0 | PAE | 4 | | 57 | 912 | |
| Sodium, Na....mg | 58 | | 0 | PAE | 4 | | 16 | 263 | |
| Zinc, Zn....mg | 2.87 | | 0 | PAE | 4 | | 0.81 | 13.02 | |
| Copper, Cu....mg | 0.092 | | 0 | PAE | 4 | | 0.026 | 0.417 | |
| Manganese, Mn....mg | 0.017 | | 0 | PAE | 4 | | 0.005 | 0.077 | |
| Selenium, Se....mcg | 17.7 | | 0 | BFNN | 4 | | 5.0 | 80.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.028 | 0.454 | |
| Riboflavin....mg | 0.190 | | 0 | PAE | 4 | | 0.054 | 0.862 | |
| Niacin....mg | 6.060 | | 0 | PAE | 4 | | 1.718 | 27.488 | |
| Pantothenic acid....mg | 0.620 | | 0 | PAE | 4 | | 0.176 | 2.812 | |
| Vitamin B-6....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.544 | |
| Folate, total....mcg | 15 | | 0 | PAE | 4 | | 4 | 68 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | PAE | 4 | | 4 | 68 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 68 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.14 | | 0 | PAE | 4 | | 0.61 | 9.71 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 13.430 | | 0 | PAE | 4 | | 3.807 | 60.918 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 12:0....g | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17239**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 1.230 | | 0 | PAE | 4 | | 0.349 | 5.579 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 6.750 | | 0 | PAE | 4 | | 1.914 | 30.618 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.230 | | 0 | PAE | 4 | | 1.199 | 19.187 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 12.600 | | 0 | PAE | 4 | | 3.572 | 57.154 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.890 | | 0 | PAE | 4 | | 0.252 | 4.037 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 11.320 | | 0 | PAE | 4 | | 3.209 | 51.348 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.420 | | 0 | PAE | 4 | | 0.686 | 10.977 | |
| 18:2 undifferentiated....g | 1.770 | | 0 | PAE | 4 | | 0.502 | 8.029 | |
| 18:3 undifferentiated....g | 0.550 | | 0 | PAE | 4 | | 0.156 | 2.495 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | PAE | 4 | | 0.028 | 0.454 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 74 | | 0 | PAE | 4 | | 21 | 336 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.179 | | 0 | PAE | 4 | | 0.051 | 0.812 | |
| Threonine....g | 0.656 | | 0 | PAE | 4 | | 0.186 | 2.976 | |
| Isoleucine....g | 0.739 | | 0 | PAE | 4 | | 0.210 | 3.352 | |
| Leucine....g | 1.191 | | 0 | PAE | 4 | | 0.338 | 5.402 | |
| Lysine....g | 1.353 | | 0 | PAE | 4 | | 0.384 | 6.137 | |
| Methionine....g | 0.393 | | 0 | PAE | 4 | | 0.111 | 1.783 | |
| Cystine....g | 0.183 | | 0 | PAE | 4 | | 0.052 | 0.830 | |
| Phenylalanine....g | 0.624 | | 0 | PAE | 4 | | 0.177 | 2.830 | |
| Tyrosine....g | 0.515 | | 0 | PAE | 4 | | 0.146 | 2.336 | |
| Valine....g | 0.826 | | 0 | PAE | 4 | | 0.234 | 3.747 | |
| Arginine....g | 0.910 | | 0 | PAE | 4 | | 0.258 | 4.128 | |
| Histidine....g | 0.485 | | 0 | PAE | 4 | | 0.137 | 2.200 | |
| Alanine....g | 0.921 | | 0 | PAE | 4 | | 0.261 | 4.178 | |
| Aspartic acid....g | 1.348 | | 0 | PAE | 4 | | 0.382 | 6.115 | |
| Glutamic acid....g | 2.223 | | 0 | PAE | 4 | | 0.630 | 10.084 | |
| Glycine....g | 0.748 | | 0 | PAE | 4 | | 0.212 | 3.393 | |
| Proline....g | 0.642 | | 0 | PAE | 4 | | 0.182 | 2.912 | |
| Serine....g | 0.569 | | 0 | PAE | 4 | | 0.161 | 2.581 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17239**

**Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17033**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 55% Bone 30%, separable fat 25%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.83 | | 0 | | 1 | | 86.48 | 50.01 | |
| Energy....kcal | 235 | | 0 | NC | 4 | | 345 | 200 | |
| Energy....kj | 983 | | 0 | | 4 | | 1445 | 836 | |
| Protein (N x 6.25)....g | 27.74 | | 0 | | 1 | | 40.78 | 23.58 | |
| Total lipid (fat)....g | 12.95 | | 0 | | 1 | | 19.04 | 11.01 | |
| Ash....g | 1.40 | | 0 | | 1 | | 2.06 | 1.19 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | | 1 | | 24 | 14 | |
| Iron, Fe....mg | 2.21 | | 0 | | 1 | | 3.25 | 1.88 | |
| Magnesium, Mg....mg | 29 | | 0 | | 1 | | 43 | 25 | |
| Phosphorus, P....mg | 213 | | 0 | | 1 | | 313 | 181 | |
| Potassium, K....mg | 313 | | 0 | | 1 | | 460 | 266 | |
| Sodium, Na....mg | 85 | | 0 | | 1 | | 125 | 72 | |
| Zinc, Zn....mg | 5.27 | | 0 | | 1 | | 7.75 | 4.48 | |
| Copper, Cu....mg | 0.139 | | 0 | | 1 | | 0.204 | 0.118 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.043 | 0.025 | |
| Selenium, Se....mcg | 31.0 | | 0 | BFYN | 4 | | 45.6 | 26.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.147 | 0.085 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.368 | 0.213 | |
| Niacin....mg | 6.550 | | 0 | | 1 | | 9.629 | 5.568 | |
| Pantothenic acid....mg | 0.630 | | 0 | | 1 | | 0.926 | 0.536 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.221 | 0.128 | |
| Folate, total....mcg | 21 | | 0 | | 1 | | 31 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | | 1 | | 31 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 31 | 18 | |
| Choline, total....mg | 104.4 | | 0 | BFNN | 4 | | 153.4 | 88.7 | |
| Betaine....mg | 13.7 | | 0 | BFNN | 4 | | 20.2 | 11.7 | |
| Vitamin B-12....mcg | 2.64 | | 0 | | 1 | | 3.88 | 2.24 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.26 | 0.15 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.1 | | 0 | BFSN | 4 | | 6.0 | 3.5 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.650 | | 0 | | 1 | | 6.836 | 3.953 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.029 | 0.017 | |

**NDB No. 17033**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.030 | | 0 | | 1 | | 0.044 | 0.026 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.340 | | 0 | | 1 | | 0.500 | 0.289 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.520 | | 0 | | 1 | | 3.704 | 2.142 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.540 | | 0 | | 1 | | 2.264 | 1.309 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 5.210 | | 0 | | 1 | | 7.659 | 4.429 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.390 | | 0 | | 1 | | 0.573 | 0.332 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 4.710 | | 0 | | 1 | | 6.924 | 4.004 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.180 | | 0 | | 1 | | 1.735 | 1.003 | |
| 18:2 undifferentiated ... g | 0.890 | | 0 | | 1 | | 1.308 | 0.757 | |
| 18:3 undifferentiated ... g | 0.170 | | 0 | | 1 | | 0.250 | 0.145 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.120 | | 0 | | 1 | | 0.176 | 0.102 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 91 | | 0 | | 1 | | 134 | 77 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.324 | | 0 | | 1 | | 0.476 | 0.275 | |
| Threonine ... g | 1.187 | | 0 | | 1 | | 1.745 | 1.009 | |
| Isoleucine ... g | 1.338 | | 0 | | 1 | | 1.967 | 1.137 | |
| Leucine ... g | 2.157 | | 0 | | 1 | | 3.171 | 1.833 | |
| Lysine ... g | 2.449 | | 0 | | 1 | | 3.600 | 2.082 | |
| Methionine ... g | 0.712 | | 0 | | 1 | | 1.047 | 0.605 | |
| Cystine ... g | 0.331 | | 0 | | 1 | | 0.487 | 0.281 | |
| Phenylalanine ... g | 1.129 | | 0 | | 1 | | 1.660 | 0.960 | |
| Tyrosine ... g | 0.932 | | 0 | | 1 | | 1.370 | 0.792 | |
| Valine ... g | 1.497 | | 0 | | 1 | | 2.201 | 1.272 | |
| Arginine ... g | 1.648 | | 0 | | 1 | | 2.423 | 1.401 | |
| Histidine ... g | 0.879 | | 0 | | 1 | | 1.292 | 0.747 | |
| Alanine ... g | 1.668 | | 0 | | 1 | | 2.452 | 1.418 | |
| Aspartic acid ... g | 2.441 | | 0 | | 1 | | 3.588 | 2.075 | |
| Glutamic acid ... g | 4.025 | | 0 | | 1 | | 5.917 | 3.421 | |
| Glycine ... g | 1.355 | | 0 | | 1 | | 1.992 | 1.152 | |
| Proline ... g | 1.163 | | 0 | | 1 | | 1.710 | 0.989 | |
| Serine ... g | 1.031 | | 0 | | 1 | | 1.516 | 0.876 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17033**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 147g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17034**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 55% Bone 28%, separable fat 27%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.13 | 0.734 | 16 | | 1 | | 95.61 | 51.11 | |
| Energy....kcal | 232 | | 0 | NC | 4 | | 369 | 197 | |
| Energy....kj | 971 | | | | 4 | | 1543 | 825 | |
| Protein (N x 6.25)....g | 26.16 | 0.316 | 16 | | 1 | | 41.59 | 22.24 | |
| Total lipid (fat)....g | 13.31 | 0.645 | 15 | | 1 | | 21.16 | 11.31 | |
| Ash....g | 1.07 | 0.022 | 16 | | 1 | | 1.70 | 0.91 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | 1.787 | 16 | | 1 | | 33 | 18 | |
| Iron, Fe....mg | 1.77 | 0.068 | 16 | | 1 | | 2.81 | 1.50 | |
| Magnesium, Mg....mg | 23 | 0.351 | 16 | | 1 | | 37 | 20 | |
| Phosphorus, P....mg | 195 | 3.487 | 16 | | 1 | | 310 | 166 | |
| Potassium, K....mg | 315 | 4.264 | 16 | | 1 | | 501 | 268 | |
| Sodium, Na....mg | 81 | 1.595 | 16 | | 1 | | 129 | 69 | |
| Zinc, Zn....mg | 4.47 | 0.169 | 16 | | 1 | | 7.11 | 3.80 | |
| Copper, Cu....mg | 0.129 | 0.005 | 16 | | 1 | | 0.205 | 0.110 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.045 | 0.024 | |
| Selenium, Se....mcg | 26.9 | | 0 | BFYN | 4 | | 42.8 | 22.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | 0.005 | 15 | | 1 | | 0.143 | 0.077 | |
| Riboflavin....mg | 0.230 | 0.014 | 15 | | 1 | | 0.366 | 0.196 | |
| Niacin....mg | 6.160 | 0.271 | 15 | | 1 | | 9.794 | 5.236 | |
| Pantothenic acid....mg | 0.660 | 0.022 | 15 | | 1 | | 1.049 | 0.561 | |
| Vitamin B-6....mg | 0.150 | 0.008 | 9 | | 1 | | 0.239 | 0.128 | |
| Folate, total....mcg | 22 | 1.536 | 15 | | 1 | | 35 | 19 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 22 | 1.536 | 15 | | 1 | | 35 | 19 | |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 35 | 19 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.16 | 0.136 | 15 | | 1 | | 3.43 | 1.84 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.24 | 0.13 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.760 | | 0 | | 1 | | 7.568 | 4.046 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 107 | | 1 | | 0.048 | 0.026 | |
| 12:0....g | 0.040 | | 107 | | 1 | | 0.064 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17034**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.420 | | 107 | | 1 | | 0.668 | 0.357 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.560 | | 107 | | 1 | | 4.070 | 2.176 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.640 | | 107 | | 1 | | 2.608 | 1.394 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.830 | | 0 | | 1 | | 9.270 | 4.956 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.400 | | 107 | | 1 | | 0.636 | 0.340 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.400 | | 107 | | 1 | | 8.586 | 4.590 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.870 | | 0 | | 1 | | 1.383 | 0.740 | |
| 18:2 undifferentiated....g | 0.710 | | 107 | | 1 | | 1.129 | 0.604 | |
| 18:3 undifferentiated....g | 0.080 | | 107 | | 1 | | 0.127 | 0.068 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 107 | | 1 | | 0.143 | 0.077 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 88 | 2.315 | 16 | | 1 | | 140 | 75 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.306 | | 0 | | 1 | | 0.487 | 0.260 | |
| Threonine....g | 1.119 | | 0 | | 1 | | 1.779 | 0.951 | |
| Isoleucine....g | 1.262 | | 0 | | 1 | | 2.007 | 1.073 | |
| Leucine....g | 2.034 | | 0 | | 1 | | 3.234 | 1.729 | |
| Lysine....g | 2.310 | | 0 | | 1 | | 3.673 | 1.964 | |
| Methionine....g | 0.671 | | 0 | | 1 | | 1.067 | 0.570 | |
| Cystine....g | 0.312 | | 0 | | 1 | | 0.496 | 0.265 | |
| Phenylalanine....g | 1.065 | | 0 | | 1 | | 1.693 | 0.905 | |
| Tyrosine....g | 0.879 | | 0 | | 1 | | 1.398 | 0.747 | |
| Valine....g | 1.411 | | 0 | | 1 | | 2.243 | 1.199 | |
| Arginine....g | 1.554 | | 0 | | 1 | | 2.471 | 1.321 | |
| Histidine....g | 0.829 | | 0 | | 1 | | 1.318 | 0.705 | |
| Alanine....g | 1.573 | | 0 | | 1 | | 2.501 | 1.337 | |
| Aspartic acid....g | 2.302 | | 0 | | 1 | | 3.660 | 1.957 | |
| Glutamic acid....g | 3.796 | | 0 | | 1 | | 6.036 | 3.227 | |
| Glycine....g | 1.277 | | 0 | | 1 | | 2.030 | 1.085 | |
| Proline....g | 1.097 | | 0 | | 1 | | 1.744 | 0.932 | |
| Serine....g | 0.972 | | 0 | | 1 | | 1.545 | 0.826 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 159g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17034**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17032**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 57% Bone 27%, separable fat 30%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 70.44 | 0.548 | 32 | | 1 | | 19.97 | 319.52 | |
| Energy....kcal | 169 | | 0 | NC | 4 | | 48 | 767 | |
| Energy....kj | 707 | | | | 4 | | 200 | 3207 | |
| Protein (N x 6.25)....g | 19.98 | 0.177 | 31 | | 1 | | 5.66 | 90.63 | |
| Total lipid (fat)....g | 9.23 | 0.668 | 32 | | 1 | | 2.62 | 41.87 | |
| Ash....g | 1.01 | 0.013 | 32 | | 1 | | 0.29 | 4.58 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 0.858 | 32 | | 1 | | 3 | 54 | |
| Iron, Fe....mg | 1.67 | 0.083 | 32 | | 1 | | 0.47 | 7.58 | |
| Magnesium, Mg....mg | 25 | 0.861 | 32 | | 1 | | 7 | 113 | |
| Phosphorus, P....mg | 181 | 3.466 | 16 | | 1 | | 51 | 821 | |
| Potassium, K....mg | 265 | 12.257 | 32 | | 1 | | 75 | 1202 | |
| Sodium, Na....mg | 72 | 3.092 | 32 | | 1 | | 20 | 327 | |
| Zinc, Zn....mg | 3.80 | 0.184 | 32 | | 1 | | 1.08 | 17.24 | |
| Copper, Cu....mg | 0.111 | 0.005 | 32 | | 1 | | 0.031 | 0.503 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 22.3 | | 0 | BFNN | 4 | | 6.3 | 101.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | 0.006 | 16 | | 1 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.200 | 0.012 | 16 | | 1 | | 0.057 | 0.907 | |
| Niacin....mg | 5.890 | 0.295 | 16 | | 1 | | 1.670 | 26.717 | |
| Pantothenic acid....mg | 0.650 | 0.029 | 16 | | 1 | | 0.184 | 2.948 | |
| Vitamin B-6....mg | 0.160 | 0.011 | 9 | | 1 | | 0.045 | 0.726 | |
| Folate, total....mcg | 21 | 1.391 | 16 | | 1 | | 6 | 95 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | 1.391 | 16 | | 1 | | 6 | 95 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 6 | 95 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.38 | 0.124 | 16 | | 1 | | 0.67 | 10.80 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.19 | | 0 | | 1 | | 0.05 | 0.86 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.300 | | 0 | | 1 | | 0.936 | 14.969 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.020 | | 373 | | 1 | | 0.006 | 0.091 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17032**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.240 | | 373 | | 1 | | 0.068 | 1.089 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.790 | | 373 | | 1 | | 0.507 | 8.119 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.100 | | 373 | | 1 | | 0.312 | 4.990 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.710 | | 0 | | 1 | | 1.052 | 16.829 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 373 | | 1 | | 0.079 | 1.270 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.360 | | 373 | | 1 | | 0.953 | 15.241 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.840 | | 0 | | 1 | | 0.238 | 3.810 | |
| 18:2 undifferentiated....g | 0.630 | | 373 | | 1 | | 0.179 | 2.858 | |
| 18:3 undifferentiated....g | 0.120 | | 373 | | 1 | | 0.034 | 0.544 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 373 | | 1 | | 0.026 | 0.408 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 66 | 1.480 | 16 | | 1 | | 19 | 299 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.234 | | 0 | | 1 | | 0.066 | 1.061 | |
| Threonine....g | 0.855 | | 0 | | 1 | | 0.242 | 3.878 | |
| Isoleucine....g | 0.964 | | 0 | | 1 | | 0.273 | 4.373 | |
| Leucine....g | 1.554 | | 0 | | 1 | | 0.441 | 7.049 | |
| Lysine....g | 1.765 | | 0 | | 1 | | 0.500 | 8.006 | |
| Methionine....g | 0.513 | | 0 | | 1 | | 0.145 | 2.327 | |
| Cystine....g | 0.239 | | 0 | | 1 | | 0.068 | 1.084 | |
| Phenylalanine....g | 0.814 | | 0 | | 1 | | 0.231 | 3.692 | |
| Tyrosine....g | 0.672 | | 0 | | 1 | | 0.191 | 3.048 | |
| Valine....g | 1.078 | | 0 | | 1 | | 0.306 | 4.890 | |
| Arginine....g | 1.187 | | 0 | | 1 | | 0.337 | 5.384 | |
| Histidine....g | 0.633 | | 0 | | 1 | | 0.179 | 2.871 | |
| Alanine....g | 1.202 | | 0 | | 1 | | 0.341 | 5.452 | |
| Aspartic acid....g | 1.759 | | 0 | | 1 | | 0.499 | 7.979 | |
| Glutamic acid....g | 2.900 | | 0 | | 1 | | 0.822 | 13.154 | |
| Glycine....g | 0.976 | | 0 | | 1 | | 0.277 | 4.427 | |
| Proline....g | 0.838 | | 0 | | 1 | | 0.238 | 3.801 | |
| Serine....g | 0.743 | | 0 | | 1 | | 0.211 | 3.370 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17032**

**Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17044**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 44.22 | | 0 | | 1 | | 37.59 | 30.95 | |
| Energy....kcal | 346 | | 0 | NC | 4 | | 294 | 242 | |
| Energy....kj | 1448 | | | | 4 | | 1231 | 1013 | |
| Protein (N x 6.25)....g | 30.39 | | 0 | | 1 | | 25.83 | 21.27 | |
| Total lipid (fat)....g | 24.00 | | 0 | | 1 | | 20.40 | 16.80 | |
| Ash....g | 1.10 | | 0 | | 1 | | 0.94 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 25 | | 0 | | 1 | | 21 | 18 | |
| Iron, Fe....mg | 2.39 | | 0 | | 1 | | 2.03 | 1.67 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 22 | 18 | |
| Phosphorus, P....mg | 206 | | 0 | | 1 | | 175 | 144 | |
| Potassium, K....mg | 306 | | 0 | | 1 | | 260 | 214 | |
| Sodium, Na....mg | 72 | | 0 | | 1 | | 61 | 50 | |
| Zinc, Zn....mg | 6.08 | | 0 | | 1 | | 5.17 | 4.26 | |
| Copper, Cu....mg | 0.139 | | 0 | | 1 | | 0.118 | 0.097 | |
| Manganese, Mn....mg | 0.023 | | 0 | | 1 | | 0.020 | 0.016 | |
| Selenium, Se....mcg | 37.2 | | 0 | BFYN | 4 | | 31.6 | 26.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.060 | 0.049 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.213 | 0.175 | |
| Niacin....mg | 6.660 | | 0 | | 1 | | 5.661 | 4.662 | |
| Pantothenic acid....mg | 0.610 | | 0 | | 1 | | 0.519 | 0.427 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.094 | 0.077 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 15 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 15 | 13 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 15 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.58 | | 0 | | 1 | | 2.19 | 1.81 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.13 | 0.11 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.870 | | 0 | | 1 | | 8.390 | 6.909 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | | 1 | | 0.051 | 0.042 | |
| 12:0....g | 0.100 | | 0 | | 1 | | 0.085 | 0.070 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17044**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.910 | | 0 | | 1 | | 0.774 | 0.637 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.050 | | 0 | | 1 | | 4.293 | 3.535 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.200 | | 0 | | 1 | | 2.720 | 2.240 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.180 | | 0 | | 1 | | 8.653 | 7.126 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.700 | | 0 | | 1 | | 0.595 | 0.490 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.270 | | 0 | | 1 | | 7.880 | 6.489 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.710 | | 0 | | 1 | | 1.454 | 1.197 | |
| 18:2 undifferentiated....g | 1.300 | | 0 | | 1 | | 1.105 | 0.910 | |
| 18:3 undifferentiated....g | 0.310 | | 0 | | 1 | | 0.264 | 0.217 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.077 | 0.063 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 120 | | 0 | | 1 | | 102 | 84 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.355 | | 0 | | 1 | | 0.302 | 0.249 | |
| Threonine....g | 1.301 | | 0 | | 1 | | 1.106 | 0.911 | |
| Isoleucine....g | 1.466 | | 0 | | 1 | | 1.246 | 1.026 | |
| Leucine....g | 2.364 | | 0 | | 1 | | 2.009 | 1.655 | |
| Lysine....g | 2.684 | | 0 | | 1 | | 2.281 | 1.879 | |
| Methionine....g | 0.780 | | 0 | | 1 | | 0.663 | 0.546 | |
| Cystine....g | 0.363 | | 0 | | 1 | | 0.309 | 0.254 | |
| Phenylalanine....g | 1.237 | | 0 | | 1 | | 1.051 | 0.866 | |
| Tyrosine....g | 1.022 | | 0 | | 1 | | 0.869 | 0.715 | |
| Valine....g | 1.640 | | 0 | | 1 | | 1.394 | 1.148 | |
| Arginine....g | 1.806 | | 0 | | 1 | | 1.535 | 1.264 | |
| Histidine....g | 0.963 | | 0 | | 1 | | 0.819 | 0.674 | |
| Alanine....g | 1.828 | | 0 | | 1 | | 1.554 | 1.280 | |
| Aspartic acid....g | 2.675 | | 0 | | 1 | | 2.274 | 1.873 | |
| Glutamic acid....g | 4.411 | | 0 | | 1 | | 3.749 | 3.088 | |
| Glycine....g | 1.484 | | 0 | | 1 | | 1.261 | 1.039 | |
| Proline....g | 1.275 | | 0 | | 1 | | 1.084 | 0.893 | |
| Serine....g | 1.130 | | 0 | | 1 | | 0.961 | 0.791 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 70g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17044**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17045**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 19% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.69 | | 0 | | 1 | | 46.49 | 50.86 | |
| Energy....kcal | 281 | | 0 | NC | 4 | | 239 | 261 | |
| Energy....kj | 1176 | | | | 4 | | 999 | 1093 | |
| Protein (N x 6.25)....g | 24.44 | | 0 | | 1 | | 20.77 | 22.73 | |
| Total lipid (fat)....g | 19.55 | | 0 | | 1 | | 16.62 | 18.18 | |
| Ash....g | 1.31 | | 0 | | 1 | | 1.11 | 1.22 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | | 1 | | 15 | 17 | |
| Iron, Fe....mg | 2.09 | | 0 | | 1 | | 1.78 | 1.94 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 22 | 24 | |
| Phosphorus, P....mg | 197 | | 0 | | 1 | | 167 | 183 | |
| Potassium, K....mg | 309 | | 0 | | 1 | | 263 | 287 | |
| Sodium, Na....mg | 77 | | 0 | | 1 | | 65 | 72 | |
| Zinc, Zn....mg | 4.89 | | 0 | | 1 | | 4.16 | 4.55 | |
| Copper, Cu....mg | 0.133 | | 0 | | 1 | | 0.113 | 0.124 | |
| Manganese, Mn....mg | 0.023 | | 0 | | 1 | | 0.020 | 0.021 | |
| Selenium, Se....mcg | 27.6 | | 0 | BFYN | 4 | | 23.5 | 25.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.085 | 0.093 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.230 | 0.251 | |
| Niacin....mg | 7.020 | | 0 | | 1 | | 5.967 | 6.529 | |
| Pantothenic acid....mg | 0.680 | | 0 | | 1 | | 0.578 | 0.632 | |
| Vitamin B-6....mg | 0.120 | | 0 | | 1 | | 0.102 | 0.112 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 15 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 15 | 17 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 15 | 17 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.86 | | 0 | | 1 | | 2.43 | 2.66 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.13 | | 0 | | 1 | | 0.11 | 0.12 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.370 | | 0 | | 1 | | 7.115 | 7.784 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.043 | 0.047 | |
| 12:0....g | 0.080 | | 0 | | 1 | | 0.068 | 0.074 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17045**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.750 | | 0 | | 1 | | 0.638 | 0.698 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.240 | | 0 | | 1 | | 3.604 | 3.943 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.650 | | 0 | | 1 | | 2.253 | 2.465 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.010 | | 0 | | 1 | | 6.809 | 7.449 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.570 | | 0 | | 1 | | 0.485 | 0.530 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.190 | | 0 | | 1 | | 6.112 | 6.687 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.570 | | 0 | | 1 | | 1.335 | 1.460 | |
| 18:2 undifferentiated....g | 1.150 | | 0 | | 1 | | 0.978 | 1.070 | |
| 18:3 undifferentiated....g | 0.340 | | 0 | | 1 | | 0.289 | 0.316 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.068 | 0.074 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 96 | | 0 | | 1 | | 82 | 89 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.286 | | 0 | | 1 | | 0.243 | 0.266 | |
| Threonine....g | 1.046 | | 0 | | 1 | | 0.889 | 0.973 | |
| Isoleucine....g | 1.179 | | 0 | | 1 | | 1.002 | 1.096 | |
| Leucine....g | 1.901 | | 0 | | 1 | | 1.616 | 1.768 | |
| Lysine....g | 2.158 | | 0 | | 1 | | 1.834 | 2.007 | |
| Methionine....g | 0.627 | | 0 | | 1 | | 0.533 | 0.583 | |
| Cystine....g | 0.292 | | 0 | | 1 | | 0.248 | 0.272 | |
| Phenylalanine....g | 0.995 | | 0 | | 1 | | 0.846 | 0.925 | |
| Tyrosine....g | 0.821 | | 0 | | 1 | | 0.698 | 0.764 | |
| Valine....g | 1.319 | | 0 | | 1 | | 1.121 | 1.227 | |
| Arginine....g | 1.452 | | 0 | | 1 | | 1.234 | 1.350 | |
| Histidine....g | 0.774 | | 0 | | 1 | | 0.658 | 0.720 | |
| Alanine....g | 1.470 | | 0 | | 1 | | 1.250 | 1.367 | |
| Aspartic acid....g | 2.151 | | 0 | | 1 | | 1.828 | 2.000 | |
| Glutamic acid....g | 3.547 | | 0 | | 1 | | 3.015 | 3.299 | |
| Glycine....g | 1.194 | | 0 | | 1 | | 1.015 | 1.110 | |
| Proline....g | 1.025 | | 0 | | 1 | | 0.871 | 0.953 | |
| Serine....g | 0.909 | | 0 | | 1 | | 0.773 | 0.845 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 93g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17045**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17046**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 17% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.92 | | 0 | | 1 | | 159.93 | 47.53 | |
| Energy....kcal | 279 | | 0 | NC | 4 | | 798 | 237 | |
| Energy....kj | 1167 | | | | 4 | | 3339 | 992 | |
| Protein (N x 6.25)....g | 22.53 | | 0 | | 1 | | 64.44 | 19.15 | |
| Total lipid (fat)....g | 20.24 | | 0 | | 1 | | 57.89 | 17.20 | |
| Ash....g | 1.21 | | 0 | | 1 | | 3.46 | 1.03 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | | 1 | | 51 | 15 | |
| Iron, Fe....mg | 2.03 | | 0 | | 1 | | 5.81 | 1.73 | |
| Magnesium, Mg....mg | 23 | | 0 | | 1 | | 66 | 20 | |
| Phosphorus, P....mg | 183 | | 0 | | 1 | | 523 | 156 | |
| Potassium, K....mg | 259 | | 0 | | 1 | | 741 | 220 | |
| Sodium, Na....mg | 65 | | 0 | | 1 | | 186 | 55 | |
| Zinc, Zn....mg | 4.48 | | 0 | | 1 | | 12.81 | 3.81 | |
| Copper, Cu....mg | 0.113 | | 0 | | 1 | | 0.323 | 0.096 | |
| Manganese, Mn....mg | 0.021 | | 0 | | 1 | | 0.060 | 0.018 | |
| Selenium, Se....mcg | 25.4 | | 0 | BFYN | 4 | | 72.6 | 21.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.257 | 0.077 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.715 | 0.213 | |
| Niacin....mg | 6.660 | | 0 | | 1 | | 19.048 | 5.661 | |
| Pantothenic acid....mg | 0.710 | | 0 | | 1 | | 2.031 | 0.604 | |
| Vitamin B-6....mg | 0.120 | | 0 | | 1 | | 0.343 | 0.102 | |
| Folate, total....mcg | 20 | | 0 | | 1 | | 57 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | | 1 | | 57 | 17 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 57 | 17 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.55 | | 0 | | 1 | | 7.29 | 2.17 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.14 | | 0 | | 1 | | 0.40 | 0.12 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.740 | | 0 | | 1 | | 24.996 | 7.429 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.143 | 0.043 | |
| 12:0....g | 0.090 | | 0 | | 1 | | 0.257 | 0.077 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17046**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.790 | | 0 | | 1 | | 2.259 | 0.672 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.410 | | 0 | | 1 | | 12.613 | 3.749 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.770 | | 0 | | 1 | | 7.922 | 2.355 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.300 | | 0 | | 1 | | 23.738 | 7.055 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.590 | | 0 | | 1 | | 1.687 | 0.502 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.450 | | 0 | | 1 | | 21.307 | 6.333 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.610 | | 0 | | 1 | | 4.605 | 1.369 | |
| 18:2 undifferentiated....g | 1.180 | | 0 | | 1 | | 3.375 | 1.003 | |
| 18:3 undifferentiated....g | 0.360 | | 0 | | 1 | | 1.030 | 0.306 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.200 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | | 0 | | 1 | | 263 | 78 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.263 | | 0 | | 1 | | 0.752 | 0.224 | |
| Threonine....g | 0.964 | | 0 | | 1 | | 2.757 | 0.819 | |
| Isoleucine....g | 1.087 | | 0 | | 1 | | 3.109 | 0.924 | |
| Leucine....g | 1.753 | | 0 | | 1 | | 5.014 | 1.490 | |
| Lysine....g | 1.990 | | 0 | | 1 | | 5.691 | 1.692 | |
| Methionine....g | 0.578 | | 0 | | 1 | | 1.653 | 0.491 | |
| Cystine....g | 0.269 | | 0 | | 1 | | 0.769 | 0.229 | |
| Phenylalanine....g | 0.917 | | 0 | | 1 | | 2.623 | 0.779 | |
| Tyrosine....g | 0.757 | | 0 | | 1 | | 2.165 | 0.643 | |
| Valine....g | 1.216 | | 0 | | 1 | | 3.478 | 1.034 | |
| Arginine....g | 1.339 | | 0 | | 1 | | 3.830 | 1.138 | |
| Histidine....g | 0.714 | | 0 | | 1 | | 2.042 | 0.607 | |
| Alanine....g | 1.355 | | 0 | | 1 | | 3.875 | 1.152 | |
| Aspartic acid....g | 1.983 | | 0 | | 1 | | 5.671 | 1.686 | |
| Glutamic acid....g | 3.270 | | 0 | | 1 | | 9.352 | 2.780 | |
| Glycine....g | 1.101 | | 0 | | 1 | | 3.149 | 0.936 | |
| Proline....g | 0.945 | | 0 | | 1 | | 2.703 | 0.803 | |
| Serine....g | 0.838 | | 0 | | 1 | | 2.397 | 0.712 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 286g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17046**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17043**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 17% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.76 | | 0 | | 1 | | 17.51 | 82.14 | |
| Energy....kcal | 260 | | 0 | NC | 4 | | 74 | 346 | |
| Energy....kj | 1088 | | | | 4 | | 308 | 1447 | |
| Protein (N x 6.25)....g | 16.79 | | 0 | | 1 | | 4.76 | 22.33 | |
| Total lipid (fat)....g | 20.90 | | 0 | | 1 | | 5.93 | 27.80 | |
| Ash....g | 0.90 | | 0 | | 1 | | 0.26 | 1.20 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | | 1 | | 4 | 19 | |
| Iron, Fe....mg | 1.56 | | 0 | | 1 | | 0.44 | 2.07 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 6 | 28 | |
| Phosphorus, P....mg | 159 | | 0 | | 1 | | 45 | 211 | |
| Potassium, K....mg | 238 | | 0 | | 1 | | 67 | 317 | |
| Sodium, Na....mg | 60 | | 0 | | 1 | | 17 | 80 | |
| Zinc, Zn....mg | 3.43 | | 0 | | 1 | | 0.97 | 4.56 | |
| Copper, Cu....mg | 0.102 | | 0 | | 1 | | 0.029 | 0.136 | |
| Manganese, Mn....mg | 0.019 | | 0 | | 1 | | 0.005 | 0.025 | |
| Selenium, Se....mcg | 19.3 | | 0 | PIE | 4 | | 5.5 | 25.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.146 | |
| Riboflavin....mg | 0.220 | | 0 | | 1 | | 0.062 | 0.293 | |
| Niacin....mg | 6.090 | | 0 | | 1 | | 1.727 | 8.100 | |
| Pantothenic acid....mg | 0.690 | | 0 | | 1 | | 0.196 | 0.918 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.173 | |
| Folate, total....mcg | 19 | | 0 | | 1 | | 5 | 25 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | | 1 | | 5 | 25 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 25 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.44 | | 0 | | 1 | | 0.69 | 3.25 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.28 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.150 | | 0 | | 1 | | 2.594 | 12.170 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.014 | 0.067 | |
| 12:0....g | 0.090 | | 0 | | 1 | | 0.026 | 0.120 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17043**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.840 | | 0 | | 1 | | 0.238 | 1.117 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.600 | | 0 | | 1 | | 1.304 | 6.118 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.880 | | 0 | | 1 | | 0.816 | 3.830 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.580 | | 0 | | 1 | | 2.432 | 11.411 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.610 | | 0 | | 1 | | 0.173 | 0.811 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.700 | | 0 | | 1 | | 2.183 | 10.241 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.650 | | 0 | | 1 | | 0.468 | 2.195 | |
| 18:2 undifferentiated ... g | 1.200 | | 0 | | 1 | | 0.340 | 1.596 | |
| 18:3 undifferentiated ... g | 0.370 | | 0 | | 1 | | 0.105 | 0.492 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | | 1 | | 0.020 | 0.093 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 71 | | 0 | | 1 | | 20 | 94 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.196 | | 0 | | 1 | | 0.056 | 0.261 | |
| Threonine ... g | 0.719 | | 0 | | 1 | | 0.204 | 0.956 | |
| Isoleucine ... g | 0.810 | | 0 | | 1 | | 0.230 | 1.077 | |
| Leucine ... g | 1.306 | | 0 | | 1 | | 0.370 | 1.737 | |
| Lysine ... g | 1.483 | | 0 | | 1 | | 0.420 | 1.972 | |
| Methionine ... g | 0.431 | | 0 | | 1 | | 0.122 | 0.573 | |
| Cystine ... g | 0.200 | | 0 | | 1 | | 0.057 | 0.266 | |
| Phenylalanine ... g | 0.683 | | 0 | | 1 | | 0.194 | 0.908 | |
| Tyrosine ... g | 0.564 | | 0 | | 1 | | 0.160 | 0.750 | |
| Valine ... g | 0.906 | | 0 | | 1 | | 0.257 | 1.205 | |
| Arginine ... g | 0.997 | | 0 | | 1 | | 0.283 | 1.326 | |
| Histidine ... g | 0.532 | | 0 | | 1 | | 0.151 | 0.708 | |
| Alanine ... g | 1.010 | | 0 | | 1 | | 0.286 | 1.343 | |
| Aspartic acid ... g | 1.478 | | 0 | | 1 | | 0.419 | 1.966 | |
| Glutamic acid ... g | 2.436 | | 0 | | 1 | | 0.691 | 3.240 | |
| Glycine ... g | 0.820 | | 0 | | 1 | | 0.232 | 1.091 | |
| Proline ... g | 0.704 | | 0 | | 1 | | 0.200 | 0.936 | |
| Serine ... g | 0.624 | | 0 | | 1 | | 0.177 | 0.830 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 133g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17043**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17247**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 44.92 | | 0 | PAE | 4 | | 38.18 | 20.21 | |
| Energy....kcal | 337 | | 0 | NC | 4 | | 286 | 152 | |
| Energy....kj | 1410 | | | | 4 | | 1199 | 635 | |
| Protein (N x 6.25)....g | 31.10 | | 0 | PAE | 4 | | 26.44 | 14.00 | |
| Total lipid (fat)....g | 22.65 | | 0 | PAE | 4 | | 19.25 | 10.19 | |
| Ash....g | 1.12 | | 0 | PAE | 4 | | 0.95 | 0.50 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 25 | | 0 | PAE | 4 | | 21 | 11 | |
| Iron, Fe....mg | 2.43 | | 0 | PAE | 4 | | 2.07 | 1.09 | |
| Magnesium, Mg....mg | 26 | | 0 | PAE | 4 | | 22 | 12 | |
| Phosphorus, P....mg | 210 | | 0 | PAE | 4 | | 179 | 95 | |
| Potassium, K....mg | 311 | | 0 | PAE | 4 | | 264 | 140 | |
| Sodium, Na....mg | 72 | | 0 | PAE | 4 | | 61 | 32 | |
| Zinc, Zn....mg | 6.24 | | 0 | PAE | 4 | | 5.30 | 2.81 | |
| Copper, Cu....mg | 0.141 | | 0 | PAE | 4 | | 0.120 | 0.063 | |
| Manganese, Mn....mg | 0.023 | | 0 | PAE | 4 | | 0.020 | 0.010 | |
| Selenium, Se....mcg | 37.9 | | 0 | BFNN | 4 | | 32.2 | 17.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | PAE | 4 | | 0.060 | 0.032 | |
| Riboflavin....mg | 0.250 | | 0 | PAE | 4 | | 0.213 | 0.113 | |
| Niacin....mg | 6.610 | | 0 | PAE | 4 | | 5.619 | 2.975 | |
| Pantothenic acid....mg | 0.610 | | 0 | PAE | 4 | | 0.519 | 0.275 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.094 | 0.050 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 16 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 16 | 9 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 16 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.59 | | 0 | PAE | 4 | | 2.20 | 1.17 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.210 | | 0 | PAE | 4 | | 7.829 | 4.145 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | PAE | 4 | | 0.051 | 0.027 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.077 | 0.041 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17247**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.850 | | 0 | PAE | 4 | | 0.723 | 0.383 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.730 | | 0 | PAE | 4 | | 4.021 | 2.129 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.000 | | 0 | PAE | 4 | | 2.550 | 1.350 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.630 | | 0 | PAE | 4 | | 8.186 | 4.334 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.660 | | 0 | PAE | 4 | | 0.561 | 0.297 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.780 | | 0 | PAE | 4 | | 7.463 | 3.951 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.600 | | 0 | PAE | 4 | | 1.360 | 0.720 | |
| 18:2 undifferentiated....g | 1.230 | | 0 | PAE | 4 | | 1.046 | 0.554 | |
| 18:3 undifferentiated....g | 0.280 | | 0 | PAE | 4 | | 0.238 | 0.126 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | PAE | 4 | | 0.077 | 0.041 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 120 | | 0 | PAE | 4 | | 102 | 54 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.363 | | 0 | PAE | 4 | | 0.309 | 0.163 | |
| Threonine....g | 1.331 | | 0 | PAE | 4 | | 1.131 | 0.599 | |
| Isoleucine....g | 1.500 | | 0 | PAE | 4 | | 1.275 | 0.675 | |
| Leucine....g | 2.419 | | 0 | PAE | 4 | | 2.056 | 1.089 | |
| Lysine....g | 2.746 | | 0 | PAE | 4 | | 2.334 | 1.236 | |
| Methionine....g | 0.798 | | 0 | PAE | 4 | | 0.678 | 0.359 | |
| Cystine....g | 0.371 | | 0 | PAE | 4 | | 0.315 | 0.167 | |
| Phenylalanine....g | 1.266 | | 0 | PAE | 4 | | 1.076 | 0.570 | |
| Tyrosine....g | 1.045 | | 0 | PAE | 4 | | 0.888 | 0.470 | |
| Valine....g | 1.678 | | 0 | PAE | 4 | | 1.426 | 0.755 | |
| Arginine....g | 1.847 | | 0 | PAE | 4 | | 1.570 | 0.831 | |
| Histidine....g | 0.985 | | 0 | PAE | 4 | | 0.837 | 0.443 | |
| Alanine....g | 1.870 | | 0 | PAE | 4 | | 1.590 | 0.842 | |
| Aspartic acid....g | 2.737 | | 0 | PAE | 4 | | 2.326 | 1.232 | |
| Glutamic acid....g | 4.512 | | 0 | PAE | 4 | | 3.835 | 2.030 | |
| Glycine....g | 1.519 | | 0 | PAE | 4 | | 1.291 | 0.684 | |
| Proline....g | 1.304 | | 0 | PAE | 4 | | 1.108 | 0.587 | |
| Serine....g | 1.156 | | 0 | PAE | 4 | | 0.983 | 0.520 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 45g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17247**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17246**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 18% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.30 | | 0 | PAE | 4 | | 17.95 | 53.17 | |
| Energy....kcal | 244 | | 0 | NC | 4 | | 69 | 205 | |
| Energy....kj | 1021 | | | | 4 | | 289 | 858 | |
| Protein (N x 6.25)....g | 17.19 | | 0 | PAE | 4 | | 4.87 | 14.44 | |
| Total lipid (fat)....g | 18.94 | | 0 | PAE | 4 | | 5.37 | 15.91 | |
| Ash....g | 0.92 | | 0 | PAE | 4 | | 0.26 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | PAE | 4 | | 4 | 12 | |
| Iron, Fe....mg | 1.58 | | 0 | PAE | 4 | | 0.45 | 1.33 | |
| Magnesium, Mg....mg | 22 | | 0 | PAE | 4 | | 6 | 18 | |
| Phosphorus, P....mg | 162 | | 0 | PAE | 4 | | 46 | 136 | |
| Potassium, K....mg | 244 | | 0 | PAE | 4 | | 69 | 205 | |
| Sodium, Na....mg | 61 | | 0 | PAE | 4 | | 17 | 51 | |
| Zinc, Zn....mg | 3.52 | | 0 | PAE | 4 | | 1.00 | 2.96 | |
| Copper, Cu....mg | 0.104 | | 0 | PAE | 4 | | 0.029 | 0.087 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.017 | |
| Selenium, Se....mcg | 19.8 | | 0 | BFNN | 4 | | 5.6 | 16.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.092 | |
| Riboflavin....mg | 0.220 | | 0 | PAE | 4 | | 0.062 | 0.185 | |
| Niacin....mg | 6.080 | | 0 | PAE | 4 | | 1.724 | 5.107 | |
| Pantothenic acid....mg | 0.690 | | 0 | PAE | 4 | | 0.196 | 0.580 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.109 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 5 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 5 | 16 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.47 | | 0 | PAE | 4 | | 0.70 | 2.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.240 | | 0 | PAE | 4 | | 2.336 | 6.922 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.042 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.067 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17246**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.750 | | 0 | PAE | 4 | | 0.213 | 0.630 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.150 | | 0 | PAE | 4 | | 1.177 | 3.486 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.600 | | 0 | PAE | 4 | | 0.737 | 2.184 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 7.770 | | 0 | PAE | 4 | | 2.203 | 6.527 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.550 | | 0 | PAE | 4 | | 0.156 | 0.462 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 6.980 | | 0 | PAE | 4 | | 1.979 | 5.863 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.500 | | 0 | PAE | 4 | | 0.425 | 1.260 | |
| 18:2 undifferentiated ... g | 1.100 | | 0 | PAE | 4 | | 0.312 | 0.924 | |
| 18:3 undifferentiated ... g | 0.340 | | 0 | PAE | 4 | | 0.096 | 0.286 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.050 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 70 | | 0 | PAE | 4 | | 20 | 59 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.201 | | 0 | PAE | 4 | | 0.057 | 0.169 | |
| Threonine ... g | 0.736 | | 0 | PAE | 4 | | 0.209 | 0.618 | |
| Isoleucine ... g | 0.829 | | 0 | PAE | 4 | | 0.235 | 0.696 | |
| Leucine ... g | 1.337 | | 0 | PAE | 4 | | 0.379 | 1.123 | |
| Lysine ... g | 1.518 | | 0 | PAE | 4 | | 0.430 | 1.275 | |
| Methionine ... g | 0.441 | | 0 | PAE | 4 | | 0.125 | 0.370 | |
| Cystine ... g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.172 | |
| Phenylalanine ... g | 0.700 | | 0 | PAE | 4 | | 0.198 | 0.588 | |
| Tyrosine ... g | 0.578 | | 0 | PAE | 4 | | 0.164 | 0.486 | |
| Valine ... g | 0.928 | | 0 | PAE | 4 | | 0.263 | 0.780 | |
| Arginine ... g | 1.021 | | 0 | PAE | 4 | | 0.289 | 0.858 | |
| Histidine ... g | 0.545 | | 0 | PAE | 4 | | 0.155 | 0.458 | |
| Alanine ... g | 1.034 | | 0 | PAE | 4 | | 0.293 | 0.869 | |
| Aspartic acid ... g | 1.513 | | 0 | PAE | 4 | | 0.429 | 1.271 | |
| Glutamic acid ... g | 2.494 | | 0 | PAE | 4 | | 0.707 | 2.095 | |
| Glycine ... g | 0.840 | | 0 | PAE | 4 | | 0.238 | 0.706 | |
| Proline ... g | 0.721 | | 0 | PAE | 4 | | 0.204 | 0.606 | |
| Serine ... g | 0.639 | | 0 | PAE | 4 | | 0.181 | 0.537 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 84g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17246**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17249**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted**

**Refuse:** 18% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.07 | | 0 | PAE | 4 | | 162.08 | 48.51 | |
| Energy....kcal | 267 | | 0 | NC | 4 | | 758 | 227 | |
| Energy....kj | 1117 | | | | 4 | | 3173 | 950 | |
| Protein (N x 6.25)....g | 22.93 | | 0 | PAE | 4 | | 65.12 | 19.49 | |
| Total lipid (fat)....g | 18.75 | | 0 | PAE | 4 | | 53.25 | 15.94 | |
| Ash....g | 1.23 | | 0 | PAE | 4 | | 3.49 | 1.05 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAE | 4 | | 48 | 14 | |
| Iron, Fe....mg | 2.05 | | 0 | PAE | 4 | | 5.82 | 1.74 | |
| Magnesium, Mg....mg | 23 | | 0 | PAE | 4 | | 65 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | PAE | 4 | | 525 | 157 | |
| Potassium, K....mg | 262 | | 0 | PAE | 4 | | 744 | 223 | |
| Sodium, Na....mg | 65 | | 0 | PAE | 4 | | 185 | 55 | |
| Zinc, Zn....mg | 4.58 | | 0 | PAE | 4 | | 13.01 | 3.89 | |
| Copper, Cu....mg | 0.114 | | 0 | PAE | 4 | | 0.324 | 0.097 | |
| Manganese, Mn....mg | 0.022 | | 0 | PAE | 4 | | 0.062 | 0.019 | |
| Selenium, Se....mcg | 25.8 | | 0 | BFNN | 4 | | 73.3 | 21.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | PAE | 4 | | 0.256 | 0.077 | |
| Riboflavin....mg | 0.250 | | 0 | PAE | 4 | | 0.710 | 0.213 | |
| Niacin....mg | 6.620 | | 0 | PAE | 4 | | 18.801 | 5.627 | |
| Pantothenic acid....mg | 0.710 | | 0 | PAE | 4 | | 2.016 | 0.604 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.369 | 0.111 | |
| Folate, total....mcg | 21 | | 0 | PAE | 4 | | 60 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | PAE | 4 | | 60 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 60 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.56 | | 0 | PAE | 4 | | 7.27 | 2.18 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.040 | | 0 | PAE | 4 | | 22.834 | 6.834 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.142 | 0.043 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.227 | 0.068 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17249**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.720 | | 0 | PAE | 4 | | 2.045 | 0.612 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.070 | | 0 | PAE | 4 | | 11.559 | 3.460 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.550 | | 0 | PAE | 4 | | 7.242 | 2.168 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 7.680 | | 0 | PAE | 4 | | 21.811 | 6.528 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.550 | | 0 | PAE | 4 | | 1.562 | 0.468 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 6.900 | | 0 | PAE | 4 | | 19.596 | 5.865 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.500 | | 0 | PAE | 4 | | 4.260 | 1.275 | |
| 18:2 undifferentiated ... g | 1.100 | | 0 | PAE | 4 | | 3.124 | 0.935 | |
| 18:3 undifferentiated ... g | 0.330 | | 0 | PAE | 4 | | 0.937 | 0.281 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.070 | | 0 | PAE | 4 | | 0.199 | 0.060 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 91 | | 0 | PAE | 4 | | 258 | 77 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.268 | | 0 | PAE | 4 | | 0.761 | 0.228 | |
| Threonine ... g | 0.982 | | 0 | PAE | 4 | | 2.789 | 0.835 | |
| Isoleucine ... g | 1.106 | | 0 | PAE | 4 | | 3.141 | 0.940 | |
| Leucine ... g | 1.784 | | 0 | PAE | 4 | | 5.067 | 1.516 | |
| Lysine ... g | 2.025 | | 0 | PAE | 4 | | 5.751 | 1.721 | |
| Methionine ... g | 0.589 | | 0 | PAE | 4 | | 1.673 | 0.501 | |
| Cystine ... g | 0.274 | | 0 | PAE | 4 | | 0.778 | 0.233 | |
| Phenylalanine ... g | 0.934 | | 0 | PAE | 4 | | 2.653 | 0.794 | |
| Tyrosine ... g | 0.771 | | 0 | PAE | 4 | | 2.190 | 0.655 | |
| Valine ... g | 1.237 | | 0 | PAE | 4 | | 3.513 | 1.051 | |
| Arginine ... g | 1.362 | | 0 | PAE | 4 | | 3.868 | 1.158 | |
| Histidine ... g | 0.726 | | 0 | PAE | 4 | | 2.062 | 0.617 | |
| Alanine ... g | 1.379 | | 0 | PAE | 4 | | 3.916 | 1.172 | |
| Aspartic acid ... g | 2.019 | | 0 | PAE | 4 | | 5.734 | 1.716 | |
| Glutamic acid ... g | 3.328 | | 0 | PAE | 4 | | 9.452 | 2.829 | |
| Glycine ... g | 1.120 | | 0 | PAE | 4 | | 3.181 | 0.952 | |
| Proline ... g | 0.962 | | 0 | PAE | 4 | | 2.732 | 0.818 | |
| Serine ... g | 0.853 | | 0 | PAE | 4 | | 2.423 | 0.725 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 284g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17249**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17248**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.77 | | 0 | PAE | 4 | | 47.40 | 32.90 | |
| Energy....kcal | 269 | | 0 | NC | 4 | | 229 | 159 | |
| Energy....kj | 1125 | | | | 4 | | 957 | 664 | |
| Protein (N x 6.25)....g | 24.91 | | 0 | PAE | 4 | | 21.17 | 14.70 | |
| Total lipid (fat)....g | 18.05 | | 0 | PAE | 4 | | 15.34 | 10.65 | |
| Ash....g | 1.33 | | 0 | PAE | 4 | | 1.13 | 0.78 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAE | 4 | | 15 | 11 | |
| Iron, Fe....mg | 2.12 | | 0 | PAE | 4 | | 1.80 | 1.25 | |
| Magnesium, Mg....mg | 27 | | 0 | PAE | 4 | | 23 | 16 | |
| Phosphorus, P....mg | 200 | | 0 | PAE | 4 | | 170 | 118 | |
| Potassium, K....mg | 314 | | 0 | PAE | 4 | | 267 | 185 | |
| Sodium, Na....mg | 78 | | 0 | PAE | 4 | | 66 | 46 | |
| Zinc, Zn....mg | 5.01 | | 0 | PAE | 4 | | 4.26 | 2.96 | |
| Copper, Cu....mg | 0.135 | | 0 | PAE | 4 | | 0.115 | 0.080 | |
| Manganese, Mn....mg | 0.024 | | 0 | PAE | 4 | | 0.020 | 0.014 | |
| Selenium, Se....mcg | 28.1 | | 0 | BFNN | 4 | | 23.9 | 16.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.085 | 0.059 | |
| Riboflavin....mg | 0.270 | | 0 | PAE | 4 | | 0.230 | 0.159 | |
| Niacin....mg | 6.990 | | 0 | PAE | 4 | | 5.942 | 4.124 | |
| Pantothenic acid....mg | 0.680 | | 0 | PAE | 4 | | 0.578 | 0.401 | |
| Vitamin B-6....mg | 0.120 | | 0 | PAE | 4 | | 0.102 | 0.071 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 16 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 16 | 11 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 16 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.88 | | 0 | PAE | 4 | | 2.45 | 1.70 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.660 | | 0 | PAE | 4 | | 6.511 | 4.519 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.034 | 0.024 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.060 | 0.041 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17248**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.680 | | 0 | PAE | 4 | | 0.578 | 0.401 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.890 | | 0 | PAE | 4 | | 3.307 | 2.295 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.430 | | 0 | PAE | 4 | | 2.066 | 1.434 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.380 | | 0 | PAE | 4 | | 6.273 | 4.354 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.530 | | 0 | PAE | 4 | | 0.451 | 0.313 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.640 | | 0 | PAE | 4 | | 5.644 | 3.918 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.460 | | 0 | PAE | 4 | | 1.241 | 0.861 | |
| 18:2 undifferentiated....g | 1.070 | | 0 | PAE | 4 | | 0.910 | 0.631 | |
| 18:3 undifferentiated....g | 0.310 | | 0 | PAE | 4 | | 0.264 | 0.183 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | PAE | 4 | | 0.068 | 0.047 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 96 | | 0 | PAE | 4 | | 82 | 57 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.291 | | 0 | PAE | 4 | | 0.247 | 0.172 | |
| Threonine....g | 1.066 | | 0 | PAE | 4 | | 0.906 | 0.629 | |
| Isoleucine....g | 1.202 | | 0 | PAE | 4 | | 1.022 | 0.709 | |
| Leucine....g | 1.937 | | 0 | PAE | 4 | | 1.646 | 1.143 | |
| Lysine....g | 2.200 | | 0 | PAE | 4 | | 1.870 | 1.298 | |
| Methionine....g | 0.639 | | 0 | PAE | 4 | | 0.543 | 0.377 | |
| Cystine....g | 0.297 | | 0 | PAE | 4 | | 0.252 | 0.175 | |
| Phenylalanine....g | 1.014 | | 0 | PAE | 4 | | 0.862 | 0.598 | |
| Tyrosine....g | 0.837 | | 0 | PAE | 4 | | 0.711 | 0.494 | |
| Valine....g | 1.344 | | 0 | PAE | 4 | | 1.142 | 0.793 | |
| Arginine....g | 1.480 | | 0 | PAE | 4 | | 1.258 | 0.873 | |
| Histidine....g | 0.789 | | 0 | PAE | 4 | | 0.671 | 0.466 | |
| Alanine....g | 1.498 | | 0 | PAE | 4 | | 1.273 | 0.884 | |
| Aspartic acid....g | 2.192 | | 0 | PAE | 4 | | 1.863 | 1.293 | |
| Glutamic acid....g | 3.615 | | 0 | PAE | 4 | | 3.073 | 2.133 | |
| Glycine....g | 1.217 | | 0 | PAE | 4 | | 1.034 | 0.718 | |
| Proline....g | 1.045 | | 0 | PAE | 4 | | 0.888 | 0.617 | |
| Serine....g | 0.926 | | 0 | PAE | 4 | | 0.787 | 0.546 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 102 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17248**

**Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17048**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 38% Bone 20%, separable fat 18%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 49.32 | 1.240 | 16 | | 1 | | 41.92 | 27.13 | |
| Energy....kcal | 279 | | 0 | NC | 4 | | 237 | 153 | |
| Energy....kj | 1167 | | | | 4 | | 992 | 642 | |
| Protein (N x 6.25)....g | 35.54 | 1.070 | 15 | | 1 | | 30.21 | 19.55 | |
| Total lipid (fat)....g | 14.08 | 0.683 | 16 | | 1 | | 11.97 | 7.74 | |
| Ash....g | 1.22 | 0.032 | 16 | | 1 | | 1.04 | 0.67 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 26 | 1.591 | 16 | | 1 | | 22 | 14 | |
| Iron, Fe....mg | 2.70 | 0.150 | 16 | | 1 | | 2.30 | 1.49 | |
| Magnesium, Mg....mg | 29 | 0.811 | 16 | | 1 | | 25 | 16 | |
| Phosphorus, P....mg | 232 | 5.278 | 16 | | 1 | | 197 | 128 | |
| Potassium, K....mg | 338 | 8.806 | 16 | | 1 | | 287 | 186 | |
| Sodium, Na....mg | 76 | 1.802 | 16 | | 1 | | 65 | 42 | |
| Zinc, Zn....mg | 7.30 | 0.317 | 16 | | 1 | | 6.21 | 4.02 | |
| Copper, Cu....mg | 0.154 | 0.010 | 15 | | 1 | | 0.131 | 0.085 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.024 | 0.015 | |
| Selenium, Se....mcg | 37.8 | | 0 | BFYN | 4 | | 32.1 | 20.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | 0.006 | 16 | | 1 | | 0.060 | 0.039 | |
| Riboflavin....mg | 0.270 | 0.019 | 16 | | 1 | | 0.230 | 0.149 | |
| Niacin....mg | 6.330 | 0.272 | 16 | | 1 | | 5.381 | 3.482 | |
| Pantothenic acid....mg | 0.620 | 0.020 | 16 | | 1 | | 0.527 | 0.341 | |
| Vitamin B-6....mg | 0.130 | 0.005 | 9 | | 1 | | 0.111 | 0.072 | |
| Folate, total....mcg | 22 | 1.959 | 16 | | 1 | | 19 | 12 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 22 | 1.959 | 16 | | 1 | | 19 | 12 | |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 19 | 12 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.65 | 0.130 | 16 | | 1 | | 2.25 | 1.46 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.15 | 0.10 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.030 | | 0 | | 1 | | 4.276 | 2.767 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 107 | | 1 | | 0.026 | 0.017 | |
| 12:0....g | 0.040 | | 107 | | 1 | | 0.034 | 0.022 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17048**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.440 | | 107 | | 1 | | 0.374 | 0.242 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.710 | | 107 | | 1 | | 2.304 | 1.491 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.730 | | 107 | | 1 | | 1.471 | 0.952 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.170 | | 0 | | 1 | | 5.245 | 3.394 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.420 | | 107 | | 1 | | 0.357 | 0.231 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.720 | | 107 | | 1 | | 4.862 | 3.146 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.920 | | 0 | | 1 | | 0.782 | 0.506 | |
| 18:2 undifferentiated....g | 0.750 | | 107 | | 1 | | 0.638 | 0.413 | |
| 18:3 undifferentiated....g | 0.080 | | 107 | | 1 | | 0.068 | 0.044 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 107 | | 1 | | 0.077 | 0.050 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 121 | 3.155 | 16 | | 1 | | 103 | 67 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.415 | | 0 | | 1 | | 0.353 | 0.228 | |
| Threonine....g | 1.521 | | 0 | | 1 | | 1.293 | 0.837 | |
| Isoleucine....g | 1.715 | | 0 | | 1 | | 1.458 | 0.943 | |
| Leucine....g | 2.764 | | 0 | | 1 | | 2.349 | 1.520 | |
| Lysine....g | 3.138 | | 0 | | 1 | | 2.667 | 1.726 | |
| Methionine....g | 0.912 | | 0 | | 1 | | 0.775 | 0.502 | |
| Cystine....g | 0.424 | | 0 | | 1 | | 0.360 | 0.233 | |
| Phenylalanine....g | 1.447 | | 0 | | 1 | | 1.230 | 0.796 | |
| Tyrosine....g | 1.194 | | 0 | | 1 | | 1.015 | 0.657 | |
| Valine....g | 1.918 | | 0 | | 1 | | 1.630 | 1.055 | |
| Arginine....g | 2.111 | | 0 | | 1 | | 1.794 | 1.161 | |
| Histidine....g | 1.126 | | 0 | | 1 | | 0.957 | 0.619 | |
| Alanine....g | 2.137 | | 0 | | 1 | | 1.816 | 1.175 | |
| Aspartic acid....g | 3.128 | | 0 | | 1 | | 2.659 | 1.720 | |
| Glutamic acid....g | 5.157 | | 0 | | 1 | | 4.383 | 2.836 | |
| Glycine....g | 1.736 | | 0 | | 1 | | 1.476 | 0.955 | |
| Proline....g | 1.491 | | 0 | | 1 | | 1.267 | 0.820 | |
| Serine....g | 1.321 | | 0 | | 1 | | 1.123 | 0.727 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 55g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17048**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17049**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 36% Bone 19%, separable fat 17%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.28 | | 0 | | 1 | | 52.94 | 46.09 | |
| Energy....kcal | 200 | | 0 | NC | 4 | | 170 | 148 | |
| Energy....kj | 837 | | | | 4 | | 711 | 619 | |
| Protein (N x 6.25)....g | 27.71 | | 0 | | 1 | | 23.55 | 20.51 | |
| Total lipid (fat)....g | 9.02 | | 0 | | 1 | | 7.67 | 6.67 | |
| Ash....g | 1.48 | | 0 | | 1 | | 1.26 | 1.10 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 14 | 13 | |
| Iron, Fe....mg | 2.31 | | 0 | | 1 | | 1.96 | 1.71 | |
| Magnesium, Mg....mg | 30 | | 0 | | 1 | | 26 | 22 | |
| Phosphorus, P....mg | 219 | | 0 | | 1 | | 186 | 162 | |
| Potassium, K....mg | 340 | | 0 | | 1 | | 289 | 252 | |
| Sodium, Na....mg | 82 | | 0 | | 1 | | 70 | 61 | |
| Zinc, Zn....mg | 5.73 | | 0 | | 1 | | 4.87 | 4.24 | |
| Copper, Cu....mg | 0.145 | | 0 | | 1 | | 0.123 | 0.107 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.024 | 0.021 | |
| Selenium, Se....mcg | 31.5 | | 0 | BFYN | 4 | | 26.8 | 23.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.085 | 0.074 | |
| Riboflavin....mg | 0.290 | | 0 | | 1 | | 0.247 | 0.215 | |
| Niacin....mg | 6.810 | | 0 | | 1 | | 5.789 | 5.039 | |
| Pantothenic acid....mg | 0.710 | | 0 | | 1 | | 0.604 | 0.525 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.119 | 0.104 | |
| Folate, total....mcg | 23 | | 0 | | 1 | | 20 | 17 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | | 0 | | 1 | | 20 | 17 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 20 | 17 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.00 | | 0 | | 1 | | 2.55 | 2.22 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.17 | 0.15 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.420 | | 0 | | 1 | | 2.907 | 2.531 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.017 | 0.015 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.026 | 0.022 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17049**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.270 | | 0 | | 1 | | 0.230 | 0.200 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.810 | | 0 | | 1 | | 1.539 | 1.339 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.120 | | 0 | | 1 | | 0.952 | 0.829 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.650 | | 0 | | 1 | | 3.103 | 2.701 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 0 | | 1 | | 0.230 | 0.200 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.290 | | 0 | | 1 | | 2.797 | 2.435 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.800 | | 0 | | 1 | | 0.680 | 0.592 | |
| 18:2 undifferentiated....g | 0.590 | | 0 | | 1 | | 0.502 | 0.437 | |
| 18:3 undifferentiated....g | 0.130 | | 0 | | 1 | | 0.111 | 0.096 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.060 | 0.052 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | | 0 | | 1 | | 78 | 68 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.324 | | 0 | | 1 | | 0.275 | 0.240 | |
| Threonine....g | 1.186 | | 0 | | 1 | | 1.008 | 0.878 | |
| Isoleucine....g | 1.337 | | 0 | | 1 | | 1.136 | 0.989 | |
| Leucine....g | 2.155 | | 0 | | 1 | | 1.832 | 1.595 | |
| Lysine....g | 2.447 | | 0 | | 1 | | 2.080 | 1.811 | |
| Methionine....g | 0.711 | | 0 | | 1 | | 0.604 | 0.526 | |
| Cystine....g | 0.331 | | 0 | | 1 | | 0.281 | 0.245 | |
| Phenylalanine....g | 1.128 | | 0 | | 1 | | 0.959 | 0.835 | |
| Tyrosine....g | 0.931 | | 0 | | 1 | | 0.791 | 0.689 | |
| Valine....g | 1.495 | | 0 | | 1 | | 1.271 | 1.106 | |
| Arginine....g | 1.646 | | 0 | | 1 | | 1.399 | 1.218 | |
| Histidine....g | 0.878 | | 0 | | 1 | | 0.746 | 0.650 | |
| Alanine....g | 1.666 | | 0 | | 1 | | 1.416 | 1.233 | |
| Aspartic acid....g | 2.439 | | 0 | | 1 | | 2.073 | 1.805 | |
| Glutamic acid....g | 4.021 | | 0 | | 1 | | 3.418 | 2.976 | |
| Glycine....g | 1.353 | | 0 | | 1 | | 1.150 | 1.001 | |
| Proline....g | 1.162 | | 0 | | 1 | | 0.988 | 0.860 | |
| Serine....g | 1.030 | | 0 | | 1 | | 0.876 | 0.762 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 74g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17049**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17050**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 35% Bone 17%, separable fat 18%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.32 | | 0 | | 1 | | 144.08 | 54.67 | |
| Energy....kcal | 192 | | 0 | NC | 4 | | 430 | 163 | |
| Energy....kj | 803 | | | | 4 | | 1799 | 683 | |
| Protein (N x 6.25)....g | 25.46 | | 0 | | 1 | | 57.03 | 21.64 | |
| Total lipid (fat)....g | 9.26 | | 0 | | 1 | | 20.74 | 7.87 | |
| Ash....g | 1.36 | | 0 | | 1 | | 3.05 | 1.16 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | | 1 | | 36 | 14 | |
| Iron, Fe....mg | 2.23 | | 0 | | 1 | | 5.00 | 1.90 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 58 | 22 | |
| Phosphorus, P....mg | 202 | | 0 | | 1 | | 452 | 172 | |
| Potassium, K....mg | 277 | | 0 | | 1 | | 620 | 235 | |
| Sodium, Na....mg | 67 | | 0 | | 1 | | 150 | 57 | |
| Zinc, Zn....mg | 5.25 | | 0 | | 1 | | 11.76 | 4.46 | |
| Copper, Cu....mg | 0.120 | | 0 | | 1 | | 0.269 | 0.102 | |
| Manganese, Mn....mg | 0.026 | | 0 | | 1 | | 0.058 | 0.022 | |
| Selenium, Se....mcg | 29.1 | | 0 | BFYN | 4 | | 65.2 | 24.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.224 | 0.085 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.605 | 0.230 | |
| Niacin....mg | 6.340 | | 0 | | 1 | | 14.202 | 5.389 | |
| Pantothenic acid....mg | 0.740 | | 0 | | 1 | | 1.658 | 0.629 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.314 | 0.119 | |
| Folate, total....mcg | 25 | | 0 | | 1 | | 56 | 21 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 25 | | 0 | | 1 | | 56 | 21 | |
| Folate, DFE....mcg_DFE | 25 | | 0 | NC | 4 | | 56 | 21 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.61 | | 0 | | 1 | | 5.85 | 2.22 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | | 1 | | 0.38 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.590 | | 0 | | 1 | | 8.042 | 3.052 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.045 | 0.017 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.067 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17050**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.290 | | 0 | | 1 | | 0.650 | 0.247 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.890 | | 0 | | 1 | | 4.234 | 1.607 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.170 | | 0 | | 1 | | 2.621 | 0.995 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.760 | | 0 | | 1 | | 8.422 | 3.196 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.627 | 0.238 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.390 | | 0 | | 1 | | 7.594 | 2.882 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.800 | | 0 | | 1 | | 1.792 | 0.680 | |
| 18:2 undifferentiated....g | 0.600 | | 0 | | 1 | | 1.344 | 0.510 | |
| 18:3 undifferentiated....g | 0.140 | | 0 | | 1 | | 0.314 | 0.119 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.157 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 86 | | 0 | | 1 | | 193 | 73 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.298 | | 0 | | 1 | | 0.668 | 0.253 | |
| Threonine....g | 1.090 | | 0 | | 1 | | 2.442 | 0.927 | |
| Isoleucine....g | 1.228 | | 0 | | 1 | | 2.751 | 1.044 | |
| Leucine....g | 1.980 | | 0 | | 1 | | 4.435 | 1.683 | |
| Lysine....g | 2.248 | | 0 | | 1 | | 5.036 | 1.911 | |
| Methionine....g | 0.653 | | 0 | | 1 | | 1.463 | 0.555 | |
| Cystine....g | 0.304 | | 0 | | 1 | | 0.681 | 0.258 | |
| Phenylalanine....g | 1.036 | | 0 | | 1 | | 2.321 | 0.881 | |
| Tyrosine....g | 0.856 | | 0 | | 1 | | 1.917 | 0.728 | |
| Valine....g | 1.374 | | 0 | | 1 | | 3.078 | 1.168 | |
| Arginine....g | 1.513 | | 0 | | 1 | | 3.389 | 1.286 | |
| Histidine....g | 0.807 | | 0 | | 1 | | 1.808 | 0.686 | |
| Alanine....g | 1.531 | | 0 | | 1 | | 3.429 | 1.301 | |
| Aspartic acid....g | 2.241 | | 0 | | 1 | | 5.020 | 1.905 | |
| Glutamic acid....g | 3.695 | | 0 | | 1 | | 8.277 | 3.141 | |
| Glycine....g | 1.243 | | 0 | | 1 | | 2.784 | 1.057 | |
| Proline....g | 1.068 | | 0 | | 1 | | 2.392 | 0.908 | |
| Serine....g | 0.947 | | 0 | | 1 | | 2.121 | 0.805 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 224g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17050**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.14 | 0.208 | 32 | | 1 | | 21.02 | 74.88 | |
| Energy | kcal | 132 | | 0 | NC | 4 | | 37 | 133 | |
| Energy | kj | 552 | | | | 4 | | 157 | 558 | |
| Protein (N x 6.25) | g | 19.99 | 0.196 | 32 | | 1 | | 5.67 | 20.19 | |
| Total lipid (fat) | g | 5.20 | 0.200 | 32 | | 1 | | 1.47 | 5.25 | |
| Ash | g | 1.07 | 0.011 | 32 | | 1 | | 0.30 | 1.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 12 | 0.749 | 32 | | 1 | | 3 | 12 | |
| Iron, Fe | mg | 1.74 | 0.091 | 32 | | 1 | | 0.49 | 1.76 | |
| Magnesium, Mg | mg | 25 | 0.901 | 32 | | 1 | | 7 | 25 | |
| Phosphorus, P | mg | 186 | 2.729 | 16 | | 1 | | 53 | 188 | |
| Potassium, K | mg | 287 | 13.392 | 32 | | 1 | | 81 | 290 | |
| Sodium, Na | mg | 69 | 3.291 | 32 | | 1 | | 20 | 70 | |
| Zinc, Zn | mg | 4.15 | 0.157 | 32 | | 1 | | 1.18 | 4.19 | |
| Copper, Cu | mg | 0.116 | 0.004 | 32 | | 1 | | 0.033 | 0.117 | |
| Manganese, Mn | mg | 0.024 | | 0 | | 1 | | 0.007 | 0.024 | |
| Selenium, Se | mcg | 22.7 | | 0 | BFNN | 4 | | 6.4 | 22.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | 0.007 | 16 | | 1 | | 0.034 | 0.121 | |
| Riboflavin | mg | 0.230 | 0.013 | 16 | | 1 | | 0.065 | 0.232 | |
| Niacin | mg | 6.000 | 0.272 | 16 | | 1 | | 1.701 | 6.060 | |
| Pantothenic acid | mg | 0.720 | 0.025 | 16 | | 1 | | 0.204 | 0.727 | |
| Vitamin B-6 | mg | 0.150 | 0.010 | 9 | | 1 | | 0.043 | 0.152 | |
| Folate, total | mcg | 24 | 1.393 | 16 | | 1 | | 7 | 24 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 24 | 1.393 | 16 | | 1 | | 7 | 24 | |
| Folate, DFE | mcg_DFE | 24 | | 0 | NC | 4 | | 7 | 24 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.67 | 0.161 | 16 | | 1 | | 0.76 | 2.70 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | | 0 | | 1 | | 0.06 | 0.22 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.860 | | 0 | | 1 | | 0.527 | 1.879 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.010 | | 373 | | 1 | | 0.003 | 0.010 | |
| 12:0 | g | 0.010 | | 373 | | 1 | | 0.003 | 0.010 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17047**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.130 | | 373 | | 1 | | 0.037 | 0.131 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.010 | | 373 | | 1 | | 0.286 | 1.020 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.620 | | 373 | | 1 | | 0.176 | 0.626 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.090 | | 0 | | 1 | | 0.593 | 2.111 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.160 | | 373 | | 1 | | 0.045 | 0.162 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.890 | | 373 | | 1 | | 0.536 | 1.909 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 0.485 | |
| 18:2 undifferentiated....g | 0.360 | | 373 | | 1 | | 0.102 | 0.364 | |
| 18:3 undifferentiated....g | 0.070 | | 373 | | 1 | | 0.020 | 0.071 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 373 | | 1 | | 0.014 | 0.051 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 64 | 1.586 | 16 | | 1 | | 18 | 65 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.234 | | 0 | | 1 | | 0.066 | 0.236 | |
| Threonine....g | 0.856 | | 0 | | 1 | | 0.243 | 0.865 | |
| Isoleucine....g | 0.965 | | 0 | | 1 | | 0.274 | 0.975 | |
| Leucine....g | 1.555 | | 0 | | 1 | | 0.441 | 1.571 | |
| Lysine....g | 1.766 | | 0 | | 1 | | 0.501 | 1.784 | |
| Methionine....g | 0.513 | | 0 | | 1 | | 0.145 | 0.518 | |
| Cystine....g | 0.239 | | 0 | | 1 | | 0.068 | 0.241 | |
| Phenylalanine....g | 0.814 | | 0 | | 1 | | 0.231 | 0.822 | |
| Tyrosine....g | 0.672 | | 0 | | 1 | | 0.191 | 0.679 | |
| Valine....g | 1.079 | | 0 | | 1 | | 0.306 | 1.090 | |
| Arginine....g | 1.188 | | 0 | | 1 | | 0.337 | 1.200 | |
| Histidine....g | 0.633 | | 0 | | 1 | | 0.179 | 0.639 | |
| Alanine....g | 1.202 | | 0 | | 1 | | 0.341 | 1.214 | |
| Aspartic acid....g | 1.760 | | 0 | | 1 | | 0.499 | 1.778 | |
| Glutamic acid....g | 2.901 | | 0 | | 1 | | 0.822 | 2.930 | |
| Glycine....g | 0.976 | | 0 | | 1 | | 0.277 | 0.986 | |
| Proline....g | 0.839 | | 0 | | 1 | | 0.238 | 0.847 | |
| Serine....g | 0.743 | | 0 | | 1 | | 0.211 | 0.750 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 101g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 160 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17047**

**Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17052**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 45.18 | | 0 | | 1 | | 94.43 | 38.40 | |
| Energy....kcal | 345 | | 0 | NC | 4 | | 721 | 293 | |
| Energy....kj | 1443 | | | | 4 | | 3017 | 1227 | |
| Protein (N x 6.25)....g | 28.51 | | 0 | | 1 | | 59.59 | 24.23 | |
| Total lipid (fat)....g | 24.73 | | 0 | | 1 | | 51.69 | 21.02 | |
| Ash....g | 1.53 | | 0 | | 1 | | 3.20 | 1.30 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | | 1 | | 56 | 23 | |
| Iron, Fe....mg | 2.35 | | 0 | | 1 | | 4.91 | 2.00 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 50 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | | 1 | | 387 | 157 | |
| Potassium, K....mg | 243 | | 0 | | 1 | | 508 | 207 | |
| Sodium, Na....mg | 75 | | 0 | | 1 | | 157 | 64 | |
| Zinc, Zn....mg | 6.86 | | 0 | | 1 | | 14.34 | 5.83 | |
| Copper, Cu....mg | 0.121 | | 0 | | 1 | | 0.253 | 0.103 | |
| Manganese, Mn....mg | 0.027 | | 0 | | 1 | | 0.056 | 0.023 | |
| Selenium, Se....mcg | 33.1 | | 0 | BFYN | 4 | | 69.2 | 28.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.125 | 0.051 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.439 | 0.179 | |
| Niacin....mg | 6.040 | | 0 | | 1 | | 12.624 | 5.134 | |
| Pantothenic acid....mg | 0.610 | | 0 | | 1 | | 1.275 | 0.519 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.230 | 0.094 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 38 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 38 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 38 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.83 | | 0 | | 1 | | 5.91 | 2.41 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.33 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.290 | | 0 | | 1 | | 21.506 | 8.747 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | | 1 | | 0.125 | 0.051 | |
| 12:0....g | 0.100 | | 0 | | 1 | | 0.209 | 0.085 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17052**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.900 | | 0 | | 1 | | 1.881 | 0.765 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.270 | | 0 | | 1 | | 11.014 | 4.480 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.280 | | 0 | | 1 | | 6.855 | 2.788 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.100 | | 0 | | 1 | | 21.109 | 8.585 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.730 | | 0 | | 1 | | 1.526 | 0.621 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.080 | | 0 | | 1 | | 18.977 | 7.718 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.030 | | 0 | | 1 | | 4.243 | 1.726 | |
| 18:2 undifferentiated....g | 1.500 | | 0 | | 1 | | 3.135 | 1.275 | |
| 18:3 undifferentiated....g | 0.410 | | 0 | | 1 | | 0.857 | 0.349 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.120 | | 0 | | 1 | | 0.251 | 0.102 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 116 | | 0 | | 1 | | 242 | 99 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.333 | | 0 | | 1 | | 0.696 | 0.283 | |
| Threonine....g | 1.220 | | 0 | | 1 | | 2.550 | 1.037 | |
| Isoleucine....g | 1.376 | | 0 | | 1 | | 2.876 | 1.170 | |
| Leucine....g | 2.218 | | 0 | | 1 | | 4.636 | 1.885 | |
| Lysine....g | 2.518 | | 0 | | 1 | | 5.263 | 2.140 | |
| Methionine....g | 0.732 | | 0 | | 1 | | 1.530 | 0.622 | |
| Cystine....g | 0.340 | | 0 | | 1 | | 0.711 | 0.289 | |
| Phenylalanine....g | 1.161 | | 0 | | 1 | | 2.426 | 0.987 | |
| Tyrosine....g | 0.958 | | 0 | | 1 | | 2.002 | 0.814 | |
| Valine....g | 1.539 | | 0 | | 1 | | 3.217 | 1.308 | |
| Arginine....g | 1.694 | | 0 | | 1 | | 3.540 | 1.440 | |
| Histidine....g | 0.903 | | 0 | | 1 | | 1.887 | 0.768 | |
| Alanine....g | 1.715 | | 0 | | 1 | | 3.584 | 1.458 | |
| Aspartic acid....g | 2.510 | | 0 | | 1 | | 5.246 | 2.134 | |
| Glutamic acid....g | 4.138 | | 0 | | 1 | | 8.648 | 3.517 | |
| Glycine....g | 1.393 | | 0 | | 1 | | 2.911 | 1.184 | |
| Proline....g | 1.196 | | 0 | | 1 | | 2.500 | 1.017 | |
| Serine....g | 1.060 | | 0 | | 1 | | 2.215 | 0.901 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17052**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17053**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 27% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.92 | | 0 | | 1 | | 140.92 | 47.53 | |
| Energy....kcal | 278 | | 0 | NC | 4 | | 701 | 236 | |
| Energy....kj | 1163 | | 0 | | 4 | | 2931 | 989 | |
| Protein (N x 6.25)....g | 23.08 | | 0 | | 1 | | 58.16 | 19.62 | |
| Total lipid (fat)....g | 19.94 | | 0 | | 1 | | 50.25 | 16.95 | |
| Ash....g | 1.15 | | 0 | | 1 | | 2.90 | 0.98 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | | 0 | | 1 | | 60 | 20 | |
| Iron, Fe....mg | 1.72 | | 0 | | 1 | | 4.33 | 1.46 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 60 | 20 | |
| Phosphorus, P....mg | 198 | | 0 | | 1 | | 499 | 168 | |
| Potassium, K....mg | 336 | | 0 | | 1 | | 847 | 286 | |
| Sodium, Na....mg | 82 | | 0 | | 1 | | 207 | 70 | |
| Zinc, Zn....mg | 5.62 | | 0 | | 1 | | 14.16 | 4.78 | |
| Copper, Cu....mg | 0.122 | | 0 | | 1 | | 0.307 | 0.104 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.060 | 0.020 | |
| Selenium, Se....mcg | 27.4 | | 0 | BFYN | 4 | | 69.0 | 23.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.227 | 0.077 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.630 | 0.213 | |
| Niacin....mg | 6.380 | | 0 | | 1 | | 16.078 | 5.423 | |
| Pantothenic acid....mg | 0.670 | | 0 | | 1 | | 1.688 | 0.570 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.378 | 0.128 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 45 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 45 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 45 | 15 | |
| Choline, total....mg | 89.3 | | 0 | BFNN | 4 | | 225.0 | 75.9 | |
| Betaine....mg | 11.7 | | 0 | BFNN | 4 | | 29.6 | 10.0 | |
| Vitamin B-12....mcg | 2.73 | | 0 | | 1 | | 6.88 | 2.32 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.15 | | 0 | | 1 | | 0.38 | 0.13 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.4 | | 0 | BFSN | 4 | | 11.0 | 3.7 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.180 | | 0 | | 1 | | 20.614 | 6.953 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.126 | 0.043 | |

**NDB No. 17053**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.080 | | 0 | | 1 | | 0.202 | 0.068 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.750 | | 0 | | 1 | | 1.890 | 0.638 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.190 | | 0 | | 1 | | 10.559 | 3.562 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.660 | | 0 | | 1 | | 6.703 | 2.261 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.460 | | 0 | | 1 | | 21.319 | 7.191 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.580 | | 0 | | 1 | | 1.462 | 0.493 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.700 | | 0 | | 1 | | 19.404 | 6.545 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.420 | | 0 | | 1 | | 3.578 | 1.207 | |
| 18:2 undifferentiated g | 1.080 | | 0 | | 1 | | 2.722 | 0.918 | |
| 18:3 undifferentiated g | 0.260 | | 0 | | 1 | | 0.655 | 0.221 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.202 | 0.068 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 95 | | 0 | | 1 | | 239 | 81 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.270 | | 0 | | 1 | | 0.680 | 0.230 | |
| Threonine g | 0.988 | | 0 | | 1 | | 2.490 | 0.840 | |
| Isoleucine g | 1.113 | | 0 | | 1 | | 2.805 | 0.946 | |
| Leucine g | 1.795 | | 0 | | 1 | | 4.523 | 1.526 | |
| Lysine g | 2.038 | | 0 | | 1 | | 5.136 | 1.732 | |
| Methionine g | 0.592 | | 0 | | 1 | | 1.492 | 0.503 | |
| Cystine g | 0.275 | | 0 | | 1 | | 0.693 | 0.234 | |
| Phenylalanine g | 0.940 | | 0 | | 1 | | 2.369 | 0.799 | |
| Tyrosine g | 0.776 | | 0 | | 1 | | 1.956 | 0.660 | |
| Valine g | 1.245 | | 0 | | 1 | | 3.137 | 1.058 | |
| Arginine g | 1.371 | | 0 | | 1 | | 3.455 | 1.165 | |
| Histidine g | 0.731 | | 0 | | 1 | | 1.842 | 0.621 | |
| Alanine g | 1.388 | | 0 | | 1 | | 3.498 | 1.180 | |
| Aspartic acid g | 2.031 | | 0 | | 1 | | 5.118 | 1.726 | |
| Glutamic acid g | 3.349 | | 0 | | 1 | | 8.439 | 2.847 | |
| Glycine g | 1.127 | | 0 | | 1 | | 2.840 | 0.958 | |
| Proline g | 0.968 | | 0 | | 1 | | 2.439 | 0.823 | |
| Serine g | 0.858 | | 0 | | 1 | | 2.162 | 0.729 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17053**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17054**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.85 | | 0 | | 1 | | 144.09 | 47.47 | |
| Energy....kcal | 281 | | 0 | NC | 4 | | 725 | 239 | |
| Energy....kj | 1176 | | | | 4 | | 3033 | 999 | |
| Protein (N x 6.25)....g | 22.25 | | 0 | | 1 | | 57.41 | 18.91 | |
| Total lipid (fat)....g | 20.61 | | 0 | | 1 | | 53.17 | 17.52 | |
| Ash....g | 1.19 | | 0 | | 1 | | 3.07 | 1.01 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | | 1 | | 54 | 18 | |
| Iron, Fe....mg | 1.92 | | 0 | | 1 | | 4.95 | 1.63 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 57 | 19 | |
| Phosphorus, P....mg | 183 | | 0 | | 1 | | 472 | 156 | |
| Potassium, K....mg | 246 | | 0 | | 1 | | 635 | 209 | |
| Sodium, Na....mg | 66 | | 0 | | 1 | | 170 | 56 | |
| Zinc, Zn....mg | 5.58 | | 0 | | 1 | | 14.40 | 4.74 | |
| Copper, Cu....mg | 0.106 | | 0 | | 1 | | 0.273 | 0.090 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.057 | 0.019 | |
| Selenium, Se....mcg | 25.2 | | 0 | BFYN | 4 | | 65.0 | 21.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.232 | 0.077 | |
| Riboflavin....mg | 0.230 | | 0 | | 1 | | 0.593 | 0.196 | |
| Niacin....mg | 5.910 | | 0 | | 1 | | 15.248 | 5.024 | |
| Pantothenic acid....mg | 0.690 | | 0 | | 1 | | 1.780 | 0.587 | |
| Vitamin B-6....mg | 0.110 | | 0 | | 1 | | 0.284 | 0.094 | |
| Folate, total....mcg | 21 | | 0 | | 1 | | 54 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | | 1 | | 54 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 54 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.67 | | 0 | | 1 | | 6.89 | 2.27 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.14 | | 0 | | 1 | | 0.36 | 0.12 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.640 | | 0 | | 1 | | 22.291 | 7.344 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.129 | 0.043 | |
| 12:0....g | 0.080 | | 0 | | 1 | | 0.206 | 0.068 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17054**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.760 | | 0 | | 1 | | 1.961 | 0.646 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.410 | | 0 | | 1 | | 11.378 | 3.749 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.750 | | 0 | | 1 | | 7.095 | 2.338 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.420 | | 0 | | 1 | | 21.724 | 7.157 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.600 | | 0 | | 1 | | 1.548 | 0.510 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.570 | | 0 | | 1 | | 19.531 | 6.435 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.680 | | 0 | | 1 | | 4.334 | 1.428 | |
| 18:2 undifferentiated....g | 1.240 | | 0 | | 1 | | 3.199 | 1.054 | |
| 18:3 undifferentiated....g | 0.350 | | 0 | | 1 | | 0.903 | 0.298 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.258 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | | 0 | | 1 | | 237 | 78 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.260 | | 0 | | 1 | | 0.671 | 0.221 | |
| Threonine....g | 0.952 | | 0 | | 1 | | 2.456 | 0.809 | |
| Isoleucine....g | 1.073 | | 0 | | 1 | | 2.768 | 0.912 | |
| Leucine....g | 1.730 | | 0 | | 1 | | 4.463 | 1.471 | |
| Lysine....g | 1.964 | | 0 | | 1 | | 5.067 | 1.669 | |
| Methionine....g | 0.571 | | 0 | | 1 | | 1.473 | 0.485 | |
| Cystine....g | 0.266 | | 0 | | 1 | | 0.686 | 0.226 | |
| Phenylalanine....g | 0.906 | | 0 | | 1 | | 2.337 | 0.770 | |
| Tyrosine....g | 0.748 | | 0 | | 1 | | 1.930 | 0.636 | |
| Valine....g | 1.200 | | 0 | | 1 | | 3.096 | 1.020 | |
| Arginine....g | 1.322 | | 0 | | 1 | | 3.411 | 1.124 | |
| Histidine....g | 0.705 | | 0 | | 1 | | 1.819 | 0.599 | |
| Alanine....g | 1.338 | | 0 | | 1 | | 3.452 | 1.137 | |
| Aspartic acid....g | 1.958 | | 0 | | 1 | | 5.052 | 1.664 | |
| Glutamic acid....g | 3.228 | | 0 | | 1 | | 8.328 | 2.744 | |
| Glycine....g | 1.086 | | 0 | | 1 | | 2.802 | 0.923 | |
| Proline....g | 0.933 | | 0 | | 1 | | 2.407 | 0.793 | |
| Serine....g | 0.827 | | 0 | | 1 | | 2.134 | 0.703 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17054**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17051**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 24% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 61.90 | | 0 | | 1 | | 17.55 | 280.78 | |
| Energy | kcal | 259 | | 0 | NC | 4 | | 73 | 1175 | |
| Energy | kj | 1084 | | | | 4 | | 307 | 4915 | |
| Protein (N x 6.25) | g | 16.63 | | 0 | | 1 | | 4.71 | 75.43 | |
| Total lipid (fat) | g | 20.86 | | 0 | | 1 | | 5.91 | 94.62 | |
| Ash | g | 0.89 | | 0 | | 1 | | 0.25 | 4.04 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 0 | | 1 | | 5 | 77 | |
| Iron, Fe | mg | 1.48 | | 0 | | 1 | | 0.42 | 6.71 | |
| Magnesium, Mg | mg | 21 | | 0 | | 1 | | 6 | 95 | |
| Phosphorus, P | mg | 160 | | 0 | | 1 | | 45 | 726 | |
| Potassium, K | mg | 229 | | 0 | | 1 | | 65 | 1039 | |
| Sodium, Na | mg | 62 | | 0 | | 1 | | 18 | 281 | |
| Zinc, Zn | mg | 4.28 | | 0 | | 1 | | 1.21 | 19.41 | |
| Copper, Cu | mg | 0.096 | | 0 | | 1 | | 0.027 | 0.435 | |
| Manganese, Mn | mg | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| Selenium, Se | mcg | 19.2 | | 0 | PIE | 4 | | 5.4 | 87.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Riboflavin | mg | 0.200 | | 0 | | 1 | | 0.057 | 0.907 | |
| Niacin | mg | 5.430 | | 0 | | 1 | | 1.539 | 24.630 | |
| Pantothenic acid | mg | 0.670 | | 0 | | 1 | | 0.190 | 3.039 | |
| Vitamin B-6 | mg | 0.140 | | 0 | | 1 | | 0.040 | 0.635 | |
| Folate, total | mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folate, DFE | mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.59 | | 0 | | 1 | | 0.73 | 11.75 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.930 | | 0 | | 1 | | 2.532 | 40.506 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |
| 12:0 | g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17051**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.800 | | 0 | | 1 | | 0.227 | 3.629 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.520 | | 0 | | 1 | | 1.281 | 20.503 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.830 | | 0 | | 1 | | 0.802 | 12.837 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.540 | | 0 | | 1 | | 2.421 | 38.737 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.610 | | 0 | | 1 | | 0.173 | 2.767 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.670 | | 0 | | 1 | | 2.174 | 34.791 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.680 | | 0 | | 1 | | 0.476 | 7.620 | |
| 18:2 undifferentiated....g | 1.230 | | 0 | | 1 | | 0.349 | 5.579 | |
| 18:3 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.102 | 1.633 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.194 | | 0 | | 1 | | 0.055 | 0.880 | |
| Threonine....g | 0.712 | | 0 | | 1 | | 0.202 | 3.230 | |
| Isoleucine....g | 0.802 | | 0 | | 1 | | 0.227 | 3.638 | |
| Leucine....g | 1.294 | | 0 | | 1 | | 0.367 | 5.870 | |
| Lysine....g | 1.469 | | 0 | | 1 | | 0.416 | 6.663 | |
| Methionine....g | 0.427 | | 0 | | 1 | | 0.121 | 1.937 | |
| Cystine....g | 0.199 | | 0 | | 1 | | 0.056 | 0.903 | |
| Phenylalanine....g | 0.677 | | 0 | | 1 | | 0.192 | 3.071 | |
| Tyrosine....g | 0.559 | | 0 | | 1 | | 0.158 | 2.536 | |
| Valine....g | 0.897 | | 0 | | 1 | | 0.254 | 4.069 | |
| Arginine....g | 0.988 | | 0 | | 1 | | 0.280 | 4.482 | |
| Histidine....g | 0.527 | | 0 | | 1 | | 0.149 | 2.390 | |
| Alanine....g | 1.000 | | 0 | | 1 | | 0.284 | 4.536 | |
| Aspartic acid....g | 1.464 | | 0 | | 1 | | 0.415 | 6.641 | |
| Glutamic acid....g | 2.413 | | 0 | | 1 | | 0.684 | 10.945 | |
| Glycine....g | 0.812 | | 0 | | 1 | | 0.230 | 3.683 | |
| Proline....g | 0.698 | | 0 | | 1 | | 0.198 | 3.166 | |
| Serine....g | 0.618 | | 0 | | 1 | | 0.175 | 2.803 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17051**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17251**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Refuse:** 29% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 45.65 | | 0 | PAE | 4 | | 94.50 | 38.80 | |
| Energy....kcal | 339 | | 0 | NC | 4 | | 702 | 288 | |
| Energy....kj | 1418 | | | | 4 | | 2936 | 1206 | |
| Protein (N x 6.25)....g | 28.92 | | 0 | PAE | 4 | | 59.86 | 24.58 | |
| Total lipid (fat)....g | 23.88 | | 0 | PAE | 4 | | 49.43 | 20.30 | |
| Ash....g | 1.55 | | 0 | PAE | 4 | | 3.21 | 1.32 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | PAE | 4 | | 56 | 23 | |
| Iron, Fe....mg | 2.38 | | 0 | PAE | 4 | | 4.93 | 2.02 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 50 | 20 | |
| Phosphorus, P....mg | 187 | | 0 | PAE | 4 | | 387 | 159 | |
| Potassium, K....mg | 244 | | 0 | PAE | 4 | | 505 | 207 | |
| Sodium, Na....mg | 75 | | 0 | PAE | 4 | | 155 | 64 | |
| Zinc, Zn....mg | 6.98 | | 0 | PAE | 4 | | 14.45 | 5.93 | |
| Copper, Cu....mg | 0.121 | | 0 | PAE | 4 | | 0.250 | 0.103 | |
| Manganese, Mn....mg | 0.027 | | 0 | PAE | 4 | | 0.056 | 0.023 | |
| Selenium, Se....mcg | 33.5 | | 0 | BFNN | 4 | | 69.3 | 28.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | PAE | 4 | | 0.124 | 0.051 | |
| Riboflavin....mg | 0.210 | | 0 | PAE | 4 | | 0.435 | 0.179 | |
| Niacin....mg | 6.000 | | 0 | PAE | 4 | | 12.420 | 5.100 | |
| Pantothenic acid....mg | 0.610 | | 0 | PAE | 4 | | 1.263 | 0.519 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.228 | 0.094 | |
| Folate, total....mcg | 18 | | 0 | PAE | 4 | | 37 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | PAE | 4 | | 37 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 37 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.84 | | 0 | PAE | 4 | | 5.88 | 2.41 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.880 | | 0 | PAE | 4 | | 20.452 | 8.398 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.104 | 0.043 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.186 | 0.077 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17251**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.860 | | 0 | PAE | 4 | | 1.780 | 0.731 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.070 | | 0 | PAE | 4 | | 10.495 | 4.310 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.160 | | 0 | PAE | 4 | | 6.541 | 2.686 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.740 | | 0 | PAE | 4 | | 20.162 | 8.279 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.700 | | 0 | PAE | 4 | | 1.449 | 0.595 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.770 | | 0 | PAE | 4 | | 18.154 | 7.455 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.970 | | 0 | PAE | 4 | | 4.078 | 1.675 | |
| 18:2 undifferentiated....g | 1.450 | | 0 | PAE | 4 | | 3.002 | 1.233 | |
| 18:3 undifferentiated....g | 0.400 | | 0 | PAE | 4 | | 0.828 | 0.340 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.120 | | 0 | PAE | 4 | | 0.248 | 0.102 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 116 | | 0 | PAE | 4 | | 240 | 99 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.338 | | 0 | PAE | 4 | | 0.700 | 0.287 | |
| Threonine....g | 1.238 | | 0 | PAE | 4 | | 2.563 | 1.052 | |
| Isoleucine....g | 1.395 | | 0 | PAE | 4 | | 2.888 | 1.186 | |
| Leucine....g | 2.249 | | 0 | PAE | 4 | | 4.655 | 1.912 | |
| Lysine....g | 2.554 | | 0 | PAE | 4 | | 5.287 | 2.171 | |
| Methionine....g | 0.742 | | 0 | PAE | 4 | | 1.536 | 0.631 | |
| Cystine....g | 0.345 | | 0 | PAE | 4 | | 0.714 | 0.293 | |
| Phenylalanine....g | 1.177 | | 0 | PAE | 4 | | 2.436 | 1.000 | |
| Tyrosine....g | 0.972 | | 0 | PAE | 4 | | 2.012 | 0.826 | |
| Valine....g | 1.560 | | 0 | PAE | 4 | | 3.229 | 1.326 | |
| Arginine....g | 1.718 | | 0 | PAE | 4 | | 3.556 | 1.460 | |
| Histidine....g | 0.916 | | 0 | PAE | 4 | | 1.896 | 0.779 | |
| Alanine....g | 1.739 | | 0 | PAE | 4 | | 3.600 | 1.478 | |
| Aspartic acid....g | 2.545 | | 0 | PAE | 4 | | 5.268 | 2.163 | |
| Glutamic acid....g | 4.196 | | 0 | PAE | 4 | | 8.686 | 3.567 | |
| Glycine....g | 1.412 | | 0 | PAE | 4 | | 2.923 | 1.200 | |
| Proline....g | 1.213 | | 0 | PAE | 4 | | 2.511 | 1.031 | |
| Serine....g | 1.075 | | 0 | PAE | 4 | | 2.225 | 0.914 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17251**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17252**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.01 | | 0 | PAE | 4 | | 142.53 | 48.46 | |
| Energy....kcal | 267 | | 0 | NC | 4 | | 668 | 227 | |
| Energy....kj | 1117 | | | | 4 | | 2793 | 950 | |
| Protein (N x 6.25)....g | 23.48 | | 0 | PAE | 4 | | 58.70 | 19.96 | |
| Total lipid (fat)....g | 18.50 | | 0 | PAE | 4 | | 46.25 | 15.73 | |
| Ash....g | 1.17 | | 0 | PAE | 4 | | 2.93 | 0.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | | 0 | PAE | 4 | | 60 | 20 | |
| Iron, Fe....mg | 1.73 | | 0 | PAE | 4 | | 4.33 | 1.47 | |
| Magnesium, Mg....mg | 24 | | 0 | PAE | 4 | | 60 | 20 | |
| Phosphorus, P....mg | 201 | | 0 | PAE | 4 | | 503 | 171 | |
| Potassium, K....mg | 341 | | 0 | PAE | 4 | | 853 | 290 | |
| Sodium, Na....mg | 83 | | 0 | PAE | 4 | | 208 | 71 | |
| Zinc, Zn....mg | 5.77 | | 0 | PAE | 4 | | 14.43 | 4.90 | |
| Copper, Cu....mg | 0.123 | | 0 | PAE | 4 | | 0.308 | 0.105 | |
| Manganese, Mn....mg | 0.024 | | 0 | PAE | 4 | | 0.060 | 0.020 | |
| Selenium, Se....mcg | 27.8 | | 0 | BFNN | 4 | | 69.5 | 23.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | PAE | 4 | | 0.225 | 0.077 | |
| Riboflavin....mg | 0.250 | | 0 | PAE | 4 | | 0.625 | 0.213 | |
| Niacin....mg | 6.330 | | 0 | PAE | 4 | | 15.825 | 5.381 | |
| Pantothenic acid....mg | 0.670 | | 0 | PAE | 4 | | 1.675 | 0.570 | |
| Vitamin B-6....mg | 0.150 | | 0 | PAE | 4 | | 0.375 | 0.128 | |
| Folate, total....mcg | 18 | | 0 | PAE | 4 | | 45 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | PAE | 4 | | 45 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 45 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.74 | | 0 | PAE | 4 | | 6.85 | 2.33 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.490 | | 0 | PAE | 4 | | 18.725 | 6.367 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.125 | 0.043 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.175 | 0.060 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17252**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.690 | | 0 | PAE | 4 | | 1.725 | 0.587 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.860 | | 0 | PAE | 4 | | 9.650 | 3.281 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.450 | | 0 | PAE | 4 | | 6.125 | 2.083 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.880 | | 0 | PAE | 4 | | 19.700 | 6.698 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.540 | | 0 | PAE | 4 | | 1.350 | 0.459 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.190 | | 0 | PAE | 4 | | 17.975 | 6.112 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.300 | | 0 | PAE | 4 | | 3.250 | 1.105 | |
| 18:2 undifferentiated....g | 1.000 | | 0 | PAE | 4 | | 2.500 | 0.850 | |
| 18:3 undifferentiated....g | 0.230 | | 0 | PAE | 4 | | 0.575 | 0.196 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | PAE | 4 | | 0.200 | 0.068 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 95 | | 0 | PAE | 4 | | 238 | 81 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.274 | | 0 | PAE | 4 | | 0.685 | 0.233 | |
| Threonine....g | 1.005 | | 0 | PAE | 4 | | 2.513 | 0.854 | |
| Isoleucine....g | 1.133 | | 0 | PAE | 4 | | 2.833 | 0.963 | |
| Leucine....g | 1.826 | | 0 | PAE | 4 | | 4.565 | 1.552 | |
| Lysine....g | 2.073 | | 0 | PAE | 4 | | 5.183 | 1.762 | |
| Methionine....g | 0.603 | | 0 | PAE | 4 | | 1.508 | 0.513 | |
| Cystine....g | 0.280 | | 0 | PAE | 4 | | 0.700 | 0.238 | |
| Phenylalanine....g | 0.956 | | 0 | PAE | 4 | | 2.390 | 0.813 | |
| Tyrosine....g | 0.789 | | 0 | PAE | 4 | | 1.973 | 0.671 | |
| Valine....g | 1.267 | | 0 | PAE | 4 | | 3.168 | 1.077 | |
| Arginine....g | 1.395 | | 0 | PAE | 4 | | 3.488 | 1.186 | |
| Histidine....g | 0.744 | | 0 | PAE | 4 | | 1.860 | 0.632 | |
| Alanine....g | 1.412 | | 0 | PAE | 4 | | 3.530 | 1.200 | |
| Aspartic acid....g | 2.067 | | 0 | PAE | 4 | | 5.168 | 1.757 | |
| Glutamic acid....g | 3.407 | | 0 | PAE | 4 | | 8.518 | 2.896 | |
| Glycine....g | 1.147 | | 0 | PAE | 4 | | 2.868 | 0.975 | |
| Proline....g | 0.985 | | 0 | PAE | 4 | | 2.463 | 0.837 | |
| Serine....g | 0.873 | | 0 | PAE | 4 | | 2.183 | 0.742 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 250g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17252**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17253**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.95 | | 0 | PAE | 4 | | 145.79 | 48.41 | |
| Energy....kcal | 270 | | 0 | NC | 4 | | 691 | 230 | |
| Energy....kj | 1130 | | | | 4 | | 2892 | 960 | |
| Protein (N x 6.25)....g | 22.62 | | 0 | PAE | 4 | | 57.91 | 19.23 | |
| Total lipid (fat)....g | 19.19 | | 0 | PAE | 4 | | 49.13 | 16.31 | |
| Ash....g | 1.21 | | 0 | PAE | 4 | | 3.10 | 1.03 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | PAE | 4 | | 54 | 18 | |
| Iron, Fe....mg | 1.95 | | 0 | PAE | 4 | | 4.99 | 1.66 | |
| Magnesium, Mg....mg | 23 | | 0 | PAE | 4 | | 59 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | PAE | 4 | | 474 | 157 | |
| Potassium, K....mg | 248 | | 0 | PAE | 4 | | 635 | 211 | |
| Sodium, Na....mg | 67 | | 0 | PAE | 4 | | 172 | 57 | |
| Zinc, Zn....mg | 5.72 | | 0 | PAE | 4 | | 14.64 | 4.86 | |
| Copper, Cu....mg | 0.107 | | 0 | PAE | 4 | | 0.274 | 0.091 | |
| Manganese, Mn....mg | 0.022 | | 0 | PAE | 4 | | 0.056 | 0.019 | |
| Selenium, Se....mcg | 25.6 | | 0 | BFNN | 4 | | 65.5 | 21.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | PAE | 4 | | 0.230 | 0.077 | |
| Riboflavin....mg | 0.240 | | 0 | PAE | 4 | | 0.614 | 0.204 | |
| Niacin....mg | 5.840 | | 0 | PAE | 4 | | 14.950 | 4.964 | |
| Pantothenic acid....mg | 0.700 | | 0 | PAE | 4 | | 1.792 | 0.595 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.333 | 0.111 | |
| Folate, total....mcg | 21 | | 0 | PAE | 4 | | 54 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | PAE | 4 | | 54 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 54 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.68 | | 0 | PAE | 4 | | 6.86 | 2.28 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.960 | | 0 | PAE | 4 | | 20.378 | 6.766 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.102 | 0.034 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.179 | 0.060 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17253**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.690 | | 0 | PAE | 4 | | 1.766 | 0.587 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.080 | | 0 | PAE | 4 | | 10.445 | 3.468 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.540 | | 0 | PAE | 4 | | 6.502 | 2.159 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.830 | | 0 | PAE | 4 | | 20.045 | 6.656 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.560 | | 0 | PAE | 4 | | 1.434 | 0.476 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.050 | | 0 | PAE | 4 | | 18.048 | 5.993 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.580 | | 0 | PAE | 4 | | 4.045 | 1.343 | |
| 18:2 undifferentiated....g | 1.170 | | 0 | PAE | 4 | | 2.995 | 0.995 | |
| 18:3 undifferentiated....g | 0.320 | | 0 | PAE | 4 | | 0.819 | 0.272 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | PAE | 4 | | 0.256 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 92 | | 0 | PAE | 4 | | 236 | 78 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.264 | | 0 | PAE | 4 | | 0.676 | 0.224 | |
| Threonine....g | 0.968 | | 0 | PAE | 4 | | 2.478 | 0.823 | |
| Isoleucine....g | 1.091 | | 0 | PAE | 4 | | 2.793 | 0.927 | |
| Leucine....g | 1.759 | | 0 | PAE | 4 | | 4.503 | 1.495 | |
| Lysine....g | 1.997 | | 0 | PAE | 4 | | 5.112 | 1.697 | |
| Methionine....g | 0.580 | | 0 | PAE | 4 | | 1.485 | 0.493 | |
| Cystine....g | 0.270 | | 0 | PAE | 4 | | 0.691 | 0.230 | |
| Phenylalanine....g | 0.921 | | 0 | PAE | 4 | | 2.358 | 0.783 | |
| Tyrosine....g | 0.760 | | 0 | PAE | 4 | | 1.946 | 0.646 | |
| Valine....g | 1.221 | | 0 | PAE | 4 | | 3.126 | 1.038 | |
| Arginine....g | 1.344 | | 0 | PAE | 4 | | 3.441 | 1.142 | |
| Histidine....g | 0.717 | | 0 | PAE | 4 | | 1.836 | 0.609 | |
| Alanine....g | 1.360 | | 0 | PAE | 4 | | 3.482 | 1.156 | |
| Aspartic acid....g | 1.991 | | 0 | PAE | 4 | | 5.097 | 1.692 | |
| Glutamic acid....g | 3.282 | | 0 | PAE | 4 | | 8.402 | 2.790 | |
| Glycine....g | 1.105 | | 0 | PAE | 4 | | 2.829 | 0.939 | |
| Proline....g | 0.949 | | 0 | PAE | 4 | | 2.429 | 0.807 | |
| Serine....g | 0.841 | | 0 | PAE | 4 | | 2.153 | 0.715 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 256g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17253**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17250**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.39 | | 0 | PAE | 4 | | 17.97 | 287.54 | |
| Energy....kcal | 244 | | 0 | NC | 4 | | 69 | 1107 | |
| Energy....kj | 1021 | | | | 4 | | 289 | 4631 | |
| Protein (N x 6.25)....g | 17.01 | | 0 | PAE | 4 | | 4.82 | 77.16 | |
| Total lipid (fat)....g | 18.97 | | 0 | PAE | 4 | | 5.38 | 86.05 | |
| Ash....g | 0.91 | | 0 | PAE | 4 | | 0.26 | 4.13 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAE | 4 | | 5 | 77 | |
| Iron, Fe....mg | 1.50 | | 0 | PAE | 4 | | 0.43 | 6.80 | |
| Magnesium, Mg....mg | 21 | | 0 | PAE | 4 | | 6 | 95 | |
| Phosphorus, P....mg | 163 | | 0 | PAE | 4 | | 46 | 739 | |
| Potassium, K....mg | 234 | | 0 | PAE | 4 | | 66 | 1061 | |
| Sodium, Na....mg | 63 | | 0 | PAE | 4 | | 18 | 286 | |
| Zinc, Zn....mg | 4.40 | | 0 | PAE | 4 | | 1.25 | 19.96 | |
| Copper, Cu....mg | 0.098 | | 0 | PAE | 4 | | 0.028 | 0.445 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 19.6 | | 0 | BFNN | 4 | | 5.6 | 88.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.499 | |
| Riboflavin....mg | 0.210 | | 0 | PAE | 4 | | 0.060 | 0.953 | |
| Niacin....mg | 5.400 | | 0 | PAE | 4 | | 1.531 | 24.494 | |
| Pantothenic acid....mg | 0.680 | | 0 | PAE | 4 | | 0.193 | 3.084 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.635 | |
| Folate, total....mcg | 20 | | 0 | PAE | 4 | | 6 | 91 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 20 | | 0 | PAE | 4 | | 6 | 91 | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 6 | 91 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.62 | | 0 | PAE | 4 | | 0.74 | 11.88 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.040 | | 0 | PAE | 4 | | 2.279 | 36.469 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17250**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.720 | | 0 | PAE | 4 | | 0.204 | 3.266 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.090 | | 0 | PAE | 4 | | 1.160 | 18.552 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.550 | | 0 | PAE | 4 | | 0.723 | 11.567 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.760 | | 0 | PAE | 4 | | 2.200 | 35.199 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.560 | | 0 | PAE | 4 | | 0.159 | 2.540 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.970 | | 0 | PAE | 4 | | 1.976 | 31.616 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.540 | | 0 | PAE | 4 | | 0.437 | 6.985 | |
| 18:2 undifferentiated....g | 1.130 | | 0 | PAE | 4 | | 0.320 | 5.126 | |
| 18:3 undifferentiated....g | 0.320 | | 0 | PAE | 4 | | 0.091 | 1.452 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 71 | | 0 | PAE | 4 | | 20 | 322 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.199 | | 0 | PAE | 4 | | 0.056 | 0.903 | |
| Threonine....g | 0.728 | | 0 | PAE | 4 | | 0.206 | 3.302 | |
| Isoleucine....g | 0.821 | | 0 | PAE | 4 | | 0.233 | 3.724 | |
| Leucine....g | 1.323 | | 0 | PAE | 4 | | 0.375 | 6.001 | |
| Lysine....g | 1.502 | | 0 | PAE | 4 | | 0.426 | 6.813 | |
| Methionine....g | 0.437 | | 0 | PAE | 4 | | 0.124 | 1.982 | |
| Cystine....g | 0.203 | | 0 | PAE | 4 | | 0.058 | 0.921 | |
| Phenylalanine....g | 0.692 | | 0 | PAE | 4 | | 0.196 | 3.139 | |
| Tyrosine....g | 0.572 | | 0 | PAE | 4 | | 0.162 | 2.595 | |
| Valine....g | 0.918 | | 0 | PAE | 4 | | 0.260 | 4.164 | |
| Arginine....g | 1.011 | | 0 | PAE | 4 | | 0.287 | 4.586 | |
| Histidine....g | 0.539 | | 0 | PAE | 4 | | 0.153 | 2.445 | |
| Alanine....g | 1.023 | | 0 | PAE | 4 | | 0.290 | 4.640 | |
| Aspartic acid....g | 1.497 | | 0 | PAE | 4 | | 0.424 | 6.790 | |
| Glutamic acid....g | 2.468 | | 0 | PAE | 4 | | 0.700 | 11.195 | |
| Glycine....g | 0.831 | | 0 | PAE | 4 | | 0.236 | 3.769 | |
| Proline....g | 0.714 | | 0 | PAE | 4 | | 0.202 | 3.239 | |
| Serine....g | 0.632 | | 0 | PAE | 4 | | 0.179 | 2.867 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17250**

**Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17056**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 42% Bone 28%, separable fat 14%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 49.64 | | 0 | | 1 | | 83.40 | 42.19 | |
| Energy....kcal | 288 | | 0 | NC | 4 | | 484 | 245 | |
| Energy....kj | 1205 | | | | 4 | | 2024 | 1024 | |
| Protein (N x 6.25)....g | 32.35 | | 0 | | 1 | | 54.35 | 27.50 | |
| Total lipid (fat)....g | 16.64 | | 0 | | 1 | | 27.96 | 14.14 | |
| Ash....g | 1.73 | | 0 | | 1 | | 2.91 | 1.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | | 1 | | 47 | 24 | |
| Iron, Fe....mg | 2.60 | | 0 | | 1 | | 4.37 | 2.21 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 44 | 22 | |
| Phosphorus, P....mg | 202 | | 0 | | 1 | | 339 | 172 | |
| Potassium, K....mg | 254 | | 0 | | 1 | | 427 | 216 | |
| Sodium, Na....mg | 79 | | 0 | | 1 | | 133 | 67 | |
| Zinc, Zn....mg | 8.06 | | 0 | | 1 | | 13.54 | 6.85 | |
| Copper, Cu....mg | 0.128 | | 0 | | 1 | | 0.215 | 0.109 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.054 | 0.027 | |
| Selenium, Se....mcg | 36.6 | | 0 | BFYN | 4 | | 61.5 | 31.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.101 | 0.051 | |
| Riboflavin....mg | 0.220 | | 0 | | 1 | | 0.370 | 0.187 | |
| Niacin....mg | 5.630 | | 0 | | 1 | | 9.458 | 4.786 | |
| Pantothenic acid....mg | 0.610 | | 0 | | 1 | | 1.025 | 0.519 | |
| Vitamin B-6....mg | 0.120 | | 0 | | 1 | | 0.202 | 0.102 | |
| Folate, total....mcg | 21 | | 0 | | 1 | | 35 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | | 1 | | 35 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 35 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.94 | | 0 | | 1 | | 4.94 | 2.50 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.34 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.370 | | 0 | | 1 | | 10.702 | 5.415 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.050 | 0.026 | |
| 12:0....g | 0.050 | | 0 | | 1 | | 0.084 | 0.043 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17056**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.500 | | 0 | | 1 | | 0.840 | 0.425 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.370 | | 0 | | 1 | | 5.662 | 2.865 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.080 | | 0 | | 1 | | 3.494 | 1.768 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.740 | | 0 | | 1 | | 11.323 | 5.729 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.500 | | 0 | | 1 | | 0.840 | 0.425 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.080 | | 0 | | 1 | | 10.214 | 5.168 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.460 | | 0 | | 1 | | 2.453 | 1.241 | |
| 18:2 undifferentiated....g | 1.090 | | 0 | | 1 | | 1.831 | 0.927 | |
| 18:3 undifferentiated....g | 0.250 | | 0 | | 1 | | 0.420 | 0.213 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.130 | | 0 | | 1 | | 0.218 | 0.111 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 117 | | 0 | | 1 | | 197 | 99 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.378 | | 0 | | 1 | | 0.635 | 0.321 | |
| Threonine....g | 1.385 | | 0 | | 1 | | 2.327 | 1.177 | |
| Isoleucine....g | 1.561 | | 0 | | 1 | | 2.622 | 1.327 | |
| Leucine....g | 2.516 | | 0 | | 1 | | 4.227 | 2.139 | |
| Lysine....g | 2.857 | | 0 | | 1 | | 4.800 | 2.428 | |
| Methionine....g | 0.830 | | 0 | | 1 | | 1.394 | 0.706 | |
| Cystine....g | 0.386 | | 0 | | 1 | | 0.648 | 0.328 | |
| Phenylalanine....g | 1.317 | | 0 | | 1 | | 2.213 | 1.119 | |
| Tyrosine....g | 1.087 | | 0 | | 1 | | 1.826 | 0.924 | |
| Valine....g | 1.746 | | 0 | | 1 | | 2.933 | 1.484 | |
| Arginine....g | 1.922 | | 0 | | 1 | | 3.229 | 1.634 | |
| Histidine....g | 1.025 | | 0 | | 1 | | 1.722 | 0.871 | |
| Alanine....g | 1.946 | | 0 | | 1 | | 3.269 | 1.654 | |
| Aspartic acid....g | 2.847 | | 0 | | 1 | | 4.783 | 2.420 | |
| Glutamic acid....g | 4.694 | | 0 | | 1 | | 7.886 | 3.990 | |
| Glycine....g | 1.580 | | 0 | | 1 | | 2.654 | 1.343 | |
| Proline....g | 1.357 | | 0 | | 1 | | 2.280 | 1.153 | |
| Serine....g | 1.203 | | 0 | | 1 | | 2.021 | 1.023 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17056**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17057**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 40% Bone 27%, separable fat 13%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.46 | 0.611 | 16 | | 1 | | 129.29 | 53.09 | |
| Energy....kcal | 211 | | 0 | NC | 4 | | 437 | 179 | |
| Energy....kj | 883 | | | | 4 | | 1827 | 750 | |
| Protein (N x 6.25)....g | 25.48 | 0.515 | 16 | | 1 | | 52.74 | 21.66 | |
| Total lipid (fat)....g | 11.32 | 0.554 | 15 | | 1 | | 23.43 | 9.62 | |
| Ash....g | 1.26 | 0.012 | 16 | | 1 | | 2.61 | 1.07 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 1.062 | 16 | | 1 | | 50 | 20 | |
| Iron, Fe....mg | 1.81 | 0.061 | 16 | | 1 | | 3.75 | 1.54 | |
| Magnesium, Mg....mg | 26 | 0.281 | 16 | | 1 | | 54 | 22 | |
| Phosphorus, P....mg | 216 | 5.071 | 16 | | 1 | | 447 | 184 | |
| Potassium, K....mg | 368 | 4.713 | 16 | | 1 | | 762 | 313 | |
| Sodium, Na....mg | 88 | 2.777 | 16 | | 1 | | 182 | 75 | |
| Zinc, Zn....mg | 6.48 | 0.152 | 16 | | 1 | | 13.41 | 5.51 | |
| Copper, Cu....mg | 0.129 | 0.007 | 16 | | 1 | | 0.267 | 0.110 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.058 | 0.024 | |
| Selenium, Se....mcg | 30.9 | | 0 | BFYN | 4 | | 64.0 | 26.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | 0.005 | 16 | | 1 | | 0.207 | 0.085 | |
| Riboflavin....mg | 0.260 | 0.016 | 16 | | 1 | | 0.538 | 0.221 | |
| Niacin....mg | 6.070 | 0.259 | 16 | | 1 | | 12.565 | 5.160 | |
| Pantothenic acid....mg | 0.690 | 0.031 | 16 | | 1 | | 1.428 | 0.587 | |
| Vitamin B-6....mg | 0.170 | | 0 | | 1 | | 0.352 | 0.145 | |
| Folate, total....mcg | 21 | 1.196 | 15 | | 1 | | 43 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | 1.196 | 15 | | 1 | | 43 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 43 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.81 | 0.154 | 16 | | 1 | | 5.82 | 2.39 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | | 1 | | 0.35 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.040 | | 0 | | 1 | | 8.363 | 3.434 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 107 | | 1 | | 0.041 | 0.017 | |
| 12:0....g | 0.030 | | 107 | | 1 | | 0.062 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17057**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.350 | | 107 | | 1 | | 0.725 | 0.298 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.180 | | 107 | | 1 | | 4.513 | 1.853 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.390 | | 107 | | 1 | | 2.877 | 1.182 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.960 | | 0 | | 1 | | 10.267 | 4.216 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.340 | | 107 | | 1 | | 0.704 | 0.289 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.590 | | 107 | | 1 | | 9.501 | 3.902 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.740 | | 0 | | 1 | | 1.532 | 0.629 | |
| 18:2 undifferentiated....g | 0.600 | | 107 | | 1 | | 1.242 | 0.510 | |
| 18:3 undifferentiated....g | 0.070 | | 107 | | 1 | | 0.145 | 0.060 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 107 | | 1 | | 0.145 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 91 | 2.320 | 16 | | 1 | | 188 | 77 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.298 | | 0 | | 1 | | 0.617 | 0.253 | |
| Threonine....g | 1.090 | | 0 | | 1 | | 2.256 | 0.927 | |
| Isoleucine....g | 1.229 | | 0 | | 1 | | 2.544 | 1.045 | |
| Leucine....g | 1.982 | | 0 | | 1 | | 4.103 | 1.685 | |
| Lysine....g | 2.250 | | 0 | | 1 | | 4.658 | 1.913 | |
| Methionine....g | 0.654 | | 0 | | 1 | | 1.354 | 0.556 | |
| Cystine....g | 0.304 | | 0 | | 1 | | 0.629 | 0.258 | |
| Phenylalanine....g | 1.037 | | 0 | | 1 | | 2.147 | 0.881 | |
| Tyrosine....g | 0.856 | | 0 | | 1 | | 1.772 | 0.728 | |
| Valine....g | 1.375 | | 0 | | 1 | | 2.846 | 1.169 | |
| Arginine....g | 1.514 | | 0 | | 1 | | 3.134 | 1.287 | |
| Histidine....g | 0.807 | | 0 | | 1 | | 1.670 | 0.686 | |
| Alanine....g | 1.532 | | 0 | | 1 | | 3.171 | 1.302 | |
| Aspartic acid....g | 2.243 | | 0 | | 1 | | 4.643 | 1.907 | |
| Glutamic acid....g | 3.697 | | 0 | | 1 | | 7.653 | 3.142 | |
| Glycine....g | 1.244 | | 0 | | 1 | | 2.575 | 1.057 | |
| Proline....g | 1.069 | | 0 | | 1 | | 2.213 | 0.909 | |
| Serine....g | 0.947 | | 0 | | 1 | | 1.960 | 0.805 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 207g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17057**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17058**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 39% Bone 25%, separable fat 14%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.82 | | 0 | | 1 | | 131.92 | 53.40 | |
| Energy....kcal | 209 | | 0 | NC | 4 | | 439 | 178 | |
| Energy....kj | 874 | | | | 4 | | 1836 | 743 | |
| Protein (N x 6.25)....g | 24.61 | | 0 | | 1 | | 51.68 | 20.92 | |
| Total lipid (fat)....g | 11.57 | | 0 | | 1 | | 24.30 | 9.83 | |
| Ash....g | 1.31 | | 0 | | 1 | | 2.75 | 1.11 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | | 1 | | 44 | 18 | |
| Iron, Fe....mg | 2.07 | | 0 | | 1 | | 4.35 | 1.76 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 53 | 21 | |
| Phosphorus, P....mg | 199 | | 0 | | 1 | | 418 | 169 | |
| Potassium, K....mg | 258 | | 0 | | 1 | | 542 | 219 | |
| Sodium, Na....mg | 68 | | 0 | | 1 | | 143 | 58 | |
| Zinc, Zn....mg | 6.48 | | 0 | | 1 | | 13.61 | 5.51 | |
| Copper, Cu....mg | 0.110 | | 0 | | 1 | | 0.231 | 0.094 | |
| Manganese, Mn....mg | 0.026 | | 0 | | 1 | | 0.055 | 0.022 | |
| Selenium, Se....mcg | 28.1 | | 0 | BFYN | 4 | | 59.0 | 23.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.189 | 0.077 | |
| Riboflavin....mg | 0.250 | | 0 | | 1 | | 0.525 | 0.213 | |
| Niacin....mg | 5.470 | | 0 | | 1 | | 11.487 | 4.650 | |
| Pantothenic acid....mg | 0.720 | | 0 | | 1 | | 1.512 | 0.612 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.315 | 0.128 | |
| Folate, total....mcg | 25 | | 0 | | 1 | | 53 | 21 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 25 | | 0 | | 1 | | 53 | 21 | |
| Folate, DFE....mcg_DFE | 25 | | 0 | NC | 4 | | 53 | 21 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.74 | | 0 | | 1 | | 5.75 | 2.33 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.17 | | 0 | | 1 | | 0.36 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.340 | | 0 | | 1 | | 9.114 | 3.689 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.042 | 0.017 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.063 | 0.026 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17058**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.330 | | 0 | | 1 | | 0.693 | 0.281 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.310 | | 0 | | 1 | | 4.851 | 1.964 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.420 | | 0 | | 1 | | 2.982 | 1.207 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.680 | | 0 | | 1 | | 9.828 | 3.978 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.350 | | 0 | | 1 | | 0.735 | 0.298 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.220 | | 0 | | 1 | | 8.862 | 3.587 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.030 | | 0 | | 1 | | 2.163 | 0.876 | |
| 18:2 undifferentiated....g | 0.770 | | 0 | | 1 | | 1.617 | 0.655 | |
| 18:3 undifferentiated....g | 0.170 | | 0 | | 1 | | 0.357 | 0.145 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.189 | 0.077 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 87 | | 0 | | 1 | | 183 | 74 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.288 | | 0 | | 1 | | 0.605 | 0.245 | |
| Threonine....g | 1.053 | | 0 | | 1 | | 2.211 | 0.895 | |
| Isoleucine....g | 1.187 | | 0 | | 1 | | 2.493 | 1.009 | |
| Leucine....g | 1.914 | | 0 | | 1 | | 4.019 | 1.627 | |
| Lysine....g | 2.174 | | 0 | | 1 | | 4.565 | 1.848 | |
| Methionine....g | 0.632 | | 0 | | 1 | | 1.327 | 0.537 | |
| Cystine....g | 0.294 | | 0 | | 1 | | 0.617 | 0.250 | |
| Phenylalanine....g | 1.002 | | 0 | | 1 | | 2.104 | 0.852 | |
| Tyrosine....g | 0.827 | | 0 | | 1 | | 1.737 | 0.703 | |
| Valine....g | 1.328 | | 0 | | 1 | | 2.789 | 1.129 | |
| Arginine....g | 1.462 | | 0 | | 1 | | 3.070 | 1.243 | |
| Histidine....g | 0.780 | | 0 | | 1 | | 1.638 | 0.663 | |
| Alanine....g | 1.480 | | 0 | | 1 | | 3.108 | 1.258 | |
| Aspartic acid....g | 2.166 | | 0 | | 1 | | 4.549 | 1.841 | |
| Glutamic acid....g | 3.572 | | 0 | | 1 | | 7.501 | 3.036 | |
| Glycine....g | 1.202 | | 0 | | 1 | | 2.524 | 1.022 | |
| Proline....g | 1.032 | | 0 | | 1 | | 2.167 | 0.877 | |
| Serine....g | 0.915 | | 0 | | 1 | | 1.922 | 0.778 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 210g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17058**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17055**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 40% Bone 24%, separable fat 16%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.36 | 0.358 | 32 | | 1 | | 20.51 | 328.22 | |
| Energy....kcal | 151 | | 0 | NC | 4 | | 43 | 685 | |
| Energy....kj | 632 | | | | 4 | | 179 | 2866 | |
| Protein (N x 6.25)....g | 19.29 | 0.161 | 31 | | 1 | | 5.47 | 87.50 | |
| Total lipid (fat)....g | 7.63 | 0.366 | 32 | | 1 | | 2.16 | 34.61 | |
| Ash....g | 1.03 | 0.011 | 32 | | 1 | | 0.29 | 4.67 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | 0.740 | 32 | | 1 | | 5 | 73 | |
| Iron, Fe....mg | 1.62 | 0.077 | 32 | | 1 | | 0.46 | 7.35 | |
| Magnesium, Mg....mg | 24 | 0.779 | 32 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 183 | 3.416 | 16 | | 1 | | 52 | 830 | |
| Potassium, K....mg | 268 | 12.629 | 32 | | 1 | | 76 | 1216 | |
| Sodium, Na....mg | 70 | 3.068 | 32 | | 1 | | 20 | 318 | |
| Zinc, Zn....mg | 5.11 | 0.165 | 32 | | 1 | | 1.45 | 23.18 | |
| Copper, Cu....mg | 0.107 | 0.003 | 32 | | 1 | | 0.030 | 0.485 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 22.0 | | 0 | BFNN | 4 | | 6.2 | 99.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | 0.006 | 16 | | 1 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.220 | 0.011 | 16 | | 1 | | 0.062 | 0.998 | |
| Niacin....mg | 5.190 | 0.258 | 16 | | 1 | | 1.471 | 23.542 | |
| Pantothenic acid....mg | 0.700 | 0.023 | 16 | | 1 | | 0.198 | 3.175 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | |
| Folate, total....mcg | 23 | 1.266 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.266 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.83 | 0.166 | 16 | | 1 | | 0.80 | 12.84 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.730 | | 0 | | 1 | | 0.774 | 12.383 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.020 | | 373 | | 1 | | 0.006 | 0.091 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17055**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.200 | | 373 | | 1 | | 0.057 | 0.907 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.480 | | 373 | | 1 | | 0.420 | 6.713 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.910 | | 373 | | 1 | | 0.258 | 4.128 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.070 | | 0 | | 1 | | 0.870 | 13.926 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.230 | | 373 | | 1 | | 0.065 | 1.043 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.780 | | 373 | | 1 | | 0.788 | 12.610 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| 18:2 undifferentiated....g | 0.520 | | 373 | | 1 | | 0.147 | 2.359 | |
| 18:3 undifferentiated....g | 0.100 | | 373 | | 1 | | 0.028 | 0.454 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 373 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 67 | 1.532 | 16 | | 1 | | 19 | 304 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.225 | | 0 | | 1 | | 0.064 | 1.021 | |
| Threonine....g | 0.825 | | 0 | | 1 | | 0.234 | 3.742 | |
| Isoleucine....g | 0.930 | | 0 | | 1 | | 0.264 | 4.218 | |
| Leucine....g | 1.500 | | 0 | | 1 | | 0.425 | 6.804 | |
| Lysine....g | 1.703 | | 0 | | 1 | | 0.483 | 7.725 | |
| Methionine....g | 0.495 | | 0 | | 1 | | 0.140 | 2.245 | |
| Cystine....g | 0.230 | | 0 | | 1 | | 0.065 | 1.043 | |
| Phenylalanine....g | 0.785 | | 0 | | 1 | | 0.223 | 3.561 | |
| Tyrosine....g | 0.648 | | 0 | | 1 | | 0.184 | 2.939 | |
| Valine....g | 1.041 | | 0 | | 1 | | 0.295 | 4.722 | |
| Arginine....g | 1.146 | | 0 | | 1 | | 0.325 | 5.198 | |
| Histidine....g | 0.611 | | 0 | | 1 | | 0.173 | 2.771 | |
| Alanine....g | 1.160 | | 0 | | 1 | | 0.329 | 5.262 | |
| Aspartic acid....g | 1.698 | | 0 | | 1 | | 0.481 | 7.702 | |
| Glutamic acid....g | 2.799 | | 0 | | 1 | | 0.794 | 12.696 | |
| Glycine....g | 0.942 | | 0 | | 1 | | 0.267 | 4.273 | |
| Proline....g | 0.809 | | 0 | | 1 | | 0.229 | 3.670 | |
| Serine....g | 0.717 | | 0 | | 1 | | 0.203 | 3.252 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17055**

**Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17036**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 45.20 | | 0 | | 1 | | 98.54 | 38.42 | |
| Energy....kcal | 344 | | 0 | NC | 4 | | 750 | 292 | |
| Energy....kj | 1439 | | | | 4 | | 3138 | 1223 | |
| Protein (N x 6.25)....g | 28.68 | | 0 | | 1 | | 62.52 | 24.38 | |
| Total lipid (fat)....g | 24.55 | | 0 | | 1 | | 53.52 | 20.87 | |
| Ash....g | 1.54 | | 0 | | 1 | | 3.36 | 1.31 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 25 | | 0 | | 1 | | 55 | 21 | |
| Iron, Fe....mg | 2.40 | | 0 | | 1 | | 5.23 | 2.04 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 52 | 20 | |
| Phosphorus, P....mg | 186 | | 0 | | 1 | | 405 | 158 | |
| Potassium, K....mg | 248 | | 0 | | 1 | | 541 | 211 | |
| Sodium, Na....mg | 75 | | 0 | | 1 | | 164 | 64 | |
| Zinc, Zn....mg | 6.37 | | 0 | | 1 | | 13.89 | 5.41 | |
| Copper, Cu....mg | 0.123 | | 0 | | 1 | | 0.268 | 0.105 | |
| Manganese, Mn....mg | 0.026 | | 0 | | 1 | | 0.057 | 0.022 | |
| Selenium, Se....mcg | 33.0 | | 0 | BFYN | 4 | | 71.9 | 28.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.153 | 0.060 | |
| Riboflavin....mg | 0.220 | | 0 | | 1 | | 0.480 | 0.187 | |
| Niacin....mg | 6.330 | | 0 | | 1 | | 13.799 | 5.381 | |
| Pantothenic acid....mg | 0.610 | | 0 | | 1 | | 1.330 | 0.519 | |
| Vitamin B-6....mg | 0.100 | | 0 | | 1 | | 0.218 | 0.085 | |
| Folate, total....mcg | 17 | | 0 | | 1 | | 37 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | | 1 | | 37 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 37 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.80 | | 0 | | 1 | | 6.10 | 2.38 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.16 | | 0 | | 1 | | 0.35 | 0.14 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.340 | | 0 | | 1 | | 22.541 | 8.789 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | | 1 | | 0.131 | 0.051 | |
| 12:0....g | 0.100 | | 0 | | 1 | | 0.218 | 0.085 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17036**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.910 | | 0 | | 1 | | 1.984 | 0.774 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 5.270 | | 0 | | 1 | | 11.489 | 4.480 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 3.290 | | 0 | | 1 | | 7.172 | 2.797 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 10.040 | | 0 | | 1 | | 21.887 | 8.534 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.720 | | 0 | | 1 | | 1.570 | 0.612 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 9.020 | | 0 | | 1 | | 19.664 | 7.667 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 2.000 | | 0 | | 1 | | 4.360 | 1.700 | |
| 18:2 undifferentiated ... g | 1.470 | | 0 | | 1 | | 3.205 | 1.250 | |
| 18:3 undifferentiated ... g | 0.420 | | 0 | | 1 | | 0.916 | 0.357 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.110 | | 0 | | 1 | | 0.240 | 0.094 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 116 | | 0 | | 1 | | 253 | 99 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.335 | | 0 | | 1 | | 0.730 | 0.285 | |
| Threonine ... g | 1.227 | | 0 | | 1 | | 2.675 | 1.043 | |
| Isoleucine ... g | 1.384 | | 0 | | 1 | | 3.017 | 1.176 | |
| Leucine ... g | 2.231 | | 0 | | 1 | | 4.864 | 1.896 | |
| Lysine ... g | 2.532 | | 0 | | 1 | | 5.520 | 2.152 | |
| Methionine ... g | 0.736 | | 0 | | 1 | | 1.604 | 0.626 | |
| Cystine ... g | 0.342 | | 0 | | 1 | | 0.746 | 0.291 | |
| Phenylalanine ... g | 1.167 | | 0 | | 1 | | 2.544 | 0.992 | |
| Tyrosine ... g | 0.964 | | 0 | | 1 | | 2.102 | 0.819 | |
| Valine ... g | 1.547 | | 0 | | 1 | | 3.372 | 1.315 | |
| Arginine ... g | 1.704 | | 0 | | 1 | | 3.715 | 1.448 | |
| Histidine ... g | 0.908 | | 0 | | 1 | | 1.979 | 0.772 | |
| Alanine ... g | 1.725 | | 0 | | 1 | | 3.761 | 1.466 | |
| Aspartic acid ... g | 2.524 | | 0 | | 1 | | 5.502 | 2.145 | |
| Glutamic acid ... g | 4.161 | | 0 | | 1 | | 9.071 | 3.537 | |
| Glycine ... g | 1.401 | | 0 | | 1 | | 3.054 | 1.191 | |
| Proline ... g | 1.203 | | 0 | | 1 | | 2.623 | 1.023 | |
| Serine ... g | 1.066 | | 0 | | 1 | | 2.324 | 0.906 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17036**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17037**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 55.03 | | 0 | | 1 | | 136.47 | 46.78 | |
| Energy ... kcal | 278 | | 0 | NC | 4 | | 689 | 236 | |
| Energy ... kj | 1163 | | | | 4 | | 2885 | 989 | |
| Protein (N x 6.25) ... g | 24.42 | | 0 | | 1 | | 60.56 | 20.76 | |
| Total lipid (fat) ... g | 19.26 | | 0 | | 1 | | 47.76 | 16.37 | |
| Ash ... g | 1.31 | | 0 | | 1 | | 3.25 | 1.11 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 21 | | 0 | | 1 | | 52 | 18 | |
| Iron, Fe ... mg | 2.03 | | 0 | | 1 | | 5.03 | 1.73 | |
| Magnesium, Mg ... mg | 26 | | 0 | | 1 | | 64 | 22 | |
| Phosphorus, P ... mg | 198 | | 0 | | 1 | | 491 | 168 | |
| Potassium, K ... mg | 301 | | 0 | | 1 | | 746 | 256 | |
| Sodium, Na ... mg | 78 | | 0 | | 1 | | 193 | 66 | |
| Zinc, Zn ... mg | 5.72 | | 0 | | 1 | | 14.19 | 4.86 | |
| Copper, Cu ... mg | 0.128 | | 0 | | 1 | | 0.317 | 0.109 | |
| Manganese, Mn ... mg | 0.024 | | 0 | | 1 | | 0.060 | 0.020 | |
| Selenium, Se ... mcg | 27.4 | | 0 | BFYN | 4 | | 68.0 | 23.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.090 | | 0 | | 1 | | 0.223 | 0.077 | |
| Riboflavin ... mg | 0.260 | | 0 | | 1 | | 0.645 | 0.221 | |
| Niacin ... mg | 6.450 | | 0 | | 1 | | 15.996 | 5.483 | |
| Pantothenic acid ... mg | 0.670 | | 0 | | 1 | | 1.662 | 0.570 | |
| Vitamin B-6 ... mg | 0.120 | | 0 | | 1 | | 0.298 | 0.102 | |
| Folate, total ... mcg | 19 | | 0 | | 1 | | 47 | 16 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 19 | | 0 | | 1 | | 47 | 16 | |
| Folate, DFE ... mcg_DFE | 19 | | 0 | NC | 4 | | 47 | 16 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.97 | | 0 | | 1 | | 7.37 | 2.52 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | 0.16 | | 0 | | 1 | | 0.40 | 0.14 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 8.040 | | 0 | | 1 | | 19.939 | 6.834 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.050 | | 0 | | 1 | | 0.124 | 0.043 | |
| 12:0 ... g | 0.080 | | 0 | | 1 | | 0.198 | 0.068 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17037**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.700 | | 0 | | 1 | | 1.736 | 0.595 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.110 | | 0 | | 1 | | 10.193 | 3.494 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.560 | | 0 | | 1 | | 6.349 | 2.176 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.870 | | 0 | | 1 | | 19.518 | 6.690 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.570 | | 0 | | 1 | | 1.414 | 0.485 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.080 | | 0 | | 1 | | 17.558 | 6.018 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.580 | | 0 | | 1 | | 3.918 | 1.343 | |
| 18:2 undifferentiated....g | 1.160 | | 0 | | 1 | | 2.877 | 0.986 | |
| 18:3 undifferentiated....g | 0.320 | | 0 | | 1 | | 0.794 | 0.272 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.223 | 0.077 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 97 | | 0 | | 1 | | 241 | 82 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.285 | | 0 | | 1 | | 0.707 | 0.242 | |
| Threonine....g | 1.045 | | 0 | | 1 | | 2.592 | 0.888 | |
| Isoleucine....g | 1.178 | | 0 | | 1 | | 2.921 | 1.001 | |
| Leucine....g | 1.900 | | 0 | | 1 | | 4.712 | 1.615 | |
| Lysine....g | 2.157 | | 0 | | 1 | | 5.349 | 1.833 | |
| Methionine....g | 0.627 | | 0 | | 1 | | 1.555 | 0.533 | |
| Cystine....g | 0.292 | | 0 | | 1 | | 0.724 | 0.248 | |
| Phenylalanine....g | 0.994 | | 0 | | 1 | | 2.465 | 0.845 | |
| Tyrosine....g | 0.821 | | 0 | | 1 | | 2.036 | 0.698 | |
| Valine....g | 1.318 | | 0 | | 1 | | 3.269 | 1.120 | |
| Arginine....g | 1.451 | | 0 | | 1 | | 3.598 | 1.233 | |
| Histidine....g | 0.774 | | 0 | | 1 | | 1.920 | 0.658 | |
| Alanine....g | 1.469 | | 0 | | 1 | | 3.643 | 1.249 | |
| Aspartic acid....g | 2.150 | | 0 | | 1 | | 5.332 | 1.828 | |
| Glutamic acid....g | 3.544 | | 0 | | 1 | | 8.789 | 3.012 | |
| Glycine....g | 1.193 | | 0 | | 1 | | 2.959 | 1.014 | |
| Proline....g | 1.024 | | 0 | | 1 | | 2.540 | 0.870 | |
| Serine....g | 0.908 | | 0 | | 1 | | 2.252 | 0.772 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 248g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17037**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17038**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.26 | | 0 | | 1 | | 151.34 | 47.82 | |
| Energy....kcal | 276 | | 0 | NC | 4 | | 742 | 235 | |
| Energy....kj | 1155 | | 0 | | 4 | | 3106 | 982 | |
| Protein (N x 6.25)....g | 22.51 | | 0 | | 1 | | 60.55 | 19.13 | |
| Total lipid (fat)....g | 19.97 | | 0 | | 1 | | 53.72 | 16.97 | |
| Ash....g | 1.21 | | 0 | | 1 | | 3.25 | 1.03 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | | 1 | | 54 | 17 | |
| Iron, Fe....mg | 1.97 | | 0 | | 1 | | 5.30 | 1.67 | |
| Magnesium, Mg....mg | 23 | | 0 | | 1 | | 62 | 20 | |
| Phosphorus, P....mg | 184 | | 0 | | 1 | | 495 | 156 | |
| Potassium, K....mg | 251 | | 0 | | 1 | | 675 | 213 | |
| Sodium, Na....mg | 66 | | 0 | | 1 | | 178 | 56 | |
| Zinc, Zn....mg | 5.23 | | 0 | | 1 | | 14.07 | 4.45 | |
| Copper, Cu....mg | 0.108 | | 0 | | 1 | | 0.291 | 0.092 | |
| Manganese, Mn....mg | 0.022 | | 0 | | 1 | | 0.059 | 0.019 | |
| Selenium, Se....mcg | 26.2 | | 0 | BFYN | 4 | | 70.5 | 22.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.242 | 0.077 | |
| Riboflavin....mg | 0.240 | | 0 | | 1 | | 0.646 | 0.204 | |
| Niacin....mg | 6.150 | | 0 | | 1 | | 16.544 | 5.228 | |
| Pantothenic acid....mg | 0.700 | | 0 | | 1 | | 1.883 | 0.595 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.350 | 0.111 | |
| Folate, total....mcg | 21 | | 0 | | 1 | | 56 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | | 1 | | 56 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 56 | 18 | |
| Choline, total....mg | 87.9 | | 0 | BFNN | 4 | | 236.5 | 74.7 | |
| Betaine....mg | 11.6 | | 0 | BFNN | 4 | | 31.1 | 9.8 | |
| Vitamin B-12....mcg | 2.64 | | 0 | | 1 | | 7.10 | 2.24 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.14 | | 0 | | 1 | | 0.38 | 0.12 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.6 | | 0 | BFYN | 4 | | 12.4 | 3.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.440 | | 0 | | 1 | | 22.704 | 7.174 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.050 | | 0 | | 1 | | 0.135 | 0.043 | |

**NDB No. 17038**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.080 | | 0 | | 1 | | 0.215 | 0.068 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.750 | | 0 | | 1 | | 2.018 | 0.638 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.300 | | 0 | | 1 | | 11.567 | 3.655 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.680 | | 0 | | 1 | | 7.209 | 2.278 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.170 | | 0 | | 1 | | 21.977 | 6.945 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.580 | | 0 | | 1 | | 1.560 | 0.493 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.340 | | 0 | | 1 | | 19.745 | 6.239 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.620 | | 0 | | 1 | | 4.358 | 1.377 | |
| 18:2 undifferentiated g | 1.190 | | 0 | | 1 | | 3.201 | 1.012 | |
| 18:3 undifferentiated g | 0.340 | | 0 | | 1 | | 0.915 | 0.289 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.090 | | 0 | | 1 | | 0.242 | 0.077 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 92 | | 0 | | 1 | | 247 | 78 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.263 | | 0 | | 1 | | 0.707 | 0.224 | |
| Threonine g | 0.963 | | 0 | | 1 | | 2.590 | 0.819 | |
| Isoleucine g | 1.086 | | 0 | | 1 | | 2.921 | 0.923 | |
| Leucine g | 1.751 | | 0 | | 1 | | 4.710 | 1.488 | |
| Lysine g | 1.988 | | 0 | | 1 | | 5.348 | 1.690 | |
| Methionine g | 0.578 | | 0 | | 1 | | 1.555 | 0.491 | |
| Cystine g | 0.269 | | 0 | | 1 | | 0.724 | 0.229 | |
| Phenylalanine g | 0.916 | | 0 | | 1 | | 2.464 | 0.779 | |
| Tyrosine g | 0.756 | | 0 | | 1 | | 2.034 | 0.643 | |
| Valine g | 1.215 | | 0 | | 1 | | 3.268 | 1.033 | |
| Arginine g | 1.337 | | 0 | | 1 | | 3.597 | 1.136 | |
| Histidine g | 0.713 | | 0 | | 1 | | 1.918 | 0.606 | |
| Alanine g | 1.354 | | 0 | | 1 | | 3.642 | 1.151 | |
| Aspartic acid g | 1.981 | | 0 | | 1 | | 5.329 | 1.684 | |
| Glutamic acid g | 3.266 | | 0 | | 1 | | 8.786 | 2.776 | |
| Glycine g | 1.099 | | 0 | | 1 | | 2.956 | 0.934 | |
| Proline g | 0.944 | | 0 | | 1 | | 2.539 | 0.802 | |
| Serine g | 0.837 | | 0 | | 1 | | 2.252 | 0.711 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17038**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17035**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw**

**Refuse:** 21% Bone 21%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 61.39 | | 0 | | 1 | | 17.40 | 278.47 | |
| Energy ... kcal | 264 | | 0 | NC | 4 | | 75 | 1198 | |
| Energy ... kj | 1105 | | 0 | | 4 | | 313 | 5010 | |
| Protein (N x 6.25) ... g | 16.58 | | 0 | | 1 | | 4.70 | 75.21 | |
| Total lipid (fat) ... g | 21.45 | | 0 | | 1 | | 6.08 | 97.30 | |
| Ash ... g | 0.89 | | 0 | | 1 | | 0.25 | 4.04 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 16 | | 0 | | 1 | | 5 | 73 | |
| Iron, Fe ... mg | 1.50 | | 0 | | 1 | | 0.43 | 6.80 | |
| Magnesium, Mg ... mg | 21 | | 0 | | 1 | | 6 | 95 | |
| Phosphorus, P ... mg | 158 | | 0 | | 1 | | 45 | 717 | |
| Potassium, K ... mg | 230 | | 0 | | 1 | | 65 | 1043 | |
| Sodium, Na ... mg | 61 | | 0 | | 1 | | 17 | 277 | |
| Zinc, Zn ... mg | 3.94 | | 0 | | 1 | | 1.12 | 17.87 | |
| Copper, Cu ... mg | 0.097 | | 0 | | 1 | | 0.027 | 0.440 | |
| Manganese, Mn ... mg | 0.019 | | 0 | | 1 | | 0.005 | 0.086 | |
| Selenium, Se ... mcg | 19.2 | | 0 | PIE | 4 | | 5.4 | 87.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Riboflavin ... mg | 0.210 | | 0 | | 1 | | 0.060 | 0.953 | |
| Niacin ... mg | 5.660 | | 0 | | 1 | | 1.605 | 25.674 | |
| Pantothenic acid ... mg | 0.680 | | 0 | | 1 | | 0.193 | 3.084 | |
| Vitamin B-6 ... mg | 0.130 | | 0 | | 1 | | 0.037 | 0.590 | |
| Folate, total ... mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 19 | | 0 | | 1 | | 5 | 86 | |
| Folate, DFE ... mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total ... mg | 69.5 | | 0 | BFNN | 4 | | 19.7 | 315.1 | |
| Betaine ... mg | 10.2 | | 0 | BFNN | 4 | | 2.9 | 46.3 | |
| Vitamin B-12 ... mcg | 2.53 | | 0 | | 1 | | 0.72 | 11.48 | |
| Vitamin B-12, added ... mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU ... IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) ... mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Vitamin E, added ... mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | 3.4 | | 0 | BFYN | 4 | | 1.0 | 15.4 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 9.280 | | 0 | | 1 | | 2.631 | 42.094 | |
| 4:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 ... g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |

**NDB No. 17035**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.840 | | 0 | | 1 | | 0.238 | 3.810 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.680 | | 0 | | 1 | | 1.327 | 21.228 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.930 | | 0 | | 1 | | 0.831 | 13.290 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.790 | | 0 | | 1 | | 2.492 | 39.871 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.620 | | 0 | | 1 | | 0.176 | 2.812 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.900 | | 0 | | 1 | | 2.240 | 35.834 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.710 | | 0 | | 1 | | 0.485 | 7.757 | |
| 18:2 undifferentiated g | 1.250 | | 0 | | 1 | | 0.354 | 5.670 | |
| 18:3 undifferentiated g | 0.380 | | 0 | | 1 | | 0.108 | 1.724 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 72 | | 0 | | 1 | | 20 | 327 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.194 | | 0 | | 1 | | 0.055 | 0.880 | |
| Threonine g | 0.710 | | 0 | | 1 | | 0.201 | 3.221 | |
| Isoleucine g | 0.800 | | 0 | | 1 | | 0.227 | 3.629 | |
| Leucine g | 1.290 | | 0 | | 1 | | 0.366 | 5.851 | |
| Lysine g | 1.464 | | 0 | | 1 | | 0.415 | 6.641 | |
| Methionine g | 0.426 | | 0 | | 1 | | 0.121 | 1.932 | |
| Cystine g | 0.198 | | 0 | | 1 | | 0.056 | 0.898 | |
| Phenylalanine g | 0.675 | | 0 | | 1 | | 0.191 | 3.062 | |
| Tyrosine g | 0.557 | | 0 | | 1 | | 0.158 | 2.527 | |
| Valine g | 0.895 | | 0 | | 1 | | 0.254 | 4.060 | |
| Arginine g | 0.985 | | 0 | | 1 | | 0.279 | 4.468 | |
| Histidine g | 0.525 | | 0 | | 1 | | 0.149 | 2.381 | |
| Alanine g | 0.997 | | 0 | | 1 | | 0.283 | 4.522 | |
| Aspartic acid g | 1.460 | | 0 | | 1 | | 0.414 | 6.623 | |
| Glutamic acid g | 2.406 | | 0 | | 1 | | 0.682 | 10.914 | |
| Glycine g | 0.810 | | 0 | | 1 | | 0.230 | 3.674 | |
| Proline g | 0.696 | | 0 | | 1 | | 0.197 | 3.157 | |
| Serine g | 0.616 | | 0 | | 1 | | 0.175 | 2.794 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17035**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17243**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Refuse:** 27% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 45.46 | | 0 | PAE | 4 | | 96.83 | 38.64 | |
| Energy ... kcal | 338 | | 0 | NC | 4 | | 720 | 287 | |
| Energy ... kj | 1414 | | | | 4 | | 3012 | 1202 | |
| Protein (N x 6.25) ... g | 29.46 | | 0 | PAE | 4 | | 62.75 | 25.04 | |
| Total lipid (fat) ... g | 23.57 | | 0 | PAE | 4 | | 50.20 | 20.03 | |
| Ash ... g | 1.44 | | 0 | PAE | 4 | | 3.07 | 1.22 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 27 | | 0 | PAE | 4 | | 58 | 23 | |
| Iron, Fe ... mg | 2.39 | | 0 | PAE | 4 | | 5.09 | 2.03 | |
| Magnesium, Mg ... mg | 25 | | 0 | PAE | 4 | | 53 | 21 | |
| Phosphorus, P ... mg | 193 | | 0 | PAE | 4 | | 411 | 164 | |
| Potassium, K ... mg | 261 | | 0 | PAE | 4 | | 556 | 222 | |
| Sodium, Na ... mg | 74 | | 0 | PAE | 4 | | 158 | 63 | |
| Zinc, Zn ... mg | 6.80 | | 0 | PAE | 4 | | 14.48 | 5.78 | |
| Copper, Cu ... mg | 0.126 | | 0 | PAE | 4 | | 0.268 | 0.107 | |
| Manganese, Mn ... mg | 0.026 | | 0 | PAE | 4 | | 0.055 | 0.022 | |
| Selenium, Se ... mcg | 33.8 | | 0 | BFNN | 4 | | 72.0 | 28.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.070 | | 0 | PAE | 4 | | 0.149 | 0.060 | |
| Riboflavin ... mg | 0.220 | | 0 | PAE | 4 | | 0.469 | 0.187 | |
| Niacin ... mg | 6.150 | | 0 | PAE | 4 | | 13.100 | 5.228 | |
| Pantothenic acid ... mg | 0.610 | | 0 | PAE | 4 | | 1.299 | 0.519 | |
| Vitamin B-6 ... mg | 0.110 | | 0 | PAE | 4 | | 0.234 | 0.094 | |
| Folate, total ... mcg | 18 | | 0 | PAE | 4 | | 38 | 15 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 18 | | 0 | PAE | 4 | | 38 | 15 | |
| Folate, DFE ... mcg_DFE | 18 | | 0 | NC | 4 | | 38 | 15 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.78 | | 0 | PAE | 4 | | 5.92 | 2.36 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 9.710 | | 0 | PAE | 4 | | 20.682 | 8.254 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.060 | | 0 | PAE | 4 | | 0.128 | 0.051 | |
| 12:0 ... g | 0.090 | | 0 | PAE | 4 | | 0.192 | 0.077 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17243**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.850 | | 0 | PAE | 4 | | 1.811 | 0.723 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.980 | | 0 | PAE | 4 | | 10.607 | 4.233 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 3.120 | | 0 | PAE | 4 | | 6.646 | 2.652 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 9.720 | | 0 | PAE | 4 | | 20.704 | 8.262 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.690 | | 0 | PAE | 4 | | 1.470 | 0.587 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 8.770 | | 0 | PAE | 4 | | 18.680 | 7.455 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.880 | | 0 | PAE | 4 | | 4.004 | 1.598 | |
| 18:2 undifferentiated ... g | 1.400 | | 0 | PAE | 4 | | 2.982 | 1.190 | |
| 18:3 undifferentiated ... g | 0.370 | | 0 | PAE | 4 | | 0.788 | 0.315 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.110 | | 0 | PAE | 4 | | 0.234 | 0.094 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 117 | | 0 | PAE | 4 | | 249 | 99 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.344 | | 0 | PAE | 4 | | 0.733 | 0.292 | |
| Threonine ... g | 1.261 | | 0 | PAE | 4 | | 2.686 | 1.072 | |
| Isoleucine ... g | 1.421 | | 0 | PAE | 4 | | 3.027 | 1.208 | |
| Leucine ... g | 2.292 | | 0 | PAE | 4 | | 4.882 | 1.948 | |
| Lysine ... g | 2.602 | | 0 | PAE | 4 | | 5.542 | 2.212 | |
| Methionine ... g | 0.756 | | 0 | PAE | 4 | | 1.610 | 0.643 | |
| Cystine ... g | 0.352 | | 0 | PAE | 4 | | 0.750 | 0.299 | |
| Phenylalanine ... g | 1.199 | | 0 | PAE | 4 | | 2.554 | 1.019 | |
| Tyrosine ... g | 0.990 | | 0 | PAE | 4 | | 2.109 | 0.842 | |
| Valine ... g | 1.590 | | 0 | PAE | 4 | | 3.387 | 1.352 | |
| Arginine ... g | 1.750 | | 0 | PAE | 4 | | 3.728 | 1.488 | |
| Histidine ... g | 0.933 | | 0 | PAE | 4 | | 1.987 | 0.793 | |
| Alanine ... g | 1.772 | | 0 | PAE | 4 | | 3.774 | 1.506 | |
| Aspartic acid ... g | 2.593 | | 0 | PAE | 4 | | 5.523 | 2.204 | |
| Glutamic acid ... g | 4.275 | | 0 | PAE | 4 | | 9.106 | 3.634 | |
| Glycine ... g | 1.439 | | 0 | PAE | 4 | | 3.065 | 1.223 | |
| Proline ... g | 1.236 | | 0 | PAE | 4 | | 2.633 | 1.051 | |
| Serine ... g | 1.095 | | 0 | PAE | 4 | | 2.332 | 0.931 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 213g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17243**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17244**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water ... g | 56.70 | | 0 | PAE | 4 | | 137.21 | 48.20 | |
| Energy ... kcal | 268 | | 0 | NC | 4 | | 649 | 228 | |
| Energy ... kj | 1121 | | | | 4 | | 2714 | 953 | |
| Protein (N x 6.25) ... g | 23.84 | | 0 | PAE | 4 | | 57.69 | 20.26 | |
| Total lipid (fat) ... g | 18.39 | | 0 | PAE | 4 | | 44.50 | 15.63 | |
| Ash ... g | 1.21 | | 0 | PAE | 4 | | 2.93 | 1.03 | |
| Carbohydrate, by difference ... g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary ... g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total ... g | | | | | | | | | |
| Starch ... g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca ... mg | 23 | | 0 | PAE | 4 | | 56 | 20 | |
| Iron, Fe ... mg | 1.83 | | 0 | PAE | 4 | | 4.43 | 1.56 | |
| Magnesium, Mg ... mg | 25 | | 0 | PAE | 4 | | 61 | 21 | |
| Phosphorus, P ... mg | 201 | | 0 | PAE | 4 | | 486 | 171 | |
| Potassium, K ... mg | 335 | | 0 | PAE | 4 | | 811 | 285 | |
| Sodium, Na ... mg | 82 | | 0 | PAE | 4 | | 198 | 70 | |
| Zinc, Zn ... mg | 5.58 | | 0 | PAE | 4 | | 13.50 | 4.74 | |
| Copper, Cu ... mg | 0.126 | | 0 | PAE | 4 | | 0.305 | 0.107 | |
| Manganese, Mn ... mg | 0.024 | | 0 | PAE | 4 | | 0.058 | 0.020 | |
| Selenium, Se ... mcg | 26.5 | | 0 | BFNN | 4 | | 64.1 | 22.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid ... mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin ... mg | 0.100 | | 0 | PAE | 4 | | 0.242 | 0.085 | |
| Riboflavin ... mg | 0.260 | | 0 | PAE | 4 | | 0.629 | 0.221 | |
| Niacin ... mg | 6.490 | | 0 | PAE | 4 | | 15.706 | 5.517 | |
| Pantothenic acid ... mg | 0.680 | | 0 | PAE | 4 | | 1.646 | 0.578 | |
| Vitamin B-6 ... mg | 0.140 | | 0 | PAE | 4 | | 0.339 | 0.119 | |
| Folate, total ... mcg | 18 | | 0 | PAE | 4 | | 44 | 15 | |
| Folic acid ... mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food ... mcg | 18 | | 0 | PAE | 4 | | 44 | 15 | |
| Folate, DFE ... mcg_DFE | 18 | | 0 | NC | 4 | | 44 | 15 | |
| Choline, total ... mg | | | | | | | | | |
| Betaine ... mg | | | | | | | | | |
| Vitamin B-12 ... mcg | 2.78 | | 0 | PAE | 4 | | 6.73 | 2.36 | |
| Vitamin A, RAE ... mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol ... mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta ... mcg | | | | | | | | | |
| Carotene, alpha ... mcg | | | | | | | | | |
| Cryptoxanthin, beta ... mcg | | | | | | | | | |
| Vitamin A, IU ... IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene ... mcg | | | | | | | | | |
| Lutein + zeaxanthin ... mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) ... mg | | | | | | | | | |
| Tocopherol, beta ... mg | | | | | | | | | |
| Tocopherol, gamma ... mg | | | | | | | | | |
| Tocopherol, delta ... mg | | | | | | | | | |
| Vitamin D ... IU | | | | | | | | | |
| Vitamin K (phylloquinone) ... mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated ... g | 7.530 | | 0 | PAE | 4 | | 18.223 | 6.401 | |
| 4:0 ... g | | | | | | | | | |
| 6:0 ... g | | | | | | | | | |
| 8:0 ... g | | | | | | | | | |
| 10:0 ... g | 0.050 | | 0 | PAE | 4 | | 0.121 | 0.043 | |
| 12:0 ... g | 0.070 | | 0 | PAE | 4 | | 0.169 | 0.060 | |
| 13:0 ... g | | | | | | | | | |

**NDB No. 17244**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.690 | | 0 | PAE | 4 | | 1.670 | 0.587 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.860 | | 0 | PAE | 4 | | 9.341 | 3.281 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.440 | | 0 | PAE | 4 | | 5.905 | 2.074 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 7.750 | | 0 | PAE | 4 | | 18.755 | 6.588 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.540 | | 0 | PAE | 4 | | 1.307 | 0.459 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.050 | | 0 | PAE | 4 | | 17.061 | 5.993 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.340 | | 0 | PAE | 4 | | 3.243 | 1.139 | |
| 18:2 undifferentiated ... g | 1.020 | | 0 | PAE | 4 | | 2.468 | 0.867 | |
| 18:3 undifferentiated ... g | 0.250 | | 0 | PAE | 4 | | 0.605 | 0.213 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.080 | | 0 | PAE | 4 | | 0.194 | 0.068 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 95 | | 0 | PAE | 4 | | 230 | 81 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.279 | | 0 | PAE | 4 | | 0.675 | 0.237 | |
| Threonine ... g | 1.020 | | 0 | PAE | 4 | | 2.468 | 0.867 | |
| Isoleucine ... g | 1.150 | | 0 | PAE | 4 | | 2.783 | 0.978 | |
| Leucine ... g | 1.854 | | 0 | PAE | 4 | | 4.487 | 1.576 | |
| Lysine ... g | 2.105 | | 0 | PAE | 4 | | 5.094 | 1.789 | |
| Methionine ... g | 0.612 | | 0 | PAE | 4 | | 1.481 | 0.520 | |
| Cystine ... g | 0.285 | | 0 | PAE | 4 | | 0.690 | 0.242 | |
| Phenylalanine ... g | 0.970 | | 0 | PAE | 4 | | 2.347 | 0.825 | |
| Tyrosine ... g | 0.801 | | 0 | PAE | 4 | | 1.938 | 0.681 | |
| Valine ... g | 1.286 | | 0 | PAE | 4 | | 3.112 | 1.093 | |
| Arginine ... g | 1.416 | | 0 | PAE | 4 | | 3.427 | 1.204 | |
| Histidine ... g | 0.755 | | 0 | PAE | 4 | | 1.827 | 0.642 | |
| Alanine ... g | 1.434 | | 0 | PAE | 4 | | 3.470 | 1.219 | |
| Aspartic acid ... g | 2.098 | | 0 | PAE | 4 | | 5.077 | 1.783 | |
| Glutamic acid ... g | 3.459 | | 0 | PAE | 4 | | 8.371 | 2.940 | |
| Glycine ... g | 1.164 | | 0 | PAE | 4 | | 2.817 | 0.989 | |
| Proline ... g | 1.000 | | 0 | PAE | 4 | | 2.420 | 0.850 | |
| Serine ... g | 0.886 | | 0 | PAE | 4 | | 2.144 | 0.753 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17244**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17245**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.98 | | 0 | PAE | 4 | | 149.86 | 48.43 | |
| Energy....kcal | 269 | | 0 | NC | 4 | | 707 | 229 | |
| Energy....kj | 1125 | | | | 4 | | 2960 | 957 | |
| Protein (N x 6.25)....g | 22.70 | | 0 | PAE | 4 | | 59.70 | 19.30 | |
| Total lipid (fat)....g | 19.08 | | 0 | PAE | 4 | | 50.18 | 16.22 | |
| Ash....g | 1.22 | | 0 | PAE | 4 | | 3.21 | 1.04 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | PAE | 4 | | 53 | 17 | |
| Iron, Fe....mg | 1.97 | | 0 | PAE | 4 | | 5.18 | 1.67 | |
| Magnesium, Mg....mg | 23 | | 0 | PAE | 4 | | 60 | 20 | |
| Phosphorus, P....mg | 185 | | 0 | PAE | 4 | | 487 | 157 | |
| Potassium, K....mg | 251 | | 0 | PAE | 4 | | 660 | 213 | |
| Sodium, Na....mg | 66 | | 0 | PAE | 4 | | 174 | 56 | |
| Zinc, Zn....mg | 5.44 | | 0 | PAE | 4 | | 14.31 | 4.62 | |
| Copper, Cu....mg | 0.108 | | 0 | PAE | 4 | | 0.284 | 0.092 | |
| Manganese, Mn....mg | 0.022 | | 0 | PAE | 4 | | 0.058 | 0.019 | |
| Selenium, Se....mcg | 26.4 | | 0 | BFNN | 4 | | 69.4 | 22.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | PAE | 4 | | 0.237 | 0.077 | |
| Riboflavin....mg | 0.240 | | 0 | PAE | 4 | | 0.631 | 0.204 | |
| Niacin....mg | 6.040 | | 0 | PAE | 4 | | 15.885 | 5.134 | |
| Pantothenic acid....mg | 0.700 | | 0 | PAE | 4 | | 1.841 | 0.595 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.342 | 0.111 | |
| Folate, total....mcg | 21 | | 0 | PAE | 4 | | 55 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | PAE | 4 | | 55 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 55 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.65 | | 0 | PAE | 4 | | 6.97 | 2.25 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.980 | | 0 | PAE | 4 | | 20.987 | 6.783 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.132 | 0.043 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.210 | 0.068 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17245**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.700 | | 0 | PAE | 4 | | 1.841 | 0.595 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.080 | | 0 | PAE | 4 | | 10.730 | 3.468 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.540 | | 0 | PAE | 4 | | 6.680 | 2.159 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 7.790 | | 0 | PAE | 4 | | 20.488 | 6.622 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.560 | | 0 | PAE | 4 | | 1.473 | 0.476 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.010 | | 0 | PAE | 4 | | 18.436 | 5.959 | |
| 20:1 ... g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.560 | | 0 | PAE | 4 | | 4.103 | 1.326 | |
| 18:2 undifferentiated ... g | 1.150 | | 0 | PAE | 4 | | 3.025 | 0.978 | |
| 18:3 undifferentiated ... g | 0.320 | | 0 | PAE | 4 | | 0.842 | 0.272 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.090 | | 0 | PAE | 4 | | 0.237 | 0.077 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 91 | | 0 | PAE | 4 | | 239 | 77 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.265 | | 0 | PAE | 4 | | 0.697 | 0.225 | |
| Threonine ... g | 0.971 | | 0 | PAE | 4 | | 2.554 | 0.825 | |
| Isoleucine ... g | 1.095 | | 0 | PAE | 4 | | 2.880 | 0.931 | |
| Leucine ... g | 1.765 | | 0 | PAE | 4 | | 4.642 | 1.500 | |
| Lysine ... g | 2.004 | | 0 | PAE | 4 | | 5.271 | 1.703 | |
| Methionine ... g | 0.582 | | 0 | PAE | 4 | | 1.531 | 0.495 | |
| Cystine ... g | 0.271 | | 0 | PAE | 4 | | 0.713 | 0.230 | |
| Phenylalanine ... g | 0.924 | | 0 | PAE | 4 | | 2.430 | 0.785 | |
| Tyrosine ... g | 0.763 | | 0 | PAE | 4 | | 2.007 | 0.649 | |
| Valine ... g | 1.225 | | 0 | PAE | 4 | | 3.222 | 1.041 | |
| Arginine ... g | 1.348 | | 0 | PAE | 4 | | 3.545 | 1.146 | |
| Histidine ... g | 0.719 | | 0 | PAE | 4 | | 1.891 | 0.611 | |
| Alanine ... g | 1.365 | | 0 | PAE | 4 | | 3.590 | 1.160 | |
| Aspartic acid ... g | 1.998 | | 0 | PAE | 4 | | 5.255 | 1.698 | |
| Glutamic acid ... g | 3.294 | | 0 | PAE | 4 | | 8.663 | 2.800 | |
| Glycine ... g | 1.109 | | 0 | PAE | 4 | | 2.917 | 0.943 | |
| Proline ... g | 0.952 | | 0 | PAE | 4 | | 2.504 | 0.809 | |
| Serine ... g | 0.844 | | 0 | PAE | 4 | | 2.220 | 0.717 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 263g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17245**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17242**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Refuse:** 22% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.36 | | 0 | PAE | 4 | | 17.96 | 287.40 | |
| Energy....kcal | 244 | | 0 | NC | 4 | | 69 | 1107 | |
| Energy....kj | 1021 | | | | 4 | | 289 | 4631 | |
| Protein (N x 6.25)....g | 17.07 | | 0 | PAE | 4 | | 4.84 | 77.43 | |
| Total lipid (fat)....g | 18.96 | | 0 | PAE | 4 | | 5.38 | 86.00 | |
| Ash....g | 0.91 | | 0 | PAE | 4 | | 0.26 | 4.13 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | PAE | 4 | | 5 | 73 | |
| Iron, Fe....mg | 1.53 | | 0 | PAE | 4 | | 0.43 | 6.94 | |
| Magnesium, Mg....mg | 21 | | 0 | PAE | 4 | | 6 | 95 | |
| Phosphorus, P....mg | 163 | | 0 | PAE | 4 | | 46 | 739 | |
| Potassium, K....mg | 237 | | 0 | PAE | 4 | | 67 | 1075 | |
| Sodium, Na....mg | 63 | | 0 | PAE | 4 | | 18 | 286 | |
| Zinc, Zn....mg | 4.12 | | 0 | PAE | 4 | | 1.17 | 18.69 | |
| Copper, Cu....mg | 0.100 | | 0 | PAE | 4 | | 0.028 | 0.454 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 19.7 | | 0 | BFNN | 4 | | 5.6 | 89.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.499 | |
| Riboflavin....mg | 0.210 | | 0 | PAE | 4 | | 0.060 | 0.953 | |
| Niacin....mg | 5.620 | | 0 | PAE | 4 | | 1.593 | 25.492 | |
| Pantothenic acid....mg | 0.680 | | 0 | PAE | 4 | | 0.193 | 3.084 | |
| Vitamin B-6....mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.635 | |
| Folate, total....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | | 0 | PAE | 4 | | 5 | 86 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 5 | 86 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.57 | | 0 | PAE | 4 | | 0.73 | 11.66 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.100 | | 0 | PAE | 4 | | 2.296 | 36.742 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17242**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.730 | | 0 | PAE | 4 | | 0.207 | 3.311 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.110 | | 0 | PAE | 4 | | 1.165 | 18.643 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.570 | | 0 | PAE | 4 | | 0.729 | 11.658 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.760 | | 0 | PAE | 4 | | 2.200 | 35.199 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.550 | | 0 | PAE | 4 | | 0.156 | 2.495 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.970 | | 0 | PAE | 4 | | 1.976 | 31.616 | |
| 20:1....g | 0.000 | | 0 | PAE | 4 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.520 | | 0 | PAE | 4 | | 0.431 | 6.895 | |
| 18:2 undifferentiated....g | 1.120 | | 0 | PAE | 4 | | 0.318 | 5.080 | |
| 18:3 undifferentiated....g | 0.330 | | 0 | PAE | 4 | | 0.094 | 1.497 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 71 | | 0 | PAE | 4 | | 20 | 322 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.199 | | 0 | PAE | 4 | | 0.056 | 0.903 | |
| Threonine....g | 0.730 | | 0 | PAE | 4 | | 0.207 | 3.311 | |
| Isoleucine....g | 0.823 | | 0 | PAE | 4 | | 0.233 | 3.733 | |
| Leucine....g | 1.328 | | 0 | PAE | 4 | | 0.376 | 6.024 | |
| Lysine....g | 1.507 | | 0 | PAE | 4 | | 0.427 | 6.836 | |
| Methionine....g | 0.438 | | 0 | PAE | 4 | | 0.124 | 1.987 | |
| Cystine....g | 0.204 | | 0 | PAE | 4 | | 0.058 | 0.925 | |
| Phenylalanine....g | 0.695 | | 0 | PAE | 4 | | 0.197 | 3.153 | |
| Tyrosine....g | 0.574 | | 0 | PAE | 4 | | 0.163 | 2.604 | |
| Valine....g | 0.921 | | 0 | PAE | 4 | | 0.261 | 4.178 | |
| Arginine....g | 1.014 | | 0 | PAE | 4 | | 0.287 | 4.600 | |
| Histidine....g | 0.541 | | 0 | PAE | 4 | | 0.153 | 2.454 | |
| Alanine....g | 1.026 | | 0 | PAE | 4 | | 0.291 | 4.654 | |
| Aspartic acid....g | 1.502 | | 0 | PAE | 4 | | 0.426 | 6.813 | |
| Glutamic acid....g | 2.477 | | 0 | PAE | 4 | | 0.702 | 11.236 | |
| Glycine....g | 0.834 | | 0 | PAE | 4 | | 0.236 | 3.783 | |
| Proline....g | 0.716 | | 0 | PAE | 4 | | 0.203 | 3.248 | |
| Serine....g | 0.635 | | 0 | PAE | 4 | | 0.180 | 2.880 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17242**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17040**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Refuse:** 40% Bone 25%, separable fat 15%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 49.96 | | 0 | | 1 | | 86.93 | 42.47 | |
| Energy....kcal | 283 | | 0 | NC | 4 | | 492 | 241 | |
| Energy....kj | 1184 | | | | 4 | | 2060 | 1006 | |
| Protein (N x 6.25)....g | 32.81 | | 0 | | 1 | | 57.09 | 27.89 | |
| Total lipid (fat)....g | 15.89 | | 0 | | 1 | | 27.65 | 13.51 | |
| Ash....g | 1.75 | | 0 | | 1 | | 3.05 | 1.49 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 26 | | 0 | | 1 | | 45 | 22 | |
| Iron, Fe....mg | 2.67 | | 0 | | 1 | | 4.65 | 2.27 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 47 | 23 | |
| Phosphorus, P....mg | 204 | | 0 | | 1 | | 355 | 173 | |
| Potassium, K....mg | 261 | | 0 | | 1 | | 454 | 222 | |
| Sodium, Na....mg | 79 | | 0 | | 1 | | 137 | 67 | |
| Zinc, Zn....mg | 7.52 | | 0 | | 1 | | 13.08 | 6.39 | |
| Copper, Cu....mg | 0.132 | | 0 | | 1 | | 0.230 | 0.112 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.056 | 0.027 | |
| Selenium, Se....mcg | 37.0 | | 0 | BFYN | 4 | | 64.4 | 31.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.104 | 0.051 | |
| Riboflavin....mg | 0.230 | | 0 | | 1 | | 0.400 | 0.196 | |
| Niacin....mg | 5.960 | | 0 | | 1 | | 10.370 | 5.066 | |
| Pantothenic acid....mg | 0.620 | | 0 | | 1 | | 1.079 | 0.527 | |
| Vitamin B-6....mg | 0.120 | | 0 | | 1 | | 0.209 | 0.102 | |
| Folate, total....mcg | 21 | | 0 | | 1 | | 37 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 0 | | 1 | | 37 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 37 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.91 | | 0 | | 1 | | 5.06 | 2.47 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.35 | 0.17 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.170 | | 0 | | 1 | | 10.736 | 5.245 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.030 | | 0 | | 1 | | 0.052 | 0.026 | |
| 12:0....g | 0.050 | | 0 | | 1 | | 0.087 | 0.043 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17040**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.500 | | 0 | | 1 | | 0.870 | 0.425 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.240 | | 0 | | 1 | | 5.638 | 2.754 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.000 | | 0 | | 1 | | 3.480 | 1.700 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 6.450 | | 0 | | 1 | | 11.223 | 5.483 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.470 | | 0 | | 1 | | 0.818 | 0.400 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.810 | | 0 | | 1 | | 10.109 | 4.939 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.380 | | 0 | | 1 | | 2.401 | 1.173 | |
| 18:2 undifferentiated ... g | 1.020 | | 0 | | 1 | | 1.775 | 0.867 | |
| 18:3 undifferentiated ... g | 0.240 | | 0 | | 1 | | 0.418 | 0.204 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.110 | | 0 | | 1 | | 0.191 | 0.094 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 117 | | 0 | | 1 | | 204 | 99 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.383 | | 0 | | 1 | | 0.666 | 0.326 | |
| Threonine ... g | 1.404 | | 0 | | 1 | | 2.443 | 1.193 | |
| Isoleucine ... g | 1.583 | | 0 | | 1 | | 2.754 | 1.346 | |
| Leucine ... g | 2.552 | | 0 | | 1 | | 4.440 | 2.169 | |
| Lysine ... g | 2.897 | | 0 | | 1 | | 5.041 | 2.462 | |
| Methionine ... g | 0.842 | | 0 | | 1 | | 1.465 | 0.716 | |
| Cystine ... g | 0.392 | | 0 | | 1 | | 0.682 | 0.333 | |
| Phenylalanine ... g | 1.336 | | 0 | | 1 | | 2.325 | 1.136 | |
| Tyrosine ... g | 1.103 | | 0 | | 1 | | 1.919 | 0.938 | |
| Valine ... g | 1.770 | | 0 | | 1 | | 3.080 | 1.505 | |
| Arginine ... g | 1.949 | | 0 | | 1 | | 3.391 | 1.657 | |
| Histidine ... g | 1.039 | | 0 | | 1 | | 1.808 | 0.883 | |
| Alanine ... g | 1.973 | | 0 | | 1 | | 3.433 | 1.677 | |
| Aspartic acid ... g | 2.888 | | 0 | | 1 | | 5.025 | 2.455 | |
| Glutamic acid ... g | 4.761 | | 0 | | 1 | | 8.284 | 4.047 | |
| Glycine ... g | 1.602 | | 0 | | 1 | | 2.787 | 1.362 | |
| Proline ... g | 1.376 | | 0 | | 1 | | 2.394 | 1.170 | |
| Serine ... g | 1.220 | | 0 | | 1 | | 2.123 | 1.037 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17040**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17041**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

**Refuse:** 38% Bone 24%, separable fat 14%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.38 | | 0 | | 1 | | 123.99 | 52.17 | |
| Energy....kcal | 210 | | 0 | NC | 4 | | 424 | 179 | |
| Energy....kj | 879 | | 0 | | 4 | | 1775 | 747 | |
| Protein (N x 6.25)....g | 27.12 | | 0 | | 1 | | 54.78 | 23.05 | |
| Total lipid (fat)....g | 10.50 | | 0 | | 1 | | 21.21 | 8.93 | |
| Ash....g | 1.45 | | 0 | | 1 | | 2.93 | 1.23 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | | 1 | | 42 | 18 | |
| Iron, Fe....mg | 2.19 | | 0 | | 1 | | 4.42 | 1.86 | |
| Magnesium, Mg....mg | 29 | | 0 | | 1 | | 59 | 25 | |
| Phosphorus, P....mg | 217 | | 0 | | 1 | | 438 | 184 | |
| Potassium, K....mg | 324 | | 0 | | 1 | | 654 | 275 | |
| Sodium, Na....mg | 83 | | 0 | | 1 | | 168 | 71 | |
| Zinc, Zn....mg | 6.60 | | 0 | | 1 | | 13.33 | 5.61 | |
| Copper, Cu....mg | 0.137 | | 0 | | 1 | | 0.277 | 0.116 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.057 | 0.024 | |
| Selenium, Se....mcg | 31.3 | | 0 | BFYN | 4 | | 63.2 | 26.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | | 1 | | 0.202 | 0.085 | |
| Riboflavin....mg | 0.280 | | 0 | | 1 | | 0.566 | 0.238 | |
| Niacin....mg | 6.150 | | 0 | | 1 | | 12.423 | 5.228 | |
| Pantothenic acid....mg | 0.690 | | 0 | | 1 | | 1.394 | 0.587 | |
| Vitamin B-6....mg | 0.140 | | 0 | | 1 | | 0.283 | 0.119 | |
| Folate, total....mcg | 23 | | 0 | | 1 | | 46 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | | 0 | | 1 | | 46 | 20 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 46 | 20 | |
| Choline, total....mg | 104.0 | | 0 | BFNN | 4 | | 210.1 | 88.4 | |
| Betaine....mg | 13.7 | | 0 | BFNN | 4 | | 27.6 | 11.6 | |
| Vitamin B-12....mcg | 3.11 | | 0 | | 1 | | 6.28 | 2.64 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.40 | 0.17 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.7 | | 0 | BFYN | 4 | | 11.5 | 4.8 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.880 | | 0 | | 1 | | 7.838 | 3.298 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.040 | 0.017 | |

**NDB No. 17041**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.061 | 0.026 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.290 | | 0 | | 1 | | 0.586 | 0.247 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.080 | | 0 | | 1 | | 4.202 | 1.768 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.280 | | 0 | | 1 | | 2.586 | 1.088 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.240 | | 0 | | 1 | | 8.565 | 3.604 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.320 | | 0 | | 1 | | 0.646 | 0.272 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.830 | | 0 | | 1 | | 7.737 | 3.256 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.940 | | 0 | | 1 | | 1.899 | 0.799 | |
| 18:2 undifferentiated g | 0.700 | | 0 | | 1 | | 1.414 | 0.595 | |
| 18:3 undifferentiated g | 0.150 | | 0 | | 1 | | 0.303 | 0.128 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.090 | | 0 | | 1 | | 0.182 | 0.077 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 93 | | 0 | | 1 | | 188 | 79 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.317 | | 0 | | 1 | | 0.640 | 0.269 | |
| Threonine g | 1.161 | | 0 | | 1 | | 2.345 | 0.987 | |
| Isoleucine g | 1.308 | | 0 | | 1 | | 2.642 | 1.112 | |
| Leucine g | 2.109 | | 0 | | 1 | | 4.260 | 1.793 | |
| Lysine g | 2.395 | | 0 | | 1 | | 4.838 | 2.036 | |
| Methionine g | 0.696 | | 0 | | 1 | | 1.406 | 0.592 | |
| Cystine g | 0.324 | | 0 | | 1 | | 0.654 | 0.275 | |
| Phenylalanine g | 1.104 | | 0 | | 1 | | 2.230 | 0.938 | |
| Tyrosine g | 0.911 | | 0 | | 1 | | 1.840 | 0.774 | |
| Valine g | 1.463 | | 0 | | 1 | | 2.955 | 1.244 | |
| Arginine g | 1.611 | | 0 | | 1 | | 3.254 | 1.369 | |
| Histidine g | 0.859 | | 0 | | 1 | | 1.735 | 0.730 | |
| Alanine g | 1.631 | | 0 | | 1 | | 3.295 | 1.386 | |
| Aspartic acid g | 2.387 | | 0 | | 1 | | 4.822 | 2.029 | |
| Glutamic acid g | 3.935 | | 0 | | 1 | | 7.949 | 3.345 | |
| Glycine g | 1.324 | | 0 | | 1 | | 2.674 | 1.125 | |
| Proline g | 1.137 | | 0 | | 1 | | 2.297 | 0.966 | |
| Serine g | 1.008 | | 0 | | 1 | | 2.036 | 0.857 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17041**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled**

Measure 1 = 202g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17042**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

**Refuse:** 37% Bone 22%, separable fat 15%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 63.32 | | 0 | | 1 | | 137.40 | 53.82 | |
| Energy....kcal | 204 | | 0 | NC | 4 | | 443 | 173 | |
| Energy....kj | 854 | | 0 | | 4 | | 1852 | 726 | |
| Protein (N x 6.25)....g | 24.94 | | 0 | | 1 | | 54.12 | 21.20 | |
| Total lipid (fat)....g | 10.77 | | 0 | | 1 | | 23.37 | 9.15 | |
| Ash....g | 1.33 | | 0 | | 1 | | 2.89 | 1.13 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | | 1 | | 41 | 16 | |
| Iron, Fe....mg | 2.13 | | 0 | | 1 | | 4.62 | 1.81 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 54 | 21 | |
| Phosphorus, P....mg | 200 | | 0 | | 1 | | 434 | 170 | |
| Potassium, K....mg | 265 | | 0 | | 1 | | 575 | 225 | |
| Sodium, Na....mg | 68 | | 0 | | 1 | | 148 | 58 | |
| Zinc, Zn....mg | 6.04 | | 0 | | 1 | | 13.11 | 5.13 | |
| Copper, Cu....mg | 0.113 | | 0 | | 1 | | 0.245 | 0.096 | |
| Manganese, Mn....mg | 0.026 | | 0 | | 1 | | 0.056 | 0.022 | |
| Selenium, Se....mcg | 28.5 | | 0 | BFYN | 4 | | 61.8 | 24.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.195 | 0.077 | |
| Riboflavin....mg | 0.260 | | 0 | | 1 | | 0.564 | 0.221 | |
| Niacin....mg | 5.760 | | 0 | | 1 | | 12.499 | 4.896 | |
| Pantothenic acid....mg | 0.730 | | 0 | | 1 | | 1.584 | 0.621 | |
| Vitamin B-6....mg | 0.150 | | 0 | | 1 | | 0.326 | 0.128 | |
| Folate, total....mcg | 25 | | 0 | | 1 | | 54 | 21 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 25 | | 0 | | 1 | | 54 | 21 | |
| Folate, DFE....mcg_DFE | 25 | | 0 | NC | 4 | | 54 | 21 | |
| Choline, total....mg | 95.8 | | 0 | BFNN | 4 | | 208.0 | 81.5 | |
| Betaine....mg | 12.6 | | 0 | BFNN | 4 | | 27.3 | 10.7 | |
| Vitamin B-12....mcg | 2.70 | | 0 | | 1 | | 5.86 | 2.30 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.18 | | 0 | | 1 | | 0.39 | 0.15 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.5 | | 0 | BFYN | 4 | | 9.8 | 3.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.080 | | 0 | | 1 | | 8.854 | 3.468 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.020 | | 0 | | 1 | | 0.043 | 0.017 | |

**NDB No. 17042**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.065 | 0.026 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.320 | | 0 | | 1 | | 0.694 | 0.272 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.170 | | 0 | | 1 | | 4.709 | 1.845 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.330 | | 0 | | 1 | | 2.886 | 1.131 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 4.360 | | 0 | | 1 | | 9.461 | 3.706 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.320 | | 0 | | 1 | | 0.694 | 0.272 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.930 | | 0 | | 1 | | 8.528 | 3.341 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.950 | | 0 | | 1 | | 2.062 | 0.808 | |
| 18:2 undifferentiated g | 0.710 | | 0 | | 1 | | 1.541 | 0.604 | |
| 18:3 undifferentiated g | 0.160 | | 0 | | 1 | | 0.347 | 0.136 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.174 | 0.068 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 87 | | 0 | | 1 | | 189 | 74 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.291 | | 0 | | 1 | | 0.631 | 0.247 | |
| Threonine g | 1.067 | | 0 | | 1 | | 2.315 | 0.907 | |
| Isoleucine g | 1.203 | | 0 | | 1 | | 2.611 | 1.023 | |
| Leucine g | 1.940 | | 0 | | 1 | | 4.210 | 1.649 | |
| Lysine g | 2.202 | | 0 | | 1 | | 4.778 | 1.872 | |
| Methionine g | 0.640 | | 0 | | 1 | | 1.389 | 0.544 | |
| Cystine g | 0.298 | | 0 | | 1 | | 0.647 | 0.253 | |
| Phenylalanine g | 1.015 | | 0 | | 1 | | 2.203 | 0.863 | |
| Tyrosine g | 0.838 | | 0 | | 1 | | 1.818 | 0.712 | |
| Valine g | 1.346 | | 0 | | 1 | | 2.921 | 1.144 | |
| Arginine g | 1.482 | | 0 | | 1 | | 3.216 | 1.260 | |
| Histidine g | 0.790 | | 0 | | 1 | | 1.714 | 0.672 | |
| Alanine g | 1.500 | | 0 | | 1 | | 3.255 | 1.275 | |
| Aspartic acid g | 2.195 | | 0 | | 1 | | 4.763 | 1.866 | |
| Glutamic acid g | 3.619 | | 0 | | 1 | | 7.853 | 3.076 | |
| Glycine g | 1.218 | | 0 | | 1 | | 2.643 | 1.035 | |
| Proline g | 1.046 | | 0 | | 1 | | 2.270 | 0.889 | |
| Serine g | 0.927 | | 0 | | 1 | | 2.012 | 0.788 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17042**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted**

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17039**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw**

**Refuse:** 39% Bone 21%, separable fat 18%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.99 | 0.277 | 32 | | 1 | | 20.69 | 331.08 | |
| Energy....kcal | 144 | | 0 | NC | 4 | | 41 | 653 | |
| Energy....kj | 602 | | 0 | | 4 | | 171 | 2733 | |
| Protein (N x 6.25)....g | 19.55 | 0.156 | 32 | | 1 | | 5.54 | 88.68 | |
| Total lipid (fat)....g | 6.76 | 0.251 | 32 | | 1 | | 1.92 | 30.66 | |
| Ash....g | 1.04 | 0.010 | 32 | | 1 | | 0.29 | 4.72 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | 0.603 | 32 | | 1 | | 4 | 68 | |
| Iron, Fe....mg | 1.66 | 0.081 | 32 | | 1 | | 0.47 | 7.53 | |
| Magnesium, Mg....mg | 24 | 0.788 | 32 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 184 | 3.041 | 16 | | 1 | | 52 | 835 | |
| Potassium, K....mg | 274 | 12.739 | 32 | | 1 | | 78 | 1243 | |
| Sodium, Na....mg | 70 | 3.110 | 32 | | 1 | | 20 | 318 | |
| Zinc, Zn....mg | 4.77 | 0.152 | 32 | | 1 | | 1.35 | 21.64 | |
| Copper, Cu....mg | 0.109 | 0.003 | 32 | | 1 | | 0.031 | 0.494 | |
| Manganese, Mn....mg | 0.024 | | 0 | | 1 | | 0.007 | 0.109 | |
| Selenium, Se....mcg | 22.2 | | 0 | BFNN | 4 | | 6.3 | 100.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | 0.006 | 16 | | 1 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.220 | 0.012 | 16 | | 1 | | 0.062 | 0.998 | |
| Niacin....mg | 5.450 | 0.241 | 16 | | 1 | | 1.545 | 24.721 | |
| Pantothenic acid....mg | 0.710 | 0.022 | 16 | | 1 | | 0.201 | 3.221 | |
| Vitamin B-6....mg | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | |
| Folate, total....mcg | 23 | 1.182 | 16 | | 1 | | 7 | 104 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 23 | 1.182 | 16 | | 1 | | 7 | 104 | |
| Folate, DFE....mcg_DFE | 23 | | 0 | NC | 4 | | 7 | 104 | |
| Choline, total....mg | 82.0 | | 0 | BFNN | 4 | | 23.2 | 371.8 | |
| Betaine....mg | 12.1 | | 0 | BFNN | 4 | | 3.4 | 54.7 | |
| Vitamin B-12....mcg | 2.78 | 0.141 | 16 | | 1 | | 0.79 | 12.61 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.22 | | 0 | | 1 | | 0.06 | 1.00 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 3.4 | | 0 | BFYN | 4 | | 1.0 | 15.4 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.420 | | 0 | | 1 | | 0.686 | 10.977 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 373 | | 1 | | 0.003 | 0.045 | |

**NDB No. 17039**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.020 | | 373 | | 1 | | 0.006 | 0.091 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.180 | | 373 | | 1 | | 0.051 | 0.816 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.310 | | 373 | | 1 | | 0.371 | 5.942 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.800 | | 373 | | 1 | | 0.227 | 3.629 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.720 | | 0 | | 1 | | 0.771 | 12.338 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.210 | | 373 | | 1 | | 0.060 | 0.953 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.460 | | 373 | | 1 | | 0.697 | 11.159 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.620 | | 0 | | 1 | | 0.176 | 2.812 | |
| 18:2 undifferentiated....g | 0.460 | | 373 | | 1 | | 0.130 | 2.087 | |
| 18:3 undifferentiated....g | 0.090 | | 373 | | 1 | | 0.026 | 0.408 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 373 | | 1 | | 0.017 | 0.272 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 66 | 1.113 | 16 | | 1 | | 19 | 299 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.228 | | 0 | | 1 | | 0.065 | 1.034 | |
| Threonine....g | 0.837 | | 0 | | 1 | | 0.237 | 3.797 | |
| Isoleucine....g | 0.943 | | 0 | | 1 | | 0.267 | 4.277 | |
| Leucine....g | 1.521 | | 0 | | 1 | | 0.431 | 6.899 | |
| Lysine....g | 1.726 | | 0 | | 1 | | 0.489 | 7.829 | |
| Methionine....g | 0.502 | | 0 | | 1 | | 0.142 | 2.277 | |
| Cystine....g | 0.233 | | 0 | | 1 | | 0.066 | 1.057 | |
| Phenylalanine....g | 0.796 | | 0 | | 1 | | 0.226 | 3.611 | |
| Tyrosine....g | 0.657 | | 0 | | 1 | | 0.186 | 2.980 | |
| Valine....g | 1.055 | | 0 | | 1 | | 0.299 | 4.785 | |
| Arginine....g | 1.161 | | 0 | | 1 | | 0.329 | 5.266 | |
| Histidine....g | 0.619 | | 0 | | 1 | | 0.175 | 2.808 | |
| Alanine....g | 1.176 | | 0 | | 1 | | 0.333 | 5.334 | |
| Aspartic acid....g | 1.721 | | 0 | | 1 | | 0.488 | 7.806 | |
| Glutamic acid....g | 2.837 | | 0 | | 1 | | 0.804 | 12.869 | |
| Glycine....g | 0.955 | | 0 | | 1 | | 0.271 | 4.332 | |
| Proline....g | 0.820 | | 0 | | 1 | | 0.232 | 3.720 | |
| Serine....g | 0.727 | | 0 | | 1 | | 0.206 | 3.298 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17039**

**Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17225**
**Lamb, ground, cooked, broiled**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.09 | | 0 | | 1 | | 172.43 | 46.83 | |
| Energy | kcal | 283 | | 0 | NC | 4 | | 886 | 241 | |
| Energy | kj | 1184 | | 0 | | 4 | | 3706 | 1006 | |
| Protein (N x 6.25) | g | 24.75 | | 0 | | 1 | | 77.47 | 21.04 | |
| Total lipid (fat) | g | 19.65 | | 0 | | 1 | | 61.50 | 16.70 | |
| Ash | g | 1.14 | | 0 | | 1 | | 3.57 | 0.97 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 22 | | 0 | | 1 | | 69 | 19 | |
| Iron, Fe | mg | 1.79 | | 0 | | 1 | | 5.60 | 1.52 | |
| Magnesium, Mg | mg | 24 | | 0 | | 1 | | 75 | 20 | |
| Phosphorus, P | mg | 201 | | 0 | | 1 | | 629 | 171 | |
| Potassium, K | mg | 339 | | 0 | | 1 | | 1061 | 288 | |
| Sodium, Na | mg | 81 | | 0 | | 1 | | 254 | 69 | |
| Zinc, Zn | mg | 4.67 | | 0 | | 1 | | 14.62 | 3.97 | |
| Copper, Cu | mg | 0.128 | | 0 | | 1 | | 0.401 | 0.109 | |
| Manganese, Mn | mg | 0.024 | | 0 | | 1 | | 0.075 | 0.020 | |
| Selenium, Se | mcg | 27.7 | | 0 | BFNN | 4 | | 86.7 | 23.5 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.100 | | 0 | | 1 | | 0.313 | 0.085 | |
| Riboflavin | mg | 0.250 | | 0 | | 1 | | 0.783 | 0.213 | |
| Niacin | mg | 6.700 | | 0 | | 1 | | 20.971 | 5.695 | |
| Pantothenic acid | mg | 0.660 | | 0 | | 1 | | 2.066 | 0.561 | |
| Vitamin B-6 | mg | 0.140 | | 0 | | 1 | | 0.438 | 0.119 | |
| Folate, total | mcg | 19 | | 0 | | 1 | | 59 | 16 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 19 | | 0 | | 1 | | 59 | 16 | |
| Folate, DFE | mcg_DFE | 19 | | 0 | NC | 4 | | 59 | 16 | |
| Choline, total | mg | 93.4 | | 0 | BFNN | 4 | | 292.4 | 79.4 | |
| Betaine | mg | 12.3 | | 0 | BFNN | 4 | | 38.4 | 10.4 | |
| Vitamin B-12 | mcg | 2.61 | | 0 | | 1 | | 8.17 | 2.22 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.14 | | 0 | | 1 | | 0.44 | 0.12 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.3 | | 0 | BFYN | 4 | | 16.4 | 4.5 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.120 | | 0 | | 1 | | 25.416 | 6.902 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.050 | | 0 | | 1 | | 0.157 | 0.043 | |

**NDB No. 17225**
**Lamb, ground, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.080 | | 0 | | 1 | | 0.250 | 0.068 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.750 | | 0 | | 1 | | 2.348 | 0.638 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.150 | | 0 | | 1 | | 12.990 | 3.528 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.630 | | 0 | | 1 | | 8.232 | 2.236 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.320 | | 0 | | 1 | | 26.042 | 7.072 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.570 | | 0 | | 1 | | 1.784 | 0.485 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.570 | | 0 | | 1 | | 23.694 | 6.435 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.400 | | 0 | | 1 | | 4.382 | 1.190 | |
| 18:2 undifferentiated g | 1.070 | | 0 | | 1 | | 3.349 | 0.910 | |
| 18:3 undifferentiated g | 0.260 | | 0 | | 1 | | 0.814 | 0.221 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.219 | 0.060 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 97 | | 0 | | 1 | | 304 | 82 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.289 | | 0 | | 1 | | 0.905 | 0.246 | |
| Threonine g | 1.059 | | 0 | | 1 | | 3.315 | 0.900 | |
| Isoleucine g | 1.194 | | 0 | | 1 | | 3.737 | 1.015 | |
| Leucine g | 1.925 | | 0 | | 1 | | 6.025 | 1.636 | |
| Lysine g | 2.186 | | 0 | | 1 | | 6.842 | 1.858 | |
| Methionine g | 0.635 | | 0 | | 1 | | 1.988 | 0.540 | |
| Cystine g | 0.295 | | 0 | | 1 | | 0.923 | 0.251 | |
| Phenylalanine g | 1.008 | | 0 | | 1 | | 3.155 | 0.857 | |
| Tyrosine g | 0.832 | | 0 | | 1 | | 2.604 | 0.707 | |
| Valine g | 1.335 | | 0 | | 1 | | 4.179 | 1.135 | |
| Arginine g | 1.470 | | 0 | | 1 | | 4.601 | 1.250 | |
| Histidine g | 0.784 | | 0 | | 1 | | 2.454 | 0.666 | |
| Alanine g | 1.488 | | 0 | | 1 | | 4.657 | 1.265 | |
| Aspartic acid g | 2.178 | | 0 | | 1 | | 6.817 | 1.851 | |
| Glutamic acid g | 3.591 | | 0 | | 1 | | 11.240 | 3.052 | |
| Glycine g | 1.209 | | 0 | | 1 | | 3.784 | 1.028 | |
| Proline g | 1.038 | | 0 | | 1 | | 3.249 | 0.882 | |
| Serine g | 0.920 | | 0 | | 1 | | 2.880 | 0.782 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17225**

**Lamb, ground, cooked, broiled**

Measure 1 = 313g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17224**
**Lamb, ground, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.47 | | 0 | | 1 | | 16.86 | 67.20 | |
| Energy....kcal | 282 | | 0 | NC | 4 | | 80 | 319 | |
| Energy....kj | 1180 | | 0 | | 4 | | 334 | 1333 | |
| Protein (N x 6.25)....g | 16.56 | | 0 | | 1 | | 4.69 | 18.71 | |
| Total lipid (fat)....g | 23.41 | | 0 | | 1 | | 6.64 | 26.45 | |
| Ash....g | 0.87 | | 0 | | 1 | | 0.25 | 0.98 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 0 | | 1 | | 5 | 18 | |
| Iron, Fe....mg | 1.55 | | 0 | | 1 | | 0.44 | 1.75 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 6 | 24 | |
| Phosphorus, P....mg | 157 | | 0 | | 1 | | 45 | 177 | |
| Potassium, K....mg | 222 | | 0 | | 1 | | 63 | 251 | |
| Sodium, Na....mg | 59 | | 0 | | 1 | | 17 | 67 | |
| Zinc, Zn....mg | 3.41 | | 0 | | 1 | | 0.97 | 3.85 | |
| Copper, Cu....mg | 0.101 | | 0 | | 1 | | 0.029 | 0.114 | |
| Manganese, Mn....mg | 0.019 | | 0 | | 1 | | 0.005 | 0.021 | |
| Selenium, Se....mcg | 18.8 | | 0 | BFNN | 4 | | 5.3 | 21.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.124 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.060 | 0.237 | |
| Niacin....mg | 5.960 | | 0 | | 1 | | 1.690 | 6.735 | |
| Pantothenic acid....mg | 0.650 | | 0 | | 1 | | 0.184 | 0.735 | |
| Vitamin B-6....mg | 0.130 | | 0 | | 1 | | 0.037 | 0.147 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 5 | 20 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 5 | 20 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 5 | 20 | |
| Choline, total....mg | 69.3 | | 0 | BFNN | 4 | | 19.6 | 78.3 | |
| Betaine....mg | 10.2 | | 0 | BFNN | 4 | | 2.9 | 11.5 | |
| Vitamin B-12....mcg | 2.31 | | 0 | | 1 | | 0.65 | 2.61 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.20 | | 0 | | 1 | | 0.06 | 0.23 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 3.6 | | 0 | BFSN | 4 | | 1.0 | 4.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.190 | | 0 | | 1 | | 2.889 | 11.515 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.060 | | 0 | | 1 | | 0.017 | 0.068 | |

**NDB No. 17224**
**Lamb, ground, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.100 | | 0 | | 1 | | 0.028 | 0.113 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.930 | | 0 | | 1 | | 0.264 | 1.051 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 5.130 | | 0 | | 1 | | 1.454 | 5.797 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 3.220 | | 0 | | 1 | | 0.913 | 3.639 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 9.600 | | 0 | | 1 | | 2.722 | 10.848 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.680 | | 0 | | 1 | | 0.193 | 0.768 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.620 | | 0 | | 1 | | 2.444 | 9.741 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.850 | | 0 | | 1 | | 0.524 | 2.091 | |
| 18:2 undifferentiated g | 1.360 | | 0 | | 1 | | 0.386 | 1.537 | |
| 18:3 undifferentiated g | 0.420 | | 0 | | 1 | | 0.119 | 0.475 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.023 | 0.090 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 73 | | 0 | | 1 | | 21 | 82 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.193 | | 0 | | 1 | | 0.055 | 0.218 | |
| Threonine g | 0.709 | | 0 | | 1 | | 0.201 | 0.801 | |
| Isoleucine g | 0.799 | | 0 | | 1 | | 0.227 | 0.903 | |
| Leucine g | 1.288 | | 0 | | 1 | | 0.365 | 1.455 | |
| Lysine g | 1.462 | | 0 | | 1 | | 0.414 | 1.652 | |
| Methionine g | 0.425 | | 0 | | 1 | | 0.120 | 0.480 | |
| Cystine g | 0.198 | | 0 | | 1 | | 0.056 | 0.224 | |
| Phenylalanine g | 0.674 | | 0 | | 1 | | 0.191 | 0.762 | |
| Tyrosine g | 0.556 | | 0 | | 1 | | 0.158 | 0.628 | |
| Valine g | 0.893 | | 0 | | 1 | | 0.253 | 1.009 | |
| Arginine g | 0.984 | | 0 | | 1 | | 0.279 | 1.112 | |
| Histidine g | 0.524 | | 0 | | 1 | | 0.149 | 0.592 | |
| Alanine g | 0.996 | | 0 | | 1 | | 0.282 | 1.125 | |
| Aspartic acid g | 1.457 | | 0 | | 1 | | 0.413 | 1.646 | |
| Glutamic acid g | 2.402 | | 0 | | 1 | | 0.681 | 2.714 | |
| Glycine g | 0.809 | | 0 | | 1 | | 0.229 | 0.914 | |
| Proline g | 0.694 | | 0 | | 1 | | 0.197 | 0.784 | |
| Serine g | 0.615 | | 0 | | 1 | | 0.174 | 0.695 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17224**
**Lamb, ground, raw**

Measure 1 = 28.35g: 1 oz
Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17255**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked**

**Refuse:** 27% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.80 | | 0 | PAE | 4 | | 132.62 | 46.58 | |
| Energy....kcal | 270 | | 0 | NC | 4 | | 653 | 230 | |
| Energy....kj | 1130 | | | | 4 | | 2734 | 960 | |
| Protein (N x 6.25)....g | 25.26 | | 0 | PAE | 4 | | 61.13 | 21.47 | |
| Total lipid (fat)....g | 17.98 | | 0 | PAE | 4 | | 43.51 | 15.28 | |
| Ash....g | 1.40 | | 0 | PAE | 4 | | 3.39 | 1.19 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | | 0 | PAE | 4 | | 36 | 13 | |
| Iron, Fe....mg | 2.08 | | 0 | PAE | 4 | | 5.03 | 1.77 | |
| Magnesium, Mg....mg | 19 | | 0 | PAE | 4 | | 46 | 16 | |
| Phosphorus, P....mg | 211 | | 0 | PAE | 4 | | 511 | 179 | |
| Potassium, K....mg | 161 | | 0 | PAE | 4 | | 390 | 137 | |
| Sodium, Na....mg | 46 | | 0 | PAE | 4 | | 111 | 39 | |
| Zinc, Zn....mg | 3.61 | | 0 | PAE | 4 | | 8.74 | 3.07 | |
| Copper, Cu....mg | 0.102 | | 0 | PAE | 4 | | 0.247 | 0.087 | |
| Manganese, Mn....mg | 0.023 | | 0 | PAE | 4 | | 0.056 | 0.020 | |
| Selenium, Se....mcg | 2.0 | | 0 | BFNN | 4 | | 4.8 | 1.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.110 | | 0 | PAE | 4 | | 0.266 | 0.094 | |
| Riboflavin....mg | 0.410 | | 0 | PAE | 4 | | 0.992 | 0.349 | |
| Niacin....mg | 7.310 | | 0 | PAE | 4 | | 17.690 | 6.214 | |
| Pantothenic acid....mg | 0.530 | | 0 | PAE | 4 | | 1.283 | 0.451 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.266 | 0.094 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.71 | | 0 | PAE | 4 | | 6.56 | 2.30 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.760 | | 0 | PAE | 4 | | 21.199 | 7.446 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.121 | 0.043 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.169 | 0.060 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17255**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.690 | | 0 | PAE | 4 | | 1.670 | 0.587 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.920 | | 0 | PAE | 4 | | 9.486 | 3.332 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 3.350 | | 0 | PAE | 4 | | 8.107 | 2.848 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 6.960 | | 0 | PAE | 4 | | 16.843 | 5.916 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.340 | | 0 | PAE | 4 | | 0.823 | 0.289 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 6.490 | | 0 | PAE | 4 | | 15.706 | 5.517 | |
| 20:1 ... g | 0.020 | | 0 | PAE | 4 | | 0.048 | 0.017 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.880 | | 0 | PAE | 4 | | 2.130 | 0.748 | |
| 18:2 undifferentiated ... g | 0.530 | | 0 | PAE | 4 | | 1.283 | 0.451 | |
| 18:3 undifferentiated ... g | 0.320 | | 0 | PAE | 4 | | 0.774 | 0.272 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.030 | | 0 | PAE | 4 | | 0.073 | 0.026 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 106 | | 0 | PAE | 4 | | 257 | 90 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.295 | | 0 | PAE | 4 | | 0.714 | 0.251 | |
| Threonine ... g | 1.081 | | 0 | PAE | 4 | | 2.616 | 0.919 | |
| Isoleucine ... g | 1.218 | | 0 | PAE | 4 | | 2.948 | 1.035 | |
| Leucine ... g | 1.964 | | 0 | PAE | 4 | | 4.753 | 1.669 | |
| Lysine ... g | 2.230 | | 0 | PAE | 4 | | 5.397 | 1.896 | |
| Methionine ... g | 0.648 | | 0 | PAE | 4 | | 1.568 | 0.551 | |
| Cystine ... g | 0.301 | | 0 | PAE | 4 | | 0.728 | 0.256 | |
| Phenylalanine ... g | 1.028 | | 0 | PAE | 4 | | 2.488 | 0.874 | |
| Tyrosine ... g | 0.849 | | 0 | PAE | 4 | | 2.055 | 0.722 | |
| Valine ... g | 1.363 | | 0 | PAE | 4 | | 3.298 | 1.159 | |
| Arginine ... g | 1.500 | | 0 | PAE | 4 | | 3.630 | 1.275 | |
| Histidine ... g | 0.800 | | 0 | PAE | 4 | | 1.936 | 0.680 | |
| Alanine ... g | 1.519 | | 0 | PAE | 4 | | 3.676 | 1.291 | |
| Aspartic acid ... g | 2.223 | | 0 | PAE | 4 | | 5.380 | 1.890 | |
| Glutamic acid ... g | 3.665 | | 0 | PAE | 4 | | 8.869 | 3.115 | |
| Glycine ... g | 1.233 | | 0 | PAE | 4 | | 2.984 | 1.048 | |
| Proline ... g | 1.059 | | 0 | PAE | 4 | | 2.563 | 0.900 | |
| Serine ... g | 0.939 | | 0 | PAE | 4 | | 2.272 | 0.798 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17255**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17254**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 27% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.03 | | 0 | PAE | 4 | | 18.15 | 290.44 | |
| Energy....kcal | 232 | | 0 | NC | 4 | | 66 | 1052 | |
| Energy....kj | 971 | | | | 4 | | 275 | 4403 | |
| Protein (N x 6.25)....g | 17.95 | | 0 | PAE | 4 | | 5.09 | 81.42 | |
| Total lipid (fat)....g | 17.20 | | 0 | PAE | 4 | | 4.88 | 78.02 | |
| Ash....g | 0.98 | | 0 | PAE | 4 | | 0.28 | 4.45 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | PAE | 4 | | 3 | 50 | |
| Iron, Fe....mg | 1.54 | | 0 | PAE | 4 | | 0.44 | 6.99 | |
| Magnesium, Mg....mg | 16 | | 0 | PAE | 4 | | 5 | 73 | |
| Phosphorus, P....mg | 179 | | 0 | PAE | 4 | | 51 | 812 | |
| Potassium, K....mg | 147 | | 0 | PAE | 4 | | 42 | 667 | |
| Sodium, Na....mg | 41 | | 0 | PAE | 4 | | 12 | 186 | |
| Zinc, Zn....mg | 2.58 | | 0 | PAE | 4 | | 0.73 | 11.70 | |
| Copper, Cu....mg | 0.089 | | 0 | PAE | 4 | | 0.025 | 0.404 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 1.4 | | 0 | BFNN | 4 | | 0.4 | 6.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.350 | | 0 | PAE | 4 | | 0.099 | 1.588 | |
| Niacin....mg | 6.570 | | 0 | PAE | 4 | | 1.863 | 29.802 | |
| Pantothenic acid....mg | 0.520 | | 0 | PAE | 4 | | 0.147 | 2.359 | |
| Vitamin B-6....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.544 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.50 | | 0 | PAE | 4 | | 0.71 | 11.34 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.640 | | 0 | PAE | 4 | | 2.449 | 39.191 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0....g | 0.070 | | 0 | PAE | 4 | | 0.020 | 0.318 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17254**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.700 | | 0 | PAE | 4 | | 0.198 | 3.175 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.770 | | 0 | PAE | 4 | | 1.069 | 17.101 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.400 | | 0 | PAE | 4 | | 0.964 | 15.422 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.600 | | 0 | PAE | 4 | | 1.871 | 29.938 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.290 | | 0 | PAE | 4 | | 0.082 | 1.315 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.170 | | 0 | PAE | 4 | | 1.749 | 27.987 | |
| 20:1....g | 0.030 | | 0 | PAE | 4 | | 0.009 | 0.136 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.750 | | 0 | PAE | 4 | | 0.213 | 3.402 | |
| 18:2 undifferentiated....g | 0.420 | | 0 | PAE | 4 | | 0.119 | 1.905 | |
| 18:3 undifferentiated....g | 0.310 | | 0 | PAE | 4 | | 0.088 | 1.406 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 77 | | 0 | PAE | 4 | | 22 | 349 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.210 | | 0 | PAE | 4 | | 0.060 | 0.953 | |
| Threonine....g | 0.768 | | 0 | PAE | 4 | | 0.218 | 3.484 | |
| Isoleucine....g | 0.866 | | 0 | PAE | 4 | | 0.246 | 3.928 | |
| Leucine....g | 1.396 | | 0 | PAE | 4 | | 0.396 | 6.332 | |
| Lysine....g | 1.585 | | 0 | PAE | 4 | | 0.449 | 7.190 | |
| Methionine....g | 0.461 | | 0 | PAE | 4 | | 0.131 | 2.091 | |
| Cystine....g | 0.214 | | 0 | PAE | 4 | | 0.061 | 0.971 | |
| Phenylalanine....g | 0.731 | | 0 | PAE | 4 | | 0.207 | 3.316 | |
| Tyrosine....g | 0.603 | | 0 | PAE | 4 | | 0.171 | 2.735 | |
| Valine....g | 0.968 | | 0 | PAE | 4 | | 0.274 | 4.391 | |
| Arginine....g | 1.066 | | 0 | PAE | 4 | | 0.302 | 4.835 | |
| Histidine....g | 0.569 | | 0 | PAE | 4 | | 0.161 | 2.581 | |
| Alanine....g | 1.079 | | 0 | PAE | 4 | | 0.306 | 4.894 | |
| Aspartic acid....g | 1.580 | | 0 | PAE | 4 | | 0.448 | 7.167 | |
| Glutamic acid....g | 2.604 | | 0 | PAE | 4 | | 0.738 | 11.812 | |
| Glycine....g | 0.877 | | 0 | PAE | 4 | | 0.249 | 3.978 | |
| Proline....g | 0.753 | | 0 | PAE | 4 | | 0.213 | 3.416 | |
| Serine....g | 0.667 | | 0 | PAE | 4 | | 0.189 | 3.026 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17254**

**Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17257**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

**Refuse:** 50% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.76 | | 0 | PAE | 4 | | 95.36 | 48.25 | |
| Energy....kcal | 258 | | 0 | NC | 4 | | 433 | 219 | |
| Energy....kj | 1079 | | | | 4 | | 1814 | 918 | |
| Protein (N x 6.25)....g | 26.97 | | 0 | PAE | 4 | | 45.31 | 22.92 | |
| Total lipid (fat)....g | 15.83 | | 0 | PAE | 4 | | 26.59 | 13.46 | |
| Ash....g | 1.61 | | 0 | PAE | 4 | | 2.70 | 1.37 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | PAE | 4 | | 24 | 12 | |
| Iron, Fe....mg | 2.07 | | 0 | PAE | 4 | | 3.48 | 1.76 | |
| Magnesium, Mg....mg | 15 | | 0 | PAE | 4 | | 25 | 13 | |
| Phosphorus, P....mg | 175 | | 0 | PAE | 4 | | 294 | 149 | |
| Potassium, K....mg | 118 | | 0 | PAE | 4 | | 198 | 100 | |
| Sodium, Na....mg | 47 | | 0 | PAE | 4 | | 79 | 40 | |
| Zinc, Zn....mg | 4.80 | | 0 | PAE | 4 | | 8.06 | 4.08 | |
| Copper, Cu....mg | 0.102 | | 0 | PAE | 4 | | 0.171 | 0.087 | |
| Manganese, Mn....mg | 0.024 | | 0 | PAE | 4 | | 0.040 | 0.020 | |
| Selenium, Se....mcg | 5.3 | | 0 | BFZN | 4 | | 8.9 | 4.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | PAE | 4 | | 0.118 | 0.060 | |
| Riboflavin....mg | 0.330 | | 0 | PAE | 4 | | 0.554 | 0.281 | |
| Niacin....mg | 6.070 | | 0 | PAE | 4 | | 10.198 | 5.160 | |
| Pantothenic acid....mg | 0.410 | | 0 | PAE | 4 | | 0.689 | 0.349 | |
| Vitamin B-6....mg | 0.080 | | 0 | PAE | 4 | | 0.134 | 0.068 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.44 | | 0 | PAE | 4 | | 4.10 | 2.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.820 | | 0 | PAE | 4 | | 13.138 | 6.647 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.084 | 0.043 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.101 | 0.051 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17257**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.620 | | 0 | PAE | 4 | | 1.042 | 0.527 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.460 | | 0 | PAE | 4 | | 5.813 | 2.941 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.040 | | 0 | PAE | 4 | | 5.107 | 2.584 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.100 | | 0 | PAE | 4 | | 10.248 | 5.185 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.280 | | 0 | PAE | 4 | | 0.470 | 0.238 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.700 | | 0 | PAE | 4 | | 9.576 | 4.845 | |
| 20:1....g | 0.020 | | 0 | PAE | 4 | | 0.034 | 0.017 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.730 | | 0 | PAE | 4 | | 1.226 | 0.621 | |
| 18:2 undifferentiated....g | 0.430 | | 0 | PAE | 4 | | 0.722 | 0.366 | |
| 18:3 undifferentiated....g | 0.280 | | 0 | PAE | 4 | | 0.470 | 0.238 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | PAE | 4 | | 0.034 | 0.017 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 102 | | 0 | PAE | 4 | | 171 | 87 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.315 | | 0 | PAE | 4 | | 0.529 | 0.268 | |
| Threonine....g | 1.154 | | 0 | PAE | 4 | | 1.939 | 0.981 | |
| Isoleucine....g | 1.301 | | 0 | PAE | 4 | | 2.186 | 1.106 | |
| Leucine....g | 2.098 | | 0 | PAE | 4 | | 3.525 | 1.783 | |
| Lysine....g | 2.382 | | 0 | PAE | 4 | | 4.002 | 2.025 | |
| Methionine....g | 0.692 | | 0 | PAE | 4 | | 1.163 | 0.588 | |
| Cystine....g | 0.322 | | 0 | PAE | 4 | | 0.541 | 0.274 | |
| Phenylalanine....g | 1.098 | | 0 | PAE | 4 | | 1.845 | 0.933 | |
| Tyrosine....g | 0.906 | | 0 | PAE | 4 | | 1.522 | 0.770 | |
| Valine....g | 1.455 | | 0 | PAE | 4 | | 2.444 | 1.237 | |
| Arginine....g | 1.602 | | 0 | PAE | 4 | | 2.691 | 1.362 | |
| Histidine....g | 0.854 | | 0 | PAE | 4 | | 1.435 | 0.726 | |
| Alanine....g | 1.622 | | 0 | PAE | 4 | | 2.725 | 1.379 | |
| Aspartic acid....g | 2.374 | | 0 | PAE | 4 | | 3.988 | 2.018 | |
| Glutamic acid....g | 3.914 | | 0 | PAE | 4 | | 6.576 | 3.327 | |
| Glycine....g | 1.317 | | 0 | PAE | 4 | | 2.213 | 1.119 | |
| Proline....g | 1.131 | | 0 | PAE | 4 | | 1.900 | 0.961 | |
| Serine....g | 1.003 | | 0 | PAE | 4 | | 1.685 | 0.853 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 168g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17257**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17256**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 45% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.02 | | 0 | PAE | 4 | | 18.72 | 299.47 | |
| Energy....kcal | 223 | | 0 | NC | 4 | | 63 | 1012 | |
| Energy....kj | 933 | | | | 4 | | 265 | 4232 | |
| Protein (N x 6.25)....g | 18.04 | | 0 | PAE | 4 | | 5.11 | 81.83 | |
| Total lipid (fat)....g | 16.15 | | 0 | PAE | 4 | | 4.58 | 73.26 | |
| Ash....g | 1.06 | | 0 | PAE | 4 | | 0.30 | 4.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 0 | PAE | 4 | | 3 | 45 | |
| Iron, Fe....mg | 1.49 | | 0 | PAE | 4 | | 0.42 | 6.76 | |
| Magnesium, Mg....mg | 15 | | 0 | PAE | 4 | | 4 | 68 | |
| Phosphorus, P....mg | 170 | | 0 | PAE | 4 | | 48 | 771 | |
| Potassium, K....mg | 131 | | 0 | PAE | 4 | | 37 | 594 | |
| Sodium, Na....mg | 45 | | 0 | PAE | 4 | | 13 | 204 | |
| Zinc, Zn....mg | 3.37 | | 0 | PAE | 4 | | 0.96 | 15.29 | |
| Copper, Cu....mg | 0.095 | | 0 | PAE | 4 | | 0.027 | 0.431 | |
| Manganese, Mn....mg | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| Selenium, Se....mcg | 3.5 | | 0 | BFZN | 4 | | 1.0 | 15.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Riboflavin....mg | 0.360 | | 0 | PAE | 4 | | 0.102 | 1.633 | |
| Niacin....mg | 6.300 | | 0 | PAE | 4 | | 1.786 | 28.577 | |
| Pantothenic acid....mg | 0.510 | | 0 | PAE | 4 | | 0.145 | 2.313 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.499 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.53 | | 0 | PAE | 4 | | 0.72 | 11.48 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 8.180 | | 0 | PAE | 4 | | 2.319 | 37.104 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 12:0....g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.272 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17256**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.670 | | 0 | PAE | 4 | | 0.190 | 3.039 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.550 | | 0 | PAE | 4 | | 1.006 | 16.103 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 3.220 | | 0 | PAE | 4 | | 0.913 | 14.606 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 6.190 | | 0 | PAE | 4 | | 1.755 | 28.078 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.280 | | 0 | PAE | 4 | | 0.079 | 1.270 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.790 | | 0 | PAE | 4 | | 1.641 | 26.263 | |
| 20:1 ... g | 0.030 | | 0 | PAE | 4 | | 0.009 | 0.136 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.700 | | 0 | PAE | 4 | | 0.198 | 3.175 | |
| 18:2 undifferentiated ... g | 0.390 | | 0 | PAE | 4 | | 0.111 | 1.769 | |
| 18:3 undifferentiated ... g | 0.290 | | 0 | PAE | 4 | | 0.082 | 1.315 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.010 | | 0 | PAE | 4 | | 0.003 | 0.045 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 71 | | 0 | PAE | 4 | | 20 | 322 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.211 | | 0 | PAE | 4 | | 0.060 | 0.957 | |
| Threonine ... g | 0.772 | | 0 | PAE | 4 | | 0.219 | 3.502 | |
| Isoleucine ... g | 0.870 | | 0 | PAE | 4 | | 0.247 | 3.946 | |
| Leucine ... g | 1.403 | | 0 | PAE | 4 | | 0.398 | 6.364 | |
| Lysine ... g | 1.593 | | 0 | PAE | 4 | | 0.452 | 7.226 | |
| Methionine ... g | 0.463 | | 0 | PAE | 4 | | 0.131 | 2.100 | |
| Cystine ... g | 0.215 | | 0 | PAE | 4 | | 0.061 | 0.975 | |
| Phenylalanine ... g | 0.734 | | 0 | PAE | 4 | | 0.208 | 3.329 | |
| Tyrosine ... g | 0.606 | | 0 | PAE | 4 | | 0.172 | 2.749 | |
| Valine ... g | 0.974 | | 0 | PAE | 4 | | 0.276 | 4.418 | |
| Arginine ... g | 1.072 | | 0 | PAE | 4 | | 0.304 | 4.863 | |
| Histidine ... g | 0.572 | | 0 | PAE | 4 | | 0.162 | 2.595 | |
| Alanine ... g | 1.085 | | 0 | PAE | 4 | | 0.308 | 4.922 | |
| Aspartic acid ... g | 1.588 | | 0 | PAE | 4 | | 0.450 | 7.203 | |
| Glutamic acid ... g | 2.618 | | 0 | PAE | 4 | | 0.742 | 11.875 | |
| Glycine ... g | 0.881 | | 0 | PAE | 4 | | 0.250 | 3.996 | |
| Proline ... g | 0.757 | | 0 | PAE | 4 | | 0.215 | 3.434 | |
| Serine ... g | 0.671 | | 0 | PAE | 4 | | 0.190 | 3.044 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17256**

**Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17259**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.01 | | 0 | PAE | 4 | | 149.30 | 50.16 | |
| Energy....kcal | 234 | | 0 | NC | 4 | | 592 | 199 | |
| Energy....kj | 979 | | | | 4 | | 2477 | 832 | |
| Protein (N x 6.25)....g | 25.34 | | 0 | PAE | 4 | | 64.11 | 21.54 | |
| Total lipid (fat)....g | 13.95 | | 0 | PAE | 4 | | 35.29 | 11.86 | |
| Ash....g | 1.41 | | 0 | PAE | 4 | | 3.57 | 1.20 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAE | 4 | | 23 | 8 | |
| Iron, Fe....mg | 2.13 | | 0 | PAE | 4 | | 5.39 | 1.81 | |
| Magnesium, Mg....mg | 20 | | 0 | PAE | 4 | | 51 | 17 | |
| Phosphorus, P....mg | 221 | | 0 | PAE | 4 | | 559 | 188 | |
| Potassium, K....mg | 170 | | 0 | PAE | 4 | | 430 | 145 | |
| Sodium, Na....mg | 44 | | 0 | PAE | 4 | | 111 | 37 | |
| Zinc, Zn....mg | 3.67 | | 0 | PAE | 4 | | 9.29 | 3.12 | |
| Copper, Cu....mg | 0.105 | | 0 | PAE | 4 | | 0.266 | 0.089 | |
| Manganese, Mn....mg | 0.024 | | 0 | PAE | 4 | | 0.061 | 0.020 | |
| Selenium, Se....mcg | 4.1 | | 0 | BFNN | 4 | | 10.4 | 3.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | PAE | 4 | | 0.304 | 0.102 | |
| Riboflavin....mg | 0.460 | | 0 | PAE | 4 | | 1.164 | 0.391 | |
| Niacin....mg | 7.570 | | 0 | PAE | 4 | | 19.152 | 6.435 | |
| Pantothenic acid....mg | 0.550 | | 0 | PAE | 4 | | 1.392 | 0.468 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.329 | 0.111 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 3 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 3 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 3 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.61 | | 0 | PAE | 4 | | 6.60 | 2.22 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.750 | | 0 | PAE | 4 | | 17.078 | 5.738 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.101 | 0.034 | |
| 12:0....g | 0.050 | | 0 | PAE | 4 | | 0.127 | 0.043 | |

**NDB No. 17259**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.530 | | 0 | PAE | 4 | | 1.341 | 0.451 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.030 | | 0 | PAE | 4 | | 7.666 | 2.576 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.590 | | 0 | PAE | 4 | | 6.553 | 2.202 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.400 | | 0 | PAE | 4 | | 13.662 | 4.590 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.260 | | 0 | PAE | 4 | | 0.658 | 0.221 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.040 | | 0 | PAE | 4 | | 12.751 | 4.284 | |
| 20:1....g | 0.010 | | 0 | PAE | 4 | | 0.025 | 0.009 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.680 | | 0 | PAE | 4 | | 1.720 | 0.578 | |
| 18:2 undifferentiated....g | 0.410 | | 0 | PAE | 4 | | 1.037 | 0.349 | |
| 18:3 undifferentiated....g | 0.250 | | 0 | PAE | 4 | | 0.633 | 0.213 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | PAE | 4 | | 0.051 | 0.017 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 101 | | 0 | PAE | 4 | | 256 | 86 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.296 | | 0 | PAE | 4 | | 0.749 | 0.252 | |
| Threonine....g | 1.085 | | 0 | PAE | 4 | | 2.745 | 0.922 | |
| Isoleucine....g | 1.223 | | 0 | PAE | 4 | | 3.094 | 1.040 | |
| Leucine....g | 1.971 | | 0 | PAE | 4 | | 4.987 | 1.675 | |
| Lysine....g | 2.238 | | 0 | PAE | 4 | | 5.662 | 1.902 | |
| Methionine....g | 0.650 | | 0 | PAE | 4 | | 1.645 | 0.553 | |
| Cystine....g | 0.302 | | 0 | PAE | 4 | | 0.764 | 0.257 | |
| Phenylalanine....g | 1.032 | | 0 | PAE | 4 | | 2.611 | 0.877 | |
| Tyrosine....g | 0.852 | | 0 | PAE | 4 | | 2.156 | 0.724 | |
| Valine....g | 1.367 | | 0 | PAE | 4 | | 3.459 | 1.162 | |
| Arginine....g | 1.506 | | 0 | PAE | 4 | | 3.810 | 1.280 | |
| Histidine....g | 0.803 | | 0 | PAE | 4 | | 2.032 | 0.683 | |
| Alanine....g | 1.524 | | 0 | PAE | 4 | | 3.856 | 1.295 | |
| Aspartic acid....g | 2.231 | | 0 | PAE | 4 | | 5.644 | 1.896 | |
| Glutamic acid....g | 3.678 | | 0 | PAE | 4 | | 9.305 | 3.126 | |
| Glycine....g | 1.238 | | 0 | PAE | 4 | | 3.132 | 1.052 | |
| Proline....g | 1.063 | | 0 | PAE | 4 | | 2.689 | 0.904 | |
| Serine....g | 0.942 | | 0 | PAE | 4 | | 2.383 | 0.801 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 253g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**NDB No. 17259**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roaste**

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17258**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 24% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.05 | | 0 | PAE | 4 | | 19.01 | 304.14 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 57 | 912 | |
| Energy....kj | 841 | | | | 4 | | 238 | 3815 | |
| Protein (N x 6.25)....g | 18.76 | | 0 | PAE | 4 | | 5.32 | 85.10 | |
| Total lipid (fat)....g | 13.37 | | 0 | PAE | 4 | | 3.79 | 60.65 | |
| Ash....g | 1.03 | | 0 | PAE | 4 | | 0.29 | 4.67 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | PAE | 4 | | 2 | 32 | |
| Iron, Fe....mg | 1.60 | | 0 | PAE | 4 | | 0.45 | 7.26 | |
| Magnesium, Mg....mg | 18 | | 0 | PAE | 4 | | 5 | 82 | |
| Phosphorus, P....mg | 189 | | 0 | PAE | 4 | | 54 | 857 | |
| Potassium, K....mg | 160 | | 0 | PAE | 4 | | 45 | 726 | |
| Sodium, Na....mg | 41 | | 0 | PAE | 4 | | 12 | 186 | |
| Zinc, Zn....mg | 2.72 | | 0 | PAE | 4 | | 0.77 | 12.34 | |
| Copper, Cu....mg | 0.095 | | 0 | PAE | 4 | | 0.027 | 0.431 | |
| Manganese, Mn....mg | 0.021 | | 0 | PAE | 4 | | 0.006 | 0.095 | |
| Selenium, Se....mcg | 3.0 | | 0 | BFNN | 4 | | 0.9 | 13.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.140 | | 0 | PAE | 4 | | 0.040 | 0.635 | |
| Riboflavin....mg | 0.380 | | 0 | PAE | 4 | | 0.108 | 1.724 | |
| Niacin....mg | 6.860 | | 0 | PAE | 4 | | 1.945 | 31.117 | |
| Pantothenic acid....mg | 0.510 | | 0 | PAE | 4 | | 0.145 | 2.313 | |
| Vitamin B-6....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.590 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.47 | | 0 | PAE | 4 | | 0.70 | 11.20 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.670 | | 0 | PAE | 4 | | 1.891 | 30.255 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.040 | | 0 | PAE | 4 | | 0.011 | 0.181 | |
| 12:0....g | 0.050 | | 0 | PAE | 4 | | 0.014 | 0.227 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17258**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.530 | | 0 | PAE | 4 | | 0.150 | 2.404 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.920 | | 0 | PAE | 4 | | 0.828 | 13.245 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.620 | | 0 | PAE | 4 | | 0.743 | 11.884 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.130 | | 0 | PAE | 4 | | 1.454 | 23.270 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.230 | | 0 | PAE | 4 | | 0.065 | 1.043 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.800 | | 0 | PAE | 4 | | 1.361 | 21.773 | |
| 20:1....g | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.590 | | 0 | PAE | 4 | | 0.167 | 2.676 | |
| 18:2 undifferentiated....g | 0.330 | | 0 | PAE | 4 | | 0.094 | 1.497 | |
| 18:3 undifferentiated....g | 0.240 | | 0 | PAE | 4 | | 0.068 | 1.089 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.010 | | 0 | PAE | 4 | | 0.003 | 0.045 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 75 | | 0 | PAE | 4 | | 21 | 340 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.219 | | 0 | PAE | 4 | | 0.062 | 0.993 | |
| Threonine....g | 0.803 | | 0 | PAE | 4 | | 0.228 | 3.642 | |
| Isoleucine....g | 0.905 | | 0 | PAE | 4 | | 0.257 | 4.105 | |
| Leucine....g | 1.459 | | 0 | PAE | 4 | | 0.414 | 6.618 | |
| Lysine....g | 1.656 | | 0 | PAE | 4 | | 0.469 | 7.512 | |
| Methionine....g | 0.481 | | 0 | PAE | 4 | | 0.136 | 2.182 | |
| Cystine....g | 0.224 | | 0 | PAE | 4 | | 0.064 | 1.016 | |
| Phenylalanine....g | 0.764 | | 0 | PAE | 4 | | 0.217 | 3.466 | |
| Tyrosine....g | 0.630 | | 0 | PAE | 4 | | 0.179 | 2.858 | |
| Valine....g | 1.012 | | 0 | PAE | 4 | | 0.287 | 4.590 | |
| Arginine....g | 1.114 | | 0 | PAE | 4 | | 0.316 | 5.053 | |
| Histidine....g | 0.594 | | 0 | PAE | 4 | | 0.168 | 2.694 | |
| Alanine....g | 1.128 | | 0 | PAE | 4 | | 0.320 | 5.117 | |
| Aspartic acid....g | 1.651 | | 0 | PAE | 4 | | 0.468 | 7.489 | |
| Glutamic acid....g | 2.722 | | 0 | PAE | 4 | | 0.772 | 12.347 | |
| Glycine....g | 0.916 | | 0 | PAE | 4 | | 0.260 | 4.155 | |
| Proline....g | 0.787 | | 0 | PAE | 4 | | 0.223 | 3.570 | |
| Serine....g | 0.697 | | 0 | PAE | 4 | | 0.198 | 3.162 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17258**

**Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17261**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 52.17 | | 0 | PAE | 4 | | 44.34 | 21.91 | |
| Energy....kcal | 296 | | 0 | NC | 4 | | 252 | 124 | |
| Energy....kj | 1238 | | | | 4 | | 1053 | 520 | |
| Protein (N x 6.25)....g | 24.41 | | 0 | PAE | 4 | | 20.75 | 10.25 | |
| Total lipid (fat)....g | 21.28 | | 0 | PAE | 4 | | 18.09 | 8.94 | |
| Ash....g | 1.34 | | 0 | PAE | 4 | | 1.14 | 0.56 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | | 0 | PAE | 4 | | 20 | 10 | |
| Iron, Fe....mg | 2.10 | | 0 | PAE | 4 | | 1.79 | 0.88 | |
| Magnesium, Mg....mg | 20 | | 0 | PAE | 4 | | 17 | 8 | |
| Phosphorus, P....mg | 213 | | 0 | PAE | 4 | | 181 | 89 | |
| Potassium, K....mg | 164 | | 0 | PAE | 4 | | 139 | 69 | |
| Sodium, Na....mg | 50 | | 0 | PAE | 4 | | 43 | 21 | |
| Zinc, Zn....mg | 2.76 | | 0 | PAE | 4 | | 2.35 | 1.16 | |
| Copper, Cu....mg | 0.112 | | 0 | PAE | 4 | | 0.095 | 0.047 | |
| Manganese, Mn....mg | 0.022 | | 0 | PAE | 4 | | 0.019 | 0.009 | |
| Selenium, Se....mcg | 2.1 | | 0 | BFNN | 4 | | 1.8 | 0.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | PAE | 4 | | 0.102 | 0.050 | |
| Riboflavin....mg | 0.370 | | 0 | PAE | 4 | | 0.315 | 0.155 | |
| Niacin....mg | 7.920 | | 0 | PAE | 4 | | 6.732 | 3.326 | |
| Pantothenic acid....mg | 0.490 | | 0 | PAE | 4 | | 0.417 | 0.206 | |
| Vitamin B-6....mg | 0.110 | | 0 | PAE | 4 | | 0.094 | 0.046 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 1 | 0 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 1 | 0 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 1 | 0 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.54 | | 0 | PAE | 4 | | 2.16 | 1.07 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 10.560 | | 0 | PAE | 4 | | 8.976 | 4.435 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | PAE | 4 | | 0.051 | 0.025 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.068 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17261**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.850 | | 0 | PAE | 4 | | 0.723 | 0.357 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.660 | | 0 | PAE | 4 | | 3.961 | 1.957 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.090 | | 0 | PAE | 4 | | 3.477 | 1.718 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.200 | | 0 | PAE | 4 | | 6.970 | 3.444 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.380 | | 0 | PAE | 4 | | 0.323 | 0.160 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.660 | | 0 | PAE | 4 | | 6.511 | 3.217 | |
| 20:1 ... g | 0.030 | | 0 | PAE | 4 | | 0.026 | 0.013 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.990 | | 0 | PAE | 4 | | 0.842 | 0.416 | |
| 18:2 undifferentiated ... g | 0.580 | | 0 | PAE | 4 | | 0.493 | 0.244 | |
| 18:3 undifferentiated ... g | 0.380 | | 0 | PAE | 4 | | 0.323 | 0.160 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | PAE | 4 | | 0.017 | 0.008 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 113 | | 0 | PAE | 4 | | 96 | 47 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.285 | | 0 | PAE | 4 | | 0.242 | 0.120 | |
| Threonine ... g | 1.045 | | 0 | PAE | 4 | | 0.888 | 0.439 | |
| Isoleucine ... g | 1.178 | | 0 | PAE | 4 | | 1.001 | 0.495 | |
| Leucine ... g | 1.898 | | 0 | PAE | 4 | | 1.613 | 0.797 | |
| Lysine ... g | 2.155 | | 0 | PAE | 4 | | 1.832 | 0.905 | |
| Methionine ... g | 0.626 | | 0 | PAE | 4 | | 0.532 | 0.263 | |
| Cystine ... g | 0.291 | | 0 | PAE | 4 | | 0.247 | 0.122 | |
| Phenylalanine ... g | 0.994 | | 0 | PAE | 4 | | 0.845 | 0.417 | |
| Tyrosine ... g | 0.820 | | 0 | PAE | 4 | | 0.697 | 0.344 | |
| Valine ... g | 1.317 | | 0 | PAE | 4 | | 1.119 | 0.553 | |
| Arginine ... g | 1.450 | | 0 | PAE | 4 | | 1.233 | 0.609 | |
| Histidine ... g | 0.773 | | 0 | PAE | 4 | | 0.657 | 0.325 | |
| Alanine ... g | 1.468 | | 0 | PAE | 4 | | 1.248 | 0.617 | |
| Aspartic acid ... g | 2.148 | | 0 | PAE | 4 | | 1.826 | 0.902 | |
| Glutamic acid ... g | 3.542 | | 0 | PAE | 4 | | 3.011 | 1.488 | |
| Glycine ... g | 1.192 | | 0 | PAE | 4 | | 1.013 | 0.501 | |
| Proline ... g | 1.024 | | 0 | PAE | 4 | | 0.870 | 0.430 | |
| Serine ... g | 0.907 | | 0 | PAE | 4 | | 0.771 | 0.381 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17261**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17260**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.95 | | 0 | PAE | 4 | | 17.00 | 37.77 | |
| Energy....kcal | 273 | | 0 | NC | 4 | | 77 | 172 | |
| Energy....kj | 1142 | | | | 4 | | 324 | 720 | |
| Protein (N x 6.25)....g | 17.18 | | 0 | PAE | 4 | | 4.87 | 10.82 | |
| Total lipid (fat)....g | 22.10 | | 0 | PAE | 4 | | 6.27 | 13.92 | |
| Ash....g | 0.92 | | 0 | PAE | 4 | | 0.26 | 0.58 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAE | 4 | | 5 | 11 | |
| Iron, Fe....mg | 1.59 | | 0 | PAE | 4 | | 0.45 | 1.00 | |
| Magnesium, Mg....mg | 15 | | 0 | PAE | 4 | | 4 | 9 | |
| Phosphorus, P....mg | 170 | | 0 | PAE | 4 | | 48 | 107 | |
| Potassium, K....mg | 128 | | 0 | PAE | 4 | | 36 | 81 | |
| Sodium, Na....mg | 39 | | 0 | PAE | 4 | | 11 | 25 | |
| Zinc, Zn....mg | 1.94 | | 0 | PAE | 4 | | 0.55 | 1.22 | |
| Copper, Cu....mg | 0.087 | | 0 | PAE | 4 | | 0.025 | 0.055 | |
| Manganese, Mn....mg | 0.018 | | 0 | PAE | 4 | | 0.005 | 0.011 | |
| Selenium, Se....mcg | 1.5 | | 0 | BFNN | 4 | | 0.4 | 0.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.130 | | 0 | PAE | 4 | | 0.037 | 0.082 | |
| Riboflavin....mg | 0.300 | | 0 | PAE | 4 | | 0.085 | 0.189 | |
| Niacin....mg | 6.850 | | 0 | PAE | 4 | | 1.942 | 4.316 | |
| Pantothenic acid....mg | 0.500 | | 0 | PAE | 4 | | 0.142 | 0.315 | |
| Vitamin B-6....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.076 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 0 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 0 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.13 | | 0 | PAE | 4 | | 0.60 | 1.34 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.230 | | 0 | PAE | 4 | | 3.184 | 7.075 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | PAE | 4 | | 0.020 | 0.044 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.026 | 0.057 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17260**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.930 | | 0 | PAE | 4 | | 0.264 | 0.586 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.870 | | 0 | PAE | 4 | | 1.381 | 3.068 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.430 | | 0 | PAE | 4 | | 1.256 | 2.791 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 8.470 | | 0 | PAE | 4 | | 2.401 | 5.336 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.380 | | 0 | PAE | 4 | | 0.108 | 0.239 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.920 | | 0 | PAE | 4 | | 2.245 | 4.990 | |
| 20:1 ... g | 0.040 | | 0 | PAE | 4 | | 0.011 | 0.025 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.950 | | 0 | PAE | 4 | | 0.269 | 0.599 | |
| 18:2 undifferentiated ... g | 0.530 | | 0 | PAE | 4 | | 0.150 | 0.334 | |
| 18:3 undifferentiated ... g | 0.400 | | 0 | PAE | 4 | | 0.113 | 0.252 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.010 | | 0 | PAE | 4 | | 0.003 | 0.006 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 82 | | 0 | PAE | 4 | | 23 | 52 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.201 | | 0 | PAE | 4 | | 0.057 | 0.127 | |
| Threonine ... g | 0.735 | | 0 | PAE | 4 | | 0.208 | 0.463 | |
| Isoleucine ... g | 0.829 | | 0 | PAE | 4 | | 0.235 | 0.522 | |
| Leucine ... g | 1.336 | | 0 | PAE | 4 | | 0.379 | 0.842 | |
| Lysine ... g | 1.517 | | 0 | PAE | 4 | | 0.430 | 0.956 | |
| Methionine ... g | 0.441 | | 0 | PAE | 4 | | 0.125 | 0.278 | |
| Cystine ... g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.129 | |
| Phenylalanine ... g | 0.699 | | 0 | PAE | 4 | | 0.198 | 0.440 | |
| Tyrosine ... g | 0.577 | | 0 | PAE | 4 | | 0.164 | 0.364 | |
| Valine ... g | 0.927 | | 0 | PAE | 4 | | 0.263 | 0.584 | |
| Arginine ... g | 1.021 | | 0 | PAE | 4 | | 0.289 | 0.643 | |
| Histidine ... g | 0.544 | | 0 | PAE | 4 | | 0.154 | 0.343 | |
| Alanine ... g | 1.033 | | 0 | PAE | 4 | | 0.293 | 0.651 | |
| Aspartic acid ... g | 1.512 | | 0 | PAE | 4 | | 0.429 | 0.953 | |
| Glutamic acid ... g | 2.493 | | 0 | PAE | 4 | | 0.707 | 1.571 | |
| Glycine ... g | 0.839 | | 0 | PAE | 4 | | 0.238 | 0.529 | |
| Proline ... g | 0.721 | | 0 | PAE | 4 | | 0.204 | 0.454 | |
| Serine ... g | 0.639 | | 0 | PAE | 4 | | 0.181 | 0.403 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 63g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17260**

**Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17263**

**Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted**

**Refuse:** 34% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 52.47 | | 0 | PAE | 4 | | 122.26 | 44.60 | |
| Energy....kcal | 317 | | 0 | NC | 4 | | 739 | 269 | |
| Energy....kj | 1326 | | | | 4 | | 3090 | 1127 | |
| Protein (N x 6.25)....g | 19.86 | | 0 | PAE | 4 | | 46.27 | 16.88 | |
| Total lipid (fat)....g | 25.74 | | 0 | PAE | 4 | | 59.97 | 21.88 | |
| Ash....g | 1.11 | | 0 | PAE | 4 | | 2.59 | 0.94 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | PAE | 4 | | 42 | 15 | |
| Iron, Fe....mg | 1.74 | | 0 | PAE | 4 | | 4.05 | 1.48 | |
| Magnesium, Mg....mg | 15 | | 0 | PAE | 4 | | 35 | 13 | |
| Phosphorus, P....mg | 173 | | 0 | PAE | 4 | | 403 | 147 | |
| Potassium, K....mg | 128 | | 0 | PAE | 4 | | 298 | 109 | |
| Sodium, Na....mg | 44 | | 0 | PAE | 4 | | 103 | 37 | |
| Zinc, Zn....mg | 2.73 | | 0 | PAE | 4 | | 6.36 | 2.32 | |
| Copper, Cu....mg | 0.072 | | 0 | PAE | 4 | | 0.168 | 0.061 | |
| Manganese, Mn....mg | 0.018 | | 0 | PAE | 4 | | 0.042 | 0.015 | |
| Selenium, Se....mcg | 1.8 | | 0 | BFNN | 4 | | 4.2 | 1.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.100 | | 0 | PAE | 4 | | 0.233 | 0.085 | |
| Riboflavin....mg | 0.280 | | 0 | PAE | 4 | | 0.652 | 0.238 | |
| Niacin....mg | 6.720 | | 0 | PAE | 4 | | 15.658 | 5.712 | |
| Pantothenic acid....mg | 0.500 | | 0 | PAE | 4 | | 1.165 | 0.425 | |
| Vitamin B-6....mg | 0.080 | | 0 | PAE | 4 | | 0.186 | 0.068 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.32 | | 0 | PAE | 4 | | 5.41 | 1.97 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 12.820 | | 0 | PAE | 4 | | 29.871 | 10.897 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | PAE | 4 | | 0.163 | 0.060 | |
| 12:0....g | 0.100 | | 0 | PAE | 4 | | 0.233 | 0.085 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17263**

**Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 1.050 | | 0 | PAE | 4 | | 2.447 | 0.893 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 5.650 | | 0 | PAE | 4 | | 13.165 | 4.803 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 4.970 | | 0 | PAE | 4 | | 11.580 | 4.225 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 9.930 | | 0 | PAE | 4 | | 23.137 | 8.441 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.470 | | 0 | PAE | 4 | | 1.095 | 0.400 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 9.260 | | 0 | PAE | 4 | | 21.576 | 7.871 | |
| 20:1 ... g | 0.040 | | 0 | PAE | 4 | | 0.093 | 0.034 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.190 | | 0 | PAE | 4 | | 2.773 | 1.012 | |
| 18:2 undifferentiated ... g | 0.700 | | 0 | PAE | 4 | | 1.631 | 0.595 | |
| 18:3 undifferentiated ... g | 0.470 | | 0 | PAE | 4 | | 1.095 | 0.400 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.030 | | 0 | PAE | 4 | | 0.070 | 0.026 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 99 | | 0 | PAE | 4 | | 231 | 84 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.232 | | 0 | PAE | 4 | | 0.541 | 0.197 | |
| Threonine ... g | 0.850 | | 0 | PAE | 4 | | 1.981 | 0.723 | |
| Isoleucine ... g | 0.958 | | 0 | PAE | 4 | | 2.232 | 0.814 | |
| Leucine ... g | 1.545 | | 0 | PAE | 4 | | 3.600 | 1.313 | |
| Lysine ... g | 1.754 | | 0 | PAE | 4 | | 4.087 | 1.491 | |
| Methionine ... g | 0.510 | | 0 | PAE | 4 | | 1.188 | 0.434 | |
| Cystine ... g | 0.237 | | 0 | PAE | 4 | | 0.552 | 0.201 | |
| Phenylalanine ... g | 0.808 | | 0 | PAE | 4 | | 1.883 | 0.687 | |
| Tyrosine ... g | 0.667 | | 0 | PAE | 4 | | 1.554 | 0.567 | |
| Valine ... g | 1.072 | | 0 | PAE | 4 | | 2.498 | 0.911 | |
| Arginine ... g | 1.180 | | 0 | PAE | 4 | | 2.749 | 1.003 | |
| Histidine ... g | 0.629 | | 0 | PAE | 4 | | 1.466 | 0.535 | |
| Alanine ... g | 1.194 | | 0 | PAE | 4 | | 2.782 | 1.015 | |
| Aspartic acid ... g | 1.748 | | 0 | PAE | 4 | | 4.073 | 1.486 | |
| Glutamic acid ... g | 2.882 | | 0 | PAE | 4 | | 6.715 | 2.450 | |
| Glycine ... g | 0.970 | | 0 | PAE | 4 | | 2.260 | 0.825 | |
| Proline ... g | 0.833 | | 0 | PAE | 4 | | 1.941 | 0.708 | |
| Serine ... g | 0.738 | | 0 | PAE | 4 | | 1.720 | 0.627 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17263**

**Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.61 | | 0 | PAE | 4 | | 16.05 | 256.78 | |
| Energy | kcal | 311 | | 0 | NC | 4 | | 88 | 1411 | |
| Energy | kj | 1301 | | | | 4 | | 369 | 5902 | |
| Protein (N x 6.25) | g | 15.87 | | 0 | PAE | 4 | | 4.50 | 71.99 | |
| Total lipid (fat) | g | 27.00 | | 0 | PAE | 4 | | 7.65 | 122.47 | |
| Ash | g | 0.85 | | 0 | PAE | 4 | | 0.24 | 3.86 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | PAE | 4 | | 4 | 68 | |
| Iron, Fe | mg | 1.43 | | 0 | PAE | 4 | | 0.41 | 6.49 | |
| Magnesium, Mg | mg | 13 | | 0 | PAE | 4 | | 4 | 59 | |
| Phosphorus, P | mg | 153 | | 0 | PAE | 4 | | 43 | 694 | |
| Potassium, K | mg | 120 | | 0 | PAE | 4 | | 34 | 544 | |
| Sodium, Na | mg | 42 | | 0 | PAE | 4 | | 12 | 191 | |
| Zinc, Zn | mg | 2.19 | | 0 | PAE | 4 | | 0.62 | 9.93 | |
| Copper, Cu | mg | 0.067 | | 0 | PAE | 4 | | 0.019 | 0.304 | |
| Manganese, Mn | mg | 0.017 | | 0 | PAE | 4 | | 0.005 | 0.077 | |
| Selenium, Se | mcg | 1.3 | | 0 | BFNN | 4 | | 0.4 | 5.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.544 | |
| Riboflavin | mg | 0.260 | | 0 | PAE | 4 | | 0.074 | 1.179 | |
| Niacin | mg | 6.290 | | 0 | PAE | 4 | | 1.783 | 28.531 | |
| Pantothenic acid | mg | 0.500 | | 0 | PAE | 4 | | 0.142 | 2.268 | |
| Vitamin B-6 | mg | 0.090 | | 0 | PAE | 4 | | 0.026 | 0.408 | |
| Folate, total | mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folate, DFE | mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.22 | | 0 | PAE | 4 | | 0.63 | 10.07 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 13.700 | | 0 | PAE | 4 | | 3.884 | 62.143 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 12:0 | g | 0.110 | | 0 | PAE | 4 | | 0.031 | 0.499 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17262**

**Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 1.130 | | 0 | PAE | 4 | | 0.320 | 5.126 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 5.950 | | 0 | PAE | 4 | | 1.687 | 26.989 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 5.400 | | 0 | PAE | 4 | | 1.531 | 24.494 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 10.350 | | 0 | PAE | 4 | | 2.934 | 46.948 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.460 | | 0 | PAE | 4 | | 0.130 | 2.087 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 9.680 | | 0 | PAE | 4 | | 2.744 | 43.908 | |
| 20:1 ... g | 0.040 | | 0 | PAE | 4 | | 0.011 | 0.181 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.160 | | 0 | PAE | 4 | | 0.329 | 5.262 | |
| 18:2 undifferentiated ... g | 0.650 | | 0 | PAE | 4 | | 0.184 | 2.948 | |
| 18:3 undifferentiated ... g | 0.490 | | 0 | PAE | 4 | | 0.139 | 2.223 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 80 | | 0 | PAE | 4 | | 23 | 363 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.186 | | 0 | PAE | 4 | | 0.053 | 0.844 | |
| Threonine ... g | 0.679 | | 0 | PAE | 4 | | 0.192 | 3.080 | |
| Isoleucine ... g | 0.766 | | 0 | PAE | 4 | | 0.217 | 3.475 | |
| Leucine ... g | 1.235 | | 0 | PAE | 4 | | 0.350 | 5.602 | |
| Lysine ... g | 1.402 | | 0 | PAE | 4 | | 0.397 | 6.359 | |
| Methionine ... g | 0.407 | | 0 | PAE | 4 | | 0.115 | 1.846 | |
| Cystine ... g | 0.189 | | 0 | PAE | 4 | | 0.054 | 0.857 | |
| Phenylalanine ... g | 0.646 | | 0 | PAE | 4 | | 0.183 | 2.930 | |
| Tyrosine ... g | 0.533 | | 0 | PAE | 4 | | 0.151 | 2.418 | |
| Valine ... g | 0.857 | | 0 | PAE | 4 | | 0.243 | 3.887 | |
| Arginine ... g | 0.943 | | 0 | PAE | 4 | | 0.267 | 4.277 | |
| Histidine ... g | 0.503 | | 0 | PAE | 4 | | 0.143 | 2.282 | |
| Alanine ... g | 0.955 | | 0 | PAE | 4 | | 0.271 | 4.332 | |
| Aspartic acid ... g | 1.397 | | 0 | PAE | 4 | | 0.396 | 6.337 | |
| Glutamic acid ... g | 2.304 | | 0 | PAE | 4 | | 0.653 | 10.451 | |
| Glycine ... g | 0.775 | | 0 | PAE | 4 | | 0.220 | 3.515 | |
| Proline ... g | 0.666 | | 0 | PAE | 4 | | 0.189 | 3.021 | |
| Serine ... g | 0.590 | | 0 | PAE | 4 | | 0.167 | 2.676 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17262**

**Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17265**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai**

**Refuse:** 20% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 43.73 | | 0 | PAE | 4 | | 101.89 | 37.17 | |
| Energy....kcal | 342 | | 0 | NC | 4 | | 797 | 291 | |
| Energy....kj | 1431 | | | | 4 | | 3334 | 1216 | |
| Protein (N x 6.25)....g | 29.43 | | 0 | PAE | 4 | | 68.57 | 25.02 | |
| Total lipid (fat)....g | 24.03 | | 0 | PAE | 4 | | 55.99 | 20.43 | |
| Ash....g | 1.63 | | 0 | PAE | 4 | | 3.80 | 1.39 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | PAE | 4 | | 63 | 23 | |
| Iron, Fe....mg | 2.16 | | 0 | PAE | 4 | | 5.03 | 1.84 | |
| Magnesium, Mg....mg | 18 | | 0 | PAE | 4 | | 42 | 15 | |
| Phosphorus, P....mg | 200 | | 0 | PAE | 4 | | 466 | 170 | |
| Potassium, K....mg | 151 | | 0 | PAE | 4 | | 352 | 128 | |
| Sodium, Na....mg | 52 | | 0 | PAE | 4 | | 121 | 44 | |
| Zinc, Zn....mg | 4.76 | | 0 | PAE | 4 | | 11.09 | 4.05 | |
| Copper, Cu....mg | 0.106 | | 0 | PAE | 4 | | 0.247 | 0.090 | |
| Manganese, Mn....mg | 0.026 | | 0 | PAE | 4 | | 0.061 | 0.022 | |
| Selenium, Se....mcg | 4.4 | | 0 | BFNN | 4 | | 10.3 | 3.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | PAE | 4 | | 0.186 | 0.068 | |
| Riboflavin....mg | 0.330 | | 0 | PAE | 4 | | 0.769 | 0.281 | |
| Niacin....mg | 6.260 | | 0 | PAE | 4 | | 14.586 | 5.321 | |
| Pantothenic acid....mg | 0.520 | | 0 | PAE | 4 | | 1.212 | 0.442 | |
| Vitamin B-6....mg | 0.070 | | 0 | PAE | 4 | | 0.163 | 0.060 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 2 | 1 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 2 | 1 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.47 | | 0 | PAE | 4 | | 8.09 | 2.95 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 11.500 | | 0 | PAE | 4 | | 26.795 | 9.775 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.070 | | 0 | PAE | 4 | | 0.163 | 0.060 | |
| 12:0....g | 0.090 | | 0 | PAE | 4 | | 0.210 | 0.077 | |

**NDB No. 17265**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.910 | | 0 | PAE | 4 | | 2.120 | 0.774 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 5.240 | | 0 | PAE | 4 | | 12.209 | 4.454 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.320 | | 0 | PAE | 4 | | 10.066 | 3.672 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 9.370 | | 0 | PAE | 4 | | 21.832 | 7.965 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.480 | | 0 | PAE | 4 | | 1.118 | 0.408 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 8.700 | | 0 | PAE | 4 | | 20.271 | 7.395 | |
| 20:1....g | 0.020 | | 0 | PAE | 4 | | 0.047 | 0.017 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.250 | | 0 | PAE | 4 | | 2.913 | 1.063 | |
| 18:2 undifferentiated....g | 0.780 | | 0 | PAE | 4 | | 1.817 | 0.663 | |
| 18:3 undifferentiated....g | 0.430 | | 0 | PAE | 4 | | 1.002 | 0.366 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.040 | | 0 | PAE | 4 | | 0.093 | 0.034 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 123 | | 0 | PAE | 4 | | 287 | 105 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.344 | | 0 | PAE | 4 | | 0.802 | 0.292 | |
| Threonine....g | 1.260 | | 0 | PAE | 4 | | 2.936 | 1.071 | |
| Isoleucine....g | 1.420 | | 0 | PAE | 4 | | 3.309 | 1.207 | |
| Leucine....g | 2.289 | | 0 | PAE | 4 | | 5.333 | 1.946 | |
| Lysine....g | 2.599 | | 0 | PAE | 4 | | 6.056 | 2.209 | |
| Methionine....g | 0.755 | | 0 | PAE | 4 | | 1.759 | 0.642 | |
| Cystine....g | 0.351 | | 0 | PAE | 4 | | 0.818 | 0.298 | |
| Phenylalanine....g | 1.198 | | 0 | PAE | 4 | | 2.791 | 1.018 | |
| Tyrosine....g | 0.989 | | 0 | PAE | 4 | | 2.304 | 0.841 | |
| Valine....g | 1.588 | | 0 | PAE | 4 | | 3.700 | 1.350 | |
| Arginine....g | 1.748 | | 0 | PAE | 4 | | 4.073 | 1.486 | |
| Histidine....g | 0.932 | | 0 | PAE | 4 | | 2.172 | 0.792 | |
| Alanine....g | 1.770 | | 0 | PAE | 4 | | 4.124 | 1.505 | |
| Aspartic acid....g | 2.590 | | 0 | PAE | 4 | | 6.035 | 2.202 | |
| Glutamic acid....g | 4.271 | | 0 | PAE | 4 | | 9.951 | 3.630 | |
| Glycine....g | 1.437 | | 0 | PAE | 4 | | 3.348 | 1.221 | |
| Proline....g | 1.234 | | 0 | PAE | 4 | | 2.875 | 1.049 | |
| Serine....g | 1.094 | | 0 | PAE | 4 | | 2.549 | 0.930 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 233g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**NDB No. 17265**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, brai**

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17264**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw**

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.00 | | 0 | PAE | 4 | | 17.58 | 281.23 | |
| Energy....kcal | 251 | | 0 | NC | 4 | | 71 | 1139 | |
| Energy....kj | 1050 | | | | 4 | | 298 | 4764 | |
| Protein (N x 6.25)....g | 17.19 | | 0 | PAE | 4 | | 4.87 | 77.97 | |
| Total lipid (fat)....g | 19.74 | | 0 | PAE | 4 | | 5.60 | 89.54 | |
| Ash....g | 0.94 | | 0 | PAE | 4 | | 0.27 | 4.26 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | PAE | 4 | | 5 | 77 | |
| Iron, Fe....mg | 1.36 | | 0 | PAE | 4 | | 0.39 | 6.17 | |
| Magnesium, Mg....mg | 15 | | 0 | PAE | 4 | | 4 | 68 | |
| Phosphorus, P....mg | 168 | | 0 | PAE | 4 | | 48 | 762 | |
| Potassium, K....mg | 137 | | 0 | PAE | 4 | | 39 | 621 | |
| Sodium, Na....mg | 42 | | 0 | PAE | 4 | | 12 | 191 | |
| Zinc, Zn....mg | 2.91 | | 0 | PAE | 4 | | 0.82 | 13.20 | |
| Copper, Cu....mg | 0.083 | | 0 | PAE | 4 | | 0.024 | 0.376 | |
| Manganese, Mn....mg | 0.019 | | 0 | PAE | 4 | | 0.005 | 0.086 | |
| Selenium, Se....mcg | 2.7 | | 0 | BFNN | 4 | | 0.8 | 12.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.120 | | 0 | PAE | 4 | | 0.034 | 0.544 | |
| Riboflavin....mg | 0.310 | | 0 | PAE | 4 | | 0.088 | 1.406 | |
| Niacin....mg | 5.460 | | 0 | PAE | 4 | | 1.548 | 24.767 | |
| Pantothenic acid....mg | 0.550 | | 0 | PAE | 4 | | 0.156 | 2.495 | |
| Vitamin B-6....mg | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| Folate, total....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 1 | | 0 | PAE | 4 | | 0 | 5 | |
| Folate, DFE....mcg_DFE | 1 | | 0 | NC | 4 | | 0 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.14 | | 0 | PAE | 4 | | 0.89 | 14.24 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | PAE | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 9.900 | | 0 | PAE | 4 | | 2.807 | 44.906 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.060 | | 0 | PAE | 4 | | 0.017 | 0.272 | |
| 12:0....g | 0.080 | | 0 | PAE | 4 | | 0.023 | 0.363 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17264**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.800 | | 0 | PAE | 4 | | 0.227 | 3.629 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 4.320 | | 0 | PAE | 4 | | 1.225 | 19.596 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 3.900 | | 0 | PAE | 4 | | 1.106 | 17.690 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.570 | | 0 | PAE | 4 | | 2.146 | 34.338 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.340 | | 0 | PAE | 4 | | 0.096 | 1.542 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.080 | | 0 | PAE | 4 | | 2.007 | 32.115 | |
| 20:1....g | 0.030 | | 0 | PAE | 4 | | 0.009 | 0.136 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.860 | | 0 | PAE | 4 | | 0.244 | 3.901 | |
| 18:2 undifferentiated....g | 0.490 | | 0 | PAE | 4 | | 0.139 | 2.223 | |
| 18:3 undifferentiated....g | 0.360 | | 0 | PAE | 4 | | 0.102 | 1.633 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.020 | | 0 | PAE | 4 | | 0.006 | 0.091 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 74 | | 0 | PAE | 4 | | 21 | 336 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.201 | | 0 | PAE | 4 | | 0.057 | 0.912 | |
| Threonine....g | 0.736 | | 0 | PAE | 4 | | 0.209 | 3.338 | |
| Isoleucine....g | 0.829 | | 0 | PAE | 4 | | 0.235 | 3.760 | |
| Leucine....g | 1.337 | | 0 | PAE | 4 | | 0.379 | 6.065 | |
| Lysine....g | 1.518 | | 0 | PAE | 4 | | 0.430 | 6.886 | |
| Methionine....g | 0.441 | | 0 | PAE | 4 | | 0.125 | 2.000 | |
| Cystine....g | 0.205 | | 0 | PAE | 4 | | 0.058 | 0.930 | |
| Phenylalanine....g | 0.700 | | 0 | PAE | 4 | | 0.198 | 3.175 | |
| Tyrosine....g | 0.578 | | 0 | PAE | 4 | | 0.164 | 2.622 | |
| Valine....g | 0.927 | | 0 | PAE | 4 | | 0.263 | 4.205 | |
| Arginine....g | 1.021 | | 0 | PAE | 4 | | 0.289 | 4.631 | |
| Histidine....g | 0.544 | | 0 | PAE | 4 | | 0.154 | 2.468 | |
| Alanine....g | 1.034 | | 0 | PAE | 4 | | 0.293 | 4.690 | |
| Aspartic acid....g | 1.513 | | 0 | PAE | 4 | | 0.429 | 6.863 | |
| Glutamic acid....g | 2.494 | | 0 | PAE | 4 | | 0.707 | 11.313 | |
| Glycine....g | 0.839 | | 0 | PAE | 4 | | 0.238 | 3.806 | |
| Proline....g | 0.721 | | 0 | PAE | 4 | | 0.204 | 3.270 | |
| Serine....g | 0.639 | | 0 | PAE | 4 | | 0.181 | 2.899 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17264**

**Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17186**

**Lamb, variety meats and by-products, brain, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.73 | 0.784 | 6 | | 1 | | 262.78 | 64.37 | |
| Energy....kcal | 145 | | 0 | NC | 4 | | 503 | 123 | |
| Energy....kj | 607 | | | | 4 | | 2105 | 516 | |
| Protein (N x 6.25)....g | 12.55 | 0.192 | 6 | | 1 | | 43.55 | 10.67 | |
| Total lipid (fat)....g | 10.17 | 1.015 | 6 | | 1 | | 35.29 | 8.64 | |
| Ash....g | 1.36 | 0.049 | 5 | | 1 | | 4.72 | 1.16 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 2 | | 1 | | 42 | 10 | |
| Iron, Fe....mg | 1.68 | 0.147 | 3 | | 1 | | 5.83 | 1.43 | |
| Magnesium, Mg....mg | 14 | 1.017 | 3 | | 1 | | 49 | 12 | |
| Phosphorus, P....mg | 337 | | 2 | | 1 | | 1169 | 286 | |
| Potassium, K....mg | 205 | 39.435 | 3 | | 1 | | 711 | 174 | |
| Sodium, Na....mg | 134 | 39.074 | 3 | | 1 | | 465 | 114 | |
| Zinc, Zn....mg | 1.36 | 0.086 | 3 | | 1 | | 4.72 | 1.16 | |
| Copper, Cu....mg | 0.210 | | 1 | | 1 | | 0.729 | 0.179 | |
| Manganese, Mn....mg | 0.059 | | 1 | | 1 | | 0.205 | 0.050 | |
| Selenium, Se....mcg | 12.0 | 1.638 | 3 | A | 1 | | 41.6 | 10.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.0 | | 2 | | 1 | | 41.6 | 10.2 | |
| Thiamin....mg | 0.110 | 0.010 | 3 | | 1 | | 0.382 | 0.094 | |
| Riboflavin....mg | 0.240 | 0.032 | 3 | | 1 | | 0.833 | 0.204 | |
| Niacin....mg | 2.470 | 0.578 | 3 | | 1 | | 8.571 | 2.100 | |
| Pantothenic acid....mg | 0.990 | | 2 | | 1 | | 3.435 | 0.842 | |
| Vitamin B-6....mg | 0.110 | | 2 | | 1 | | 0.382 | 0.094 | |
| Folate, total....mcg | 5 | | 2 | | 1 | | 17 | 4 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 5 | | 2 | | 1 | | 17 | 4 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 17 | 4 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 9.25 | | 2 | | 1 | | 32.10 | 7.86 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 1 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.600 | | 0 | | 1 | | 9.022 | 2.210 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17186**

**Lamb, variety meats and by-products, brain, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.040 | | 2 | | 1 | | 0.139 | 0.034 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.250 | | 2 | | 1 | | 4.338 | 1.063 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.270 | | 2 | | 1 | | 4.407 | 1.080 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.840 | | 0 | | 1 | | 6.385 | 1.564 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 2 | | 1 | | 0.208 | 0.051 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.530 | | 2 | | 1 | | 5.309 | 1.301 | |
| 20:1....g | 0.150 | | 2 | | 1 | | 0.521 | 0.128 | |
| 22:1 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.040 | | 0 | | 1 | | 3.609 | 0.884 | |
| 18:2 undifferentiated....g | 0.030 | | 2 | | 1 | | 0.104 | 0.026 | |
| 18:3 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.270 | | 2 | | 1 | | 0.937 | 0.230 | |
| 20:5 n-3....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.150 | | 2 | | 1 | | 0.521 | 0.128 | |
| 22:6 n-3....g | 0.590 | | 2 | | 1 | | 2.047 | 0.502 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 2043 | | 2 | | 1 | | 7089 | 1737 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.129 | | 0 | | 1 | | 0.448 | 0.110 | |
| Threonine....g | 0.562 | | 0 | | 1 | | 1.950 | 0.478 | |
| Isoleucine....g | 0.499 | | 0 | | 1 | | 1.732 | 0.424 | |
| Leucine....g | 0.980 | | 0 | | 1 | | 3.401 | 0.833 | |
| Lysine....g | 0.805 | | 0 | | 1 | | 2.793 | 0.684 | |
| Methionine....g | 0.250 | | 0 | | 1 | | 0.868 | 0.213 | |
| Cystine....g | 0.131 | | 0 | | 1 | | 0.455 | 0.111 | |
| Phenylalanine....g | 0.605 | | 0 | | 1 | | 2.099 | 0.514 | |
| Tyrosine....g | 0.459 | | 0 | | 1 | | 1.593 | 0.390 | |
| Valine....g | 0.598 | | 0 | | 1 | | 2.075 | 0.508 | |
| Arginine....g | 0.846 | | 0 | | 1 | | 2.936 | 0.719 | |
| Histidine....g | 0.333 | | 0 | | 1 | | 1.156 | 0.283 | |
| Alanine....g | 0.711 | | 0 | | 1 | | 2.467 | 0.604 | |
| Aspartic acid....g | 1.047 | | 0 | | 1 | | 3.633 | 0.890 | |
| Glutamic acid....g | 1.487 | | 0 | | 1 | | 5.160 | 1.264 | |
| Glycine....g | 0.594 | | 0 | | 1 | | 2.061 | 0.505 | |
| Proline....g | 0.540 | | 0 | | 1 | | 1.874 | 0.459 | |
| Serine....g | 0.653 | | 0 | | 1 | | 2.266 | 0.555 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 347g: 1 unit, cooked (yield from 1 lb raw meat)

**NDB No. 17186**

**Lamb, variety meats and by-products, brain, cooked, braised**

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17187**
**Lamb, variety meats and by-products, brain, cooked, pan-fried**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.71 | | 1 | | 1 | | 145.70 | 51.60 | |
| Energy....kcal | 273 | | 0 | NC | 4 | | 655 | 232 | |
| Energy....kj | 1142 | | | | 4 | | 2741 | 971 | |
| Protein (N x 6.25)....g | 16.97 | | 1 | | 1 | | 40.73 | 14.42 | |
| Total lipid (fat)....g | 22.19 | | 1 | | 1 | | 53.26 | 18.86 | |
| Ash....g | 1.82 | | 1 | | 1 | | 4.37 | 1.55 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 1 | | 1 | | 50 | 18 | |
| Iron, Fe....mg | 2.04 | | 1 | | 1 | | 4.90 | 1.73 | |
| Magnesium, Mg....mg | 22 | | 1 | | 1 | | 53 | 19 | |
| Phosphorus, P....mg | 495 | | 1 | | 1 | | 1188 | 421 | |
| Potassium, K....mg | 358 | | 1 | | 1 | | 859 | 304 | |
| Sodium, Na....mg | 157 | | 1 | | 1 | | 377 | 133 | |
| Zinc, Zn....mg | 2.00 | | 1 | | 1 | | 4.80 | 1.70 | |
| Copper, Cu....mg | 0.480 | | 1 | | 1 | | 1.152 | 0.408 | |
| Manganese, Mn....mg | 0.067 | | 1 | | 1 | | 0.161 | 0.057 | |
| Selenium, Se....mcg | 12.0 | 3.845 | 4 | A | 1 | | 28.8 | 10.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 23.0 | | 1 | | 1 | | 55.2 | 19.6 | |
| Thiamin....mg | 0.170 | | 1 | | 1 | | 0.408 | 0.145 | |
| Riboflavin....mg | 0.370 | | 1 | | 1 | | 0.888 | 0.315 | |
| Niacin....mg | 4.550 | | 1 | | 1 | | 10.920 | 3.868 | |
| Pantothenic acid....mg | 1.560 | | 1 | | 1 | | 3.744 | 1.326 | |
| Vitamin B-6....mg | 0.230 | | 1 | | 1 | | 0.552 | 0.196 | |
| Folate, total....mcg | 7 | | 1 | | 1 | | 17 | 6 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 7 | | 1 | | 1 | | 17 | 6 | |
| Folate, DFE....mcg_DFE | 7 | | 0 | NC | 4 | | 17 | 6 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 24.10 | | 1 | | 1 | | 57.84 | 20.49 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 1 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 1 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.670 | | 0 | | 1 | | 13.608 | 4.820 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17187**

**Lamb, variety meats and by-products, brain, cooked, pan-fried**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.090 | | 2 | | 1 | | 0.216 | 0.077 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.740 | | 2 | | 1 | | 6.576 | 2.329 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.780 | | 2 | | 1 | | 6.672 | 2.363 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.020 | | 0 | | 1 | | 9.648 | 3.417 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.130 | | 2 | | 1 | | 0.312 | 0.111 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.330 | | 2 | | 1 | | 7.992 | 2.831 | |
| 20:1....g | 0.320 | | 2 | | 1 | | 0.768 | 0.272 | |
| 22:1 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.280 | | 0 | | 1 | | 5.472 | 1.938 | |
| 18:2 undifferentiated....g | 0.070 | | 2 | | 1 | | 0.168 | 0.060 | |
| 18:3 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.600 | | 2 | | 1 | | 1.440 | 0.510 | |
| 20:5 n-3....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.330 | | 2 | | 1 | | 0.792 | 0.281 | |
| 22:6 n-3....g | 1.280 | | 2 | | 1 | | 3.072 | 1.088 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 2504 | | 1 | | 1 | | 6010 | 2128 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.175 | | 6 | | 1 | | 0.420 | 0.149 | |
| Threonine....g | 0.760 | | 7 | | 1 | | 1.824 | 0.646 | |
| Isoleucine....g | 0.675 | | 7 | | 1 | | 1.620 | 0.574 | |
| Leucine....g | 1.326 | | 7 | | 1 | | 3.182 | 1.127 | |
| Lysine....g | 1.088 | | 7 | | 1 | | 2.611 | 0.925 | |
| Methionine....g | 0.338 | | 7 | | 1 | | 0.811 | 0.287 | |
| Cystine....g | 0.177 | | 6 | | 1 | | 0.425 | 0.150 | |
| Phenylalanine....g | 0.818 | | 7 | | 1 | | 1.963 | 0.695 | |
| Tyrosine....g | 0.621 | | 7 | | 1 | | 1.490 | 0.528 | |
| Valine....g | 0.808 | | 7 | | 1 | | 1.939 | 0.687 | |
| Arginine....g | 1.144 | | 7 | | 1 | | 2.746 | 0.972 | |
| Histidine....g | 0.450 | | 7 | | 1 | | 1.080 | 0.383 | |
| Alanine....g | 0.962 | | 7 | | 1 | | 2.309 | 0.818 | |
| Aspartic acid....g | 1.416 | | 7 | | 1 | | 3.398 | 1.204 | |
| Glutamic acid....g | 2.012 | | 7 | | 1 | | 4.829 | 1.710 | |
| Glycine....g | 0.804 | | 7 | | 1 | | 1.930 | 0.683 | |
| Proline....g | 0.731 | | 7 | | 1 | | 1.754 | 0.621 | |
| Serine....g | 0.883 | | 7 | | 1 | | 2.119 | 0.751 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17187**

**Lamb, variety meats and by-products, brain, cooked, pan-fried**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17185**
**Lamb, variety meats and by-products, brain, raw**

**Refuse:** 2% Blood clots and membranes

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.20 | 0.281 | 5 | | 1 | | 22.45 | 89.50 | |
| Energy....kcal | 122 | | 0 | NC | 4 | | 35 | 138 | |
| Energy....kj | 510 | | | | 4 | | 145 | 577 | |
| Protein (N x 6.25)....g | 10.40 | 0.512 | 6 | | 1 | | 2.95 | 11.75 | |
| Total lipid (fat)....g | 8.58 | 0.504 | 5 | | 1 | | 2.43 | 9.70 | |
| Ash....g | 1.33 | 0.047 | 5 | | 1 | | 0.38 | 1.50 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 2 | | 1 | | 3 | 10 | |
| Iron, Fe....mg | 1.75 | 0.193 | 5 | | 1 | | 0.50 | 1.98 | |
| Magnesium, Mg....mg | 12 | | 2 | | 1 | | 3 | 14 | |
| Phosphorus, P....mg | 270 | | 1 | | 1 | | 77 | 305 | |
| Potassium, K....mg | 296 | 25.266 | 5 | | 1 | | 84 | 334 | |
| Sodium, Na....mg | 112 | 6.597 | 6 | | 1 | | 32 | 127 | |
| Zinc, Zn....mg | 1.17 | 0.075 | 4 | | 1 | | 0.33 | 1.32 | |
| Copper, Cu....mg | 0.240 | | 1 | | 1 | | 0.068 | 0.271 | |
| Manganese, Mn....mg | 0.044 | 0.001 | 13 | | 1 | | 0.012 | 0.050 | |
| Selenium, Se....mcg | 9.0 | 1.008 | 3 | A | 1 | | 2.6 | 10.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 16.0 | 2.765 | 7 | | 1 | | 4.5 | 18.1 | |
| Thiamin....mg | 0.130 | 0.033 | 40 | | 1 | | 0.037 | 0.147 | |
| Riboflavin....mg | 0.300 | | 2 | | 1 | | 0.085 | 0.339 | |
| Niacin....mg | 3.900 | | 2 | | 1 | | 1.106 | 4.407 | |
| Pantothenic acid....mg | 0.920 | | 1 | | 1 | | 0.261 | 1.040 | |
| Vitamin B-6....mg | 0.290 | | 1 | | 1 | | 0.082 | 0.328 | |
| Folate, total....mcg | 3 | | 1 | | 1 | | 1 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 1 | | 1 | | 1 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 11.30 | | 1 | | 1 | | 3.20 | 12.77 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 9 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.190 | | 0 | | 1 | | 0.621 | 2.475 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17185**
**Lamb, variety meats and by-products, brain, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.040 | | 2 | | 1 | | 0.011 | 0.045 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.060 | | 2 | | 1 | | 0.301 | 1.198 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.070 | | 2 | | 1 | | 0.303 | 1.209 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.550 | | 0 | | 1 | | 0.439 | 1.752 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.050 | | 2 | | 1 | | 0.014 | 0.057 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.290 | | 2 | | 1 | | 0.366 | 1.458 | |
| 20:1....g | 0.120 | | 2 | | 1 | | 0.034 | 0.136 | |
| 22:1 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.880 | | 0 | | 1 | | 0.249 | 0.994 | |
| 18:2 undifferentiated....g | 0.030 | | 2 | | 1 | | 0.009 | 0.034 | |
| 18:3 undifferentiated....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.230 | | 2 | | 1 | | 0.065 | 0.260 | |
| 20:5 n-3....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.130 | | 2 | | 1 | | 0.037 | 0.147 | |
| 22:6 n-3....g | 0.490 | | 2 | | 1 | | 0.139 | 0.554 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 1352 | | 1 | | 1 | | 383 | 1528 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.107 | | 6 | | 1 | | 0.030 | 0.121 | |
| Threonine....g | 0.466 | | 7 | | 1 | | 0.132 | 0.527 | |
| Isoleucine....g | 0.414 | | 7 | | 1 | | 0.117 | 0.468 | |
| Leucine....g | 0.813 | | 7 | | 1 | | 0.230 | 0.919 | |
| Lysine....g | 0.667 | | 7 | | 1 | | 0.189 | 0.754 | |
| Methionine....g | 0.207 | | 7 | | 1 | | 0.059 | 0.234 | |
| Cystine....g | 0.108 | | 6 | | 1 | | 0.031 | 0.122 | |
| Phenylalanine....g | 0.501 | | 7 | | 1 | | 0.142 | 0.566 | |
| Tyrosine....g | 0.380 | | 7 | | 1 | | 0.108 | 0.429 | |
| Valine....g | 0.495 | | 7 | | 1 | | 0.140 | 0.559 | |
| Arginine....g | 0.701 | | 7 | | 1 | | 0.199 | 0.792 | |
| Histidine....g | 0.276 | | 7 | | 1 | | 0.078 | 0.312 | |
| Alanine....g | 0.589 | | 7 | | 1 | | 0.167 | 0.666 | |
| Aspartic acid....g | 0.868 | | 7 | | 1 | | 0.246 | 0.981 | |
| Glutamic acid....g | 1.233 | | 7 | | 1 | | 0.350 | 1.393 | |
| Glycine....g | 0.492 | | 7 | | 1 | | 0.139 | 0.556 | |
| Proline....g | 0.448 | | 7 | | 1 | | 0.127 | 0.506 | |
| Serine....g | 0.541 | | 7 | | 1 | | 0.153 | 0.611 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17185**

**Lamb, variety meats and by-products, brain, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17192**
**Lamb, variety meats and by-products, heart, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.20 | 0.762 | 6 | | 1 | | 122.62 | 54.57 | |
| Energy....kcal | 185 | | 0 | NC | 4 | | 353 | 157 | |
| Energy....kj | 774 | | | | 4 | | 1478 | 658 | |
| Protein (N x 6.25)....g | 24.97 | | 1 | | 1 | | 47.69 | 21.22 | |
| Total lipid (fat)....g | 7.91 | 0.578 | 6 | | 1 | | 15.11 | 6.72 | |
| Ash....g | 0.99 | | 1 | | 1 | | 1.89 | 0.84 | |
| Carbohydrate, by difference....g | 1.93 | | 0 | NC | 4 | | 3.69 | 1.64 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 1 | | 1 | | 27 | 12 | |
| Iron, Fe....mg | 5.52 | | 1 | | 1 | | 10.54 | 4.69 | |
| Magnesium, Mg....mg | 24 | | 1 | | 1 | | 46 | 20 | |
| Phosphorus, P....mg | 254 | | 1 | | 1 | | 485 | 216 | |
| Potassium, K....mg | 188 | | 1 | | 1 | | 359 | 160 | |
| Sodium, Na....mg | 63 | | 1 | | 1 | | 120 | 54 | |
| Zinc, Zn....mg | 3.68 | | 1 | | 1 | | 7.03 | 3.13 | |
| Copper, Cu....mg | 0.610 | | 1 | | 1 | | 1.165 | 0.519 | |
| Manganese, Mn....mg | 0.055 | | 1 | | 1 | | 0.105 | 0.047 | |
| Selenium, Se....mcg | 47.0 | 5.783 | 3 | A | 1 | | 89.8 | 40.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 7.0 | | 1 | | 1 | | 13.4 | 6.0 | |
| Thiamin....mg | 0.170 | | 1 | | 1 | | 0.325 | 0.145 | |
| Riboflavin....mg | 1.190 | | 1 | | 1 | | 2.273 | 1.012 | |
| Niacin....mg | 4.360 | | 1 | | 1 | | 8.328 | 3.706 | |
| Pantothenic acid....mg | 1.370 | | 1 | | 1 | | 2.617 | 1.165 | |
| Vitamin B-6....mg | 0.300 | | 1 | | 1 | | 0.573 | 0.255 | |
| Folate, total....mcg | 2 | | 1 | | 1 | | 4 | 2 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 2 | | 1 | | 1 | | 4 | 2 | |
| Folate, DFE....mcg_DFE | 2 | | 0 | NC | 4 | | 4 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 11.20 | | 1 | | 1 | | 21.39 | 9.52 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.140 | | 0 | | 1 | | 5.997 | 2.669 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.020 | | 3 | | 1 | | 0.038 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17192**

**Lamb, variety meats and by-products, heart, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.180 | | 3 | | 1 | | 0.344 | 0.153 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.200 | | 3 | | 1 | | 2.292 | 1.020 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.620 | | 3 | | 1 | | 3.094 | 1.377 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.220 | | 0 | | 1 | | 4.240 | 1.887 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 3 | | 1 | | 0.191 | 0.085 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.920 | | 3 | | 1 | | 3.667 | 1.632 | |
| 20:1....g | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.060 | | 3 | | 1 | | 0.115 | 0.051 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.770 | | 0 | | 1 | | 1.471 | 0.655 | |
| 18:2 undifferentiated....g | 0.330 | | 3 | | 1 | | 0.630 | 0.281 | |
| 18:3 undifferentiated....g | 0.180 | | 3 | | 1 | | 0.344 | 0.153 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.120 | | 3 | | 1 | | 0.229 | 0.102 | |
| 20:5 n-3....g | 0.060 | | 3 | | 1 | | 0.115 | 0.051 | |
| 22:5 n-3....g | 0.040 | 0.000 | 3 | | 1 | | 0.076 | 0.034 | |
| 22:6 n-3....g | 0.040 | | 3 | | 1 | | 0.076 | 0.034 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 249 | | 1 | | 1 | | 476 | 212 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.271 | | 0 | | 1 | | 0.518 | 0.230 | |
| Threonine....g | 1.178 | | 0 | | 1 | | 2.250 | 1.001 | |
| Isoleucine....g | 1.082 | | 0 | | 1 | | 2.067 | 0.920 | |
| Leucine....g | 2.124 | | 0 | | 1 | | 4.057 | 1.805 | |
| Lysine....g | 1.881 | | 0 | | 1 | | 3.593 | 1.599 | |
| Methionine....g | 0.547 | | 0 | | 1 | | 1.045 | 0.465 | |
| Cystine....g | 0.209 | | 0 | | 1 | | 0.399 | 0.178 | |
| Phenylalanine....g | 1.080 | | 0 | | 1 | | 2.063 | 0.918 | |
| Tyrosine....g | 0.778 | | 0 | | 1 | | 1.486 | 0.661 | |
| Valine....g | 1.243 | | 0 | | 1 | | 2.374 | 1.057 | |
| Arginine....g | 1.633 | | 0 | | 1 | | 3.119 | 1.388 | |
| Histidine....g | 0.571 | | 0 | | 1 | | 1.091 | 0.485 | |
| Alanine....g | 1.516 | | 0 | | 1 | | 2.896 | 1.289 | |
| Aspartic acid....g | 2.152 | | 0 | | 1 | | 4.110 | 1.829 | |
| Glutamic acid....g | 3.188 | | 0 | | 1 | | 6.089 | 2.710 | |
| Glycine....g | 1.205 | | 0 | | 1 | | 2.302 | 1.024 | |
| Proline....g | 1.133 | | 0 | | 1 | | 2.164 | 0.963 | |
| Serine....g | 0.965 | | 0 | | 1 | | 1.843 | 0.820 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 191g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17192**

**Lamb, variety meats and by-products, heart, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17191**
**Lamb, variety meats and by-products, heart, raw**

**Refuse:** 22% Fat and valves

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 76.71 | 0.529 | 19 | | 1 | | 21.75 | 86.68 | |
| Energy....kcal | 122 | | 0 | NC | 4 | | 35 | 138 | |
| Energy....kj | 510 | | | | 4 | | 145 | 577 | |
| Protein (N x 6.25)....g | 16.47 | 0.381 | 6 | | 1 | | 4.67 | 18.61 | |
| Total lipid (fat)....g | 5.68 | 0.433 | 12 | | 1 | | 1.61 | 6.42 | |
| Ash....g | 0.93 | 0.038 | 9 | | 1 | | 0.26 | 1.05 | |
| Carbohydrate, by difference....g | 0.21 | | 0 | NC | 4 | | 0.06 | 0.24 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | 0.272 | 7 | | 1 | | 2 | 7 | |
| Iron, Fe....mg | 4.60 | 0.150 | 18 | | 1 | | 1.30 | 5.20 | |
| Magnesium, Mg....mg | 17 | 0.858 | 7 | | 1 | | 5 | 19 | |
| Phosphorus, P....mg | 175 | 9.816 | 6 | | 1 | | 50 | 198 | |
| Potassium, K....mg | 316 | 3.041 | 87 | | 1 | | 90 | 357 | |
| Sodium, Na....mg | 89 | 0.828 | 83 | | 1 | | 25 | 101 | |
| Zinc, Zn....mg | 1.87 | 0.098 | 18 | | 1 | | 0.53 | 2.11 | |
| Copper, Cu....mg | 0.397 | 0.022 | 13 | | 1 | | 0.113 | 0.449 | |
| Manganese, Mn....mg | 0.046 | 0.003 | 34 | | 1 | | 0.013 | 0.052 | |
| Selenium, Se....mcg | 32.0 | 2.645 | 3 | A | 1 | | 9.1 | 36.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | 0.633 | 13 | | 1 | | 1.4 | 5.7 | |
| Thiamin....mg | 0.370 | 0.105 | 4 | | 1 | | 0.105 | 0.418 | |
| Riboflavin....mg | 0.990 | 0.059 | 3 | | 1 | | 0.281 | 1.119 | |
| Niacin....mg | 6.140 | 0.391 | 3 | | 1 | | 1.741 | 6.938 | |
| Pantothenic acid....mg | 2.630 | | 2 | | 1 | | 0.746 | 2.972 | |
| Vitamin B-6....mg | 0.390 | | 2 | | 1 | | 0.111 | 0.441 | |
| Folate, total....mcg | 2 | | 2 | | 1 | | 1 | 2 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 2 | | 2 | | 1 | | 1 | 2 | |
| Folate, DFE....mcg_DFE | 2 | | 0 | NC | 4 | | 1 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 10.25 | | 2 | | 1 | | 2.91 | 11.58 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 9 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.250 | | 0 | | 1 | | 0.638 | 2.543 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.020 | | 3 | | 1 | | 0.006 | 0.023 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17191**
**Lamb, variety meats and by-products, heart, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.130 | | 3 | | 1 | | 0.037 | 0.147 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.860 | | 3 | | 1 | | 0.244 | 0.972 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.160 | | 3 | | 1 | | 0.329 | 1.311 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.600 | | 0 | | 1 | | 0.454 | 1.808 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 3 | | 1 | | 0.020 | 0.079 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.380 | | 3 | | 1 | | 0.391 | 1.559 | |
| 20:1....g | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.040 | | 3 | | 1 | | 0.011 | 0.045 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.550 | | 0 | | 1 | | 0.156 | 0.622 | |
| 18:2 undifferentiated....g | 0.240 | | 3 | | 1 | | 0.068 | 0.271 | |
| 18:3 undifferentiated....g | 0.130 | | 3 | | 1 | | 0.037 | 0.147 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 3 | | 1 | | 0.026 | 0.102 | |
| 20:5 n-3....g | 0.040 | | 3 | | 1 | | 0.011 | 0.045 | |
| 22:5 n-3....g | 0.030 | 0.000 | 3 | | 1 | | 0.009 | 0.034 | |
| 22:6 n-3....g | 0.030 | | 3 | | 1 | | 0.009 | 0.034 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 135 | | 2 | | 1 | | 38 | 153 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.178 | | 4 | | 1 | | 0.050 | 0.201 | |
| Threonine....g | 0.777 | | 5 | | 1 | | 0.220 | 0.878 | |
| Isoleucine....g | 0.714 | | 5 | | 1 | | 0.202 | 0.807 | |
| Leucine....g | 1.401 | | 5 | | 1 | | 0.397 | 1.583 | |
| Lysine....g | 1.240 | | 5 | | 1 | | 0.352 | 1.401 | |
| Methionine....g | 0.361 | | 5 | | 1 | | 0.102 | 0.408 | |
| Cystine....g | 0.138 | | 4 | | 1 | | 0.039 | 0.156 | |
| Phenylalanine....g | 0.712 | | 5 | | 1 | | 0.202 | 0.805 | |
| Tyrosine....g | 0.513 | | 5 | | 1 | | 0.145 | 0.580 | |
| Valine....g | 0.819 | | 5 | | 1 | | 0.232 | 0.925 | |
| Arginine....g | 1.077 | | 5 | | 1 | | 0.305 | 1.217 | |
| Histidine....g | 0.377 | | 5 | | 1 | | 0.107 | 0.426 | |
| Alanine....g | 1.000 | | 5 | | 1 | | 0.284 | 1.130 | |
| Aspartic acid....g | 1.419 | | 5 | | 1 | | 0.402 | 1.603 | |
| Glutamic acid....g | 2.103 | | 5 | | 1 | | 0.596 | 2.376 | |
| Glycine....g | 0.795 | | 5 | | 1 | | 0.225 | 0.898 | |
| Proline....g | 0.747 | | 5 | | 1 | | 0.212 | 0.844 | |
| Serine....g | 0.636 | | 5 | | 1 | | 0.180 | 0.719 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17191**

**Lamb, variety meats and by-products, heart, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17196**

**Lamb, variety meats and by-products, kidneys, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 70.45 | 0.677 | 5 | | 1 | | 179.65 | 59.88 | |
| Energy....kcal | 137 | | 0 | NC | 4 | | 349 | 116 | |
| Energy....kj | 573 | | | | 4 | | 1462 | 487 | |
| Protein (N x 6.25)....g | 23.65 | 0.805 | 5 | | 1 | | 60.31 | 20.10 | |
| Total lipid (fat)....g | 3.62 | 0.177 | 5 | | 1 | | 9.23 | 3.08 | |
| Ash....g | 1.29 | 0.077 | 5 | | 1 | | 3.29 | 1.10 | |
| Carbohydrate, by difference....g | 0.99 | | 0 | NC | 4 | | 2.52 | 0.84 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 2 | | 1 | | 46 | 15 | |
| Iron, Fe....mg | 12.40 | | 2 | | 1 | | 31.62 | 10.54 | |
| Magnesium, Mg....mg | 20 | | 2 | | 1 | | 51 | 17 | |
| Phosphorus, P....mg | 290 | | 1 | | 1 | | 740 | 247 | |
| Potassium, K....mg | 178 | | 2 | | 1 | | 454 | 151 | |
| Sodium, Na....mg | 151 | | 2 | | 1 | | 385 | 128 | |
| Zinc, Zn....mg | 3.80 | | 2 | | 1 | | 9.69 | 3.23 | |
| Copper, Cu....mg | 0.370 | | 1 | | 1 | | 0.944 | 0.315 | |
| Manganese, Mn....mg | 0.144 | | 1 | | 1 | | 0.367 | 0.122 | |
| Selenium, Se....mcg | 218.8 | | 0 | BFYN | 4 | | 557.9 | 186.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 12.0 | | 2 | | 1 | | 30.6 | 10.2 | |
| Thiamin....mg | 0.350 | | 2 | | 1 | | 0.893 | 0.298 | |
| Riboflavin....mg | 2.070 | | 2 | | 1 | | 5.279 | 1.760 | |
| Niacin....mg | 5.990 | | 2 | | 1 | | 15.275 | 5.092 | |
| Pantothenic acid....mg | 2.040 | | 1 | | 1 | | 5.202 | 1.734 | |
| Vitamin B-6....mg | 0.120 | | 1 | | 1 | | 0.306 | 0.102 | |
| Folate, total....mcg | 81 | | 1 | | 1 | | 207 | 69 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 81 | | 1 | | 1 | | 207 | 69 | |
| Folate, DFE....mcg_DFE | 81 | | 0 | NC | 4 | | 207 | 69 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 78.90 | 9.204 | 6 | | 1 | | 201.20 | 67.07 | |
| Vitamin A, RAE....mcg_RAE | 137 | | 2 | | 1 | | 348 | 116 | |
| Retinol....mcg | 137 | | 2 | | 1 | | 348 | 116 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 455 | | 2 | | 1 | | 1160 | 387 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.230 | | 0 | | 1 | | 3.137 | 1.046 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 3 | | 1 | | 0.026 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17196**
**Lamb, variety meats and by-products, kidneys, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.040 | | 3 | | 1 | | 0.102 | 0.034 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.510 | | 3 | | 1 | | 1.301 | 0.434 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.630 | | 3 | | 1 | | 1.607 | 0.536 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.770 | | 0 | | 1 | | 1.964 | 0.655 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.050 | | 3 | | 1 | | 0.128 | 0.043 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.680 | | 3 | | 1 | | 1.734 | 0.578 | |
| 20:1....g | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.010 | | 3 | | 1 | | 0.026 | 0.009 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.670 | | 0 | | 1 | | 1.709 | 0.570 | |
| 18:2 undifferentiated....g | 0.260 | | 3 | | 1 | | 0.663 | 0.221 | |
| 18:3 undifferentiated....g | 0.090 | | 3 | | 1 | | 0.230 | 0.077 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.170 | | 3 | | 1 | | 0.434 | 0.145 | |
| 20:5 n-3....g | 0.060 | | 3 | | 1 | | 0.153 | 0.051 | |
| 22:5 n-3....g | 0.050 | 0.000 | 3 | | 1 | | 0.128 | 0.043 | |
| 22:6 n-3....g | 0.040 | | 3 | | 1 | | 0.102 | 0.034 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 565 | | 2 | | 1 | | 1441 | 480 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.319 | | 0 | | 1 | | 0.813 | 0.271 | |
| Threonine....g | 1.113 | | 0 | | 1 | | 2.838 | 0.946 | |
| Isoleucine....g | 0.941 | | 0 | | 1 | | 2.400 | 0.800 | |
| Leucine....g | 1.775 | | 0 | | 1 | | 4.526 | 1.509 | |
| Lysine....g | 1.533 | | 0 | | 1 | | 3.909 | 1.303 | |
| Methionine....g | 0.480 | | 0 | | 1 | | 1.224 | 0.408 | |
| Cystine....g | 0.270 | | 0 | | 1 | | 0.689 | 0.230 | |
| Phenylalanine....g | 1.095 | | 0 | | 1 | | 2.792 | 0.931 | |
| Tyrosine....g | 0.833 | | 0 | | 1 | | 2.124 | 0.708 | |
| Valine....g | 1.387 | | 0 | | 1 | | 3.537 | 1.179 | |
| Arginine....g | 1.365 | | 0 | | 1 | | 3.481 | 1.160 | |
| Histidine....g | 0.595 | | 0 | | 1 | | 1.517 | 0.506 | |
| Alanine....g | 1.282 | | 0 | | 1 | | 3.269 | 1.090 | |
| Aspartic acid....g | 2.037 | | 0 | | 1 | | 5.194 | 1.731 | |
| Glutamic acid....g | 2.565 | | 0 | | 1 | | 6.541 | 2.180 | |
| Glycine....g | 1.375 | | 0 | | 1 | | 3.506 | 1.169 | |
| Proline....g | 1.209 | | 0 | | 1 | | 3.083 | 1.028 | |
| Serine....g | 1.103 | | 0 | | 1 | | 2.813 | 0.938 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17196**

**Lamb, variety meats and by-products, kidneys, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17195**
**Lamb, variety meats and by-products, kidneys, raw**

**Refuse:** 3% Connective tissue, fat, and veins

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.23 | 0.209 | 35 | | 1 | | 22.46 | 89.53 | |
| Energy....kcal | 97 | | 0 | NC | 4 | | 27 | 110 | |
| Energy....kj | 406 | | | | 4 | | 115 | 459 | |
| Protein (N x 6.25)....g | 15.74 | 0.234 | 12 | | 1 | | 4.46 | 17.79 | |
| Total lipid (fat)....g | 2.95 | 0.159 | 21 | | 1 | | 0.84 | 3.33 | |
| Ash....g | 1.26 | 0.026 | 11 | | 1 | | 0.36 | 1.42 | |
| Carbohydrate, by difference....g | 0.82 | | 0 | NC | 4 | | 0.23 | 0.93 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | 1.120 | 8 | | 1 | | 4 | 15 | |
| Iron, Fe....mg | 6.38 | 0.355 | 19 | | 1 | | 1.81 | 7.21 | |
| Magnesium, Mg....mg | 17 | 0.456 | 7 | | 1 | | 5 | 19 | |
| Phosphorus, P....mg | 246 | 6.649 | 6 | | 1 | | 70 | 278 | |
| Potassium, K....mg | 277 | 1.944 | 77 | | 1 | | 79 | 313 | |
| Sodium, Na....mg | 156 | 1.984 | 75 | | 1 | | 44 | 176 | |
| Zinc, Zn....mg | 2.24 | 0.100 | 23 | | 1 | | 0.64 | 2.53 | |
| Copper, Cu....mg | 0.446 | 0.016 | 519 | | 1 | | 0.126 | 0.504 | |
| Manganese, Mn....mg | 0.118 | 0.007 | 31 | | 1 | | 0.033 | 0.133 | |
| Selenium, Se....mcg | 126.9 | 5.143 | 16 | A | 1 | | 36.0 | 143.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 11.0 | 0.979 | 14 | | 1 | | 3.1 | 12.4 | |
| Thiamin....mg | 0.620 | 0.043 | 7 | | 1 | | 0.176 | 0.701 | |
| Riboflavin....mg | 2.240 | 0.081 | 8 | | 1 | | 0.635 | 2.531 | |
| Niacin....mg | 7.510 | 0.185 | 8 | | 1 | | 2.129 | 8.486 | |
| Pantothenic acid....mg | 4.220 | 0.330 | 3 | | 1 | | 1.196 | 4.769 | |
| Vitamin B-6....mg | 0.220 | | 2 | | 1 | | 0.062 | 0.249 | |
| Folate, total....mcg | 28 | 1.778 | 3 | | 1 | | 8 | 32 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 28 | 1.778 | 3 | | 1 | | 8 | 32 | |
| Folate, DFE....mcg_DFE | 28 | | 0 | NC | 4 | | 8 | 32 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 52.41 | 9.038 | 4 | | 1 | | 14.86 | 59.22 | |
| Vitamin A, RAE....mcg_RAE | 95 | 7.037 | 18 | | 1 | | 27 | 107 | |
| Retinol....mcg | 95 | 7.037 | 18 | | 1 | | 27 | 107 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 316 | 23.433 | 18 | | 1 | | 90 | 357 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.000 | | 0 | | 1 | | 0.284 | 1.130 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 3 | | 1 | | 0.003 | 0.011 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17195**
**Lamb, variety meats and by-products, kidneys, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.030 | | 3 | | 1 | | 0.009 | 0.034 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.420 | | 3 | | 1 | | 0.119 | 0.475 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.520 | | 3 | | 1 | | 0.147 | 0.588 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.630 | | 0 | | 1 | | 0.179 | 0.712 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.040 | | 3 | | 1 | | 0.011 | 0.045 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.550 | | 3 | | 1 | | 0.156 | 0.622 | |
| 20:1....g | 0.000 | | 3 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.010 | | 3 | | 1 | | 0.003 | 0.011 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.550 | | 0 | | 1 | | 0.156 | 0.622 | |
| 18:2 undifferentiated....g | 0.210 | | 3 | | 1 | | 0.060 | 0.237 | |
| 18:3 undifferentiated....g | 0.070 | | 3 | | 1 | | 0.020 | 0.079 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.140 | | 3 | | 1 | | 0.040 | 0.158 | |
| 20:5 n-3....g | 0.050 | | 3 | | 1 | | 0.014 | 0.057 | |
| 22:5 n-3....g | 0.040 | 0.000 | 3 | | 1 | | 0.011 | 0.045 | |
| 22:6 n-3....g | 0.030 | | 3 | | 1 | | 0.009 | 0.034 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 337 | 24.375 | 8 | | 1 | | 96 | 381 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.212 | | 4 | | 1 | | 0.060 | 0.240 | |
| Threonine....g | 0.741 | | 5 | | 1 | | 0.210 | 0.837 | |
| Isoleucine....g | 0.626 | | 5 | | 1 | | 0.177 | 0.707 | |
| Leucine....g | 1.181 | | 5 | | 1 | | 0.335 | 1.335 | |
| Lysine....g | 1.020 | | 5 | | 1 | | 0.289 | 1.153 | |
| Methionine....g | 0.319 | | 5 | | 1 | | 0.090 | 0.360 | |
| Cystine....g | 0.179 | | 4 | | 1 | | 0.051 | 0.202 | |
| Phenylalanine....g | 0.729 | | 5 | | 1 | | 0.207 | 0.824 | |
| Tyrosine....g | 0.554 | | 5 | | 1 | | 0.157 | 0.626 | |
| Valine....g | 0.923 | | 5 | | 1 | | 0.262 | 1.043 | |
| Arginine....g | 0.908 | | 5 | | 1 | | 0.257 | 1.026 | |
| Histidine....g | 0.396 | | 5 | | 1 | | 0.112 | 0.447 | |
| Alanine....g | 0.853 | | 5 | | 1 | | 0.242 | 0.964 | |
| Aspartic acid....g | 1.355 | | 5 | | 1 | | 0.384 | 1.531 | |
| Glutamic acid....g | 1.707 | | 5 | | 1 | | 0.484 | 1.929 | |
| Glycine....g | 0.915 | | 5 | | 1 | | 0.259 | 1.034 | |
| Proline....g | 0.804 | | 5 | | 1 | | 0.228 | 0.909 | |
| Serine....g | 0.734 | | 5 | | 1 | | 0.208 | 0.829 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17195**

**Lamb, variety meats and by-products, kidneys, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17200**
**Lamb, variety meats and by-products, liver, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 56.67 | | 1 | | 1 | | 190.41 | 48.17 | |
| Energy....kcal | 220 | | 0 | NC | 4 | | 739 | 187 | |
| Energy....kj | 920 | | | | 4 | | 3093 | 782 | |
| Protein (N x 6.25)....g | 30.57 | | 1 | | 1 | | 102.72 | 25.98 | |
| Total lipid (fat)....g | 8.81 | | 1 | | 1 | | 29.60 | 7.49 | |
| Ash....g | 1.42 | | 1 | | 1 | | 4.77 | 1.21 | |
| Carbohydrate, by difference....g | 2.53 | | 0 | NC | 4 | | 8.50 | 2.15 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | | 1 | | 27 | 7 | |
| Iron, Fe....mg | 8.28 | | 1 | | 1 | | 27.82 | 7.04 | |
| Magnesium, Mg....mg | 22 | | 1 | | 1 | | 74 | 19 | |
| Phosphorus, P....mg | 420 | | 1 | | 1 | | 1411 | 357 | |
| Potassium, K....mg | 221 | | 1 | | 1 | | 743 | 188 | |
| Sodium, Na....mg | 56 | | 1 | | 1 | | 188 | 48 | |
| Zinc, Zn....mg | 7.89 | | 1 | | 1 | | 26.51 | 6.71 | |
| Copper, Cu....mg | 7.074 | | 1 | | 1 | | 23.769 | 6.013 | |
| Manganese, Mn....mg | 0.520 | | 1 | | 1 | | 1.747 | 0.442 | |
| Selenium, Se....mcg | 111.4 | | 0 | BFYN | 4 | | 374.3 | 94.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.0 | | 1 | | 1 | | 13.4 | 3.4 | |
| Thiamin....mg | 0.230 | | 1 | | 1 | | 0.773 | 0.196 | |
| Riboflavin....mg | 4.030 | | 1 | | 1 | | 13.541 | 3.426 | |
| Niacin....mg | 12.150 | | 1 | | 1 | | 40.824 | 10.328 | |
| Pantothenic acid....mg | 3.960 | | 1 | | 1 | | 13.306 | 3.366 | |
| Vitamin B-6....mg | 0.490 | | 1 | | 1 | | 1.646 | 0.417 | |
| Folate, total....mcg | 73 | | 1 | | 1 | | 245 | 62 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 73 | | 1 | | 1 | | 245 | 62 | |
| Folate, DFE....mcg_DFE | 73 | | 0 | NC | 4 | | 245 | 62 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 76.50 | | 1 | | 1 | | 257.04 | 65.03 | |
| Vitamin A, RAE....mcg_RAE | 7491 | | 1 | | 1 | | 25170 | 6367 | |
| Retinol....mcg | 7491 | | 1 | | 1 | | 25170 | 6367 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 24945 | | 1 | | 1 | | 83815 | 21203 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.410 | | 0 | | 1 | | 11.458 | 2.899 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17200**
**Lamb, variety meats and by-products, liver, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.100 | | 21 | | 1 | | 0.336 | 0.085 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.200 | | 21 | | 1 | | 4.032 | 1.020 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.960 | | 21 | | 1 | | 6.586 | 1.666 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.840 | | 0 | | 1 | | 6.182 | 1.564 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.220 | | 21 | | 1 | | 0.739 | 0.187 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.620 | | 21 | | 1 | | 5.443 | 1.377 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.310 | | 0 | | 1 | | 4.402 | 1.114 | |
| 18:2 undifferentiated....g | 0.570 | | 21 | | 1 | | 1.915 | 0.485 | |
| 18:3 undifferentiated....g | 0.120 | | 21 | | 1 | | 0.403 | 0.102 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.630 | | 21 | | 1 | | 2.117 | 0.536 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 501 | | 1 | | 1 | | 1683 | 426 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.355 | | 0 | | 1 | | 1.193 | 0.302 | |
| Threonine....g | 1.322 | | 0 | | 1 | | 4.442 | 1.124 | |
| Isoleucine....g | 1.316 | | 0 | | 1 | | 4.422 | 1.119 | |
| Leucine....g | 2.497 | | 0 | | 1 | | 8.390 | 2.122 | |
| Lysine....g | 1.653 | | 0 | | 1 | | 5.554 | 1.405 | |
| Methionine....g | 0.664 | | 0 | | 1 | | 2.231 | 0.564 | |
| Cystine....g | 0.320 | | 0 | | 1 | | 1.075 | 0.272 | |
| Phenylalanine....g | 1.365 | | 0 | | 1 | | 4.586 | 1.160 | |
| Tyrosine....g | 1.090 | | 0 | | 1 | | 3.662 | 0.927 | |
| Valine....g | 1.683 | | 0 | | 1 | | 5.655 | 1.431 | |
| Arginine....g | 1.714 | | 0 | | 1 | | 5.759 | 1.457 | |
| Histidine....g | 0.718 | | 0 | | 1 | | 2.412 | 0.610 | |
| Alanine....g | 1.533 | | 0 | | 1 | | 5.151 | 1.303 | |
| Aspartic acid....g | 2.636 | | 0 | | 1 | | 8.857 | 2.241 | |
| Glutamic acid....g | 3.297 | | 0 | | 1 | | 11.078 | 2.802 | |
| Glycine....g | 1.478 | | 0 | | 1 | | 4.966 | 1.256 | |
| Proline....g | 1.462 | | 0 | | 1 | | 4.912 | 1.243 | |
| Serine....g | 1.316 | | 0 | | 1 | | 4.422 | 1.119 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 336g: 1 unit, cooked (yield from 1 lb raw meat)

**NDB No. 17200**

**Lamb, variety meats and by-products, liver, cooked, braised**

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.20 | 1.815 | 3 | | 1 | | 180.96 | 47.77 | |
| Energy | kcal | 238 | | 0 | NC | 4 | | 766 | 202 | |
| Energy | kj | 996 | | | | 4 | | 3206 | 846 | |
| Protein (N x 6.25) | g | 25.53 | 1.312 | 3 | | 1 | | 82.21 | 21.70 | |
| Total lipid (fat) | g | 12.65 | 1.200 | 3 | | 1 | | 40.73 | 10.75 | |
| Ash | g | 1.83 | | 2 | | 1 | | 5.89 | 1.56 | |
| Carbohydrate, by difference | g | 3.78 | | 0 | NC | 4 | | 12.17 | 3.21 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 9 | 1.481 | 3 | | 1 | | 29 | 8 | |
| Iron, Fe | mg | 10.20 | 0.473 | 3 | | 1 | | 32.84 | 8.67 | |
| Magnesium, Mg | mg | 23 | 0.393 | 3 | | 1 | | 74 | 20 | |
| Phosphorus, P | mg | 427 | | 2 | | 1 | | 1375 | 363 | |
| Potassium, K | mg | 352 | 26.407 | 3 | | 1 | | 1133 | 299 | |
| Sodium, Na | mg | 124 | 33.617 | 3 | | 1 | | 399 | 105 | |
| Zinc, Zn | mg | 5.63 | 0.949 | 3 | | 1 | | 18.13 | 4.79 | |
| Copper, Cu | mg | 9.830 | | 1 | | 1 | | 31.653 | 8.356 | |
| Manganese, Mn | mg | 0.594 | | 1 | | 1 | | 1.913 | 0.505 | |
| Selenium, Se | mcg | 116.1 | | 0 | BFYN | 4 | | 373.8 | 98.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 13.0 | 5.401 | 3 | | 1 | | 41.9 | 11.1 | |
| Thiamin | mg | 0.350 | 0.092 | 3 | | 1 | | 1.127 | 0.298 | |
| Riboflavin | mg | 4.590 | 0.146 | 3 | | 1 | | 14.780 | 3.902 | |
| Niacin | mg | 16.680 | 1.841 | 3 | | 1 | | 53.710 | 14.178 | |
| Pantothenic acid | mg | 6.330 | | 2 | | 1 | | 20.383 | 5.381 | |
| Vitamin B-6 | mg | 0.950 | | 2 | | 1 | | 3.059 | 0.808 | |
| Folate, total | mcg | 400 | | 2 | | 1 | | 1288 | 340 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 400 | | 2 | | 1 | | 1288 | 340 | |
| Folate, DFE | mcg_DFE | 400 | | 0 | NC | 4 | | 1288 | 340 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 85.70 | | 2 | | 1 | | 275.95 | 72.85 | |
| Vitamin A, RAE | mcg_RAE | 7782 | | 0 | NC | 4 | | 25058 | 6615 | |
| Retinol | mcg | 7777 | | 0 | NC | 4 | | 25042 | 6610 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 25998 | | 1 | | 1 | | 83714 | 22098 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.900 | | 0 | | 1 | | 15.778 | 4.165 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17201**

**Lamb, variety meats and by-products, liver, cooked, pan-fried**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.140 | | 21 | | 1 | | 0.451 | 0.119 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.720 | | 21 | | 1 | | 5.538 | 1.462 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.820 | | 21 | | 1 | | 9.080 | 2.397 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.640 | | 0 | | 1 | | 8.501 | 2.244 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.320 | | 21 | | 1 | | 1.030 | 0.272 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.330 | | 21 | | 1 | | 7.503 | 1.981 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.890 | | 0 | | 1 | | 6.086 | 1.607 | |
| 18:2 undifferentiated....g | 0.810 | | 21 | | 1 | | 2.608 | 0.689 | |
| 18:3 undifferentiated....g | 0.170 | | 21 | | 1 | | 0.547 | 0.145 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.900 | | 21 | | 1 | | 2.898 | 0.765 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 493 | | 2 | | 1 | | 1587 | 419 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.296 | | 0 | | 1 | | 0.953 | 0.252 | |
| Threonine....g | 1.104 | | 0 | | 1 | | 3.555 | 0.938 | |
| Isoleucine....g | 1.100 | | 0 | | 1 | | 3.542 | 0.935 | |
| Leucine....g | 2.086 | | 0 | | 1 | | 6.717 | 1.773 | |
| Lysine....g | 1.381 | | 0 | | 1 | | 4.447 | 1.174 | |
| Methionine....g | 0.554 | | 0 | | 1 | | 1.784 | 0.471 | |
| Cystine....g | 0.268 | | 0 | | 1 | | 0.863 | 0.228 | |
| Phenylalanine....g | 1.140 | | 0 | | 1 | | 3.671 | 0.969 | |
| Tyrosine....g | 0.910 | | 0 | | 1 | | 2.930 | 0.774 | |
| Valine....g | 1.405 | | 0 | | 1 | | 4.524 | 1.194 | |
| Arginine....g | 1.432 | | 0 | | 1 | | 4.611 | 1.217 | |
| Histidine....g | 0.600 | | 0 | | 1 | | 1.932 | 0.510 | |
| Alanine....g | 1.281 | | 0 | | 1 | | 4.125 | 1.089 | |
| Aspartic acid....g | 2.202 | | 0 | | 1 | | 7.090 | 1.872 | |
| Glutamic acid....g | 2.754 | | 0 | | 1 | | 8.868 | 2.341 | |
| Glycine....g | 1.234 | | 0 | | 1 | | 3.973 | 1.049 | |
| Proline....g | 1.221 | | 0 | | 1 | | 3.932 | 1.038 | |
| Serine....g | 1.100 | | 0 | | 1 | | 3.542 | 0.935 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 322g: 1 unit, cooked (yield from 1 lb raw meat)

**NDB No. 17201**

**Lamb, variety meats and by-products, liver, cooked, pan-fried**

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17199**
**Lamb, variety meats and by-products, liver, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.37 | 0.201 | 17 | | 1 | | 20.23 | 80.65 | |
| Energy....kcal | 139 | | 0 | NC | 4 | | 39 | 157 | |
| Energy....kj | 582 | | | | 4 | | 165 | 657 | |
| Protein (N x 6.25)....g | 20.38 | | 1 | | 1 | | 5.78 | 23.03 | |
| Total lipid (fat)....g | 5.02 | | 1 | | 1 | | 1.42 | 5.67 | |
| Ash....g | 1.44 | | 1 | | 1 | | 0.41 | 1.63 | |
| Carbohydrate, by difference....g | 1.78 | | 0 | NC | 4 | | 0.50 | 2.01 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 1 | | 1 | | 2 | 8 | |
| Iron, Fe....mg | 7.37 | | 1 | | 1 | | 2.09 | 8.33 | |
| Magnesium, Mg....mg | 19 | | 1 | | 1 | | 5 | 21 | |
| Phosphorus, P....mg | 364 | | 1 | | 1 | | 103 | 411 | |
| Potassium, K....mg | 313 | | 1 | | 1 | | 89 | 354 | |
| Sodium, Na....mg | 70 | | 1 | | 1 | | 20 | 79 | |
| Zinc, Zn....mg | 4.66 | 0.375 | 8 | | 1 | | 1.32 | 5.27 | |
| Copper, Cu....mg | 6.979 | 0.228 | 520 | | 1 | | 1.979 | 7.886 | |
| Manganese, Mn....mg | 0.184 | 0.028 | 13 | | 1 | | 0.052 | 0.208 | |
| Selenium, Se....mcg | 82.4 | 7.680 | 13 | A | 1 | | 23.4 | 93.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 4.0 | | 1 | | 1 | | 1.1 | 4.5 | |
| Thiamin....mg | 0.340 | | 1 | | 1 | | 0.096 | 0.384 | |
| Riboflavin....mg | 3.630 | | 1 | | 1 | | 1.029 | 4.102 | |
| Niacin....mg | 16.110 | | 1 | | 1 | | 4.567 | 18.204 | |
| Pantothenic acid....mg | 6.130 | | 1 | | 1 | | 1.738 | 6.927 | |
| Vitamin B-6....mg | 0.900 | | 1 | | 1 | | 0.255 | 1.017 | |
| Folate, total....mcg | 230 | 19.068 | 4 | | 1 | | 65 | 260 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 230 | 19.068 | 4 | | 1 | | 65 | 260 | |
| Folate, DFE....mcg_DFE | 230 | | 0 | NC | 4 | | 65 | 260 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 90.05 | 5.464 | 19 | | 1 | | 25.53 | 101.76 | |
| Vitamin A, RAE....mcg_RAE | 7391 | | 2 | | 1 | | 2095 | 8352 | |
| Retinol....mcg | 7391 | | 2 | | 1 | | 2095 | 8352 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 24612 | | 2 | | 1 | | 6978 | 27812 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.940 | | 0 | | 1 | | 0.550 | 2.192 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | | | | | | | | | |
| 13:0....g | | | | | | | | | |

**NDB No. 17199**
**Lamb, variety meats and by-products, liver, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.050 | | 21 | | 1 | | 0.014 | 0.057 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.680 | | 21 | | 1 | | 0.193 | 0.768 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.120 | | 21 | | 1 | | 0.318 | 1.266 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.050 | | 0 | | 1 | | 0.298 | 1.187 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.130 | | 21 | | 1 | | 0.037 | 0.147 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.920 | | 21 | | 1 | | 0.261 | 1.040 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.750 | | 0 | | 1 | | 0.213 | 0.848 | |
| 18:2 undifferentiated....g | 0.320 | | 21 | | 1 | | 0.091 | 0.362 | |
| 18:3 undifferentiated....g | 0.070 | | 21 | | 1 | | 0.020 | 0.079 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.360 | | 21 | | 1 | | 0.102 | 0.407 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 371 | 43.495 | 4 | | 1 | | 105 | 419 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.236 | | 6 | | 1 | | 0.067 | 0.267 | |
| Threonine....g | 0.882 | | 6 | | 1 | | 0.250 | 0.997 | |
| Isoleucine....g | 0.878 | | 6 | | 1 | | 0.249 | 0.992 | |
| Leucine....g | 1.665 | | 6 | | 1 | | 0.472 | 1.881 | |
| Lysine....g | 1.102 | | 6 | | 1 | | 0.312 | 1.245 | |
| Methionine....g | 0.442 | | 6 | | 1 | | 0.125 | 0.499 | |
| Cystine....g | 0.214 | | 6 | | 1 | | 0.061 | 0.242 | |
| Phenylalanine....g | 0.910 | | 6 | | 1 | | 0.258 | 1.028 | |
| Tyrosine....g | 0.727 | | 6 | | 1 | | 0.206 | 0.822 | |
| Valine....g | 1.122 | | 6 | | 1 | | 0.318 | 1.268 | |
| Arginine....g | 1.143 | | 6 | | 1 | | 0.324 | 1.292 | |
| Histidine....g | 0.479 | | 6 | | 1 | | 0.136 | 0.541 | |
| Alanine....g | 1.022 | | 6 | | 1 | | 0.290 | 1.155 | |
| Aspartic acid....g | 1.758 | | 6 | | 1 | | 0.498 | 1.987 | |
| Glutamic acid....g | 2.198 | | 6 | | 1 | | 0.623 | 2.484 | |
| Glycine....g | 0.985 | | 6 | | 1 | | 0.279 | 1.113 | |
| Proline....g | 0.974 | | 6 | | 1 | | 0.276 | 1.101 | |
| Serine....g | 0.878 | | 6 | | 1 | | 0.249 | 0.992 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17199**

**Lamb, variety meats and by-products, liver, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17206**

**Lamb, variety meats and by-products, lungs, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.83 | | 0 | | 1 | | 288.91 | 64.46 | |
| Energy....kcal | 113 | | 0 | NC | 4 | | 431 | 96 | |
| Energy....kj | 473 | | | | 4 | | 1801 | 402 | |
| Protein (N x 6.25)....g | 19.88 | | 0 | | 1 | | 75.74 | 16.90 | |
| Total lipid (fat)....g | 3.10 | | 0 | | 1 | | 11.81 | 2.64 | |
| Ash....g | 1.31 | | 0 | | 1 | | 4.99 | 1.11 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 0 | | 1 | | 46 | 10 | |
| Iron, Fe....mg | 4.57 | | 0 | | 1 | | 17.41 | 3.88 | |
| Magnesium, Mg....mg | 11 | | 0 | | 1 | | 42 | 9 | |
| Phosphorus, P....mg | 188 | | 0 | | 1 | | 716 | 160 | |
| Potassium, K....mg | 127 | | 0 | | 1 | | 484 | 108 | |
| Sodium, Na....mg | 84 | | 0 | | 1 | | 320 | 71 | |
| Zinc, Zn....mg | 1.93 | | 0 | | 1 | | 7.35 | 1.64 | |
| Copper, Cu....mg | 0.234 | | 0 | | 1 | | 0.892 | 0.199 | |
| Manganese, Mn....mg | 0.016 | | 0 | | 1 | | 0.061 | 0.014 | |
| Selenium, Se....mcg | 21.1 | | 0 | BFYN | 4 | | 80.4 | 17.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 28.0 | | 0 | | 1 | | 106.7 | 23.8 | |
| Thiamin....mg | 0.034 | | 0 | | 1 | | 0.130 | 0.029 | |
| Riboflavin....mg | 0.139 | | 0 | | 1 | | 0.530 | 0.118 | |
| Niacin....mg | 2.428 | | 0 | | 1 | | 9.251 | 2.064 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.060 | | 0 | | 1 | | 0.229 | 0.051 | |
| Folate, total....mcg | 8 | | 0 | | 1 | | 30 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 0 | | 1 | | 30 | 7 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 30 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.52 | | 0 | | 1 | | 9.60 | 2.14 | |
| Vitamin A, RAE....mcg_RAE | 32 | | 0 | | 1 | | 121 | 27 | |
| Retinol....mcg | 32 | | 0 | | 1 | | 121 | 27 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 106 | | 0 | | 1 | | 404 | 90 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.060 | | 0 | | 1 | | 4.039 | 0.901 | |
| Fatty acids, total monounsaturated....g | 0.800 | | 0 | | 1 | | 3.048 | 0.680 | |
| Fatty acids, total polyunsaturated....g | 0.430 | | 0 | | 1 | | 1.638 | 0.366 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 284 | | 0 | | 1 | | 1082 | 241 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17206**

**Lamb, variety meats and by-products, lungs, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.204 | | 0 | | 1 | | 0.777 | 0.173 | |
| Threonine.....g | 0.731 | | 0 | | 1 | | 2.785 | 0.621 | |
| Isoleucine.....g | 0.628 | | 0 | | 1 | | 2.393 | 0.534 | |
| Leucine.....g | 1.591 | | 0 | | 1 | | 6.062 | 1.352 | |
| Lysine.....g | 1.286 | | 0 | | 1 | | 4.900 | 1.093 | |
| Methionine.....g | 0.359 | | 0 | | 1 | | 1.368 | 0.305 | |
| Cystine.....g | 0.312 | | 0 | | 1 | | 1.189 | 0.265 | |
| Phenylalanine.....g | 0.819 | | 0 | | 1 | | 3.120 | 0.696 | |
| Tyrosine.....g | 0.560 | | 0 | | 1 | | 2.134 | 0.476 | |
| Valine.....g | 1.095 | | 0 | | 1 | | 4.172 | 0.931 | |
| Arginine.....g | 1.196 | | 0 | | 1 | | 4.557 | 1.017 | |
| Histidine.....g | 0.500 | | 0 | | 1 | | 1.905 | 0.425 | |
| Alanine.....g | 1.253 | | 0 | | 1 | | 4.774 | 1.065 | |
| Aspartic acid.....g | 1.569 | | 0 | | 1 | | 5.978 | 1.334 | |
| Glutamic acid.....g | 2.137 | | 0 | | 1 | | 8.142 | 1.816 | |
| Glycine.....g | 1.677 | | 0 | | 1 | | 6.389 | 1.425 | |
| Proline.....g | 1.269 | | 0 | | 1 | | 4.835 | 1.079 | |
| Serine.....g | 0.793 | | 0 | | 1 | | 3.021 | 0.674 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 381g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17205**
**Lamb, variety meats and by-products, lungs, raw**

**Refuse:** 24% Blood clots and membranes

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 79.70 | 0.286 | 3 | | 1 | | 22.59 | 90.06 | |
| Energy | kcal | 95 | | 0 | NC | 4 | | 27 | 107 | |
| Energy | kj | 397 | | | | 4 | | 113 | 449 | |
| Protein (N x 6.25) | g | 16.70 | 0.231 | 3 | | 1 | | 4.73 | 18.87 | |
| Total lipid (fat) | g | 2.60 | 0.058 | 3 | | 1 | | 0.74 | 2.94 | |
| Ash | g | 1.10 | 0.058 | 3 | | 1 | | 0.31 | 1.24 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 0 | | 1 | | 3 | 11 | |
| Iron, Fe | mg | 6.40 | 0.520 | 3 | | 1 | | 1.81 | 7.23 | |
| Magnesium, Mg | mg | 14 | | 0 | | 1 | | 4 | 16 | |
| Phosphorus, P | mg | 219 | | 0 | | 1 | | 62 | 247 | |
| Potassium, K | mg | 238 | 4.394 | 4 | | 1 | | 67 | 269 | |
| Sodium, Na | mg | 157 | 1.229 | 4 | | 1 | | 45 | 177 | |
| Zinc, Zn | mg | 1.80 | | 2 | | 1 | | 0.51 | 2.03 | |
| Copper, Cu | mg | 0.254 | | 0 | | 1 | | 0.072 | 0.287 | |
| Manganese, Mn | mg | 0.019 | | 0 | | 1 | | 0.005 | 0.021 | |
| Selenium, Se | mcg | 17.7 | | 0 | BFNN | 4 | | 5.0 | 20.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 31.0 | 0.626 | 5 | | 1 | | 8.8 | 35.0 | |
| Thiamin | mg | 0.048 | | 0 | | 1 | | 0.014 | 0.054 | |
| Riboflavin | mg | 0.237 | | 0 | | 1 | | 0.067 | 0.268 | |
| Niacin | mg | 4.124 | | 0 | | 1 | | 1.169 | 4.660 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.110 | | 1 | | 1 | | 0.031 | 0.124 | |
| Folate, total | mcg | 12 | | 0 | | 1 | | 3 | 14 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 12 | | 0 | | 1 | | 3 | 14 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 3 | 14 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 3.93 | | 0 | | 1 | | 1.11 | 4.44 | |
| Vitamin A, RAE | mcg_RAE | 27 | 3.056 | 8 | | 1 | | 8 | 30 | |
| Retinol | mcg | 27 | 3.056 | 8 | | 1 | | 8 | 30 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 89 | 10.175 | 8 | | 1 | | 25 | 101 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.890 | | 0 | | 1 | | 0.252 | 1.006 | |
| Fatty acids, total monounsaturated | g | 0.670 | | 0 | | 1 | | 0.190 | 0.757 | |
| Fatty acids, total polyunsaturated | g | 0.350 | | 0 | | 1 | | 0.099 | 0.396 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | | | | | | | | | |
| Phytosterols | mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17205**
**Lamb, variety meats and by-products, lungs, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.171 | | 1 | | 1 | | 0.048 | 0.193 | |
| Threonine.....g | 0.614 | | 2 | | 1 | | 0.174 | 0.694 | |
| Isoleucine.....g | 0.527 | | 2 | | 1 | | 0.149 | 0.596 | |
| Leucine.....g | 1.337 | | 2 | | 1 | | 0.379 | 1.511 | |
| Lysine.....g | 1.080 | | 2 | | 1 | | 0.306 | 1.220 | |
| Methionine.....g | 0.301 | | 2 | | 1 | | 0.085 | 0.340 | |
| Cystine.....g | 0.262 | | 2 | | 1 | | 0.074 | 0.296 | |
| Phenylalanine.....g | 0.688 | | 2 | | 1 | | 0.195 | 0.777 | |
| Tyrosine.....g | 0.471 | | 2 | | 1 | | 0.134 | 0.532 | |
| Valine.....g | 0.920 | | 2 | | 1 | | 0.261 | 1.040 | |
| Arginine.....g | 1.005 | | 2 | | 1 | | 0.285 | 1.136 | |
| Histidine.....g | 0.420 | | 2 | | 1 | | 0.119 | 0.475 | |
| Alanine.....g | 1.053 | | 2 | | 1 | | 0.299 | 1.190 | |
| Aspartic acid.....g | 1.318 | | 2 | | 1 | | 0.374 | 1.489 | |
| Glutamic acid.....g | 1.795 | | 2 | | 1 | | 0.509 | 2.028 | |
| Glycine.....g | 1.409 | | 2 | | 1 | | 0.399 | 1.592 | |
| Proline.....g | 1.066 | | 2 | | 1 | | 0.302 | 1.205 | |
| Serine.....g | 0.666 | | 2 | | 1 | | 0.189 | 0.753 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17209**

**Lamb, variety meats and by-products, mechanically separated, raw**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 58.68 | 4.617 | 5 | | 1 | | 16.64 | 133.20 | |
| Energy | kcal | 276 | | 0 | NC | 4 | | 78 | 627 | |
| Energy | kj | 1155 | | | | 4 | | 327 | 2621 | |
| Protein (N x 6.25) | g | 14.97 | | 1 | | 1 | | 4.24 | 33.98 | |
| Total lipid (fat) | g | 23.54 | 4.617 | 6 | | 1 | | 6.67 | 53.44 | |
| Ash | g | 1.21 | | 1 | | 1 | | 0.34 | 2.75 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 162 | 23.958 | 5 | | 1 | | 46 | 368 | |
| Iron, Fe | mg | 5.90 | | 0 | | 1 | | 1.67 | 13.39 | |
| Magnesium, Mg | mg | 18 | | 0 | | 1 | | 5 | 41 | |
| Phosphorus, P | mg | 337 | | 0 | | 1 | | 96 | 765 | |
| Potassium, K | mg | 288 | | 0 | | 1 | | 82 | 654 | |
| Sodium, Na | mg | 59 | | 0 | | 1 | | 17 | 134 | |
| Zinc, Zn | mg | 3.72 | | 0 | | 1 | | 1.05 | 8.44 | |
| Copper, Cu | mg | 0.058 | | 0 | | 1 | | 0.016 | 0.132 | |
| Manganese, Mn | mg | 0.012 | | 0 | | 1 | | 0.003 | 0.027 | |
| Selenium, Se | mcg | 20.1 | | 0 | BFNN | 4 | | 5.7 | 45.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | | | | | | | | | |
| Thiamin | mg | 0.072 | | 0 | | 1 | | 0.020 | 0.163 | |
| Riboflavin | mg | 0.118 | | 0 | | 1 | | 0.033 | 0.268 | |
| Niacin | mg | 2.546 | | 0 | | 1 | | 0.722 | 5.779 | |
| Pantothenic acid | mg | | | | | | | | | |
| Vitamin B-6 | mg | 0.110 | | 1 | | 1 | | 0.031 | 0.250 | |
| Folate, total | mcg | 5 | | 0 | | 1 | | 1 | 11 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | | 1 | | 1 | 11 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 1 | 11 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 2.56 | | 0 | | 1 | | 0.73 | 5.81 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.790 | | 0 | | 1 | | 3.342 | 26.763 | |
| Fatty acids, total monounsaturated | g | 8.450 | | 0 | | 1 | | 2.396 | 19.182 | |
| Fatty acids, total polyunsaturated | g | 0.760 | | 0 | | 1 | | 0.215 | 1.725 | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 213 | | 0 | | 1 | | 60 | 484 | |
| Phytosterols | mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17209**

**Lamb, variety meats and by-products, mechanically separated, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | | | | | | | | | |
| Threonine.....g | 0.525 | | 1 | | 1 | | 0.149 | 1.192 | |
| Isoleucine.....g | 0.838 | | 1 | | 1 | | 0.238 | 1.902 | |
| Leucine.....g | 1.138 | | 1 | | 1 | | 0.323 | 2.583 | |
| Lysine.....g | 1.138 | | 1 | | 1 | | 0.323 | 2.583 | |
| Methionine.....g | 0.419 | | 1 | | 1 | | 0.119 | 0.951 | |
| Cystine.....g | | | | | | | | | |
| Phenylalanine.....g | 0.584 | | 1 | | 1 | | 0.166 | 1.326 | |
| Tyrosine.....g | | | | | | | | | |
| Valine.....g | 0.719 | | 1 | | 1 | | 0.204 | 1.632 | |
| Arginine.....g | 1.063 | | 1 | | 1 | | 0.301 | 2.413 | |
| Histidine.....g | 0.525 | | 1 | | 1 | | 0.149 | 1.192 | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 8 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17211**

**Lamb, variety meats and by-products, pancreas, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.65 | | 0 | | 1 | | 137.79 | 50.70 | |
| Energy....kcal | 234 | | 0 | NC | 4 | | 541 | 199 | |
| Energy....kj | 979 | | | | 4 | | 2262 | 832 | |
| Protein (N x 6.25)....g | 22.83 | | 0 | | 1 | | 52.74 | 19.41 | |
| Total lipid (fat)....g | 15.12 | | 0 | | 1 | | 34.93 | 12.85 | |
| Ash....g | 2.15 | | 0 | | 1 | | 4.97 | 1.83 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | | 0 | | 1 | | 28 | 10 | |
| Iron, Fe....mg | 2.12 | | 0 | | 1 | | 4.90 | 1.80 | |
| Magnesium, Mg....mg | 19 | | 0 | | 1 | | 44 | 16 | |
| Phosphorus, P....mg | 431 | | 0 | | 1 | | 996 | 366 | |
| Potassium, K....mg | 291 | | 0 | | 1 | | 672 | 247 | |
| Sodium, Na....mg | 52 | | 0 | | 1 | | 120 | 44 | |
| Zinc, Zn....mg | 2.68 | | 0 | | 1 | | 6.19 | 2.28 | |
| Copper, Cu....mg | 0.083 | | 0 | | 1 | | 0.192 | 0.071 | |
| Manganese, Mn....mg | 0.043 | | 0 | | 1 | | 0.099 | 0.037 | |
| Selenium, Se....mcg | 64.8 | | 0 | BFYN | 4 | | 149.7 | 55.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 20.0 | | 0 | | 1 | | 46.2 | 17.0 | |
| Thiamin....mg | 0.020 | | 0 | | 1 | | 0.046 | 0.017 | |
| Riboflavin....mg | 0.210 | | 0 | | 1 | | 0.485 | 0.179 | |
| Niacin....mg | 2.560 | | 0 | | 1 | | 5.914 | 2.176 | |
| Pantothenic acid....mg | 0.850 | | 0 | | 1 | | 1.964 | 0.723 | |
| Vitamin B-6....mg | 0.050 | | 0 | | 1 | | 0.116 | 0.043 | |
| Folate, total....mcg | 13 | | 0 | | 1 | | 30 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | | 1 | | 30 | 11 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 30 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 5.54 | | 0 | | 1 | | 12.80 | 4.71 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.840 | | 0 | | 1 | | 15.800 | 5.814 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.090 | | 0 | | 1 | | 0.208 | 0.077 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17211**

**Lamb, variety meats and by-products, pancreas, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.650 | | 0 | | 1 | | 1.502 | 0.553 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.890 | | 0 | | 1 | | 6.676 | 2.457 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.980 | | 0 | | 1 | | 6.884 | 2.533 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.450 | | 0 | | 1 | | 12.590 | 4.633 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.350 | | 0 | | 1 | | 0.809 | 0.298 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.930 | | 0 | | 1 | | 11.388 | 4.191 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.740 | | 0 | | 1 | | 1.709 | 0.629 | |
| 18:2 undifferentiated....g | 0.280 | | 0 | | 1 | | 0.647 | 0.238 | |
| 18:3 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.670 | 0.247 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.170 | | 0 | | 1 | | 0.393 | 0.145 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 400 | | 0 | | 1 | | 924 | 340 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.292 | | 0 | | 1 | | 0.675 | 0.248 | |
| Threonine....g | 0.840 | | 0 | | 1 | | 1.940 | 0.714 | |
| Isoleucine....g | 0.804 | | 0 | | 1 | | 1.857 | 0.683 | |
| Leucine....g | 1.461 | | 0 | | 1 | | 3.375 | 1.242 | |
| Lysine....g | 1.972 | | 0 | | 1 | | 4.555 | 1.676 | |
| Methionine....g | 0.329 | | 0 | | 1 | | 0.760 | 0.280 | |
| Cystine....g | 0.292 | | 0 | | 1 | | 0.675 | 0.248 | |
| Phenylalanine....g | 0.767 | | 0 | | 1 | | 1.772 | 0.652 | |
| Tyrosine....g | 0.548 | | 0 | | 1 | | 1.266 | 0.466 | |
| Valine....g | 0.986 | | 0 | | 1 | | 2.278 | 0.838 | |
| Arginine....g | 1.351 | | 0 | | 1 | | 3.121 | 1.148 | |
| Histidine....g | 0.657 | | 0 | | 1 | | 1.518 | 0.558 | |
| Alanine....g | 1.169 | | 0 | | 1 | | 2.700 | 0.994 | |
| Aspartic acid....g | 1.570 | | 0 | | 1 | | 3.627 | 1.335 | |
| Glutamic acid....g | 3.178 | | 0 | | 1 | | 7.341 | 2.701 | |
| Glycine....g | 1.424 | | 0 | | 1 | | 3.289 | 1.210 | |
| Proline....g | 1.169 | | 0 | | 1 | | 2.700 | 0.994 | |
| Serine....g | 0.913 | | 0 | | 1 | | 2.109 | 0.776 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 231g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17211**

**Lamb, variety meats and by-products, pancreas, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17210**
**Lamb, variety meats and by-products, pancreas, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 73.77 | 0.707 | 4 | | 1 | | 20.91 | 83.36 | |
| Energy....kcal | 152 | | 0 | NC | 4 | | 43 | 172 | |
| Energy....kj | 636 | | | | 4 | | 180 | 719 | |
| Protein (N x 6.25)....g | 14.84 | 0.213 | 4 | | 1 | | 4.21 | 16.77 | |
| Total lipid (fat)....g | 9.82 | 0.885 | 4 | | 1 | | 2.78 | 11.10 | |
| Ash....g | 1.40 | 0.058 | 3 | | 1 | | 0.40 | 1.58 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 1 | | 1 | | 2 | 9 | |
| Iron, Fe....mg | 2.30 | 0.286 | 4 | | 1 | | 0.65 | 2.60 | |
| Magnesium, Mg....mg | 21 | | 1 | | 1 | | 6 | 24 | |
| Phosphorus, P....mg | 400 | | 1 | | 1 | | 113 | 452 | |
| Potassium, K....mg | 420 | | 1 | | 1 | | 119 | 475 | |
| Sodium, Na....mg | 75 | | 1 | | 1 | | 21 | 85 | |
| Zinc, Zn....mg | 1.93 | 0.260 | 3 | | 1 | | 0.55 | 2.18 | |
| Copper, Cu....mg | 0.061 | | 0 | | 1 | | 0.017 | 0.069 | |
| Manganese, Mn....mg | 0.040 | | 1 | | 1 | | 0.011 | 0.045 | |
| Selenium, Se....mcg | 34.3 | | 0 | BFNN | 4 | | 9.7 | 38.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 18.0 | 0.626 | 5 | | 1 | | 5.1 | 20.3 | |
| Thiamin....mg | 0.030 | | 1 | | 1 | | 0.009 | 0.034 | |
| Riboflavin....mg | 0.250 | | 1 | | 1 | | 0.071 | 0.283 | |
| Niacin....mg | 3.700 | | 1 | | 1 | | 1.049 | 4.181 | |
| Pantothenic acid....mg | 1.000 | | 1 | | 1 | | 0.284 | 1.130 | |
| Vitamin B-6....mg | 0.070 | | 2 | | 1 | | 0.020 | 0.079 | |
| Folate, total....mcg | 13 | | 1 | | 1 | | 4 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 1 | | 1 | | 4 | 15 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 6.00 | | 1 | | 1 | | 1.70 | 6.78 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.440 | | 0 | | 1 | | 1.259 | 5.017 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.060 | | 1 | | 1 | | 0.017 | 0.068 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17210**
**Lamb, variety meats and by-products, pancreas, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.420 | | 1 | | 1 | | 0.119 | 0.475 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.880 | | 1 | | 1 | | 0.533 | 2.124 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.940 | | 1 | | 1 | | 0.550 | 2.192 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.540 | | 0 | | 1 | | 1.004 | 4.000 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.220 | | 1 | | 1 | | 0.062 | 0.249 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.210 | | 1 | | 1 | | 0.910 | 3.627 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 0.542 | |
| 18:2 undifferentiated....g | 0.180 | | 1 | | 1 | | 0.051 | 0.203 | |
| 18:3 undifferentiated....g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 1 | | 1 | | 0.031 | 0.124 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 260 | | 1 | | 1 | | 74 | 294 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| Threonine....g | 0.546 | | 1 | | 1 | | 0.155 | 0.617 | |
| Isoleucine....g | 0.522 | | 1 | | 1 | | 0.148 | 0.590 | |
| Leucine....g | 0.950 | | 1 | | 1 | | 0.269 | 1.074 | |
| Lysine....g | 1.282 | | 1 | | 1 | | 0.363 | 1.449 | |
| Methionine....g | 0.214 | | 1 | | 1 | | 0.061 | 0.242 | |
| Cystine....g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| Phenylalanine....g | 0.499 | | 1 | | 1 | | 0.141 | 0.564 | |
| Tyrosine....g | 0.356 | | 1 | | 1 | | 0.101 | 0.402 | |
| Valine....g | 0.641 | | 1 | | 1 | | 0.182 | 0.724 | |
| Arginine....g | 0.878 | | 1 | | 1 | | 0.249 | 0.992 | |
| Histidine....g | 0.427 | | 1 | | 1 | | 0.121 | 0.483 | |
| Alanine....g | 0.760 | | 1 | | 1 | | 0.215 | 0.859 | |
| Aspartic acid....g | 1.021 | | 1 | | 1 | | 0.289 | 1.154 | |
| Glutamic acid....g | 2.065 | | 1 | | 1 | | 0.585 | 2.333 | |
| Glycine....g | 0.926 | | 1 | | 1 | | 0.263 | 1.046 | |
| Proline....g | 0.760 | | 1 | | 1 | | 0.215 | 0.859 | |
| Serine....g | 0.593 | | 1 | | 1 | | 0.168 | 0.670 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17210**

**Lamb, variety meats and by-products, pancreas, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17215**
**Lamb, variety meats and by-products, spleen, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.38 | | 0 | | 1 | | 195.82 | 56.42 | |
| Energy....kcal | 156 | | 0 | NC | 4 | | 460 | 133 | |
| Energy....kj | 653 | | | | 4 | | 1925 | 555 | |
| Protein (N x 6.25)....g | 26.46 | | 0 | | 1 | | 78.06 | 22.49 | |
| Total lipid (fat)....g | 4.77 | | 0 | | 1 | | 14.07 | 4.05 | |
| Ash....g | 2.00 | | 0 | | 1 | | 5.90 | 1.70 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | | 1 | | 38 | 11 | |
| Iron, Fe....mg | 38.67 | | 0 | | 1 | | 114.08 | 32.87 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 62 | 18 | |
| Phosphorus, P....mg | 341 | | 0 | | 1 | | 1006 | 290 | |
| Potassium, K....mg | 248 | | 0 | | 1 | | 732 | 211 | |
| Sodium, Na....mg | 58 | | 0 | | 1 | | 171 | 49 | |
| Zinc, Zn....mg | 3.94 | | 0 | | 1 | | 11.62 | 3.35 | |
| Copper, Cu....mg | 0.139 | | 0 | | 1 | | 0.410 | 0.118 | |
| Manganese, Mn....mg | 0.062 | | 0 | | 1 | | 0.183 | 0.053 | |
| Selenium, Se....mcg | 49.8 | | 0 | BFYN | 4 | | 146.9 | 42.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 26.0 | | 0 | | 1 | | 76.7 | 22.1 | |
| Thiamin....mg | 0.051 | | 0 | | 1 | | 0.150 | 0.043 | |
| Riboflavin....mg | 0.316 | | 0 | | 1 | | 0.932 | 0.269 | |
| Niacin....mg | 5.868 | | 0 | | 1 | | 17.311 | 4.988 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.080 | | 0 | | 1 | | 0.236 | 0.068 | |
| Folate, total....mcg | 4 | | 0 | | 1 | | 12 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 1 | | 12 | 3 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 12 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 5.29 | | 0 | | 1 | | 15.61 | 4.50 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.580 | | 0 | | 1 | | 4.661 | 1.343 | |
| Fatty acids, total monounsaturated....g | 1.270 | | 0 | | 1 | | 3.747 | 1.080 | |
| Fatty acids, total polyunsaturated....g | 0.350 | | 0 | | 1 | | 1.033 | 0.298 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 385 | | 0 | | 1 | | 1136 | 327 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17215**

**Lamb, variety meats and by-products, spleen, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.292 | | 0 | | 1 | | 0.861 | 0.248 | |
| Threonine.....g | 1.080 | | 0 | | 1 | | 3.186 | 0.918 | |
| Isoleucine.....g | 1.677 | | 0 | | 1 | | 4.947 | 1.425 | |
| Leucine.....g | 2.354 | | 0 | | 1 | | 6.944 | 2.001 | |
| Lysine.....g | 2.049 | | 0 | | 1 | | 6.045 | 1.742 | |
| Methionine.....g | 0.504 | | 0 | | 1 | | 1.487 | 0.428 | |
| Cystine.....g | 0.339 | | 0 | | 1 | | 1.000 | 0.288 | |
| Phenylalanine.....g | 1.202 | | 0 | | 1 | | 3.546 | 1.022 | |
| Tyrosine.....g | 0.771 | | 0 | | 1 | | 2.274 | 0.655 | |
| Valine.....g | 1.727 | | 0 | | 1 | | 5.095 | 1.468 | |
| Arginine.....g | 1.672 | | 0 | | 1 | | 4.932 | 1.421 | |
| Histidine.....g | 0.881 | | 0 | | 1 | | 2.599 | 0.749 | |
| Alanine.....g | 1.710 | | 0 | | 1 | | 5.045 | 1.454 | |
| Aspartic acid.....g | 2.295 | | 0 | | 1 | | 6.770 | 1.951 | |
| Glutamic acid.....g | 3.082 | | 0 | | 1 | | 9.092 | 2.620 | |
| Glycine.....g | 1.719 | | 0 | | 1 | | 5.071 | 1.461 | |
| Proline.....g | 1.473 | | 0 | | 1 | | 4.345 | 1.252 | |
| Serine.....g | 1.156 | | 0 | | 1 | | 3.410 | 0.983 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17214**
**Lamb, variety meats and by-products, spleen, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 78.15 | 0.147 | 11 | | 1 | | 22.16 | 88.31 | |
| Energy....kcal | 101 | | 0 | NC | 4 | | 29 | 114 | |
| Energy....kj | 423 | | | | 4 | | 120 | 478 | |
| Protein (N x 6.25)....g | 17.20 | 0.404 | 3 | | 1 | | 4.88 | 19.44 | |
| Total lipid (fat)....g | 3.10 | 0.116 | 3 | | 1 | | 0.88 | 3.50 | |
| Ash....g | 1.30 | 0.000 | 3 | | 1 | | 0.37 | 1.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | | 1 | | 3 | 10 | |
| Iron, Fe....mg | 41.89 | 6.992 | 11 | | 1 | | 11.88 | 47.34 | |
| Magnesium, Mg....mg | 21 | | 0 | | 1 | | 6 | 24 | |
| Phosphorus, P....mg | 280 | | 0 | | 1 | | 79 | 316 | |
| Potassium, K....mg | 358 | 5.332 | 4 | | 1 | | 101 | 405 | |
| Sodium, Na....mg | 84 | 1.047 | 4 | | 1 | | 24 | 95 | |
| Zinc, Zn....mg | 2.84 | 0.162 | 11 | | 1 | | 0.81 | 3.21 | |
| Copper, Cu....mg | 0.121 | 0.006 | 8 | | 1 | | 0.034 | 0.137 | |
| Manganese, Mn....mg | 0.051 | 0.003 | 26 | | 1 | | 0.014 | 0.058 | |
| Selenium, Se....mcg | 32.4 | | 0 | BFNN | 4 | | 9.2 | 36.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 23.0 | 0.643 | 12 | | 1 | | 6.5 | 26.0 | |
| Thiamin....mg | 0.047 | | 0 | | 1 | | 0.013 | 0.053 | |
| Riboflavin....mg | 0.348 | | 0 | | 1 | | 0.099 | 0.393 | |
| Niacin....mg | 7.895 | | 0 | | 1 | | 2.238 | 8.921 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.110 | | 1 | | 1 | | 0.031 | 0.124 | |
| Folate, total....mcg | 4 | | 0 | | 1 | | 1 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 1 | | 1 | 5 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 5.34 | | 0 | | 1 | | 1.51 | 6.03 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.030 | | 0 | | 1 | | 0.292 | 1.164 | |
| Fatty acids, total monounsaturated....g | 0.810 | | 0 | | 1 | | 0.230 | 0.915 | |
| Fatty acids, total polyunsaturated....g | 0.230 | | 0 | | 1 | | 0.065 | 0.260 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 250 | 15.275 | 3 | | 1 | | 71 | 283 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17214**
**Lamb, variety meats and by-products, spleen, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| Threonine.....g | 0.702 | | 1 | | 1 | | 0.199 | 0.793 | |
| Isoleucine.....g | 1.090 | | 1 | | 1 | | 0.309 | 1.232 | |
| Leucine.....g | 1.530 | | 1 | | 1 | | 0.434 | 1.729 | |
| Lysine.....g | 1.332 | | 1 | | 1 | | 0.378 | 1.505 | |
| Methionine.....g | 0.327 | | 1 | | 1 | | 0.093 | 0.370 | |
| Cystine.....g | 0.220 | | 1 | | 1 | | 0.062 | 0.249 | |
| Phenylalanine.....g | 0.782 | | 1 | | 1 | | 0.222 | 0.884 | |
| Tyrosine.....g | 0.501 | | 1 | | 1 | | 0.142 | 0.566 | |
| Valine.....g | 1.123 | | 1 | | 1 | | 0.318 | 1.269 | |
| Arginine.....g | 1.087 | | 1 | | 1 | | 0.308 | 1.228 | |
| Histidine.....g | 0.572 | | 1 | | 1 | | 0.162 | 0.646 | |
| Alanine.....g | 1.112 | | 1 | | 1 | | 0.315 | 1.257 | |
| Aspartic acid.....g | 1.492 | | 1 | | 1 | | 0.423 | 1.686 | |
| Glutamic acid.....g | 2.003 | | 1 | | 1 | | 0.568 | 2.263 | |
| Glycine.....g | 1.117 | | 1 | | 1 | | 0.317 | 1.262 | |
| Proline.....g | 0.958 | | 1 | | 1 | | 0.272 | 1.083 | |
| Serine.....g | 0.751 | | 1 | | 1 | | 0.213 | 0.849 | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17221**

**Lamb, variety meats and by-products, tongue, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.86 | 0.551 | 5 | | 1 | | 147.54 | 49.18 | |
| Energy....kcal | 275 | | 0 | NC | 4 | | 701 | 234 | |
| Energy....kj | 1151 | | | | 4 | | 2934 | 978 | |
| Protein (N x 6.25)....g | 21.57 | 0.643 | 5 | | 1 | | 55.00 | 18.33 | |
| Total lipid (fat)....g | 20.28 | 0.320 | 5 | | 1 | | 51.71 | 17.24 | |
| Ash....g | 0.73 | 0.081 | 5 | | 1 | | 1.86 | 0.62 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 2 | | 1 | | 26 | 9 | |
| Iron, Fe....mg | 2.63 | | 2 | | 1 | | 6.71 | 2.24 | |
| Magnesium, Mg....mg | 16 | | 2 | | 1 | | 41 | 14 | |
| Phosphorus, P....mg | 134 | | 1 | | 1 | | 342 | 114 | |
| Potassium, K....mg | 158 | | 2 | | 1 | | 403 | 134 | |
| Sodium, Na....mg | 67 | | 2 | | 1 | | 171 | 57 | |
| Zinc, Zn....mg | 2.99 | | 2 | | 1 | | 7.62 | 2.54 | |
| Copper, Cu....mg | 0.210 | | 1 | | 1 | | 0.536 | 0.179 | |
| Manganese, Mn....mg | 0.033 | | 1 | | 1 | | 0.084 | 0.028 | |
| Selenium, Se....mcg | 28.0 | 2.603 | 3 | A | 1 | | 71.4 | 23.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 7.0 | | 1 | | 1 | | 17.9 | 6.0 | |
| Thiamin....mg | 0.080 | | 2 | | 1 | | 0.204 | 0.068 | |
| Riboflavin....mg | 0.420 | | 2 | | 1 | | 1.071 | 0.357 | |
| Niacin....mg | 3.690 | | 2 | | 1 | | 9.410 | 3.137 | |
| Pantothenic acid....mg | 0.340 | | 1 | | 1 | | 0.867 | 0.289 | |
| Vitamin B-6....mg | 0.170 | | 1 | | 1 | | 0.434 | 0.145 | |
| Folate, total....mcg | 3 | | 1 | | 1 | | 8 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 1 | | 1 | | 8 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 8 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 6.30 | | 1 | | 1 | | 16.07 | 5.36 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.830 | | 0 | | 1 | | 19.967 | 6.656 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.040 | | 1 | | 1 | | 0.102 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17221**

**Lamb, variety meats and by-products, tongue, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.570 | | 1 | | 1 | | 1.454 | 0.485 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.890 | | 1 | | 1 | | 9.920 | 3.307 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.980 | | 1 | | 1 | | 7.599 | 2.533 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 10.000 | | 0 | | 1 | | 25.500 | 8.500 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.510 | | 1 | | 1 | | 1.301 | 0.434 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.240 | | 1 | | 1 | | 23.562 | 7.854 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.230 | | 1 | | 1 | | 0.587 | 0.196 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.250 | | 0 | | 1 | | 3.188 | 1.063 | |
| 18:2 undifferentiated....g | 0.570 | | 0 | | 1 | | 1.454 | 0.485 | |
| 18:3 undifferentiated....g | 0.610 | | 1 | | 1 | | 1.556 | 0.519 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 1 | | 1 | | 0.204 | 0.068 | |
| 20:5 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 189 | | 2 | | 1 | | 482 | 161 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.218 | | 0 | | 1 | | 0.556 | 0.185 | |
| Threonine....g | 0.975 | | 0 | | 1 | | 2.486 | 0.829 | |
| Isoleucine....g | 0.843 | | 0 | | 1 | | 2.150 | 0.717 | |
| Leucine....g | 1.535 | | 0 | | 1 | | 3.914 | 1.305 | |
| Lysine....g | 1.527 | | 0 | | 1 | | 3.894 | 1.298 | |
| Methionine....g | 0.457 | | 0 | | 1 | | 1.165 | 0.388 | |
| Cystine....g | 0.236 | | 0 | | 1 | | 0.602 | 0.201 | |
| Phenylalanine....g | 0.805 | | 0 | | 1 | | 2.053 | 0.684 | |
| Tyrosine....g | 0.639 | | 0 | | 1 | | 1.629 | 0.543 | |
| Valine....g | 1.033 | | 0 | | 1 | | 2.634 | 0.878 | |
| Arginine....g | 1.421 | | 0 | | 1 | | 3.624 | 1.208 | |
| Histidine....g | 0.477 | | 0 | | 1 | | 1.216 | 0.405 | |
| Alanine....g | 1.237 | | 0 | | 1 | | 3.154 | 1.051 | |
| Aspartic acid....g | 1.928 | | 0 | | 1 | | 4.916 | 1.639 | |
| Glutamic acid....g | 2.783 | | 0 | | 1 | | 7.097 | 2.366 | |
| Glycine....g | 1.404 | | 0 | | 1 | | 3.580 | 1.193 | |
| Proline....g | 1.135 | | 0 | | 1 | | 2.894 | 0.965 | |
| Serine....g | 0.849 | | 0 | | 1 | | 2.165 | 0.722 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

**NDB No. 17221**

**Lamb, variety meats and by-products, tongue, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17220**
**Lamb, variety meats and by-products, tongue, raw**

**Refuse:** 16% Connective tissue and cartilage

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.60 | 0.437 | 7 | | 1 | | 18.88 | 75.26 | |
| Energy....kcal | 222 | | 0 | NC | 4 | | 63 | 251 | |
| Energy....kj | 929 | | | | 4 | | 263 | 1050 | |
| Protein (N x 6.25)....g | 15.70 | 0.638 | 10 | | 1 | | 4.45 | 17.74 | |
| Total lipid (fat)....g | 17.17 | 0.851 | 6 | | 1 | | 4.87 | 19.40 | |
| Ash....g | 0.92 | 0.062 | 9 | | 1 | | 0.26 | 1.04 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | 1.394 | 7 | | 1 | | 3 | 10 | |
| Iron, Fe....mg | 2.65 | 0.200 | 10 | | 1 | | 0.75 | 2.99 | |
| Magnesium, Mg....mg | 21 | 2.386 | 7 | | 1 | | 6 | 24 | |
| Phosphorus, P....mg | 184 | 14.570 | 6 | | 1 | | 52 | 208 | |
| Potassium, K....mg | 257 | 17.682 | 7 | | 1 | | 73 | 290 | |
| Sodium, Na....mg | 78 | | 2 | | 1 | | 22 | 88 | |
| Zinc, Zn....mg | 2.32 | 0.177 | 7 | | 1 | | 0.66 | 2.62 | |
| Copper, Cu....mg | 0.212 | 0.012 | 5 | | 1 | | 0.060 | 0.240 | |
| Manganese, Mn....mg | 0.049 | 0.006 | 6 | | 1 | | 0.014 | 0.055 | |
| Selenium, Se....mcg | 15.0 | 0.998 | 3 | A | 1 | | 4.3 | 17.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 6.0 | 0.959 | 6 | | 1 | | 1.7 | 6.8 | |
| Thiamin....mg | 0.150 | 0.010 | 3 | | 1 | | 0.043 | 0.170 | |
| Riboflavin....mg | 0.380 | 0.058 | 3 | | 1 | | 0.108 | 0.429 | |
| Niacin....mg | 4.650 | 0.161 | 3 | | 1 | | 1.318 | 5.255 | |
| Pantothenic acid....mg | 0.970 | | 2 | | 1 | | 0.275 | 1.096 | |
| Vitamin B-6....mg | 0.180 | 0.044 | 3 | | 1 | | 0.051 | 0.203 | |
| Folate, total....mcg | 4 | | 2 | | 1 | | 1 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 2 | | 1 | | 1 | 5 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 7.20 | | 2 | | 1 | | 2.04 | 8.14 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.630 | | 0 | | 1 | | 1.880 | 7.492 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.030 | | 1 | | 1 | | 0.009 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17220**
**Lamb, variety meats and by-products, tongue, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.480 | | 1 | | 1 | | 0.136 | 0.542 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.290 | | 1 | | 1 | | 0.933 | 3.718 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 2.520 | | 1 | | 1 | | 0.714 | 2.848 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 8.460 | | 0 | | 1 | | 2.398 | 9.560 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.430 | | 1 | | 1 | | 0.122 | 0.486 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.820 | | 1 | | 1 | | 2.217 | 8.837 | |
| 20:1....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.060 | | 0 | | 1 | | 0.301 | 1.198 | |
| 18:2 undifferentiated....g | 0.480 | | 1 | | 1 | | 0.136 | 0.542 | |
| 18:3 undifferentiated....g | 0.510 | | 1 | | 1 | | 0.145 | 0.576 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 1 | | 1 | | 0.017 | 0.068 | |
| 20:5 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 1 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 156 | | 2 | | 1 | | 44 | 176 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.159 | | 4 | | 1 | | 0.045 | 0.180 | |
| Threonine....g | 0.710 | | 5 | | 1 | | 0.201 | 0.802 | |
| Isoleucine....g | 0.613 | | 5 | | 1 | | 0.174 | 0.693 | |
| Leucine....g | 1.117 | | 5 | | 1 | | 0.317 | 1.262 | |
| Lysine....g | 1.112 | | 5 | | 1 | | 0.315 | 1.257 | |
| Methionine....g | 0.333 | | 5 | | 1 | | 0.094 | 0.376 | |
| Cystine....g | 0.171 | | 4 | | 1 | | 0.048 | 0.193 | |
| Phenylalanine....g | 0.586 | | 5 | | 1 | | 0.166 | 0.662 | |
| Tyrosine....g | 0.465 | | 5 | | 1 | | 0.132 | 0.525 | |
| Valine....g | 0.752 | | 5 | | 1 | | 0.213 | 0.850 | |
| Arginine....g | 1.034 | | 5 | | 1 | | 0.293 | 1.168 | |
| Histidine....g | 0.347 | | 5 | | 1 | | 0.098 | 0.392 | |
| Alanine....g | 0.900 | | 5 | | 1 | | 0.255 | 1.017 | |
| Aspartic acid....g | 1.403 | | 5 | | 1 | | 0.398 | 1.585 | |
| Glutamic acid....g | 2.026 | | 5 | | 1 | | 0.574 | 2.289 | |
| Glycine....g | 1.022 | | 5 | | 1 | | 0.290 | 1.155 | |
| Proline....g | 0.826 | | 5 | | 1 | | 0.234 | 0.933 | |
| Serine....g | 0.618 | | 5 | | 1 | | 0.175 | 0.698 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

**NDB No. 17220**

**Lamb, variety meats and by-products, tongue, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17273**

**Veal, breast, plate half, boneless, separable lean and fat, cooked, braised**

*Bos taurus*

**Refuse:** 11% Connective tissue

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 54.77 | | 0 | PAK | 1 | | 159.38 | 46.55 | |
| Energy....kcal | 282 | | 0 | NC | 4 | | 821 | 240 | |
| Energy....kj | 1180 | | | | 4 | | 3433 | 1003 | |
| Protein (N x 6.25)....g | 25.93 | | 0 | PAK | 1 | | 75.46 | 22.04 | |
| Total lipid (fat)....g | 18.95 | | 0 | PAK | 1 | | 55.14 | 16.11 | |
| Ash....g | 0.86 | | 0 | PAK | 1 | | 2.50 | 0.73 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | PAK | 1 | | 23 | 7 | |
| Iron, Fe....mg | 0.75 | | 0 | PAK | 1 | | 2.18 | 0.64 | |
| Magnesium, Mg....mg | 19 | | 0 | PAK | 1 | | 55 | 16 | |
| Phosphorus, P....mg | 186 | | 0 | PAK | 1 | | 541 | 158 | |
| Potassium, K....mg | 266 | | 0 | PAK | 1 | | 774 | 226 | |
| Sodium, Na....mg | 64 | | 0 | PAK | 1 | | 186 | 54 | |
| Zinc, Zn....mg | 3.47 | | 0 | PAK | 1 | | 10.10 | 2.95 | |
| Copper, Cu....mg | 0.069 | | 0 | PAK | 1 | | 0.201 | 0.059 | |
| Manganese, Mn....mg | 0.008 | | 0 | PAK | 1 | | 0.023 | 0.007 | |
| Selenium, Se....mcg | 10.6 | | 0 | BFNN | 4 | | 30.8 | 9.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.053 | | 0 | PAK | 1 | | 0.154 | 0.045 | |
| Riboflavin....mg | 0.296 | | 0 | PAK | 1 | | 0.861 | 0.252 | |
| Niacin....mg | 7.895 | | 0 | PAK | 1 | | 22.974 | 6.711 | |
| Pantothenic acid....mg | 1.031 | | 0 | PAK | 1 | | 3.000 | 0.876 | |
| Vitamin B-6....mg | 0.261 | | 0 | PAK | 1 | | 0.760 | 0.222 | |
| Folate, total....mcg | 13 | | 0 | PAK | 1 | | 38 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | PAK | 1 | | 38 | 11 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 38 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.33 | | 0 | PAK | 1 | | 3.87 | 1.13 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 7.434 | | 0 | PAK | 1 | | 21.633 | 6.319 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.125 | | 0 | PAK | 1 | | 0.364 | 0.106 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17273**

**Veal, breast, plate half, boneless, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 1.113 | | 0 | PAK | 1 | | 3.239 | 0.946 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 4.309 | | 0 | PAK | 1 | | 12.539 | 3.663 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.780 | | 0 | PAK | 1 | | 5.180 | 1.513 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 9.107 | | 0 | PAK | 1 | | 26.501 | 7.741 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.843 | | 0 | PAK | 1 | | 2.453 | 0.717 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 7.872 | | 0 | PAK | 1 | | 22.908 | 6.691 | |
| 20:1 ... g | 0.076 | | 0 | PAK | 1 | | 0.221 | 0.065 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.224 | | 0 | PAK | 1 | | 3.562 | 1.040 | |
| 18:2 undifferentiated ... g | 1.046 | | 0 | PAK | 1 | | 3.044 | 0.889 | |
| 18:3 undifferentiated ... g | 0.061 | | 0 | PAK | 1 | | 0.178 | 0.052 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.077 | | 0 | PAK | 1 | | 0.224 | 0.065 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 112 | | 0 | PAK | 1 | | 326 | 95 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.262 | | 0 | PAK | 1 | | 0.762 | 0.223 | |
| Threonine ... g | 1.132 | | 0 | PAK | 1 | | 3.294 | 0.962 | |
| Isoleucine ... g | 1.277 | | 0 | PAK | 1 | | 3.716 | 1.085 | |
| Leucine ... g | 2.062 | | 0 | PAK | 1 | | 6.000 | 1.753 | |
| Lysine ... g | 2.136 | | 0 | PAK | 1 | | 6.216 | 1.816 | |
| Methionine ... g | 0.606 | | 0 | PAK | 1 | | 1.763 | 0.515 | |
| Cystine ... g | 0.294 | | 0 | PAK | 1 | | 0.856 | 0.250 | |
| Phenylalanine ... g | 1.045 | | 0 | PAK | 1 | | 3.041 | 0.888 | |
| Tyrosine ... g | 0.825 | | 0 | PAK | 1 | | 2.401 | 0.701 | |
| Valine ... g | 1.431 | | 0 | PAK | 1 | | 4.164 | 1.216 | |
| Arginine ... g | 1.526 | | 0 | PAK | 1 | | 4.441 | 1.297 | |
| Histidine ... g | 0.941 | | 0 | PAK | 1 | | 2.738 | 0.800 | |
| Alanine ... g | 1.543 | | 0 | PAK | 1 | | 4.490 | 1.312 | |
| Aspartic acid ... g | 2.236 | | 0 | PAK | 1 | | 6.507 | 1.901 | |
| Glutamic acid ... g | 4.103 | | 0 | PAK | 1 | | 11.940 | 3.488 | |
| Glycine ... g | 1.331 | | 0 | PAK | 1 | | 3.873 | 1.131 | |
| Proline ... g | 1.083 | | 0 | PAK | 1 | | 3.152 | 0.921 | |
| Serine ... g | 0.971 | | 0 | PAK | 1 | | 2.826 | 0.825 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 291g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17273**

**Veal, breast, plate half, boneless, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17274**

**Veal, breast, point half, boneless, separable lean and fat, cooked, braised**

*Bos taurus*

**Refuse:** 4% Connective tissue

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 57.36 | | 0 | PAK | 1 | | 157.17 | 48.76 | |
| Energy....kcal | 248 | | 0 | NC | 4 | | 680 | 211 | |
| Energy....kj | 1038 | | | | 4 | | 2843 | 882 | |
| Protein (N x 6.25)....g | 28.23 | | 0 | PAK | 1 | | 77.35 | 24.00 | |
| Total lipid (fat)....g | 14.16 | | 0 | PAK | 1 | | 38.80 | 12.04 | |
| Ash....g | 0.92 | | 0 | PAK | 1 | | 2.52 | 0.78 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAK | 1 | | 25 | 8 | |
| Iron, Fe....mg | 0.79 | | 0 | PAK | 1 | | 2.16 | 0.67 | |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 58 | 18 | |
| Phosphorus, P....mg | 197 | | 0 | PAK | 1 | | 540 | 167 | |
| Potassium, K....mg | 278 | | 0 | PAK | 1 | | 762 | 236 | |
| Sodium, Na....mg | 66 | | 0 | PAK | 1 | | 181 | 56 | |
| Zinc, Zn....mg | 3.85 | | 0 | PAK | 1 | | 10.55 | 3.27 | |
| Copper, Cu....mg | 0.073 | | 0 | PAK | 1 | | 0.200 | 0.062 | |
| Manganese, Mn....mg | 0.008 | | 0 | PAK | 1 | | 0.022 | 0.007 | |
| Selenium, Se....mcg | 11.5 | | 0 | BFNN | 4 | | 31.5 | 9.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.056 | | 0 | PAK | 1 | | 0.153 | 0.048 | |
| Riboflavin....mg | 0.309 | | 0 | PAK | 1 | | 0.847 | 0.263 | |
| Niacin....mg | 8.352 | | 0 | PAK | 1 | | 22.884 | 7.099 | |
| Pantothenic acid....mg | 1.071 | | 0 | PAK | 1 | | 2.935 | 0.910 | |
| Vitamin B-6....mg | 0.272 | | 0 | PAK | 1 | | 0.745 | 0.231 | |
| Folate, total....mcg | 14 | | 0 | PAK | 1 | | 38 | 12 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 14 | | 0 | PAK | 1 | | 38 | 12 | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 38 | 12 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.39 | | 0 | PAK | 1 | | 3.81 | 1.18 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.489 | | 0 | PAK | 1 | | 15.040 | 4.666 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.094 | | 0 | PAK | 1 | | 0.258 | 0.080 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17274**

**Veal, breast, point half, boneless, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.806 | | 0 | PAK | 1 | | 2.208 | 0.685 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.169 | | 0 | PAK | 1 | | 8.683 | 2.694 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.340 | | 0 | PAK | 1 | | 3.672 | 1.139 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 6.698 | | 0 | PAK | 1 | | 18.353 | 5.693 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.621 | | 0 | PAK | 1 | | 1.702 | 0.528 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.791 | | 0 | PAK | 1 | | 15.867 | 4.922 | |
| 20:1....g | 0.056 | | 0 | PAK | 1 | | 0.153 | 0.048 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.996 | | 0 | PAK | 1 | | 2.729 | 0.847 | |
| 18:2 undifferentiated....g | 0.825 | | 0 | PAK | 1 | | 2.261 | 0.701 | |
| 18:3 undifferentiated....g | 0.047 | | 0 | PAK | 1 | | 0.129 | 0.040 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.088 | | 0 | PAK | 1 | | 0.241 | 0.075 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 114 | | 0 | PAK | 1 | | 312 | 97 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.285 | | 0 | PAK | 1 | | 0.781 | 0.242 | |
| Threonine....g | 1.233 | | 0 | PAK | 1 | | 3.378 | 1.048 | |
| Isoleucine....g | 1.391 | | 0 | PAK | 1 | | 3.811 | 1.182 | |
| Leucine....g | 2.245 | | 0 | PAK | 1 | | 6.151 | 1.908 | |
| Lysine....g | 2.326 | | 0 | PAK | 1 | | 6.373 | 1.977 | |
| Methionine....g | 0.659 | | 0 | PAK | 1 | | 1.806 | 0.560 | |
| Cystine....g | 0.320 | | 0 | PAK | 1 | | 0.877 | 0.272 | |
| Phenylalanine....g | 1.138 | | 0 | PAK | 1 | | 3.118 | 0.967 | |
| Tyrosine....g | 0.898 | | 0 | PAK | 1 | | 2.461 | 0.763 | |
| Valine....g | 1.559 | | 0 | PAK | 1 | | 4.272 | 1.325 | |
| Arginine....g | 1.662 | | 0 | PAK | 1 | | 4.554 | 1.413 | |
| Histidine....g | 1.025 | | 0 | PAK | 1 | | 2.809 | 0.871 | |
| Alanine....g | 1.680 | | 0 | PAK | 1 | | 4.603 | 1.428 | |
| Aspartic acid....g | 2.435 | | 0 | PAK | 1 | | 6.672 | 2.070 | |
| Glutamic acid....g | 4.467 | | 0 | PAK | 1 | | 12.240 | 3.797 | |
| Glycine....g | 1.450 | | 0 | PAK | 1 | | 3.973 | 1.233 | |
| Proline....g | 1.179 | | 0 | PAK | 1 | | 3.230 | 1.002 | |
| Serine....g | 1.057 | | 0 | PAK | 1 | | 2.896 | 0.898 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 274g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17274**

**Veal, breast, point half, boneless, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17270**

**Veal, breast, separable fat, cooked**

*Bos taurus*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 36.15 | 0.600 | 6 | A | 1 | | 10.25 | | |
| Energy....kcal | 521 | | 0 | NC | 4 | | 148 | | |
| Energy....kj | 2180 | | | | 4 | | 618 | | |
| Protein (N x 6.25)....g | 9.40 | 0.690 | 6 | A | 1 | | 2.66 | | |
| Total lipid (fat)....g | 53.35 | 0.670 | 6 | A | 1 | | 15.12 | | |
| Ash....g | 0.45 | 0.030 | 6 | A | 1 | | 0.13 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | | 2 | A | 1 | | 2 | | |
| Iron, Fe....mg | 0.45 | | 2 | A | 1 | | 0.13 | | |
| Magnesium, Mg....mg | 10 | | 2 | A | 1 | | 3 | | |
| Phosphorus, P....mg | 102 | | 2 | A | 1 | | 29 | | |
| Potassium, K....mg | 181 | | 2 | A | 1 | | 51 | | |
| Sodium, Na....mg | 49 | | 2 | A | 1 | | 14 | | |
| Zinc, Zn....mg | 0.76 | | 2 | A | 1 | | 0.22 | | |
| Copper, Cu....mg | 0.042 | | 2 | A | 1 | | 0.012 | | |
| Manganese, Mn....mg | 0.010 | | 2 | A | 1 | | 0.003 | | |
| Selenium, Se....mcg | 5.5 | | 2 | A | 1 | | 1.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.020 | | 0 | BFPN | 4 | | 0.006 | | |
| Riboflavin....mg | 0.120 | | 0 | BFPN | 4 | | 0.034 | | |
| Niacin....mg | 2.790 | | 0 | BFPN | 4 | | 0.791 | | |
| Pantothenic acid....mg | 0.450 | | 0 | BFPN | 4 | | 0.128 | | |
| Vitamin B-6....mg | 0.110 | | 0 | BFPN | 4 | | 0.031 | | |
| Folate, total....mcg | 5 | | 0 | BFPN | 4 | | 1 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 5 | | 0 | BFPN | 4 | | 1 | | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 1 | | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 0.55 | | 0 | BFPN | 4 | | 0.16 | | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 21.407 | | 0 | | 1 | | 6.069 | | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.351 | | 0 | | 1 | | 0.100 | | |
| 13:0....g | | | | | | | | | |

**NDB No. 17270**
**Veal, breast, separable fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 3.319 | | 0 | | 1 | | 0.941 | | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 12.497 | | 0 | | 1 | | 3.543 | | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 4.934 | | 0 | | 1 | | 1.399 | | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 26.410 | | 0 | | 1 | | 7.487 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 2.440 | | 0 | | 1 | | 0.692 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 22.820 | | 0 | | 1 | | 6.469 | | |
| 20:1....g | 0.217 | | 0 | | 1 | | 0.062 | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 2.865 | | 0 | | 1 | | 0.812 | | |
| 18:2 undifferentiated....g | 2.633 | | 0 | | 1 | | 0.746 | | |
| 18:3 undifferentiated....g | 0.168 | | 0 | | 1 | | 0.048 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 95 | | 2 | A | 1 | | 27 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.095 | | 0 | | 1 | | 0.027 | | |
| Threonine....g | 0.411 | | 0 | | 1 | | 0.117 | | |
| Isoleucine....g | 0.463 | | 0 | | 1 | | 0.131 | | |
| Leucine....g | 0.747 | | 0 | | 1 | | 0.212 | | |
| Lysine....g | 0.775 | | 0 | | 1 | | 0.220 | | |
| Methionine....g | 0.220 | | 0 | | 1 | | 0.062 | | |
| Cystine....g | 0.107 | | 0 | | 1 | | 0.030 | | |
| Phenylalanine....g | 0.379 | | 0 | | 1 | | 0.107 | | |
| Tyrosine....g | 0.299 | | 0 | | 1 | | 0.085 | | |
| Valine....g | 0.519 | | 0 | | 1 | | 0.147 | | |
| Arginine....g | 0.553 | | 0 | | 1 | | 0.157 | | |
| Histidine....g | 0.341 | | 0 | | 1 | | 0.097 | | |
| Alanine....g | 0.559 | | 0 | | 1 | | 0.158 | | |
| Aspartic acid....g | 0.811 | | 0 | | 1 | | 0.230 | | |
| Glutamic acid....g | 1.487 | | 0 | | 1 | | 0.422 | | |
| Glycine....g | 0.483 | | 0 | | 1 | | 0.137 | | |
| Proline....g | 0.393 | | 0 | | 1 | | 0.111 | | |
| Serine....g | 0.352 | | 0 | | 1 | | 0.100 | | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17270**
**Veal, breast, separable fat, cooked**

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17272**

**Veal, breast, whole, boneless, separable lean and fat, cooked, braised**

*Bos taurus*

**Refuse:** 7% Connective tissue

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 55.95 | | 0 | PAK | 1 | | 158.34 | 47.56 | |
| Energy....kcal | 266 | | 0 | NC | 4 | | 753 | 226 | |
| Energy....kj | 1113 | | | | 4 | | 3150 | 946 | |
| Protein (N x 6.25)....g | 26.97 | | 0 | PAK | 1 | | 76.33 | 22.92 | |
| Total lipid (fat)....g | 16.77 | | 0 | PAK | 1 | | 47.46 | 14.25 | |
| Ash....g | 0.89 | | 0 | PAK | 1 | | 2.52 | 0.76 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | PAK | 1 | | 25 | 8 | |
| Iron, Fe....mg | 0.77 | | 0 | PAK | 1 | | 2.18 | 0.65 | |
| Magnesium, Mg....mg | 20 | | 0 | PAK | 1 | | 57 | 17 | |
| Phosphorus, P....mg | 191 | | 0 | PAK | 1 | | 541 | 162 | |
| Potassium, K....mg | 272 | | 0 | PAK | 1 | | 770 | 231 | |
| Sodium, Na....mg | 65 | | 0 | PAK | 1 | | 184 | 55 | |
| Zinc, Zn....mg | 3.64 | | 0 | PAK | 1 | | 10.30 | 3.09 | |
| Copper, Cu....mg | 0.071 | | 0 | PAK | 1 | | 0.201 | 0.060 | |
| Manganese, Mn....mg | 0.008 | | 0 | PAK | 1 | | 0.023 | 0.007 | |
| Selenium, Se....mcg | 11.0 | | 0 | PAK | 1 | | 31.1 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.054 | | 0 | PAK | 1 | | 0.153 | 0.046 | |
| Riboflavin....mg | 0.296 | | 0 | PAK | 1 | | 0.838 | 0.252 | |
| Niacin....mg | 7.981 | | 0 | PAK | 1 | | 22.586 | 6.784 | |
| Pantothenic acid....mg | 1.030 | | 0 | PAK | 1 | | 2.915 | 0.876 | |
| Vitamin B-6....mg | 0.261 | | 0 | PAK | 1 | | 0.739 | 0.222 | |
| Folate, total....mcg | 13 | | 0 | PAK | 1 | | 37 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | PAK | 1 | | 37 | 11 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 37 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.33 | | 0 | PAK | 1 | | 3.76 | 1.13 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 6.550 | | 0 | PAK | 1 | | 18.537 | 5.568 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.111 | | 0 | PAK | 1 | | 0.314 | 0.094 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17272**

**Veal, breast, whole, boneless, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.974 | | 0 | PAK | 1 | | 2.756 | 0.828 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.790 | | 0 | PAK | 1 | | 10.726 | 3.222 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.580 | | 0 | PAK | 1 | | 4.471 | 1.343 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 8.012 | | 0 | PAK | 1 | | 22.674 | 6.810 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.742 | | 0 | PAK | 1 | | 2.100 | 0.631 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.926 | | 0 | PAK | 1 | | 19.601 | 5.887 | |
| 20:1 g | 0.067 | | 0 | PAK | 1 | | 0.190 | 0.057 | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.120 | | 0 | PAK | 1 | | 3.170 | 0.952 | |
| 18:2 undifferentiated g | 0.945 | | 0 | PAK | 1 | | 2.674 | 0.803 | |
| 18:3 undifferentiated g | 0.055 | | 0 | PAK | 1 | | 0.156 | 0.047 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.082 | | 0 | PAK | 1 | | 0.232 | 0.070 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 113 | | 0 | PAK | 1 | | 320 | 96 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.272 | | 0 | PAK | 1 | | 0.770 | 0.231 | |
| Threonine g | 1.178 | | 0 | PAK | 1 | | 3.334 | 1.001 | |
| Isoleucine g | 1.329 | | 0 | PAK | 1 | | 3.761 | 1.130 | |
| Leucine g | 2.145 | | 0 | PAK | 1 | | 6.070 | 1.823 | |
| Lysine g | 2.222 | | 0 | PAK | 1 | | 6.288 | 1.889 | |
| Methionine g | 0.630 | | 0 | PAK | 1 | | 1.783 | 0.536 | |
| Cystine g | 0.306 | | 0 | PAK | 1 | | 0.866 | 0.260 | |
| Phenylalanine g | 1.087 | | 0 | PAK | 1 | | 3.076 | 0.924 | |
| Tyrosine g | 0.858 | | 0 | PAK | 1 | | 2.428 | 0.729 | |
| Valine g | 1.489 | | 0 | PAK | 1 | | 4.214 | 1.266 | |
| Arginine g | 1.588 | | 0 | PAK | 1 | | 4.494 | 1.350 | |
| Histidine g | 0.979 | | 0 | PAK | 1 | | 2.771 | 0.832 | |
| Alanine g | 1.606 | | 0 | PAK | 1 | | 4.545 | 1.365 | |
| Aspartic acid g | 2.326 | | 0 | PAK | 1 | | 6.583 | 1.977 | |
| Glutamic acid g | 4.268 | | 0 | PAK | 1 | | 12.078 | 3.628 | |
| Glycine g | 1.385 | | 0 | PAK | 1 | | 3.920 | 1.177 | |
| Proline g | 1.126 | | 0 | PAK | 1 | | 3.187 | 0.957 | |
| Serine g | 1.010 | | 0 | PAK | 1 | | 2.858 | 0.859 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17272**

**Veal, breast, whole, boneless, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17271**

**Veal, breast, whole, boneless, separable lean and fat, raw**

*Bos taurus*

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 67.67 | 1.260 | 6 | A | 1 | | 19.18 | 306.95 | |
| Energy....kcal | 208 | | 0 | NC | 4 | | 59 | 943 | |
| Energy....kj | 870 | | | | 4 | | 247 | 3948 | |
| Protein (N x 6.25)....g | 17.47 | 0.420 | 6 | A | 1 | | 4.95 | 79.24 | |
| Total lipid (fat)....g | 14.75 | 1.640 | 6 | A | 1 | | 4.18 | 66.91 | |
| Ash....g | 0.90 | 0.020 | 6 | A | 1 | | 0.26 | 4.08 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 2 | A | 1 | | 2 | 32 | |
| Iron, Fe....mg | 0.53 | | 2 | A | 1 | | 0.15 | 2.40 | |
| Magnesium, Mg....mg | 18 | | 2 | A | 1 | | 5 | 82 | |
| Phosphorus, P....mg | 172 | | 2 | A | 1 | | 49 | 780 | |
| Potassium, K....mg | 286 | | 2 | A | 1 | | 81 | 1297 | |
| Sodium, Na....mg | 71 | | 2 | A | 1 | | 20 | 322 | |
| Zinc, Zn....mg | 2.33 | | 2 | A | 1 | | 0.66 | 10.57 | |
| Copper, Cu....mg | 0.094 | | 2 | A | 1 | | 0.027 | 0.426 | |
| Manganese, Mn....mg | 0.010 | | 2 | A | 1 | | 0.003 | 0.045 | |
| Selenium, Se....mcg | 6.6 | | 0 | BFYN | 4 | | 1.9 | 29.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.896 | | 0 | | 1 | | 1.672 | 26.744 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.094 | | 0 | | 1 | | 0.027 | 0.426 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.871 | | 0 | | 1 | | 0.247 | 3.951 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 3.405 | | 0 | | 1 | | 0.965 | 15.445 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.446 | | 0 | | 1 | | 0.410 | 6.559 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 7.164 | | 0 | | 1 | | 2.031 | 32.496 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.650 | | 0 | | 1 | | 0.184 | 2.948 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.213 | | 0 | | 1 | | 1.761 | 28.182 | |
| 20:1....g | 0.061 | | 0 | | 1 | | 0.017 | 0.277 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.952 | | 0 | | 1 | | 0.270 | 4.318 | |
| 18:2 undifferentiated....g | 0.824 | | 0 | | 1 | | 0.234 | 3.738 | |
| 18:3 undifferentiated....g | 0.052 | | 0 | | 1 | | 0.015 | 0.236 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.057 | | 0 | | 1 | | 0.016 | 0.259 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 71 | | 2 | A | 1 | | 20 | 322 | |

**NDB No. 17271**

**Veal, breast, whole, boneless, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.176 | | 0 | | 1 | | 0.050 | 0.798 | |
| Threonine....g | 0.763 | | 0 | | 1 | | 0.216 | 3.461 | |
| Isoleucine....g | 0.861 | | 0 | | 1 | | 0.244 | 3.905 | |
| Leucine....g | 1.389 | | 0 | | 1 | | 0.394 | 6.301 | |
| Lysine....g | 1.439 | | 0 | | 1 | | 0.408 | 6.527 | |
| Methionine....g | 0.408 | | 0 | | 1 | | 0.116 | 1.851 | |
| Cystine....g | 0.198 | | 0 | | 1 | | 0.056 | 0.898 | |
| Phenylalanine....g | 0.704 | | 0 | | 1 | | 0.200 | 3.193 | |
| Tyrosine....g | 0.556 | | 0 | | 1 | | 0.158 | 2.522 | |
| Valine....g | 0.964 | | 0 | | 1 | | 0.273 | 4.373 | |
| Arginine....g | 1.029 | | 0 | | 1 | | 0.292 | 4.668 | |
| Histidine....g | 0.634 | | 0 | | 1 | | 0.180 | 2.876 | |
| Alanine....g | 1.040 | | 0 | | 1 | | 0.295 | 4.717 | |
| Aspartic acid....g | 1.507 | | 0 | | 1 | | 0.427 | 6.836 | |
| Glutamic acid....g | 2.764 | | 0 | | 1 | | 0.784 | 12.538 | |
| Glycine....g | 0.897 | | 0 | | 1 | | 0.254 | 4.069 | |
| Proline....g | 0.729 | | 0 | | 1 | | 0.207 | 3.307 | |
| Serine....g | 0.654 | | 0 | | 1 | | 0.185 | 2.967 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17275**

**Veal, breast, whole, boneless, separable lean only, cooked, braised**

*Bos taurus*

**Refuse:** 22% Connective tissue 7%, separable fat 15%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.72 | 0.400 | 6 | A | 1 | | 141.54 | 50.76 | |
| Energy....kcal | 218 | | 0 | NC | 4 | | 517 | 185 | |
| Energy....kj | 912 | | | | 4 | | 2162 | 775 | |
| Protein (N x 6.25)....g | 30.32 | 0.280 | 6 | A | 1 | | 71.86 | 25.77 | |
| Total lipid (fat)....g | 9.80 | 0.560 | 6 | A | 1 | | 23.23 | 8.33 | |
| Ash....g | 0.97 | 0.030 | 6 | A | 1 | | 2.30 | 0.82 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 2 | A | 1 | | 21 | 8 | |
| Iron, Fe....mg | 0.83 | | 2 | A | 1 | | 1.97 | 0.71 | |
| Magnesium, Mg....mg | 22 | | 2 | A | 1 | | 52 | 19 | |
| Phosphorus, P....mg | 208 | | 2 | A | 1 | | 493 | 177 | |
| Potassium, K....mg | 289 | | 2 | A | 1 | | 685 | 246 | |
| Sodium, Na....mg | 68 | | 2 | A | 1 | | 161 | 58 | |
| Zinc, Zn....mg | 4.19 | | 2 | A | 1 | | 9.93 | 3.56 | |
| Copper, Cu....mg | 0.076 | | 2 | A | 1 | | 0.180 | 0.065 | |
| Manganese, Mn....mg | 0.008 | | 2 | A | 1 | | 0.019 | 0.007 | |
| Selenium, Se....mcg | 12.5 | | 2 | A | 1 | | 29.6 | 10.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.060 | | 0 | BFPN | 4 | | 0.142 | 0.051 | |
| Riboflavin....mg | 0.330 | | 0 | BFPN | 4 | | 0.782 | 0.281 | |
| Niacin....mg | 8.970 | | 0 | BFPN | 4 | | 21.259 | 7.625 | |
| Pantothenic acid....mg | 1.140 | | 0 | BFPN | 4 | | 2.702 | 0.969 | |
| Vitamin B-6....mg | 0.290 | | 0 | BFPN | 4 | | 0.687 | 0.247 | |
| Folate, total....mcg | 15 | | 0 | BFPN | 4 | | 36 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | BFPN | 4 | | 36 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 36 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.48 | | 0 | BFPN | 4 | | 3.51 | 1.26 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.720 | | 0 | | 1 | | 8.816 | 3.162 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.065 | | 0 | | 1 | | 0.154 | 0.055 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17275**

**Veal, breast, whole, boneless, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.527 | | 0 | | 1 | | 1.249 | 0.448 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.132 | | 0 | | 1 | | 5.053 | 1.812 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.941 | | 0 | | 1 | | 2.230 | 0.800 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.508 | | 0 | | 1 | | 10.684 | 3.832 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.419 | | 0 | | 1 | | 0.993 | 0.356 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.899 | | 0 | | 1 | | 9.241 | 3.314 | |
| 20:1....g | 0.038 | | 0 | | 1 | | 0.090 | 0.032 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.788 | | 0 | | 1 | | 1.868 | 0.670 | |
| 18:2 undifferentiated....g | 0.624 | | 0 | | 1 | | 1.479 | 0.530 | |
| 18:3 undifferentiated....g | 0.033 | | 0 | | 1 | | 0.078 | 0.028 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.098 | | 0 | | 1 | | 0.232 | 0.083 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 116 | | 2 | A | 1 | | 275 | 99 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.306 | | 0 | | 1 | | 0.725 | 0.260 | |
| Threonine....g | 1.324 | | 0 | | 1 | | 3.138 | 1.125 | |
| Isoleucine....g | 1.494 | | 0 | | 1 | | 3.541 | 1.270 | |
| Leucine....g | 2.411 | | 0 | | 1 | | 5.714 | 2.049 | |
| Lysine....g | 2.498 | | 0 | | 1 | | 5.920 | 2.123 | |
| Methionine....g | 0.708 | | 0 | | 1 | | 1.678 | 0.602 | |
| Cystine....g | 0.344 | | 0 | | 1 | | 0.815 | 0.292 | |
| Phenylalanine....g | 1.222 | | 0 | | 1 | | 2.896 | 1.039 | |
| Tyrosine....g | 0.965 | | 0 | | 1 | | 2.287 | 0.820 | |
| Valine....g | 1.674 | | 0 | | 1 | | 3.967 | 1.423 | |
| Arginine....g | 1.785 | | 0 | | 1 | | 4.230 | 1.517 | |
| Histidine....g | 1.101 | | 0 | | 1 | | 2.609 | 0.936 | |
| Alanine....g | 1.805 | | 0 | | 1 | | 4.278 | 1.534 | |
| Aspartic acid....g | 2.615 | | 0 | | 1 | | 6.198 | 2.223 | |
| Glutamic acid....g | 4.798 | | 0 | | 1 | | 11.371 | 4.078 | |
| Glycine....g | 1.557 | | 0 | | 1 | | 3.690 | 1.323 | |
| Proline....g | 1.266 | | 0 | | 1 | | 3.000 | 1.076 | |
| Serine....g | 1.135 | | 0 | | 1 | | 2.690 | 0.965 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 237g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17275**

**Veal, breast, whole, boneless, separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17093**

**Veal, composite of trimmed retail cuts, separable fat, cooked**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 21.65 | 1.708 | 10 | | 1 | | 62.79 | 18.40 | |
| Energy | kcal | 642 | | 0 | NC | 4 | | 1862 | 546 | |
| Energy | kj | 2686 | | | | 4 | | 7790 | 2283 | |
| Protein (N x 6.25) | g | 9.42 | 1.239 | 10 | | 1 | | 27.32 | 8.01 | |
| Total lipid (fat) | g | 66.74 | 2.990 | 10 | | 1 | | 193.55 | 56.73 | |
| Ash | g | 0.82 | 0.086 | 10 | | 1 | | 2.38 | 0.70 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 4 | | 0 | | 1 | | 12 | 3 | |
| Iron, Fe | mg | 1.00 | | 0 | | 1 | | 2.90 | 0.85 | |
| Magnesium, Mg | mg | 10 | 0.676 | 8 | | 1 | | 29 | 9 | |
| Phosphorus, P | mg | 116 | 8.620 | 8 | | 1 | | 336 | 99 | |
| Potassium, K | mg | 173 | | 0 | | 1 | | 502 | 147 | |
| Sodium, Na | mg | 57 | | 0 | | 1 | | 165 | 48 | |
| Zinc, Zn | mg | 0.87 | | 0 | | 1 | | 2.52 | 0.74 | |
| Copper, Cu | mg | 0.044 | | 0 | | 1 | | 0.128 | 0.037 | |
| Manganese, Mn | mg | 0.012 | | 0 | | 1 | | 0.035 | 0.010 | |
| Selenium, Se | mcg | 5.5 | | 2 | A | 1 | | 16.0 | 4.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.020 | | 0 | | 1 | | 0.058 | 0.017 | |
| Riboflavin | mg | 0.120 | | 0 | | 1 | | 0.348 | 0.102 | |
| Niacin | mg | 2.790 | | 0 | | 1 | | 8.091 | 2.372 | |
| Pantothenic acid | mg | 0.450 | | 0 | | 1 | | 1.305 | 0.383 | |
| Vitamin B-6 | mg | 0.110 | | 0 | | 1 | | 0.319 | 0.094 | |
| Folate, total | mcg | 5 | | 0 | | 1 | | 15 | 4 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 5 | | 0 | | 1 | | 15 | 4 | |
| Folate, DFE | mcg_DFE | 5 | | 0 | NC | 4 | | 15 | 4 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 0.55 | | 0 | | 1 | | 1.60 | 0.47 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.25 | | 0 | | 1 | | 0.73 | 0.21 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 32.390 | | 0 | | 1 | | 93.931 | 27.532 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.090 | | 67 | | 1 | | 0.261 | 0.077 | |
| 12:0 | g | 0.260 | | 67 | | 1 | | 0.754 | 0.221 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17093**

**Veal, composite of trimmed retail cuts, separable fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 3.640 | | 67 | | 1 | | 10.556 | 3.094 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 16.610 | | 67 | | 1 | | 48.169 | 14.119 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 10.460 | | 67 | | 1 | | 30.334 | 8.891 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 27.980 | | 0 | | 1 | | 81.142 | 23.783 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 3.400 | | 67 | | 1 | | 9.860 | 2.890 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 23.660 | | 67 | | 1 | | 68.614 | 20.111 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.230 | | 0 | | 1 | | 9.367 | 2.746 | |
| 18:2 undifferentiated....g | 2.660 | | 67 | | 1 | | 7.714 | 2.261 | |
| 18:3 undifferentiated....g | 0.570 | | 67 | | 1 | | 1.653 | 0.485 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 73 | | 2 | | 1 | | 212 | 62 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.095 | | 0 | | 1 | | 0.276 | 0.081 | |
| Threonine....g | 0.412 | | 0 | | 1 | | 1.195 | 0.350 | |
| Isoleucine....g | 0.464 | | 0 | | 1 | | 1.346 | 0.394 | |
| Leucine....g | 0.750 | | 0 | | 1 | | 2.175 | 0.638 | |
| Lysine....g | 0.776 | | 0 | | 1 | | 2.250 | 0.660 | |
| Methionine....g | 0.220 | | 0 | | 1 | | 0.638 | 0.187 | |
| Cystine....g | 0.106 | | 0 | | 1 | | 0.307 | 0.090 | |
| Phenylalanine....g | 0.380 | | 0 | | 1 | | 1.102 | 0.323 | |
| Tyrosine....g | 0.300 | | 0 | | 1 | | 0.870 | 0.255 | |
| Valine....g | 0.521 | | 0 | | 1 | | 1.511 | 0.443 | |
| Arginine....g | 0.554 | | 0 | | 1 | | 1.607 | 0.471 | |
| Histidine....g | 0.342 | | 0 | | 1 | | 0.992 | 0.291 | |
| Alanine....g | 0.560 | | 0 | | 1 | | 1.624 | 0.476 | |
| Aspartic acid....g | 0.813 | | 0 | | 1 | | 2.358 | 0.691 | |
| Glutamic acid....g | 1.490 | | 0 | | 1 | | 4.321 | 1.267 | |
| Glycine....g | 0.484 | | 0 | | 1 | | 1.404 | 0.411 | |
| Proline....g | 0.393 | | 0 | | 1 | | 1.140 | 0.334 | |
| Serine....g | 0.353 | | 0 | | 1 | | 1.024 | 0.300 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 290g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17093**

**Veal, composite of trimmed retail cuts, separable fat, cooked**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17092**
**Veal, composite of trimmed retail cuts, separable fat, raw**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 24.77 | 2.207 | 3 | | 1 | | 7.02 | 112.36 | |
| Energy | kcal | 638 | | 0 | NC | 4 | | 181 | 2894 | |
| Energy | kj | 2669 | | | | 4 | | 757 | 12108 | |
| Protein (N x 6.25) | g | 6.02 | 2.744 | 3 | | 1 | | 1.71 | 27.31 | |
| Total lipid (fat) | g | 67.83 | 2.486 | 5 | | 1 | | 19.23 | 307.68 | |
| Ash | g | 0.43 | 0.044 | 3 | | 1 | | 0.12 | 1.95 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 7 | | 0 | | 1 | | 2 | 32 | |
| Iron, Fe | mg | 0.60 | | 0 | | 1 | | 0.17 | 2.72 | |
| Magnesium, Mg | mg | 5 | | 0 | | 1 | | 1 | 23 | |
| Phosphorus, P | mg | 73 | | 0 | | 1 | | 21 | 331 | |
| Potassium, K | mg | 107 | | 0 | | 1 | | 30 | 485 | |
| Sodium, Na | mg | 26 | | 0 | | 1 | | 7 | 118 | |
| Zinc, Zn | mg | 0.54 | | 0 | | 1 | | 0.15 | 2.45 | |
| Copper, Cu | mg | 0.039 | | 0 | | 1 | | 0.011 | 0.177 | |
| Manganese, Mn | mg | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| Selenium, Se | mcg | 5.5 | | 2 | A | 1 | | 1.6 | 24.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| Riboflavin | mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Niacin | mg | 2.370 | | 0 | | 1 | | 0.672 | 10.750 | |
| Pantothenic acid | mg | 0.420 | | 0 | | 1 | | 0.119 | 1.905 | |
| Vitamin B-6 | mg | 0.150 | | 0 | | 1 | | 0.043 | 0.680 | |
| Folate, total | mcg | 4 | | 0 | | 1 | | 1 | 18 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 4 | | 0 | | 1 | | 1 | 18 | |
| Folate, DFE | mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 18 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 0.43 | | 0 | | 1 | | 0.12 | 1.95 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.31 | | 0 | | 1 | | 0.09 | 1.41 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 32.920 | | 0 | | 1 | | 9.333 | 149.325 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.090 | | 67 | | 1 | | 0.026 | 0.408 | |
| 12:0 | g | 0.260 | | 67 | | 1 | | 0.074 | 1.179 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17092**

**Veal, composite of trimmed retail cuts, separable fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 3.700 | | 67 | | 1 | | 1.049 | 16.783 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 16.880 | | 67 | | 1 | | 4.785 | 76.568 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 10.640 | | 67 | | 1 | | 3.016 | 48.263 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 28.440 | | 0 | | 1 | | 8.063 | 129.004 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 3.460 | | 67 | | 1 | | 0.981 | 15.695 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 24.050 | | 67 | | 1 | | 6.818 | 109.091 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 3.280 | | 0 | | 1 | | 0.930 | 14.878 | |
| 18:2 undifferentiated....g | 2.700 | | 67 | | 1 | | 0.765 | 12.247 | |
| 18:3 undifferentiated....g | 0.580 | | 67 | | 1 | | 0.164 | 2.631 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 73 | 3.495 | 5 | | 1 | | 21 | 331 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.061 | | 0 | | 1 | | 0.017 | 0.277 | |
| Threonine....g | 0.263 | | 0 | | 1 | | 0.075 | 1.193 | |
| Isoleucine....g | 0.296 | | 0 | | 1 | | 0.084 | 1.343 | |
| Leucine....g | 0.479 | | 0 | | 1 | | 0.136 | 2.173 | |
| Lysine....g | 0.496 | | 0 | | 1 | | 0.141 | 2.250 | |
| Methionine....g | 0.140 | | 0 | | 1 | | 0.040 | 0.635 | |
| Cystine....g | 0.068 | | 0 | | 1 | | 0.019 | 0.308 | |
| Phenylalanine....g | 0.243 | | 0 | | 1 | | 0.069 | 1.102 | |
| Tyrosine....g | 0.192 | | 0 | | 1 | | 0.054 | 0.871 | |
| Valine....g | 0.333 | | 0 | | 1 | | 0.094 | 1.510 | |
| Arginine....g | 0.354 | | 0 | | 1 | | 0.100 | 1.606 | |
| Histidine....g | 0.218 | | 0 | | 1 | | 0.062 | 0.989 | |
| Alanine....g | 0.358 | | 0 | | 1 | | 0.101 | 1.624 | |
| Aspartic acid....g | 0.519 | | 0 | | 1 | | 0.147 | 2.354 | |
| Glutamic acid....g | 0.952 | | 0 | | 1 | | 0.270 | 4.318 | |
| Glycine....g | 0.309 | | 0 | | 1 | | 0.088 | 1.402 | |
| Proline....g | 0.251 | | 0 | | 1 | | 0.071 | 1.139 | |
| Serine....g | 0.226 | | 0 | | 1 | | 0.064 | 1.025 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17092**

**Veal, composite of trimmed retail cuts, separable fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17089**

**Veal, composite of trimmed retail cuts, separable lean and fat, cooked**

**Refuse:** 28% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 57.08 | | 0 | | 1 | | 119.30 | 48.52 | |
| Energy....kcal | 231 | | 0 | NC | 4 | | 483 | 196 | |
| Energy....kj | 967 | | 0 | | 4 | | 2020 | 822 | |
| Protein (N x 6.25)....g | 30.10 | | 0 | | 1 | | 62.91 | 25.59 | |
| Total lipid (fat)....g | 11.39 | | 0 | | 1 | | 23.81 | 9.68 | |
| Ash....g | 1.20 | | 0 | | 1 | | 2.51 | 1.02 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | | 0 | | 1 | | 46 | 19 | |
| Iron, Fe....mg | 1.15 | | 0 | | 1 | | 2.40 | 0.98 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 54 | 22 | |
| Phosphorus, P....mg | 239 | | 0 | | 1 | | 500 | 203 | |
| Potassium, K....mg | 325 | | 0 | | 1 | | 679 | 276 | |
| Sodium, Na....mg | 87 | | 0 | | 1 | | 182 | 74 | |
| Zinc, Zn....mg | 4.76 | | 0 | | 1 | | 9.95 | 4.05 | |
| Copper, Cu....mg | 0.114 | | 0 | | 1 | | 0.238 | 0.097 | |
| Manganese, Mn....mg | 0.036 | | 0 | | 1 | | 0.075 | 0.031 | |
| Selenium, Se....mcg | 12.3 | | 0 | PIE | 4 | | 25.7 | 10.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.125 | 0.051 | |
| Riboflavin....mg | 0.320 | | 0 | | 1 | | 0.669 | 0.272 | |
| Niacin....mg | 7.970 | | 0 | | 1 | | 16.657 | 6.775 | |
| Pantothenic acid....mg | 1.260 | | 0 | | 1 | | 2.633 | 1.071 | |
| Vitamin B-6....mg | 0.310 | | 0 | | 1 | | 0.648 | 0.264 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 31 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 31 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 31 | 13 | |
| Choline, total....mg | 116.6 | | 0 | BFNN | 4 | | 243.7 | 99.1 | |
| Betaine....mg | 15.3 | | 0 | BFNN | 4 | | 32.0 | 13.0 | |
| Vitamin B-12....mcg | 1.57 | | 0 | | 1 | | 3.28 | 1.33 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.40 | | 0 | | 1 | | 0.84 | 0.34 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 6.6 | | 0 | BFZN | 4 | | 13.8 | 5.6 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.280 | | 0 | | 1 | | 8.945 | 3.638 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.021 | 0.009 | |

**NDB No. 17089**

**Veal, composite of trimmed retail cuts, separable lean and fat, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.030 | | 0 | | 1 | | 0.063 | 0.026 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.410 | | 0 | | 1 | | 0.857 | 0.349 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 2.320 | | 0 | | 1 | | 4.849 | 1.972 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.410 | | 0 | | 1 | | 2.947 | 1.199 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 4.400 | | 0 | | 1 | | 9.196 | 3.740 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.470 | | 0 | | 1 | | 0.982 | 0.400 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 3.840 | | 0 | | 1 | | 8.026 | 3.264 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.800 | | 0 | | 1 | | 1.672 | 0.680 | |
| 18:2 undifferentiated ... g | 0.630 | | 0 | | 1 | | 1.317 | 0.536 | |
| 18:3 undifferentiated ... g | 0.070 | | 0 | | 1 | | 0.146 | 0.060 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.100 | | 0 | | 1 | | 0.209 | 0.085 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 114 | | 0 | | 1 | | 238 | 97 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.305 | | 0 | | 1 | | 0.637 | 0.259 | |
| Threonine ... g | 1.315 | | 0 | | 1 | | 2.748 | 1.118 | |
| Isoleucine ... g | 1.482 | | 0 | | 1 | | 3.097 | 1.260 | |
| Leucine ... g | 2.395 | | 0 | | 1 | | 5.006 | 2.036 | |
| Lysine ... g | 2.480 | | 0 | | 1 | | 5.183 | 2.108 | |
| Methionine ... g | 0.702 | | 0 | | 1 | | 1.467 | 0.597 | |
| Cystine ... g | 0.340 | | 0 | | 1 | | 0.711 | 0.289 | |
| Phenylalanine ... g | 1.215 | | 0 | | 1 | | 2.539 | 1.033 | |
| Tyrosine ... g | 0.960 | | 0 | | 1 | | 2.006 | 0.816 | |
| Valine ... g | 1.663 | | 0 | | 1 | | 3.476 | 1.414 | |
| Arginine ... g | 1.770 | | 0 | | 1 | | 3.699 | 1.505 | |
| Histidine ... g | 1.092 | | 0 | | 1 | | 2.282 | 0.928 | |
| Alanine ... g | 1.790 | | 0 | | 1 | | 3.741 | 1.522 | |
| Aspartic acid ... g | 2.596 | | 0 | | 1 | | 5.426 | 2.207 | |
| Glutamic acid ... g | 4.761 | | 0 | | 1 | | 9.950 | 4.047 | |
| Glycine ... g | 1.547 | | 0 | | 1 | | 3.233 | 1.315 | |
| Proline ... g | 1.257 | | 0 | | 1 | | 2.627 | 1.068 | |
| Serine ... g | 1.128 | | 0 | | 1 | | 2.358 | 0.959 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17089**

**Veal, composite of trimmed retail cuts, separable lean and fat, cooked**

Measure 1 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17088**

**Veal, composite of trimmed retail cuts, separable lean and fat, raw**

*Bos taurus*

**Refuse:** 31% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.84 | | 0 | | 1 | | 20.65 | 330.40 | |
| Energy | kcal | 144 | | 0 | NC | 4 | | 41 | 653 | |
| Energy | kj | 602 | | | | 4 | | 171 | 2733 | |
| Protein (N x 6.25) | g | 19.35 | | 0 | | 1 | | 5.49 | 87.77 | |
| Total lipid (fat) | g | 6.77 | | 0 | | 1 | | 1.92 | 30.71 | |
| Ash | g | 1.04 | | 0 | | 1 | | 0.29 | 4.72 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | | 1 | | 4 | 68 | |
| Iron, Fe | mg | 0.83 | | 0 | | 1 | | 0.24 | 3.76 | |
| Magnesium, Mg | mg | 24 | | 0 | | 1 | | 7 | 109 | |
| Phosphorus, P | mg | 203 | | 0 | | 1 | | 58 | 921 | |
| Potassium, K | mg | 315 | | 0 | | 1 | | 89 | 1429 | |
| Sodium, Na | mg | 82 | | 0 | | 1 | | 23 | 372 | |
| Zinc, Zn | mg | 3.06 | | 0 | | 1 | | 0.87 | 13.88 | |
| Copper, Cu | mg | 0.109 | | 0 | | 1 | | 0.031 | 0.494 | |
| Manganese, Mn | mg | 0.028 | | 0 | | 1 | | 0.008 | 0.127 | |
| Selenium, Se | mcg | 8.4 | | 0 | PIE | 4 | | 2.4 | 38.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Riboflavin | mg | 0.270 | | 0 | | 1 | | 0.077 | 1.225 | |
| Niacin | mg | 7.500 | | 0 | | 1 | | 2.126 | 34.020 | |
| Pantothenic acid | mg | 1.310 | | 0 | | 1 | | 0.371 | 5.942 | |
| Vitamin B-6 | mg | 0.410 | | 0 | | 1 | | 0.116 | 1.860 | |
| Folate, total | mcg | 13 | | 0 | | 1 | | 4 | 59 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 13 | | 0 | | 1 | | 4 | 59 | |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 59 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.34 | | 0 | | 1 | | 0.38 | 6.08 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | | 1 | | 0.07 | 1.18 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.790 | | 0 | | 1 | | 0.791 | 12.655 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 12:0 | g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17088**

**Veal, composite of trimmed retail cuts, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.260 | | 0 | | 1 | | 0.074 | 1.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.480 | | 0 | | 1 | | 0.420 | 6.713 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.920 | | 0 | | 1 | | 0.261 | 4.173 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.570 | | 0 | | 1 | | 0.729 | 11.658 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.082 | 1.315 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.210 | | 0 | | 1 | | 0.627 | 10.025 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 2.177 | |
| 18:2 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.102 | 1.633 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.011 | 0.181 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 82 | | 0 | | 1 | | 23 | 372 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.196 | | 0 | | 1 | | 0.056 | 0.889 | |
| Threonine....g | 0.845 | | 0 | | 1 | | 0.240 | 3.833 | |
| Isoleucine....g | 0.953 | | 0 | | 1 | | 0.270 | 4.323 | |
| Leucine....g | 1.540 | | 0 | | 1 | | 0.437 | 6.985 | |
| Lysine....g | 1.594 | | 0 | | 1 | | 0.452 | 7.230 | |
| Methionine....g | 0.452 | | 0 | | 1 | | 0.128 | 2.050 | |
| Cystine....g | 0.218 | | 0 | | 1 | | 0.062 | 0.989 | |
| Phenylalanine....g | 0.781 | | 0 | | 1 | | 0.221 | 3.543 | |
| Tyrosine....g | 0.617 | | 0 | | 1 | | 0.175 | 2.799 | |
| Valine....g | 1.069 | | 0 | | 1 | | 0.303 | 4.849 | |
| Arginine....g | 1.138 | | 0 | | 1 | | 0.323 | 5.162 | |
| Histidine....g | 0.702 | | 0 | | 1 | | 0.199 | 3.184 | |
| Alanine....g | 1.151 | | 0 | | 1 | | 0.326 | 5.221 | |
| Aspartic acid....g | 1.669 | | 0 | | 1 | | 0.473 | 7.571 | |
| Glutamic acid....g | 3.060 | | 0 | | 1 | | 0.868 | 13.880 | |
| Glycine....g | 0.994 | | 0 | | 1 | | 0.282 | 4.509 | |
| Proline....g | 0.808 | | 0 | | 1 | | 0.229 | 3.665 | |
| Serine....g | 0.725 | | 0 | | 1 | | 0.206 | 3.289 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 17088**

**Veal, composite of trimmed retail cuts, separable lean and fat, raw**

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17091**

**Veal, composite of trimmed retail cuts, separable lean only, cooked**

**Refuse:** 34% Bone 28%, separable fat 6%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.16 | 0.129 | 12 | | 1 | | 115.51 | 51.14 | |
| Energy....kcal | 196 | | 0 | NC | 4 | | 376 | 167 | |
| Energy....kj | 820 | | 0 | | 4 | | 1575 | 697 | |
| Protein (N x 6.25)....g | 31.90 | 0.233 | 12 | | 1 | | 61.25 | 27.12 | |
| Total lipid (fat)....g | 6.58 | 0.160 | 12 | | 1 | | 12.63 | 5.59 | |
| Ash....g | 1.23 | 0.015 | 12 | | 1 | | 2.36 | 1.05 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | 2.144 | 12 | | 1 | | 46 | 20 | |
| Iron, Fe....mg | 1.16 | 0.029 | 12 | | 1 | | 2.23 | 0.99 | |
| Magnesium, Mg....mg | 28 | 0.614 | 12 | | 1 | | 54 | 24 | |
| Phosphorus, P....mg | 250 | 5.241 | 12 | | 1 | | 480 | 213 | |
| Potassium, K....mg | 338 | 2.458 | 12 | | 1 | | 649 | 287 | |
| Sodium, Na....mg | 89 | 3.319 | 12 | | 1 | | 171 | 76 | |
| Zinc, Zn....mg | 5.10 | 0.063 | 12 | | 1 | | 9.79 | 4.34 | |
| Copper, Cu....mg | 0.120 | 0.009 | 12 | | 1 | | 0.230 | 0.102 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.073 | 0.032 | |
| Selenium, Se....mcg | 13.0 | 1.355 | 5 | A | 1 | | 25.0 | 11.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.005 | 12 | | 1 | | 0.115 | 0.051 | |
| Riboflavin....mg | 0.340 | 0.015 | 12 | | 1 | | 0.653 | 0.289 | |
| Niacin....mg | 8.420 | 0.708 | 12 | | 1 | | 16.166 | 7.157 | |
| Pantothenic acid....mg | 1.330 | 0.224 | 12 | | 1 | | 2.554 | 1.131 | |
| Vitamin B-6....mg | 0.330 | 0.046 | 12 | | 1 | | 0.634 | 0.281 | |
| Folate, total....mcg | 16 | 2.334 | 12 | | 1 | | 31 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | 2.334 | 12 | | 1 | | 31 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 31 | 14 | |
| Choline, total....mg | 123.0 | | 0 | BFNN | 4 | | 236.2 | 104.6 | |
| Betaine....mg | 16.2 | | 0 | BFNN | 4 | | 31.0 | 13.7 | |
| Vitamin B-12....mcg | 1.65 | 0.247 | 12 | | 1 | | 3.17 | 1.40 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.42 | | 0 | | 1 | | 0.81 | 0.36 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 6.6 | | 0 | BFZN | 4 | | 12.7 | 5.6 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.840 | | 0 | | 1 | | 3.533 | 1.564 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17091**

**Veal, composite of trimmed retail cuts, separable lean only, cooked**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.010 | | 73 | | 1 | | 0.019 | 0.009 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.120 | | 73 | | 1 | | 0.230 | 0.102 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 1.070 | | 73 | | 1 | | 2.054 | 0.910 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.630 | | 73 | | 1 | | 1.210 | 0.536 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 2.350 | | 0 | | 1 | | 4.512 | 1.998 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.210 | | 73 | | 1 | | 0.403 | 0.179 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 2.110 | | 73 | | 1 | | 4.051 | 1.794 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.590 | | 0 | | 1 | | 1.133 | 0.502 | |
| 18:2 undifferentiated ... g | 0.450 | | 73 | | 1 | | 0.864 | 0.383 | |
| 18:3 undifferentiated ... g | 0.030 | | 73 | | 1 | | 0.058 | 0.026 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.110 | | 73 | | 1 | | 0.211 | 0.094 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 118 | 0.906 | 7 | | 1 | | 227 | 100 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.323 | | 0 | | 1 | | 0.620 | 0.275 | |
| Threonine ... g | 1.393 | | 0 | | 1 | | 2.675 | 1.184 | |
| Isoleucine ... g | 1.571 | | 0 | | 1 | | 3.016 | 1.335 | |
| Leucine ... g | 2.539 | | 0 | | 1 | | 4.875 | 2.158 | |
| Lysine ... g | 2.628 | | 0 | | 1 | | 5.046 | 2.234 | |
| Methionine ... g | 0.744 | | 0 | | 1 | | 1.428 | 0.632 | |
| Cystine ... g | 0.360 | | 0 | | 1 | | 0.691 | 0.306 | |
| Phenylalanine ... g | 1.287 | | 0 | | 1 | | 2.471 | 1.094 | |
| Tyrosine ... g | 1.017 | | 0 | | 1 | | 1.953 | 0.864 | |
| Valine ... g | 1.763 | | 0 | | 1 | | 3.385 | 1.499 | |
| Arginine ... g | 1.876 | | 0 | | 1 | | 3.602 | 1.595 | |
| Histidine ... g | 1.158 | | 0 | | 1 | | 2.223 | 0.984 | |
| Alanine ... g | 1.897 | | 0 | | 1 | | 3.642 | 1.612 | |
| Aspartic acid ... g | 2.752 | | 0 | | 1 | | 5.284 | 2.339 | |
| Glutamic acid ... g | 5.045 | | 0 | | 1 | | 9.686 | 4.288 | |
| Glycine ... g | 1.639 | | 0 | | 1 | | 3.147 | 1.393 | |
| Proline ... g | 1.332 | | 0 | | 1 | | 2.557 | 1.132 | |
| Serine ... g | 1.196 | | 0 | | 1 | | 2.296 | 1.017 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17091**

**Veal, composite of trimmed retail cuts, separable lean only, cooked**

Measure 1 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17090**

**Veal, composite of trimmed retail cuts, separable lean only, raw**

**Refuse:** 35% Bone 31%, separable fat 4%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 75.91 | 0.177 | 12 | | 1 | | 21.52 | 344.33 | |
| Energy | kcal | 112 | | 0 | NC | 4 | | 32 | 508 | |
| Energy | kj | 469 | | | | 4 | | 133 | 2126 | |
| Protein (N x 6.25) | g | 20.20 | 0.316 | 12 | | 1 | | 5.73 | 91.63 | |
| Total lipid (fat) | g | 2.87 | 0.091 | 12 | | 1 | | 0.81 | 13.02 | |
| Ash | g | 1.08 | 0.021 | 12 | | 1 | | 0.31 | 4.90 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | 0.922 | 12 | | 1 | | 4 | 68 | |
| Iron, Fe | mg | 0.85 | 0.018 | 12 | | 1 | | 0.24 | 3.86 | |
| Magnesium, Mg | mg | 25 | 0.502 | 12 | | 1 | | 7 | 113 | |
| Phosphorus, P | mg | 211 | 4.662 | 12 | | 1 | | 60 | 957 | |
| Potassium, K | mg | 328 | 5.173 | 12 | | 1 | | 93 | 1488 | |
| Sodium, Na | mg | 86 | 3.214 | 12 | | 1 | | 24 | 390 | |
| Zinc, Zn | mg | 3.23 | 0.039 | 12 | | 1 | | 0.92 | 14.65 | |
| Copper, Cu | mg | 0.113 | 0.005 | 12 | | 1 | | 0.032 | 0.513 | |
| Manganese, Mn | mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se | mcg | 8.6 | | 0 | BFYN | 4 | | 2.4 | 39.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | 0.005 | 12 | | 1 | | 0.023 | 0.363 | |
| Riboflavin | mg | 0.280 | 0.012 | 12 | | 1 | | 0.079 | 1.270 | |
| Niacin | mg | 7.830 | 0.727 | 12 | | 1 | | 2.220 | 35.517 | |
| Pantothenic acid | mg | 1.370 | 0.121 | 12 | | 1 | | 0.388 | 6.214 | |
| Vitamin B-6 | mg | 0.430 | 0.061 | 13 | | 1 | | 0.122 | 1.950 | |
| Folate, total | mcg | 13 | 2.223 | 12 | | 1 | | 4 | 59 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 13 | 2.223 | 12 | | 1 | | 4 | 59 | |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 59 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.40 | 0.179 | 12 | | 1 | | 0.40 | 6.35 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | | 1 | | 0.07 | 1.18 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.860 | | 0 | | 1 | | 0.244 | 3.901 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17090**

**Veal, composite of trimmed retail cuts, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.040 | | 147 | | 1 | | 0.011 | 0.181 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.490 | | 147 | | 1 | | 0.139 | 2.223 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.300 | | 147 | | 1 | | 0.085 | 1.361 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.920 | | 0 | | 1 | | 0.261 | 4.173 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.090 | | 147 | | 1 | | 0.026 | 0.408 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.820 | | 147 | | 1 | | 0.232 | 3.720 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| 18:2 undifferentiated....g | 0.210 | | 147 | | 1 | | 0.060 | 0.953 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 147 | | 1 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 83 | 4.512 | 12 | | 1 | | 24 | 376 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.204 | | 23 | | 1 | | 0.058 | 0.925 | |
| Threonine....g | 0.882 | | 45 | | 1 | | 0.250 | 4.001 | |
| Isoleucine....g | 0.995 | | 45 | | 1 | | 0.282 | 4.513 | |
| Leucine....g | 1.608 | | 45 | | 1 | | 0.456 | 7.294 | |
| Lysine....g | 1.664 | | 45 | | 1 | | 0.472 | 7.548 | |
| Methionine....g | 0.471 | | 45 | | 1 | | 0.134 | 2.136 | |
| Cystine....g | 0.228 | | 30 | | 1 | | 0.065 | 1.034 | |
| Phenylalanine....g | 0.815 | | 45 | | 1 | | 0.231 | 3.697 | |
| Tyrosine....g | 0.644 | | 38 | | 1 | | 0.183 | 2.921 | |
| Valine....g | 1.116 | | 45 | | 1 | | 0.316 | 5.062 | |
| Arginine....g | 1.188 | | 38 | | 1 | | 0.337 | 5.389 | |
| Histidine....g | 0.733 | | 38 | | 1 | | 0.208 | 3.325 | |
| Alanine....g | 1.201 | | 38 | | 1 | | 0.340 | 5.448 | |
| Aspartic acid....g | 1.743 | | 38 | | 1 | | 0.494 | 7.906 | |
| Glutamic acid....g | 3.195 | | 38 | | 1 | | 0.906 | 14.493 | |
| Glycine....g | 1.038 | | 38 | | 1 | | 0.294 | 4.708 | |
| Proline....g | 0.843 | | 38 | | 1 | | 0.239 | 3.824 | |
| Serine....g | 0.757 | | 38 | | 1 | | 0.215 | 3.434 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17090**

**Veal, composite of trimmed retail cuts, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17141**

**Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.29 | | 0 | | 1 | | 155.93 | 50.40 | |
| Energy....kcal | 188 | | 0 | NC | 4 | | 494 | 160 | |
| Energy....kj | 787 | | | | 4 | | 2069 | 669 | |
| Protein (N x 6.25)....g | 34.94 | | 0 | | 1 | | 91.89 | 29.70 | |
| Total lipid (fat)....g | 4.31 | | 0 | | 1 | | 11.34 | 3.66 | |
| Ash....g | 1.89 | | 0 | | 1 | | 4.97 | 1.61 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 29 | | 0 | | 1 | | 76 | 25 | |
| Iron, Fe....mg | 1.44 | | 0 | | 1 | | 3.79 | 1.22 | |
| Magnesium, Mg....mg | 28 | | 0 | | 1 | | 74 | 24 | |
| Phosphorus, P....mg | 239 | | 0 | | 1 | | 629 | 203 | |
| Potassium, K....mg | 342 | | 0 | | 1 | | 899 | 291 | |
| Sodium, Na....mg | 93 | | 0 | | 1 | | 245 | 79 | |
| Zinc, Zn....mg | 6.01 | | 0 | | 1 | | 15.81 | 5.11 | |
| Copper, Cu....mg | 0.153 | | 0 | | 1 | | 0.402 | 0.130 | |
| Manganese, Mn....mg | 0.040 | | 0 | | 1 | | 0.105 | 0.034 | |
| Selenium, Se....mcg | 15.2 | | 0 | PIE | 4 | | 40.0 | 12.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.184 | 0.060 | |
| Riboflavin....mg | 0.400 | | 0 | | 1 | | 1.052 | 0.340 | |
| Niacin....mg | 8.300 | | 0 | | 1 | | 21.829 | 7.055 | |
| Pantothenic acid....mg | 1.190 | | 0 | | 1 | | 3.130 | 1.012 | |
| Vitamin B-6....mg | 0.380 | | 0 | | 1 | | 0.999 | 0.323 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 42 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 42 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 42 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.67 | | 0 | | 1 | | 4.39 | 1.42 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.45 | | 0 | | 1 | | 1.18 | 0.38 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.300 | | 0 | | 1 | | 3.419 | 1.105 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.026 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17141**

**Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.070 | | 0 | | 1 | | 0.184 | 0.060 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.740 | | 0 | | 1 | | 1.946 | 0.629 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.450 | | 0 | | 1 | | 1.184 | 0.383 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.390 | | 0 | | 1 | | 3.656 | 1.182 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.140 | | 0 | | 1 | | 0.368 | 0.119 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.230 | | 0 | | 1 | | 3.235 | 1.046 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.450 | | 0 | | 1 | | 1.184 | 0.383 | |
| 18:2 undifferentiated....g | 0.320 | | 0 | | 1 | | 0.842 | 0.272 | |
| 18:3 undifferentiated....g | 0.020 | | 0 | | 1 | | 0.053 | 0.017 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 0 | | 1 | | 0.289 | 0.094 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 145 | | 0 | | 1 | | 381 | 123 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.354 | | 0 | | 1 | | 0.931 | 0.301 | |
| Threonine....g | 1.527 | | 0 | | 1 | | 4.016 | 1.298 | |
| Isoleucine....g | 1.721 | | 0 | | 1 | | 4.526 | 1.463 | |
| Leucine....g | 2.781 | | 0 | | 1 | | 7.314 | 2.364 | |
| Lysine....g | 2.879 | | 0 | | 1 | | 7.572 | 2.447 | |
| Methionine....g | 0.815 | | 0 | | 1 | | 2.143 | 0.693 | |
| Cystine....g | 0.394 | | 0 | | 1 | | 1.036 | 0.335 | |
| Phenylalanine....g | 1.410 | | 0 | | 1 | | 3.708 | 1.199 | |
| Tyrosine....g | 1.114 | | 0 | | 1 | | 2.930 | 0.947 | |
| Valine....g | 1.931 | | 0 | | 1 | | 5.079 | 1.641 | |
| Arginine....g | 2.055 | | 0 | | 1 | | 5.405 | 1.747 | |
| Histidine....g | 1.268 | | 0 | | 1 | | 3.335 | 1.078 | |
| Alanine....g | 2.078 | | 0 | | 1 | | 5.465 | 1.766 | |
| Aspartic acid....g | 3.015 | | 0 | | 1 | | 7.929 | 2.563 | |
| Glutamic acid....g | 5.527 | | 0 | | 1 | | 14.536 | 4.698 | |
| Glycine....g | 1.796 | | 0 | | 1 | | 4.723 | 1.527 | |
| Proline....g | 1.459 | | 0 | | 1 | | 3.837 | 1.240 | |
| Serine....g | 1.310 | | 0 | | 1 | | 3.445 | 1.114 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 263g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17141**

**Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17140**

**Veal, cubed for stew (leg and shoulder), separable lean only, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.39 | 0.143 | 12 | | 1 | | 21.66 | 346.51 | |
| Energy....kcal | 109 | | 0 | NC | 4 | | 31 | 494 | |
| Energy....kj | 456 | | | | 4 | | 129 | 2069 | |
| Protein (N x 6.25)....g | 20.27 | 0.282 | 12 | | 1 | | 5.75 | 91.94 | |
| Total lipid (fat)....g | 2.50 | 0.050 | 12 | | 1 | | 0.71 | 11.34 | |
| Ash....g | 1.10 | 0.022 | 12 | | 1 | | 0.31 | 4.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | 1.349 | 12 | | 1 | | 5 | 77 | |
| Iron, Fe....mg | 0.88 | 0.036 | 12 | | 1 | | 0.25 | 3.99 | |
| Magnesium, Mg....mg | 25 | 0.501 | 12 | | 1 | | 7 | 113 | |
| Phosphorus, P....mg | 213 | 4.463 | 12 | | 1 | | 60 | 966 | |
| Potassium, K....mg | 331 | 6.453 | 12 | | 1 | | 94 | 1501 | |
| Sodium, Na....mg | 83 | 2.886 | 12 | | 1 | | 24 | 376 | |
| Zinc, Zn....mg | 3.48 | 0.037 | 12 | | 1 | | 0.99 | 15.79 | |
| Copper, Cu....mg | 0.118 | 0.005 | 12 | | 1 | | 0.033 | 0.535 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 8.8 | | 0 | PIE | 4 | | 2.5 | 39.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | 0.008 | 12 | | 1 | | 0.026 | 0.408 | |
| Riboflavin....mg | 0.290 | 0.013 | 12 | | 1 | | 0.082 | 1.315 | |
| Niacin....mg | 7.400 | 0.721 | 12 | | 1 | | 2.098 | 33.566 | |
| Pantothenic acid....mg | 1.250 | 0.070 | 12 | | 1 | | 0.354 | 5.670 | |
| Vitamin B-6....mg | 0.450 | 0.044 | 12 | | 1 | | 0.128 | 2.041 | |
| Folate, total....mcg | 13 | 2.351 | 12 | | 1 | | 4 | 59 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | 2.351 | 12 | | 1 | | 4 | 59 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 59 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.49 | 0.192 | 12 | | 1 | | 0.42 | 6.76 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.27 | | 0 | | 1 | | 0.08 | 1.22 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.750 | | 0 | | 1 | | 0.213 | 3.402 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17140**

**Veal, cubed for stew (leg and shoulder), separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.040 | | 147 | | 1 | | 0.011 | 0.181 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.430 | | 147 | | 1 | | 0.122 | 1.950 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.260 | | 147 | | 1 | | 0.074 | 1.179 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.800 | | 0 | | 1 | | 0.227 | 3.629 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.080 | | 147 | | 1 | | 0.023 | 0.363 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.710 | | 147 | | 1 | | 0.201 | 3.221 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.260 | | 0 | | 1 | | 0.074 | 1.179 | |
| 18:2 undifferentiated....g | 0.180 | | 147 | | 1 | | 0.051 | 0.816 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 147 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 84 | 4.834 | 12 | | 1 | | 24 | 381 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.205 | | 0 | | 1 | | 0.058 | 0.930 | |
| Threonine....g | 0.885 | | 0 | | 1 | | 0.251 | 4.014 | |
| Isoleucine....g | 0.998 | | 0 | | 1 | | 0.283 | 4.527 | |
| Leucine....g | 1.613 | | 0 | | 1 | | 0.457 | 7.317 | |
| Lysine....g | 1.670 | | 0 | | 1 | | 0.473 | 7.575 | |
| Methionine....g | 0.473 | | 0 | | 1 | | 0.134 | 2.146 | |
| Cystine....g | 0.229 | | 0 | | 1 | | 0.065 | 1.039 | |
| Phenylalanine....g | 0.818 | | 0 | | 1 | | 0.232 | 3.710 | |
| Tyrosine....g | 0.646 | | 0 | | 1 | | 0.183 | 2.930 | |
| Valine....g | 1.120 | | 0 | | 1 | | 0.318 | 5.080 | |
| Arginine....g | 1.192 | | 0 | | 1 | | 0.338 | 5.407 | |
| Histidine....g | 0.736 | | 0 | | 1 | | 0.209 | 3.338 | |
| Alanine....g | 1.205 | | 0 | | 1 | | 0.342 | 5.466 | |
| Aspartic acid....g | 1.748 | | 0 | | 1 | | 0.496 | 7.929 | |
| Glutamic acid....g | 3.206 | | 0 | | 1 | | 0.909 | 14.542 | |
| Glycine....g | 1.042 | | 0 | | 1 | | 0.295 | 4.727 | |
| Proline....g | 0.846 | | 0 | | 1 | | 0.240 | 3.837 | |
| Serine....g | 0.760 | | 0 | | 1 | | 0.215 | 3.447 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17140**

**Veal, cubed for stew (leg and shoulder), separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17143**
**Veal, ground, cooked, broiled**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.76 | | 0 | | 1 | | 199.61 | 56.75 | |
| Energy | kcal | 172 | | 0 | NC | 4 | | 514 | 146 | |
| Energy | kj | 720 | | 0 | | 4 | | 2152 | 612 | |
| Protein (N x 6.25) | g | 24.38 | | 0 | | 1 | | 72.90 | 20.72 | |
| Total lipid (fat) | g | 7.56 | | 0 | | 1 | | 22.60 | 6.43 | |
| Ash | g | 1.31 | | 0 | | 1 | | 3.92 | 1.11 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 0 | | 1 | | 51 | 14 | |
| Iron, Fe | mg | 0.99 | | 0 | | 1 | | 2.96 | 0.84 | |
| Magnesium, Mg | mg | 24 | | 0 | | 1 | | 72 | 20 | |
| Phosphorus, P | mg | 217 | | 0 | | 1 | | 649 | 184 | |
| Potassium, K | mg | 337 | | 0 | | 1 | | 1008 | 286 | |
| Sodium, Na | mg | 83 | | 0 | | 1 | | 248 | 71 | |
| Zinc, Zn | mg | 3.87 | | 0 | | 1 | | 11.57 | 3.29 | |
| Copper, Cu | mg | 0.103 | | 0 | | 1 | | 0.308 | 0.088 | |
| Manganese, Mn | mg | 0.035 | | 0 | | 1 | | 0.105 | 0.030 | |
| Selenium, Se | mcg | 13.7 | | 0 | BFNN | 4 | | 41.0 | 11.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | | 1 | | 0.209 | 0.060 | |
| Riboflavin | mg | 0.270 | | 0 | | 1 | | 0.807 | 0.230 | |
| Niacin | mg | 8.030 | | 0 | | 1 | | 24.010 | 6.826 | |
| Pantothenic acid | mg | 1.160 | | 0 | | 1 | | 3.468 | 0.986 | |
| Vitamin B-6 | mg | 0.390 | | 0 | | 1 | | 1.166 | 0.332 | |
| Folate, total | mcg | 11 | | 0 | | 1 | | 33 | 9 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 11 | | 0 | | 1 | | 33 | 9 | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | 33 | 9 | |
| Choline, total | mg | 95.0 | | 0 | BFNN | 4 | | 284.0 | 80.7 | |
| Betaine | mg | 12.5 | | 0 | BFNN | 4 | | 37.3 | 10.6 | |
| Vitamin B-12 | mcg | 1.27 | | 0 | | 1 | | 3.80 | 1.08 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 7 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.15 | | 0 | NR | 4 | | 0.45 | 0.13 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 1.2 | | 0 | BFYN | 4 | | 3.5 | 1.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.040 | | 0 | | 1 | | 9.090 | 2.584 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.030 | 0.009 | |

**NDB No. 17143**
**Veal, ground, cooked, broiled**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.020 | | 0 | | 1 | | 0.060 | 0.017 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.280 | | 0 | | 1 | | 0.837 | 0.238 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.620 | | 0 | | 1 | | 4.844 | 1.377 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.010 | | 0 | | 1 | | 3.020 | 0.859 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.840 | | 0 | | 1 | | 8.492 | 2.414 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.320 | | 0 | | 1 | | 0.957 | 0.272 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.450 | | 0 | | 1 | | 7.326 | 2.083 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.550 | | 0 | | 1 | | 1.645 | 0.468 | |
| 18:2 undifferentiated g | 0.420 | | 0 | | 1 | | 1.256 | 0.357 | |
| 18:3 undifferentiated g | 0.050 | | 0 | | 1 | | 0.150 | 0.043 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.090 | | 0 | | 1 | | 0.269 | 0.077 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 103 | | 0 | | 1 | | 308 | 88 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.247 | | 0 | | 1 | | 0.739 | 0.210 | |
| Threonine g | 1.065 | | 0 | | 1 | | 3.184 | 0.905 | |
| Isoleucine g | 1.201 | | 0 | | 1 | | 3.591 | 1.021 | |
| Leucine g | 1.940 | | 0 | | 1 | | 5.801 | 1.649 | |
| Lysine g | 2.009 | | 0 | | 1 | | 6.007 | 1.708 | |
| Methionine g | 0.569 | | 0 | | 1 | | 1.701 | 0.484 | |
| Cystine g | 0.275 | | 0 | | 1 | | 0.822 | 0.234 | |
| Phenylalanine g | 0.984 | | 0 | | 1 | | 2.942 | 0.836 | |
| Tyrosine g | 0.777 | | 0 | | 1 | | 2.323 | 0.660 | |
| Valine g | 1.347 | | 0 | | 1 | | 4.028 | 1.145 | |
| Arginine g | 1.434 | | 0 | | 1 | | 4.288 | 1.219 | |
| Histidine g | 0.885 | | 0 | | 1 | | 2.646 | 0.752 | |
| Alanine g | 1.450 | | 0 | | 1 | | 4.336 | 1.233 | |
| Aspartic acid g | 2.103 | | 0 | | 1 | | 6.288 | 1.788 | |
| Glutamic acid g | 3.856 | | 0 | | 1 | | 11.529 | 3.278 | |
| Glycine g | 1.253 | | 0 | | 1 | | 3.746 | 1.065 | |
| Proline g | 1.018 | | 0 | | 1 | | 3.044 | 0.865 | |
| Serine g | 0.914 | | 0 | | 1 | | 2.733 | 0.777 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17143**

**Veal, ground, cooked, broiled**

Measure 1 = 299g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17142**
**Veal, ground, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 72.84 | | 0 | | 1 | | 20.65 | 82.31 | |
| Energy....kcal | 144 | | 0 | NC | 4 | | 41 | 163 | |
| Energy....kj | 602 | | | | 4 | | 171 | 681 | |
| Protein (N x 6.25)....g | 19.35 | | 0 | | 1 | | 5.49 | 21.87 | |
| Total lipid (fat)....g | 6.77 | | 0 | | 1 | | 1.92 | 7.65 | |
| Ash....g | 1.04 | | 0 | | 1 | | 0.29 | 1.18 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 15 | | 0 | | 1 | | 4 | 17 | |
| Iron, Fe....mg | 0.83 | | 0 | | 1 | | 0.24 | 0.94 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 7 | 27 | |
| Phosphorus, P....mg | 203 | | 0 | | 1 | | 58 | 229 | |
| Potassium, K....mg | 315 | | 0 | | 1 | | 89 | 356 | |
| Sodium, Na....mg | 82 | | 0 | | 1 | | 23 | 93 | |
| Zinc, Zn....mg | 3.06 | | 0 | | 1 | | 0.87 | 3.46 | |
| Copper, Cu....mg | 0.109 | | 0 | | 1 | | 0.031 | 0.123 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.008 | 0.032 | |
| Selenium, Se....mcg | 8.1 | | 0 | BFZN | 4 | | 2.3 | 9.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.023 | 0.090 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.077 | 0.305 | |
| Niacin....mg | 7.500 | | 0 | | 1 | | 2.126 | 8.475 | |
| Pantothenic acid....mg | 1.310 | | 0 | | 1 | | 0.371 | 1.480 | |
| Vitamin B-6....mg | 0.410 | | 0 | | 1 | | 0.116 | 0.463 | |
| Folate, total....mcg | 13 | | 0 | | 1 | | 4 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | | 1 | | 4 | 15 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.34 | | 0 | | 1 | | 0.38 | 1.51 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.26 | | 0 | | 1 | | 0.07 | 0.29 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.790 | | 0 | | 1 | | 0.791 | 3.153 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.011 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.006 | 0.023 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17142**
**Veal, ground, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.260 | | 0 | | 1 | | 0.074 | 0.294 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.480 | | 0 | | 1 | | 0.420 | 1.672 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.920 | | 0 | | 1 | | 0.261 | 1.040 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.570 | | 0 | | 1 | | 0.729 | 2.904 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.082 | 0.328 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.210 | | 0 | | 1 | | 0.627 | 2.497 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.136 | 0.542 | |
| 18:2 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.102 | 0.407 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.011 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.020 | 0.079 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 82 | | 0 | | 1 | | 23 | 93 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.196 | | 0 | | 1 | | 0.056 | 0.221 | |
| Threonine....g | 0.845 | | 0 | | 1 | | 0.240 | 0.955 | |
| Isoleucine....g | 0.953 | | 0 | | 1 | | 0.270 | 1.077 | |
| Leucine....g | 1.540 | | 0 | | 1 | | 0.437 | 1.740 | |
| Lysine....g | 1.594 | | 0 | | 1 | | 0.452 | 1.801 | |
| Methionine....g | 0.452 | | 0 | | 1 | | 0.128 | 0.511 | |
| Cystine....g | 0.218 | | 0 | | 1 | | 0.062 | 0.246 | |
| Phenylalanine....g | 0.781 | | 0 | | 1 | | 0.221 | 0.883 | |
| Tyrosine....g | 0.617 | | 0 | | 1 | | 0.175 | 0.697 | |
| Valine....g | 1.069 | | 0 | | 1 | | 0.303 | 1.208 | |
| Arginine....g | 1.138 | | 0 | | 1 | | 0.323 | 1.286 | |
| Histidine....g | 0.702 | | 0 | | 1 | | 0.199 | 0.793 | |
| Alanine....g | 1.151 | | 0 | | 1 | | 0.326 | 1.301 | |
| Aspartic acid....g | 1.669 | | 0 | | 1 | | 0.473 | 1.886 | |
| Glutamic acid....g | 3.060 | | 0 | | 1 | | 0.868 | 3.458 | |
| Glycine....g | 0.994 | | 0 | | 1 | | 0.282 | 1.123 | |
| Proline....g | 0.808 | | 0 | | 1 | | 0.229 | 0.913 | |
| Serine....g | 0.725 | | 0 | | 1 | | 0.206 | 0.819 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17142**
**Veal, ground, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.49 | | 0 | | 1 | | 150.93 | 47.17 | |
| Energy | kcal | 211 | | 0 | NC | 4 | | 574 | 179 | |
| Energy | kj | 883 | | 0 | | 4 | | 2401 | 750 | |
| Protein (N x 6.25) | g | 36.16 | | 0 | | 1 | | 98.36 | 30.74 | |
| Total lipid (fat) | g | 6.33 | | 0 | | 1 | | 17.22 | 5.38 | |
| Ash | g | 1.95 | | 0 | | 1 | | 5.30 | 1.66 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 8 | | 0 | | 1 | | 22 | 7 | |
| Iron, Fe | mg | 1.32 | | 0 | | 1 | | 3.59 | 1.12 | |
| Magnesium, Mg | mg | 29 | | 0 | | 1 | | 79 | 25 | |
| Phosphorus, P | mg | 249 | | 0 | | 1 | | 677 | 212 | |
| Potassium, K | mg | 383 | | 0 | | 1 | | 1042 | 326 | |
| Sodium, Na | mg | 67 | | 0 | | 1 | | 182 | 57 | |
| Zinc, Zn | mg | 3.96 | | 0 | | 1 | | 10.77 | 3.37 | |
| Copper, Cu | mg | 0.140 | | 0 | | 1 | | 0.381 | 0.119 | |
| Manganese, Mn | mg | 0.039 | | 0 | | 1 | | 0.106 | 0.033 | |
| Selenium, Se | mcg | 15.4 | | 0 | PIE | 4 | | 41.9 | 13.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | | 1 | | 0.163 | 0.051 | |
| Riboflavin | mg | 0.350 | | 0 | | 1 | | 0.952 | 0.298 | |
| Niacin | mg | 10.560 | | 0 | | 1 | | 28.723 | 8.976 | |
| Pantothenic acid | mg | 1.020 | | 0 | | 1 | | 2.774 | 0.867 | |
| Vitamin B-6 | mg | 0.360 | | 0 | | 1 | | 0.979 | 0.306 | |
| Folate, total | mcg | 18 | | 0 | | 1 | | 49 | 15 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 18 | | 0 | | 1 | | 49 | 15 | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 49 | 15 | |
| Choline, total | mg | 141.2 | | 0 | BFNN | 4 | | 384.1 | 120.0 | |
| Betaine | mg | 18.6 | | 0 | BFNN | 4 | | 50.5 | 15.8 | |
| Vitamin B-12 | mcg | 1.17 | | 0 | | 1 | | 3.18 | 0.99 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.49 | | 0 | | 1 | | 1.33 | 0.42 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.0 | | 0 | BFYN | 4 | | 19.2 | 6.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.530 | | 0 | | 1 | | 6.882 | 2.151 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.027 | 0.009 | |

**NDB No. 17095**

**Veal, leg (top round), separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.054 | 0.017 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.230 | | 0 | | 1 | | 0.626 | 0.196 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.350 | | 0 | | 1 | | 3.672 | 1.148 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.840 | | 0 | | 1 | | 2.285 | 0.714 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.360 | | 0 | | 1 | | 6.419 | 2.006 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 0 | | 1 | | 0.734 | 0.230 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.040 | | 0 | | 1 | | 5.549 | 1.734 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.470 | | 0 | | 1 | | 1.278 | 0.400 | |
| 18:2 undifferentiated....g | 0.350 | | 0 | | 1 | | 0.952 | 0.298 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.109 | 0.034 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.218 | 0.068 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 134 | | 0 | | 1 | | 364 | 114 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.366 | | 0 | | 1 | | 0.996 | 0.311 | |
| Threonine....g | 1.580 | | 0 | | 1 | | 4.298 | 1.343 | |
| Isoleucine....g | 1.781 | | 0 | | 1 | | 4.844 | 1.514 | |
| Leucine....g | 2.878 | | 0 | | 1 | | 7.828 | 2.446 | |
| Lysine....g | 2.980 | | 0 | | 1 | | 8.106 | 2.533 | |
| Methionine....g | 0.844 | | 0 | | 1 | | 2.296 | 0.717 | |
| Cystine....g | 0.408 | | 0 | | 1 | | 1.110 | 0.347 | |
| Phenylalanine....g | 1.459 | | 0 | | 1 | | 3.968 | 1.240 | |
| Tyrosine....g | 1.153 | | 0 | | 1 | | 3.136 | 0.980 | |
| Valine....g | 1.999 | | 0 | | 1 | | 5.437 | 1.699 | |
| Arginine....g | 2.127 | | 0 | | 1 | | 5.785 | 1.808 | |
| Histidine....g | 1.313 | | 0 | | 1 | | 3.571 | 1.116 | |
| Alanine....g | 2.151 | | 0 | | 1 | | 5.851 | 1.828 | |
| Aspartic acid....g | 3.120 | | 0 | | 1 | | 8.486 | 2.652 | |
| Glutamic acid....g | 5.720 | | 0 | | 1 | | 15.558 | 4.862 | |
| Glycine....g | 1.858 | | 0 | | 1 | | 5.054 | 1.579 | |
| Proline....g | 1.510 | | 0 | | 1 | | 4.107 | 1.284 | |
| Serine....g | 1.355 | | 0 | | 1 | | 3.686 | 1.152 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17095**

**Veal, leg (top round), separable lean and fat, cooked, braised**

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.31 | | 0 | | 1 | | 151.36 | 43.61 | |
| Energy | kcal | 238 | | 0 | NC | 4 | | 701 | 202 | |
| Energy | kj | 994 | | 0 | NC | 4 | | 2934 | 845 | |
| Protein (N x 6.25) | g | 27.29 | | 0 | | 1 | | 80.51 | 23.20 | |
| Total lipid (fat) | g | 9.18 | | 0 | | 1 | | 27.08 | 7.80 | |
| Ash | g | 2.31 | | 0 | | 1 | | 6.81 | 1.96 | |
| Carbohydrate, by difference | g | 9.91 | | 0 | NC | 4 | | 29.23 | 8.42 | |
| Fiber, total dietary | g | 0.3 | | 0 | | 4 | | 0.9 | 0.3 | |
| Sugars, total | g | 0.57 | | 0 | PIK | 4 | | 1.68 | 0.48 | |
| Sucrose | g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose) | g | 0.17 | | 0 | PAK | 1 | | 0.49 | 0.14 | |
| Fructose | g | 0.23 | | 0 | PAK | 1 | | 0.67 | 0.19 | |
| Lactose | g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Maltose | g | 0.18 | | 0 | PAK | 1 | | 0.52 | 0.15 | |
| Galactose | g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Starch | g | 5.49 | | 0 | PAK | 1 | | 16.19 | 4.67 | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 39 | | 0 | | 1 | | 115 | 33 | |
| Iron, Fe | mg | 1.64 | | 0 | | 1 | | 4.84 | 1.39 | |
| Magnesium, Mg | mg | 31 | | 0 | | 1 | | 91 | 26 | |
| Phosphorus, P | mg | 250 | | 0 | | 1 | | 738 | 213 | |
| Potassium, K | mg | 371 | | 0 | | 1 | | 1094 | 315 | |
| Sodium, Na | mg | 454 | | 0 | | 1 | | 1339 | 386 | |
| Zinc, Zn | mg | 2.75 | | 0 | | 1 | | 8.11 | 2.34 | |
| Copper, Cu | mg | 0.073 | | 0 | | 1 | | 0.215 | 0.062 | |
| Manganese, Mn | mg | 0.135 | | 0 | | 1 | | 0.398 | 0.115 | |
| Selenium, Se | mcg | 16.5 | | 0 | PIE | 4 | | 48.7 | 14.0 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.160 | | 0 | | 1 | | 0.472 | 0.136 | |
| Riboflavin | mg | 0.350 | | 0 | | 1 | | 1.033 | 0.298 | |
| Niacin | mg | 10.340 | | 0 | | 1 | | 30.503 | 8.789 | |
| Pantothenic acid | mg | 1.070 | | 0 | | 1 | | 3.157 | 0.910 | |
| Vitamin B-6 | mg | 0.400 | | 0 | | 1 | | 1.180 | 0.340 | |
| Folate, total | mcg | 27 | | 0 | RA | 4 | | 80 | 23 | |
| Folic acid | mcg | 8 | | 0 | NC | 4 | | 24 | 7 | |
| Folate, food | mcg | 19 | | 0 | | 1 | | 56 | 16 | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 96 | 28 | |
| Choline, total | mg | 113.2 | | 0 | PIE | 4 | | 334.0 | 96.2 | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.24 | | 0 | | 1 | | 3.66 | 1.05 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | NC | 4 | | 30 | 9 | |
| Retinol | mcg | 10 | | 0 | NR | 4 | | 30 | 9 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 34 | | 0 | | 1 | | 100 | 29 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.53 | | 0 | | 1 | | 1.56 | 0.45 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | 0.00 | | 0 | PAK | 1 | | 0.01 | 0.00 | |
| Tocopherol, gamma | mg | 0.07 | | 0 | PAK | 1 | | 0.21 | 0.06 | |
| Tocopherol, delta | mg | 0.02 | | 0 | PAK | 1 | | 0.05 | 0.01 | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.1 | | 0 | PIK | 4 | | 15.1 | 4.3 | |

**NDB No. 17096**

**Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.060 | | 0 | | 1 | | 9.027 | 2.601 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.059 | 0.017 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.240 | | 0 | | 1 | | 0.708 | 0.204 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.750 | | 0 | | 1 | | 5.163 | 1.488 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.980 | | 0 | | 1 | | 2.891 | 0.833 | |
| 20:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| 24:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 3.390 | | 0 | | 1 | | 10.001 | 2.882 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.300 | | 0 | | 1 | | 0.885 | 0.255 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.040 | | 0 | | 1 | | 8.968 | 2.584 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.490 | | 0 | | 1 | | 4.396 | 1.267 | |
| 18:2 undifferentiated....g | 1.280 | | 0 | | 1 | | 3.776 | 1.088 | |
| 18:3 undifferentiated....g | 0.140 | | 0 | | 1 | | 0.413 | 0.119 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.177 | 0.051 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 112 | | 0 | | 1 | | 330 | 95 | |
| Phytosterols....mg | 3 | | 0 | | 1 | | 9 | 3 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.284 | | 0 | | 1 | | 0.838 | 0.241 | |
| Threonine....g | 1.172 | | 0 | | 1 | | 3.457 | 0.996 | |
| Isoleucine....g | 1.339 | | 0 | | 1 | | 3.950 | 1.138 | |
| Leucine....g | 2.161 | | 0 | | 1 | | 6.375 | 1.837 | |
| Lysine....g | 2.144 | | 0 | | 1 | | 6.325 | 1.822 | |
| Methionine....g | 0.631 | | 0 | | 1 | | 1.861 | 0.536 | |
| Cystine....g | 0.328 | | 0 | | 1 | | 0.968 | 0.279 | |
| Phenylalanine....g | 1.129 | | 0 | | 1 | | 3.331 | 0.960 | |
| Tyrosine....g | 0.864 | | 0 | | 1 | | 2.549 | 0.734 | |
| Valine....g | 1.512 | | 0 | | 1 | | 4.460 | 1.285 | |
| Arginine....g | 1.578 | | 0 | | 1 | | 4.655 | 1.341 | |
| Histidine....g | 0.956 | | 0 | | 1 | | 2.820 | 0.813 | |
| Alanine....g | 1.582 | | 0 | | 1 | | 4.667 | 1.345 | |
| Aspartic acid....g | 2.307 | | 0 | | 1 | | 6.806 | 1.961 | |
| Glutamic acid....g | 4.547 | | 0 | | 1 | | 13.414 | 3.865 | |
| Glycine....g | 1.368 | | 0 | | 1 | | 4.036 | 1.163 | |
| Proline....g | 1.247 | | 0 | | 1 | | 3.679 | 1.060 | |
| Serine....g | 1.075 | | 0 | | 1 | | 3.171 | 0.914 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17096**

**Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17097**

**Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 58.34 | | 0 | | 1 | | 177.35 | 49.59 | |
| Energy | kcal | 211 | | 0 | NC | 4 | | 641 | 179 | |
| Energy | kj | 883 | | 0 | | 4 | | 2684 | 750 | |
| Protein (N x 6.25) | g | 31.75 | | 0 | | 1 | | 96.52 | 26.99 | |
| Total lipid (fat) | g | 8.35 | | 0 | | 1 | | 25.38 | 7.10 | |
| Ash | g | 1.40 | | 0 | | 1 | | 4.26 | 1.19 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 6 | | 0 | | 1 | | 18 | 5 | |
| Iron, Fe | mg | 0.88 | | 0 | | 1 | | 2.68 | 0.75 | |
| Magnesium, Mg | mg | 31 | | 0 | | 1 | | 94 | 26 | |
| Phosphorus, P | mg | 279 | | 0 | | 1 | | 848 | 237 | |
| Potassium, K | mg | 425 | | 0 | | 1 | | 1292 | 361 | |
| Sodium, Na | mg | 76 | | 0 | | 1 | | 231 | 65 | |
| Zinc, Zn | mg | 3.23 | | 0 | | 1 | | 9.82 | 2.75 | |
| Copper, Cu | mg | 0.062 | | 0 | | 1 | | 0.188 | 0.053 | |
| Manganese, Mn | mg | 0.031 | | 0 | | 1 | | 0.094 | 0.026 | |
| Selenium, Se | mcg | 13.4 | | 0 | PIE | 4 | | 40.7 | 11.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | | 1 | | 0.213 | 0.060 | |
| Riboflavin | mg | 0.350 | | 0 | | 1 | | 1.064 | 0.298 | |
| Niacin | mg | 12.050 | | 0 | | 1 | | 36.632 | 10.243 | |
| Pantothenic acid | mg | 1.170 | | 0 | | 1 | | 3.557 | 0.995 | |
| Vitamin B-6 | mg | 0.490 | | 0 | | 1 | | 1.490 | 0.417 | |
| Folate, total | mcg | 15 | | 0 | | 1 | | 46 | 13 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 15 | | 0 | | 1 | | 46 | 13 | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 46 | 13 | |
| Choline, total | mg | 123.2 | | 0 | BFNN | 4 | | 374.6 | 104.7 | |
| Betaine | mg | 16.2 | | 0 | BFNN | 4 | | 49.2 | 13.8 | |
| Vitamin B-12 | mcg | 1.45 | | 0 | | 1 | | 4.41 | 1.23 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.42 | | 0 | | 1 | | 1.28 | 0.36 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.0 | | 0 | BFYN | 4 | | 15.1 | 4.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.160 | | 0 | | 1 | | 9.606 | 2.686 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.030 | 0.009 | |

**NDB No. 17097**

**Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.020 | | 0 | | 1 | | 0.061 | 0.017 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.300 | | 0 | | 1 | | 0.912 | 0.255 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.700 | | 0 | | 1 | | 5.168 | 1.445 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.040 | | 0 | | 1 | | 3.162 | 0.884 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.230 | | 0 | | 1 | | 9.819 | 2.746 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.340 | | 0 | | 1 | | 1.034 | 0.289 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.820 | | 0 | | 1 | | 8.573 | 2.397 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.580 | | 0 | | 1 | | 1.763 | 0.493 | |
| 18:2 undifferentiated g | 0.460 | | 0 | | 1 | | 1.398 | 0.391 | |
| 18:3 undifferentiated g | 0.050 | | 0 | | 1 | | 0.152 | 0.043 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.070 | | 0 | | 1 | | 0.213 | 0.060 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 105 | | 0 | | 1 | | 319 | 89 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.321 | | 0 | | 1 | | 0.976 | 0.273 | |
| Threonine g | 1.387 | | 0 | | 1 | | 4.216 | 1.179 | |
| Isoleucine g | 1.564 | | 0 | | 1 | | 4.755 | 1.329 | |
| Leucine g | 2.527 | | 0 | | 1 | | 7.682 | 2.148 | |
| Lysine g | 2.616 | | 0 | | 1 | | 7.953 | 2.224 | |
| Methionine g | 0.741 | | 0 | | 1 | | 2.253 | 0.630 | |
| Cystine g | 0.358 | | 0 | | 1 | | 1.088 | 0.304 | |
| Phenylalanine g | 1.281 | | 0 | | 1 | | 3.894 | 1.089 | |
| Tyrosine g | 1.012 | | 0 | | 1 | | 3.076 | 0.860 | |
| Valine g | 1.755 | | 0 | | 1 | | 5.335 | 1.492 | |
| Arginine g | 1.867 | | 0 | | 1 | | 5.676 | 1.587 | |
| Histidine g | 1.152 | | 0 | | 1 | | 3.502 | 0.979 | |
| Alanine g | 1.888 | | 0 | | 1 | | 5.740 | 1.605 | |
| Aspartic acid g | 2.739 | | 0 | | 1 | | 8.327 | 2.328 | |
| Glutamic acid g | 5.022 | | 0 | | 1 | | 15.267 | 4.269 | |
| Glycine g | 1.632 | | 0 | | 1 | | 4.961 | 1.387 | |
| Proline g | 1.326 | | 0 | | 1 | | 4.031 | 1.127 | |
| Serine g | 1.190 | | 0 | | 1 | | 3.618 | 1.012 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17097**

**Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded**

Measure 1 = 304g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17098**

**Veal, leg (top round), separable lean and fat, cooked, roasted**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.10 | | 0 | | 1 | | 236.64 | 56.19 | |
| Energy....kcal | 160 | | 0 | NC | 4 | | 573 | 136 | |
| Energy....kj | 669 | | 0 | | 4 | | 2397 | 569 | |
| Protein (N x 6.25)....g | 27.70 | | 0 | | 1 | | 99.17 | 23.55 | |
| Total lipid (fat)....g | 4.65 | | 0 | | 1 | | 16.65 | 3.95 | |
| Ash....g | 1.49 | | 0 | | 1 | | 5.33 | 1.27 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | | 0 | | 1 | | 21 | 5 | |
| Iron, Fe....mg | 0.91 | | 0 | | 1 | | 3.26 | 0.77 | |
| Magnesium, Mg....mg | 28 | | 0 | | 1 | | 100 | 24 | |
| Phosphorus, P....mg | 234 | | 0 | | 1 | | 838 | 199 | |
| Potassium, K....mg | 389 | | 0 | | 1 | | 1393 | 331 | |
| Sodium, Na....mg | 68 | | 0 | | 1 | | 243 | 58 | |
| Zinc, Zn....mg | 3.04 | | 0 | | 1 | | 10.88 | 2.58 | |
| Copper, Cu....mg | 0.129 | | 0 | | 1 | | 0.462 | 0.110 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.107 | 0.026 | |
| Selenium, Se....mcg | 11.2 | | 0 | PIE | 4 | | 40.1 | 9.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.215 | 0.051 | |
| Riboflavin....mg | 0.320 | | 0 | | 1 | | 1.146 | 0.272 | |
| Niacin....mg | 9.930 | | 0 | | 1 | | 35.549 | 8.441 | |
| Pantothenic acid....mg | 0.990 | | 0 | | 1 | | 3.544 | 0.842 | |
| Vitamin B-6....mg | 0.310 | | 0 | | 1 | | 1.110 | 0.264 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 57 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 57 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 57 | 14 | |
| Choline, total....mg | 108.2 | | 0 | BFNN | 4 | | 387.3 | 92.0 | |
| Betaine....mg | 14.2 | | 0 | BFNN | 4 | | 50.9 | 12.1 | |
| Vitamin B-12....mcg | 1.17 | | 0 | | 1 | | 4.19 | 0.99 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.49 | | 0 | | 1 | | 1.75 | 0.42 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.5 | | 0 | BFYN | 4 | | 19.8 | 4.7 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.840 | | 0 | | 1 | | 6.587 | 1.564 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17098**
**Veal, leg (top round), separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.036 | 0.009 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.170 | | 0 | | 1 | | 0.609 | 0.145 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.980 | | 0 | | 1 | | 3.508 | 0.833 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.610 | | 0 | | 1 | | 2.184 | 0.519 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.730 | | 0 | | 1 | | 6.193 | 1.471 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.190 | | 0 | | 1 | | 0.680 | 0.162 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.490 | | 0 | | 1 | | 5.334 | 1.267 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.350 | | 0 | | 1 | | 1.253 | 0.298 | |
| 18:2 undifferentiated....g | 0.260 | | 0 | | 1 | | 0.931 | 0.221 | |
| 18:3 undifferentiated....g | 0.030 | | 0 | | 1 | | 0.107 | 0.026 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.215 | 0.051 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 103 | | 0 | | 1 | | 369 | 88 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.280 | | 0 | | 1 | | 1.002 | 0.238 | |
| Threonine....g | 1.210 | | 0 | | 1 | | 4.332 | 1.029 | |
| Isoleucine....g | 1.364 | | 0 | | 1 | | 4.883 | 1.159 | |
| Leucine....g | 2.205 | | 0 | | 1 | | 7.894 | 1.874 | |
| Lysine....g | 2.282 | | 0 | | 1 | | 8.170 | 1.940 | |
| Methionine....g | 0.646 | | 0 | | 1 | | 2.313 | 0.549 | |
| Cystine....g | 0.313 | | 0 | | 1 | | 1.121 | 0.266 | |
| Phenylalanine....g | 1.118 | | 0 | | 1 | | 4.002 | 0.950 | |
| Tyrosine....g | 0.883 | | 0 | | 1 | | 3.161 | 0.751 | |
| Valine....g | 1.531 | | 0 | | 1 | | 5.481 | 1.301 | |
| Arginine....g | 1.629 | | 0 | | 1 | | 5.832 | 1.385 | |
| Histidine....g | 1.005 | | 0 | | 1 | | 3.598 | 0.854 | |
| Alanine....g | 1.647 | | 0 | | 1 | | 5.896 | 1.400 | |
| Aspartic acid....g | 2.390 | | 0 | | 1 | | 8.556 | 2.032 | |
| Glutamic acid....g | 4.381 | | 0 | | 1 | | 15.684 | 3.724 | |
| Glycine....g | 1.423 | | 0 | | 1 | | 5.094 | 1.210 | |
| Proline....g | 1.156 | | 0 | | 1 | | 4.138 | 0.983 | |
| Serine....g | 1.038 | | 0 | | 1 | | 3.716 | 0.882 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17098**

**Veal, leg (top round), separable lean and fat, cooked, roasted**

Measure 1 = 358g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17094**
**Veal, leg (top round), separable lean and fat, raw**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.80 | | 0 | | 1 | | 21.21 | 339.29 | |
| Energy | kcal | 117 | | 0 | NC | 4 | | 33 | 531 | |
| Energy | kj | 490 | | 0 | | 4 | | 139 | 2220 | |
| Protein (N x 6.25) | g | 20.98 | | 0 | | 1 | | 5.95 | 95.17 | |
| Total lipid (fat) | g | 3.08 | | 0 | | 1 | | 0.87 | 13.97 | |
| Ash | g | 1.12 | | 0 | | 1 | | 0.32 | 5.08 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 5 | | 0 | | 1 | | 1 | 23 | |
| Iron, Fe | mg | 0.79 | | 0 | | 1 | | 0.22 | 3.58 | |
| Magnesium, Mg | mg | 26 | | 0 | | 1 | | 7 | 118 | |
| Phosphorus, P | mg | 220 | | 0 | | 1 | | 62 | 998 | |
| Potassium, K | mg | 367 | | 0 | | 1 | | 104 | 1665 | |
| Sodium, Na | mg | 63 | | 0 | | 1 | | 18 | 286 | |
| Zinc, Zn | mg | 2.30 | | 0 | | 1 | | 0.65 | 10.43 | |
| Copper, Cu | mg | 0.108 | | 0 | | 1 | | 0.031 | 0.490 | |
| Manganese, Mn | mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se | mcg | 9.0 | | 0 | PIE | 4 | | 2.6 | 40.8 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Riboflavin | mg | 0.270 | | 0 | | 1 | | 0.077 | 1.225 | |
| Niacin | mg | 9.420 | | 0 | | 1 | | 2.671 | 42.729 | |
| Pantothenic acid | mg | 1.070 | | 0 | | 1 | | 0.303 | 4.854 | |
| Vitamin B-6 | mg | 0.460 | | 0 | | 1 | | 0.130 | 2.087 | |
| Folate, total | mcg | 14 | | 0 | | 1 | | 4 | 64 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 14 | | 0 | | 1 | | 4 | 64 | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 64 | |
| Choline, total | mg | 89.5 | | 0 | BFNN | 4 | | 25.4 | 406.2 | |
| Betaine | mg | 13.2 | | 0 | BFNN | 4 | | 3.7 | 59.7 | |
| Vitamin B-12 | mcg | 1.04 | | 0 | | 1 | | 0.29 | 4.72 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.30 | | 0 | | 1 | | 0.09 | 1.36 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 3.9 | | 0 | BFSN | 4 | | 1.1 | 17.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.180 | | 0 | | 1 | | 0.335 | 5.352 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17094**
**Veal, leg (top round), separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.100 | | 0 | | 1 | | 0.028 | 0.454 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.630 | | 0 | | 1 | | 0.179 | 2.858 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.120 | | 0 | | 1 | | 0.318 | 5.080 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.120 | | 0 | | 1 | | 0.034 | 0.544 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.970 | | 0 | | 1 | | 0.275 | 4.400 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| 18:2 undifferentiated....g | 0.180 | | 0 | | 1 | | 0.051 | 0.816 | |
| 18:3 undifferentiated....g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | | 0 | | 1 | | 22 | 354 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.212 | | 0 | | 1 | | 0.060 | 0.962 | |
| Threonine....g | 0.916 | | 0 | | 1 | | 0.260 | 4.155 | |
| Isoleucine....g | 1.033 | | 0 | | 1 | | 0.293 | 4.686 | |
| Leucine....g | 1.670 | | 0 | | 1 | | 0.473 | 7.575 | |
| Lysine....g | 1.729 | | 0 | | 1 | | 0.490 | 7.843 | |
| Methionine....g | 0.490 | | 0 | | 1 | | 0.139 | 2.223 | |
| Cystine....g | 0.237 | | 0 | | 1 | | 0.067 | 1.075 | |
| Phenylalanine....g | 0.847 | | 0 | | 1 | | 0.240 | 3.842 | |
| Tyrosine....g | 0.669 | | 0 | | 1 | | 0.190 | 3.035 | |
| Valine....g | 1.159 | | 0 | | 1 | | 0.329 | 5.257 | |
| Arginine....g | 1.234 | | 0 | | 1 | | 0.350 | 5.597 | |
| Histidine....g | 0.761 | | 0 | | 1 | | 0.216 | 3.452 | |
| Alanine....g | 1.248 | | 0 | | 1 | | 0.354 | 5.661 | |
| Aspartic acid....g | 1.810 | | 0 | | 1 | | 0.513 | 8.210 | |
| Glutamic acid....g | 3.318 | | 0 | | 1 | | 0.941 | 15.050 | |
| Glycine....g | 1.078 | | 0 | | 1 | | 0.306 | 4.890 | |
| Proline....g | 0.876 | | 0 | | 1 | | 0.248 | 3.974 | |
| Serine....g | 0.786 | | 0 | | 1 | | 0.223 | 3.565 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17094**

**Veal, leg (top round), separable lean and fat, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 56.18 | | 0 | | 1 | | 150.00 | 47.75 | |
| Energy....kcal | 203 | | 0 | NC | 4 | | 542 | 173 | |
| Energy....kj | 849 | | | | 4 | | 2268 | 722 | |
| Protein (N x 6.25)....g | 36.71 | | 0 | | 1 | | 98.02 | 31.20 | |
| Total lipid (fat)....g | 5.09 | | 0 | | 1 | | 13.59 | 4.33 | |
| Ash....g | 1.97 | | 0 | | 1 | | 5.26 | 1.67 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 0 | | 1 | | 24 | 8 | |
| Iron, Fe....mg | 1.32 | | 0 | | 1 | | 3.52 | 1.12 | |
| Magnesium, Mg....mg | 30 | | 0 | | 1 | | 80 | 26 | |
| Phosphorus, P....mg | 252 | | 0 | | 1 | | 673 | 214 | |
| Potassium, K....mg | 387 | | 0 | | 1 | | 1033 | 329 | |
| Sodium, Na....mg | 67 | | 0 | | 1 | | 179 | 57 | |
| Zinc, Zn....mg | 4.03 | | 0 | | 1 | | 10.76 | 3.43 | |
| Copper, Cu....mg | 0.142 | | 0 | | 1 | | 0.379 | 0.121 | |
| Manganese, Mn....mg | 0.040 | | 0 | | 1 | | 0.107 | 0.034 | |
| Selenium, Se....mcg | 15.6 | | 0 | BFYN | 4 | | 41.7 | 13.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.160 | 0.051 | |
| Riboflavin....mg | 0.360 | | 0 | | 1 | | 0.961 | 0.306 | |
| Niacin....mg | 10.720 | | 0 | | 1 | | 28.622 | 9.112 | |
| Pantothenic acid....mg | 1.040 | | 0 | | 1 | | 2.777 | 0.884 | |
| Vitamin B-6....mg | 0.370 | | 0 | | 1 | | 0.988 | 0.315 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 48 | 15 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 48 | 15 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 48 | 15 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.19 | | 0 | | 1 | | 3.18 | 1.01 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.50 | | 0 | | 1 | | 1.34 | 0.43 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.920 | | 0 | | 1 | | 5.126 | 1.632 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.027 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17100**
**Veal, leg (top round), separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.160 | | 0 | | 1 | | 0.427 | 0.136 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.040 | | 0 | | 1 | | 2.777 | 0.884 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.640 | | 0 | | 1 | | 1.709 | 0.544 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.840 | | 0 | | 1 | | 4.913 | 1.564 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.200 | | 0 | | 1 | | 0.534 | 0.170 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.600 | | 0 | | 1 | | 4.272 | 1.360 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.410 | | 0 | | 1 | | 1.095 | 0.349 | |
| 18:2 undifferentiated g | 0.300 | | 0 | | 1 | | 0.801 | 0.255 | |
| 18:3 undifferentiated g | 0.030 | | 0 | | 1 | | 0.080 | 0.026 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.214 | 0.068 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 135 | | 0 | | 1 | | 360 | 115 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.372 | | 0 | | 1 | | 0.993 | 0.316 | |
| Threonine g | 1.604 | | 0 | | 1 | | 4.283 | 1.363 | |
| Isoleucine g | 1.808 | | 0 | | 1 | | 4.827 | 1.537 | |
| Leucine g | 2.922 | | 0 | | 1 | | 7.802 | 2.484 | |
| Lysine g | 3.025 | | 0 | | 1 | | 8.077 | 2.571 | |
| Methionine g | 0.857 | | 0 | | 1 | | 2.288 | 0.728 | |
| Cystine g | 0.414 | | 0 | | 1 | | 1.105 | 0.352 | |
| Phenylalanine g | 1.481 | | 0 | | 1 | | 3.954 | 1.259 | |
| Tyrosine g | 1.170 | | 0 | | 1 | | 3.124 | 0.995 | |
| Valine g | 2.029 | | 0 | | 1 | | 5.417 | 1.725 | |
| Arginine g | 2.159 | | 0 | | 1 | | 5.765 | 1.835 | |
| Histidine g | 1.332 | | 0 | | 1 | | 3.556 | 1.132 | |
| Alanine g | 2.183 | | 0 | | 1 | | 5.829 | 1.856 | |
| Aspartic acid g | 3.167 | | 0 | | 1 | | 8.456 | 2.692 | |
| Glutamic acid g | 5.806 | | 0 | | 1 | | 15.502 | 4.935 | |
| Glycine g | 1.886 | | 0 | | 1 | | 5.036 | 1.603 | |
| Proline g | 1.533 | | 0 | | 1 | | 4.093 | 1.303 | |
| Serine g | 1.376 | | 0 | | 1 | | 3.674 | 1.170 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 267g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17100**

**Veal, leg (top round), separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17101**

**Veal, leg (top round), separable lean only, cooked, pan-fried, breaded**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 53.14 | | 0 | | 1 | | 156.76 | 45.17 | |
| Energy....kcal | 216 | | 0 | NC | 4 | | 637 | 184 | |
| Energy....kj | 904 | | 0 | NC | 4 | | 2666 | 768 | |
| Protein (N x 6.25)....g | 28.41 | | 0 | | 1 | | 83.81 | 24.15 | |
| Total lipid (fat)....g | 6.27 | | 0 | | 1 | | 18.50 | 5.33 | |
| Ash....g | 2.34 | | 0 | | 1 | | 6.90 | 1.99 | |
| Carbohydrate, by difference....g | 9.84 | | 0 | NC | 4 | | 29.03 | 8.36 | |
| Fiber, total dietary....g | 0.2 | | 0 | | 4 | | 0.6 | 0.2 | |
| Sugars, total....g | 0.57 | | 0 | PIK | 4 | | 1.68 | 0.48 | |
| Sucrose....g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Glucose (dextrose)....g | 0.17 | | 0 | PAK | 1 | | 0.49 | 0.14 | |
| Fructose....g | 0.23 | | 0 | PAK | 1 | | 0.67 | 0.19 | |
| Lactose....g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Maltose....g | 0.18 | | 0 | PAK | 1 | | 0.52 | 0.15 | |
| Galactose....g | 0.00 | | 0 | PAK | 1 | | 0.00 | 0.00 | |
| Starch....g | 5.49 | | 0 | PAK | 1 | | 16.19 | 4.67 | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 39 | | 0 | | 1 | | 115 | 33 | |
| Iron, Fe....mg | 1.64 | | 0 | | 1 | | 4.84 | 1.39 | |
| Magnesium, Mg....mg | 32 | | 0 | | 1 | | 94 | 27 | |
| Phosphorus, P....mg | 258 | | 0 | | 1 | | 761 | 219 | |
| Potassium, K....mg | 383 | | 0 | | 1 | | 1130 | 326 | |
| Sodium, Na....mg | 455 | | 0 | | 1 | | 1342 | 387 | |
| Zinc, Zn....mg | 2.87 | | 0 | | 1 | | 8.47 | 2.44 | |
| Copper, Cu....mg | 0.074 | | 0 | | 1 | | 0.218 | 0.063 | |
| Manganese, Mn....mg | 0.137 | | 0 | | 1 | | 0.404 | 0.116 | |
| Selenium, Se....mcg | 13.5 | 0.627 | 28 | A | 1 | | 39.8 | 11.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.160 | | 0 | | 1 | | 0.472 | 0.136 | |
| Riboflavin....mg | 0.360 | | 0 | | 1 | | 1.062 | 0.306 | |
| Niacin....mg | 10.800 | | 0 | | 1 | | 31.860 | 9.180 | |
| Pantothenic acid....mg | 1.110 | | 0 | | 1 | | 3.275 | 0.944 | |
| Vitamin B-6....mg | 0.420 | | 0 | | 1 | | 1.239 | 0.357 | |
| Folate, total....mcg | 28 | | 0 | RA | 4 | | 83 | 24 | |
| Folic acid....mcg | 8 | | 0 | NC | 4 | | 24 | 7 | |
| Folate, food....mcg | 20 | | 0 | | 1 | | 59 | 17 | |
| Folate, DFE....mcg_DFE | 34 | | 0 | NC | 4 | | 99 | 29 | |
| Choline, total....mg | 117.9 | | 0 | PIE | 4 | | 347.8 | 100.2 | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.28 | | 0 | | 1 | | 3.78 | 1.09 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 10 | | 0 | NC | 4 | | 30 | 9 | |
| Retinol....mcg | 10 | | 0 | NR | 4 | | 30 | 9 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 34 | | 0 | | 1 | | 100 | 29 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.53 | | 0 | | 1 | | 1.56 | 0.45 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | 0.00 | | 0 | PAK | 1 | | 0.01 | 0.00 | |
| Tocopherol, gamma....mg | 0.07 | | 0 | PAK | 1 | | 0.21 | 0.06 | |
| Tocopherol, delta....mg | 0.02 | | 0 | PAK | 1 | | 0.05 | 0.01 | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.1 | | 0 | PIK | 4 | | 15.1 | 4.3 | |

**NDB No. 17101**

**Veal, leg (top round), separable lean only, cooked, pan-fried, breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.600 | | 0 | | 1 | | 4.720 | 1.360 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.030 | 0.009 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.070 | | 0 | | 1 | | 0.207 | 0.060 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.000 | | 0 | | 1 | | 2.950 | 0.850 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.510 | | 0 | | 1 | | 1.505 | 0.434 | |
| 20:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| 22:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| 24:0....g | 0.000 | | 0 | PAK | 1 | | 0.000 | 0.000 | |
| Fatty acids, total monounsaturated....g | 2.160 | | 0 | | 1 | | 6.372 | 1.836 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.150 | | 0 | | 1 | | 0.443 | 0.128 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.000 | | 0 | | 1 | | 5.900 | 1.700 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.350 | | 0 | | 1 | | 3.983 | 1.148 | |
| 18:2 undifferentiated....g | 1.170 | | 0 | | 1 | | 3.452 | 0.995 | |
| 18:3 undifferentiated....g | 0.110 | | 0 | | 1 | | 0.325 | 0.094 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.207 | 0.060 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 113 | | 0 | | 1 | | 333 | 96 | |
| Phytosterols....mg | 3 | | 0 | | 1 | | 9 | 3 | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.295 | | 0 | | 1 | | 0.870 | 0.251 | |
| Threonine....g | 1.221 | | 0 | | 1 | | 3.602 | 1.038 | |
| Isoleucine....g | 1.394 | | 0 | | 1 | | 4.112 | 1.185 | |
| Leucine....g | 2.249 | | 0 | | 1 | | 6.635 | 1.912 | |
| Lysine....g | 2.235 | | 0 | | 1 | | 6.593 | 1.900 | |
| Methionine....g | 0.657 | | 0 | | 1 | | 1.938 | 0.558 | |
| Cystine....g | 0.340 | | 0 | | 1 | | 1.003 | 0.289 | |
| Phenylalanine....g | 1.174 | | 0 | | 1 | | 3.463 | 0.998 | |
| Tyrosine....g | 0.899 | | 0 | | 1 | | 2.652 | 0.764 | |
| Valine....g | 1.573 | | 0 | | 1 | | 4.640 | 1.337 | |
| Arginine....g | 1.644 | | 0 | | 1 | | 4.850 | 1.397 | |
| Histidine....g | 0.996 | | 0 | | 1 | | 2.938 | 0.847 | |
| Alanine....g | 1.648 | | 0 | | 1 | | 4.862 | 1.401 | |
| Aspartic acid....g | 2.403 | | 0 | | 1 | | 7.089 | 2.043 | |
| Glutamic acid....g | 4.724 | | 0 | | 1 | | 13.936 | 4.015 | |
| Glycine....g | 1.425 | | 0 | | 1 | | 4.204 | 1.211 | |
| Proline....g | 1.294 | | 0 | | 1 | | 3.817 | 1.100 | |
| Serine....g | 1.116 | | 0 | | 1 | | 3.292 | 0.949 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

**NDB No. 17101**

**Veal, leg (top round), separable lean only, cooked, pan-fried, breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17102**

**Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded**

**Refuse:** 5% Separable fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.68 | 0.370 | 12 | | 1 | | 175.37 | 51.58 | |
| Energy....kcal | 183 | | 0 | NC | 4 | | 529 | 156 | |
| Energy....kj | 766 | | 0 | | 4 | | 2213 | 651 | |
| Protein (N x 6.25)....g | 33.17 | 0.234 | 12 | | 1 | | 95.86 | 28.19 | |
| Total lipid (fat)....g | 4.62 | 0.201 | 12 | | 1 | | 13.35 | 3.93 | |
| Ash....g | 1.44 | 0.009 | 12 | | 1 | | 4.16 | 1.22 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.506 | 11 | | 1 | | 20 | 6 | |
| Iron, Fe....mg | 0.87 | 0.048 | 12 | | 1 | | 2.51 | 0.74 | |
| Magnesium, Mg....mg | 32 | 0.735 | 12 | | 1 | | 92 | 27 | |
| Phosphorus, P....mg | 290 | 6.770 | 12 | | 1 | | 838 | 247 | |
| Potassium, K....mg | 442 | 8.714 | 12 | | 1 | | 1277 | 376 | |
| Sodium, Na....mg | 77 | 2.498 | 12 | | 1 | | 223 | 65 | |
| Zinc, Zn....mg | 3.38 | 0.080 | 12 | | 1 | | 9.77 | 2.87 | |
| Copper, Cu....mg | 0.063 | 0.010 | 12 | | 1 | | 0.182 | 0.054 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.092 | 0.027 | |
| Selenium, Se....mcg | 10.4 | | 0 | PIE | 4 | | 30.1 | 8.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | 0.007 | 11 | | 1 | | 0.202 | 0.060 | |
| Riboflavin....mg | 0.370 | 0.022 | 12 | | 1 | | 1.069 | 0.315 | |
| Niacin....mg | 12.640 | 1.435 | 12 | | 1 | | 36.530 | 10.744 | |
| Pantothenic acid....mg | 1.220 | 0.182 | 12 | | 1 | | 3.526 | 1.037 | |
| Vitamin B-6....mg | 0.510 | 0.061 | 12 | | 1 | | 1.474 | 0.434 | |
| Folate, total....mcg | 16 | 2.496 | 12 | | 1 | | 46 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | 2.496 | 12 | | 1 | | 46 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 46 | 14 | |
| Choline, total....mg | 128.4 | | 0 | BFNN | 4 | | 370.9 | 109.1 | |
| Betaine....mg | 16.9 | | 0 | BFNN | 4 | | 48.7 | 14.3 | |
| Vitamin B-12....mcg | 1.51 | 0.240 | 12 | | 1 | | 4.36 | 1.28 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.42 | | 0 | | 1 | | 1.21 | 0.36 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.0 | | 0 | BFYN | 4 | | 14.4 | 4.2 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.290 | | 0 | | 1 | | 3.728 | 1.097 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17102**

**Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.010 | | 73 | | 1 | | 0.029 | 0.009 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.090 | | 73 | | 1 | | 0.260 | 0.077 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.750 | | 73 | | 1 | | 2.168 | 0.638 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.440 | | 73 | | 1 | | 1.272 | 0.374 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 1.650 | | 0 | | 1 | | 4.769 | 1.403 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.150 | | 73 | | 1 | | 0.434 | 0.128 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.480 | | 73 | | 1 | | 4.277 | 1.258 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.410 | | 0 | | 1 | | 1.185 | 0.349 | |
| 18:2 undifferentiated g | 0.320 | | 73 | | 1 | | 0.925 | 0.272 | |
| 18:3 undifferentiated g | 0.020 | | 73 | | 1 | | 0.058 | 0.017 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 73 | | 1 | | 0.231 | 0.068 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 107 | 4.009 | 22 | | 1 | | 309 | 91 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.336 | | 0 | | 1 | | 0.971 | 0.286 | |
| Threonine g | 1.449 | | 0 | | 1 | | 4.188 | 1.232 | |
| Isoleucine g | 1.634 | | 0 | | 1 | | 4.722 | 1.389 | |
| Leucine g | 2.640 | | 0 | | 1 | | 7.630 | 2.244 | |
| Lysine g | 2.734 | | 0 | | 1 | | 7.901 | 2.324 | |
| Methionine g | 0.774 | | 0 | | 1 | | 2.237 | 0.658 | |
| Cystine g | 0.374 | | 0 | | 1 | | 1.081 | 0.318 | |
| Phenylalanine g | 1.339 | | 0 | | 1 | | 3.870 | 1.138 | |
| Tyrosine g | 1.058 | | 0 | | 1 | | 3.058 | 0.899 | |
| Valine g | 1.834 | | 0 | | 1 | | 5.300 | 1.559 | |
| Arginine g | 1.951 | | 0 | | 1 | | 5.638 | 1.658 | |
| Histidine g | 1.204 | | 0 | | 1 | | 3.480 | 1.023 | |
| Alanine g | 1.973 | | 0 | | 1 | | 5.702 | 1.677 | |
| Aspartic acid g | 2.862 | | 0 | | 1 | | 8.271 | 2.433 | |
| Glutamic acid g | 5.247 | | 0 | | 1 | | 15.164 | 4.460 | |
| Glycine g | 1.705 | | 0 | | 1 | | 4.927 | 1.449 | |
| Proline g | 1.385 | | 0 | | 1 | | 4.003 | 1.177 | |
| Serine g | 1.243 | | 0 | | 1 | | 3.592 | 1.057 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17102**

**Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded**

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17103**
**Veal, leg (top round), separable lean only, cooked, roasted**

**Refuse:** 2% Separable fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.01 | | 0 | | 1 | | 235.21 | 56.96 | |
| Energy....kcal | 150 | | 0 | NC | 4 | | 527 | 128 | |
| Energy....kj | 628 | | | | 4 | | 2203 | 533 | |
| Protein (N x 6.25)....g | 28.07 | | 0 | | 1 | | 98.53 | 23.86 | |
| Total lipid (fat)....g | 3.39 | | 0 | | 1 | | 11.90 | 2.88 | |
| Ash....g | 1.50 | | 0 | | 1 | | 5.27 | 1.28 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | | 0 | | 1 | | 21 | 5 | |
| Iron, Fe....mg | 0.90 | | 0 | | 1 | | 3.16 | 0.77 | |
| Magnesium, Mg....mg | 28 | | 0 | | 1 | | 98 | 24 | |
| Phosphorus, P....mg | 236 | | 0 | | 1 | | 828 | 201 | |
| Potassium, K....mg | 393 | | 0 | | 1 | | 1379 | 334 | |
| Sodium, Na....mg | 68 | | 0 | | 1 | | 239 | 58 | |
| Zinc, Zn....mg | 3.08 | | 0 | | 1 | | 10.81 | 2.62 | |
| Copper, Cu....mg | 0.130 | | 0 | | 1 | | 0.456 | 0.111 | |
| Manganese, Mn....mg | 0.031 | | 0 | | 1 | | 0.109 | 0.026 | |
| Selenium, Se....mcg | 11.9 | | 0 | BFYN | 4 | | 41.8 | 10.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.211 | 0.051 | |
| Riboflavin....mg | 0.330 | | 0 | | 1 | | 1.158 | 0.281 | |
| Niacin....mg | 10.080 | | 0 | | 1 | | 35.381 | 8.568 | |
| Pantothenic acid....mg | 1.000 | | 0 | | 1 | | 3.510 | 0.850 | |
| Vitamin B-6....mg | 0.310 | | 0 | | 1 | | 1.088 | 0.264 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 56 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 56 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 56 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.18 | | 0 | | 1 | | 4.14 | 1.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.55 | | 0 | | 1 | | 1.93 | 0.47 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.220 | | 0 | | 1 | | 4.282 | 1.037 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.035 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17103**
**Veal, leg (top round), separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.090 | | 0 | | 1 | | 0.316 | 0.077 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.660 | | 0 | | 1 | | 2.317 | 0.561 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.410 | | 0 | | 1 | | 1.439 | 0.349 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.190 | | 0 | | 1 | | 4.177 | 1.012 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.130 | | 0 | | 1 | | 0.456 | 0.111 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.040 | | 0 | | 1 | | 3.650 | 0.884 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.290 | | 0 | | 1 | | 1.018 | 0.247 | |
| 18:2 undifferentiated....g | 0.210 | | 0 | | 1 | | 0.737 | 0.179 | |
| 18:3 undifferentiated....g | 0.020 | | 0 | | 1 | | 0.070 | 0.017 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.211 | 0.051 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 103 | | 0 | | 1 | | 362 | 88 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.284 | | 0 | | 1 | | 0.997 | 0.241 | |
| Threonine....g | 1.226 | | 0 | | 1 | | 4.303 | 1.042 | |
| Isoleucine....g | 1.382 | | 0 | | 1 | | 4.851 | 1.175 | |
| Leucine....g | 2.234 | | 0 | | 1 | | 7.841 | 1.899 | |
| Lysine....g | 2.313 | | 0 | | 1 | | 8.119 | 1.966 | |
| Methionine....g | 0.655 | | 0 | | 1 | | 2.299 | 0.557 | |
| Cystine....g | 0.317 | | 0 | | 1 | | 1.113 | 0.269 | |
| Phenylalanine....g | 1.133 | | 0 | | 1 | | 3.977 | 0.963 | |
| Tyrosine....g | 0.895 | | 0 | | 1 | | 3.141 | 0.761 | |
| Valine....g | 1.552 | | 0 | | 1 | | 5.448 | 1.319 | |
| Arginine....g | 1.651 | | 0 | | 1 | | 5.795 | 1.403 | |
| Histidine....g | 1.019 | | 0 | | 1 | | 3.577 | 0.866 | |
| Alanine....g | 1.670 | | 0 | | 1 | | 5.862 | 1.420 | |
| Aspartic acid....g | 2.422 | | 0 | | 1 | | 8.501 | 2.059 | |
| Glutamic acid....g | 4.440 | | 0 | | 1 | | 15.584 | 3.774 | |
| Glycine....g | 1.443 | | 0 | | 1 | | 5.065 | 1.227 | |
| Proline....g | 1.172 | | 0 | | 1 | | 4.114 | 0.996 | |
| Serine....g | 1.052 | | 0 | | 1 | | 3.693 | 0.894 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

**NDB No. 17103**

**Veal, leg (top round), separable lean only, cooked, roasted**

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17099**
**Veal, leg (top round), separable lean only, raw**

**Refuse:** 2% Separable fat

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.82 | 0.204 | 12 | | 1 | | 21.49 | 343.92 | |
| Energy....kcal | 107 | | 0 | NC | 4 | | 30 | 485 | |
| Energy....kj | 448 | | | | 4 | | 127 | 2031 | |
| Protein (N x 6.25)....g | 21.28 | 0.714 | 12 | | 1 | | 6.03 | 96.53 | |
| Total lipid (fat)....g | 1.76 | 0.077 | 12 | | 1 | | 0.50 | 7.98 | |
| Ash....g | 1.14 | 0.019 | 12 | | 1 | | 0.32 | 5.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 0.129 | 11 | | 1 | | 1 | 23 | |
| Iron, Fe....mg | 0.80 | 0.044 | 12 | | 1 | | 0.23 | 3.63 | |
| Magnesium, Mg....mg | 27 | 0.600 | 12 | | 1 | | 8 | 122 | |
| Phosphorus, P....mg | 223 | 6.245 | 12 | | 1 | | 63 | 1012 | |
| Potassium, K....mg | 372 | 8.025 | 12 | | 1 | | 105 | 1687 | |
| Sodium, Na....mg | 64 | 2.085 | 12 | | 1 | | 18 | 290 | |
| Zinc, Zn....mg | 2.34 | 0.046 | 12 | | 1 | | 0.66 | 10.61 | |
| Copper, Cu....mg | 0.110 | 0.009 | 12 | | 1 | | 0.031 | 0.499 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 9.1 | | 0 | BFNN | 4 | | 2.6 | 41.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | 0.011 | 12 | | 1 | | 0.023 | 0.363 | |
| Riboflavin....mg | 0.280 | 0.014 | 12 | | 1 | | 0.079 | 1.270 | |
| Niacin....mg | 9.560 | 0.887 | 12 | | 1 | | 2.710 | 43.364 | |
| Pantothenic acid....mg | 1.090 | 0.075 | 11 | | 1 | | 0.309 | 4.944 | |
| Vitamin B-6....mg | 0.470 | 0.075 | 14 | | 1 | | 0.133 | 2.132 | |
| Folate, total....mcg | 14 | 3.038 | 12 | | 1 | | 4 | 64 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 14 | 3.038 | 12 | | 1 | | 4 | 64 | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 64 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.05 | 0.146 | 12 | | 1 | | 0.30 | 4.76 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.29 | | 0 | | 1 | | 0.08 | 1.32 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.530 | | 0 | | 1 | | 0.150 | 2.404 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17099**
**Veal, leg (top round), separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.030 | | 147 | | 1 | | 0.009 | 0.136 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.300 | | 147 | | 1 | | 0.085 | 1.361 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.180 | | 147 | | 1 | | 0.051 | 0.816 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.560 | | 0 | | 1 | | 0.159 | 2.540 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 147 | | 1 | | 0.017 | 0.272 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.500 | | 147 | | 1 | | 0.142 | 2.268 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.180 | | 0 | | 1 | | 0.051 | 0.816 | |
| 18:2 undifferentiated....g | 0.130 | | 147 | | 1 | | 0.037 | 0.590 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 147 | | 1 | | 0.014 | 0.227 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | 5.415 | 12 | | 1 | | 22 | 354 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.215 | | 0 | | 1 | | 0.061 | 0.975 | |
| Threonine....g | 0.930 | | 0 | | 1 | | 0.264 | 4.218 | |
| Isoleucine....g | 1.048 | | 0 | | 1 | | 0.297 | 4.754 | |
| Leucine....g | 1.694 | | 0 | | 1 | | 0.480 | 7.684 | |
| Lysine....g | 1.754 | | 0 | | 1 | | 0.497 | 7.956 | |
| Methionine....g | 0.497 | | 0 | | 1 | | 0.141 | 2.254 | |
| Cystine....g | 0.240 | | 0 | | 1 | | 0.068 | 1.089 | |
| Phenylalanine....g | 0.859 | | 0 | | 1 | | 0.244 | 3.896 | |
| Tyrosine....g | 0.679 | | 0 | | 1 | | 0.192 | 3.080 | |
| Valine....g | 1.176 | | 0 | | 1 | | 0.333 | 5.334 | |
| Arginine....g | 1.252 | | 0 | | 1 | | 0.355 | 5.679 | |
| Histidine....g | 0.773 | | 0 | | 1 | | 0.219 | 3.506 | |
| Alanine....g | 1.266 | | 0 | | 1 | | 0.359 | 5.743 | |
| Aspartic acid....g | 1.836 | | 0 | | 1 | | 0.521 | 8.328 | |
| Glutamic acid....g | 3.366 | | 0 | | 1 | | 0.954 | 15.268 | |
| Glycine....g | 1.094 | | 0 | | 1 | | 0.310 | 4.962 | |
| Proline....g | 0.889 | | 0 | | 1 | | 0.252 | 4.033 | |
| Serine....g | 0.798 | | 0 | | 1 | | 0.226 | 3.620 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**NDB No. 17099**
**Veal, leg (top round), separable lean only, raw**

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17105**
**Veal, loin, separable lean and fat, cooked, braised**

**Refuse:** 36% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.02 | | 0 | | 1 | | 44.22 | 41.62 | |
| Energy | kcal | 284 | | 0 | NC | 4 | | 241 | 227 | |
| Energy | kj | 1188 | | 0 | | 4 | | 1010 | 951 | |
| Protein (N x 6.25) | g | 30.19 | | 0 | | 1 | | 25.66 | 24.15 | |
| Total lipid (fat) | g | 17.21 | | 0 | | 1 | | 14.63 | 13.77 | |
| Ash | g | 1.11 | | 0 | | 1 | | 0.94 | 0.89 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 28 | | 0 | | 1 | | 24 | 22 | |
| Iron, Fe | mg | 1.09 | | 0 | | 1 | | 0.93 | 0.87 | |
| Magnesium, Mg | mg | 24 | | 0 | | 1 | | 20 | 19 | |
| Phosphorus, P | mg | 220 | | 0 | | 1 | | 187 | 176 | |
| Potassium, K | mg | 280 | | 0 | | 1 | | 238 | 224 | |
| Sodium, Na | mg | 80 | | 0 | | 1 | | 68 | 64 | |
| Zinc, Zn | mg | 3.63 | | 0 | | 1 | | 3.09 | 2.90 | |
| Copper, Cu | mg | 0.091 | | 0 | | 1 | | 0.077 | 0.073 | |
| Manganese, Mn | mg | 0.034 | | 0 | | 1 | | 0.029 | 0.027 | |
| Selenium, Se | mcg | 13.2 | | 0 | PIE | 4 | | 11.2 | 10.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.040 | | 0 | | 1 | | 0.034 | 0.032 | |
| Riboflavin | mg | 0.300 | | 0 | | 1 | | 0.255 | 0.240 | |
| Niacin | mg | 9.030 | | 0 | | 1 | | 7.676 | 7.224 | |
| Pantothenic acid | mg | 0.790 | | 0 | | 1 | | 0.672 | 0.632 | |
| Vitamin B-6 | mg | 0.260 | | 0 | | 1 | | 0.221 | 0.208 | |
| Folate, total | mcg | 14 | | 0 | | 1 | | 12 | 11 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 14 | | 0 | | 1 | | 12 | 11 | |
| Folate, DFE | mcg_DFE | 14 | | 0 | NC | 4 | | 12 | 11 | |
| Choline, total | mg | 113.8 | | 0 | BFNN | 4 | | 96.7 | 91.1 | |
| Betaine | mg | 15.0 | | 0 | BFNN | 4 | | 12.7 | 12.0 | |
| Vitamin B-12 | mcg | 1.21 | | 0 | | 1 | | 1.03 | 0.97 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.40 | | 0 | | 1 | | 0.34 | 0.32 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 7.0 | | 0 | BFYN | 4 | | 6.0 | 5.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.730 | | 0 | | 1 | | 5.721 | 5.384 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.009 | 0.008 | |

**NDB No. 17105**
**Veal, loin, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ... g | 0.050 | | 0 | | 1 | | 0.043 | 0.040 | |
| 13:0 ... g | | | | | | | | | |
| 14:0 ... g | 0.660 | | 0 | | 1 | | 0.561 | 0.528 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 3.610 | | 0 | | 1 | | 3.069 | 2.888 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 2.220 | | 0 | | 1 | | 1.887 | 1.776 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 6.730 | | 0 | | 1 | | 5.721 | 5.384 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.730 | | 0 | | 1 | | 0.621 | 0.584 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 5.840 | | 0 | | 1 | | 4.964 | 4.672 | |
| 20:1 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.160 | | 0 | | 1 | | 0.986 | 0.928 | |
| 18:2 undifferentiated ... g | 0.910 | | 0 | | 1 | | 0.774 | 0.728 | |
| 18:3 undifferentiated ... g | 0.110 | | 0 | | 1 | | 0.094 | 0.088 | |
| 18:4 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.130 | | 0 | | 1 | | 0.111 | 0.104 | |
| 20:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ... g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 118 | | 0 | | 1 | | 100 | 94 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.306 | | 0 | | 1 | | 0.260 | 0.245 | |
| Threonine ... g | 1.319 | | 0 | | 1 | | 1.121 | 1.055 | |
| Isoleucine ... g | 1.487 | | 0 | | 1 | | 1.264 | 1.190 | |
| Leucine ... g | 2.403 | | 0 | | 1 | | 2.043 | 1.922 | |
| Lysine ... g | 2.487 | | 0 | | 1 | | 2.114 | 1.990 | |
| Methionine ... g | 0.704 | | 0 | | 1 | | 0.598 | 0.563 | |
| Cystine ... g | 0.341 | | 0 | | 1 | | 0.290 | 0.273 | |
| Phenylalanine ... g | 1.218 | | 0 | | 1 | | 1.035 | 0.974 | |
| Tyrosine ... g | 0.962 | | 0 | | 1 | | 0.818 | 0.770 | |
| Valine ... g | 1.668 | | 0 | | 1 | | 1.418 | 1.334 | |
| Arginine ... g | 1.775 | | 0 | | 1 | | 1.509 | 1.420 | |
| Histidine ... g | 1.096 | | 0 | | 1 | | 0.932 | 0.877 | |
| Alanine ... g | 1.795 | | 0 | | 1 | | 1.526 | 1.436 | |
| Aspartic acid ... g | 2.604 | | 0 | | 1 | | 2.213 | 2.083 | |
| Glutamic acid ... g | 4.775 | | 0 | | 1 | | 4.059 | 3.820 | |
| Glycine ... g | 1.551 | | 0 | | 1 | | 1.318 | 1.241 | |
| Proline ... g | 1.260 | | 0 | | 1 | | 1.071 | 1.008 | |
| Serine ... g | 1.131 | | 0 | | 1 | | 0.961 | 0.905 | |
| Hydroxyproline ... g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ... g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ... mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17105**

**Veal, loin, separable lean and fat, cooked, braised**

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17106**
**Veal, loin, separable lean and fat, cooked, roasted**

**Refuse:** 36% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 60.73 | | 0 | | 1 | | 139.07 | 51.62 | |
| Energy....kcal | 217 | | 0 | NC | 4 | | 497 | 184 | |
| Energy....kj | 908 | | 0 | | 4 | | 2079 | 772 | |
| Protein (N x 6.25)....g | 24.80 | | 0 | | 1 | | 56.79 | 21.08 | |
| Total lipid (fat)....g | 12.32 | | 0 | | 1 | | 28.21 | 10.47 | |
| Ash....g | 1.38 | | 0 | | 1 | | 3.16 | 1.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | | 1 | | 44 | 16 | |
| Iron, Fe....mg | 0.87 | | 0 | | 1 | | 1.99 | 0.74 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 57 | 21 | |
| Phosphorus, P....mg | 212 | | 0 | | 1 | | 485 | 180 | |
| Potassium, K....mg | 325 | | 0 | | 1 | | 744 | 276 | |
| Sodium, Na....mg | 93 | | 0 | | 1 | | 213 | 79 | |
| Zinc, Zn....mg | 3.03 | | 0 | | 1 | | 6.94 | 2.58 | |
| Copper, Cu....mg | 0.110 | | 0 | | 1 | | 0.252 | 0.094 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.066 | 0.025 | |
| Selenium, Se....mcg | 11.0 | | 0 | PIE | 4 | | 25.2 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.115 | 0.043 | |
| Riboflavin....mg | 0.280 | | 0 | | 1 | | 0.641 | 0.238 | |
| Niacin....mg | 8.860 | | 0 | | 1 | | 20.289 | 7.531 | |
| Pantothenic acid....mg | 1.200 | | 0 | | 1 | | 2.748 | 1.020 | |
| Vitamin B-6....mg | 0.340 | | 0 | | 1 | | 0.779 | 0.289 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 34 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 34 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 34 | 13 | |
| Choline, total....mg | 99.7 | | 0 | BFNN | 4 | | 228.3 | 84.7 | |
| Betaine....mg | 13.1 | | 0 | BFNN | 4 | | 30.0 | 11.1 | |
| Vitamin B-12....mcg | 1.24 | | 0 | | 1 | | 2.84 | 1.05 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.44 | | 0 | | 1 | | 1.01 | 0.37 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.5 | | 0 | BFYN | 4 | | 12.7 | 4.7 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.260 | | 0 | | 1 | | 12.045 | 4.471 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.023 | 0.009 | |

**NDB No. 17106**
**Veal, loin, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.040 | | 0 | | 1 | | 0.092 | 0.034 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.520 | | 0 | | 1 | | 1.191 | 0.442 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.760 | | 0 | | 1 | | 6.320 | 2.346 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.730 | | 0 | | 1 | | 3.962 | 1.471 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.780 | | 0 | | 1 | | 10.946 | 4.063 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.560 | | 0 | | 1 | | 1.282 | 0.476 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.100 | | 0 | | 1 | | 9.389 | 3.485 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.810 | | 0 | | 1 | | 1.855 | 0.689 | |
| 18:2 undifferentiated....g | 0.620 | | 0 | | 1 | | 1.420 | 0.527 | |
| 18:3 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.206 | 0.077 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.229 | 0.085 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 103 | | 0 | | 1 | | 236 | 88 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.251 | | 0 | | 1 | | 0.575 | 0.213 | |
| Threonine....g | 1.083 | | 0 | | 1 | | 2.480 | 0.921 | |
| Isoleucine....g | 1.221 | | 0 | | 1 | | 2.796 | 1.038 | |
| Leucine....g | 1.974 | | 0 | | 1 | | 4.520 | 1.678 | |
| Lysine....g | 2.044 | | 0 | | 1 | | 4.681 | 1.737 | |
| Methionine....g | 0.579 | | 0 | | 1 | | 1.326 | 0.492 | |
| Cystine....g | 0.280 | | 0 | | 1 | | 0.641 | 0.238 | |
| Phenylalanine....g | 1.001 | | 0 | | 1 | | 2.292 | 0.851 | |
| Tyrosine....g | 0.791 | | 0 | | 1 | | 1.811 | 0.672 | |
| Valine....g | 1.371 | | 0 | | 1 | | 3.140 | 1.165 | |
| Arginine....g | 1.459 | | 0 | | 1 | | 3.341 | 1.240 | |
| Histidine....g | 0.900 | | 0 | | 1 | | 2.061 | 0.765 | |
| Alanine....g | 1.475 | | 0 | | 1 | | 3.378 | 1.254 | |
| Aspartic acid....g | 2.139 | | 0 | | 1 | | 4.898 | 1.818 | |
| Glutamic acid....g | 3.923 | | 0 | | 1 | | 8.984 | 3.335 | |
| Glycine....g | 1.275 | | 0 | | 1 | | 2.920 | 1.084 | |
| Proline....g | 1.035 | | 0 | | 1 | | 2.370 | 0.880 | |
| Serine....g | 0.930 | | 0 | | 1 | | 2.130 | 0.791 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17106**

**Veal, loin, separable lean and fat, cooked, roasted**

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17104**
**Veal, loin, separable lean and fat, raw**

**Refuse:** 36% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 70.38 | | 0 | | 1 | | 19.95 | 87.98 | |
| Energy | kcal | 163 | | 0 | NC | 4 | | 46 | 204 | |
| Energy | kj | 682 | | 0 | | 4 | | 193 | 852 | |
| Protein (N x 6.25) | g | 18.89 | | 0 | | 1 | | 5.36 | 23.61 | |
| Total lipid (fat) | g | 9.14 | | 0 | | 1 | | 2.59 | 11.43 | |
| Ash | g | 1.03 | | 0 | | 1 | | 0.29 | 1.29 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | | 1 | | 5 | 20 | |
| Iron, Fe | mg | 0.73 | | 0 | | 1 | | 0.21 | 0.91 | |
| Magnesium, Mg | mg | 23 | | 0 | | 1 | | 7 | 29 | |
| Phosphorus, P | mg | 199 | | 0 | | 1 | | 56 | 249 | |
| Potassium, K | mg | 304 | | 0 | | 1 | | 86 | 380 | |
| Sodium, Na | mg | 85 | | 0 | | 1 | | 24 | 106 | |
| Zinc, Zn | mg | 2.32 | | 0 | | 1 | | 0.66 | 2.90 | |
| Copper, Cu | mg | 0.094 | | 0 | | 1 | | 0.027 | 0.118 | |
| Manganese, Mn | mg | 0.027 | | 0 | | 1 | | 0.008 | 0.034 | |
| Selenium, Se | mcg | 8.5 | | 0 | PIE | 4 | | 2.4 | 10.6 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | | 1 | | 0.020 | 0.088 | |
| Riboflavin | mg | 0.240 | | 0 | | 1 | | 0.068 | 0.300 | |
| Niacin | mg | 8.480 | | 0 | | 1 | | 2.404 | 10.600 | |
| Pantothenic acid | mg | 1.300 | | 0 | | 1 | | 0.369 | 1.625 | |
| Vitamin B-6 | mg | 0.530 | | 0 | | 1 | | 0.150 | 0.663 | |
| Folate, total | mcg | 13 | | 0 | | 1 | | 4 | 16 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 13 | | 0 | | 1 | | 4 | 16 | |
| Folate, DFE | mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 16 | |
| Choline, total | mg | 82.9 | | 0 | BFNN | 4 | | 23.5 | 103.6 | |
| Betaine | mg | 12.2 | | 0 | BFNN | 4 | | 3.5 | 15.2 | |
| Vitamin B-12 | mcg | 1.11 | | 0 | | 1 | | 0.31 | 1.39 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.26 | | 0 | | 1 | | 0.07 | 0.33 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.5 | | 0 | BFYN | 4 | | 1.6 | 6.9 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.880 | | 0 | | 1 | | 1.100 | 4.850 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.003 | 0.013 | |

**NDB No. 17104**
**Veal, loin, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.009 | 0.038 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.380 | | 0 | | 1 | | 0.108 | 0.475 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.040 | | 0 | | 1 | | 0.578 | 2.550 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.280 | | 0 | | 1 | | 0.363 | 1.600 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.540 | | 0 | | 1 | | 1.004 | 4.425 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.410 | | 0 | | 1 | | 0.116 | 0.513 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.030 | | 0 | | 1 | | 0.859 | 3.788 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.610 | | 0 | | 1 | | 0.173 | 0.763 | |
| 18:2 undifferentiated g | 0.470 | | 0 | | 1 | | 0.133 | 0.588 | |
| 18:3 undifferentiated g | 0.060 | | 0 | | 1 | | 0.017 | 0.075 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.023 | 0.100 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 79 | | 0 | | 1 | | 22 | 99 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.191 | | 0 | | 1 | | 0.054 | 0.239 | |
| Threonine g | 0.825 | | 0 | | 1 | | 0.234 | 1.031 | |
| Isoleucine g | 0.930 | | 0 | | 1 | | 0.264 | 1.163 | |
| Leucine g | 1.504 | | 0 | | 1 | | 0.426 | 1.880 | |
| Lysine g | 1.557 | | 0 | | 1 | | 0.441 | 1.946 | |
| Methionine g | 0.441 | | 0 | | 1 | | 0.125 | 0.551 | |
| Cystine g | 0.213 | | 0 | | 1 | | 0.060 | 0.266 | |
| Phenylalanine g | 0.763 | | 0 | | 1 | | 0.216 | 0.954 | |
| Tyrosine g | 0.602 | | 0 | | 1 | | 0.171 | 0.753 | |
| Valine g | 1.044 | | 0 | | 1 | | 0.296 | 1.305 | |
| Arginine g | 1.111 | | 0 | | 1 | | 0.315 | 1.389 | |
| Histidine g | 0.686 | | 0 | | 1 | | 0.194 | 0.858 | |
| Alanine g | 1.124 | | 0 | | 1 | | 0.319 | 1.405 | |
| Aspartic acid g | 1.630 | | 0 | | 1 | | 0.462 | 2.038 | |
| Glutamic acid g | 2.988 | | 0 | | 1 | | 0.847 | 3.735 | |
| Glycine g | 0.971 | | 0 | | 1 | | 0.275 | 1.214 | |
| Proline g | 0.789 | | 0 | | 1 | | 0.224 | 0.986 | |
| Serine g | 0.708 | | 0 | | 1 | | 0.201 | 0.885 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17104**

**Veal, loin, separable lean and fat, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17108**
**Veal, loin, separable lean only, cooked, braised**

**Refuse:** 45% Bone 36%, separable fat 9%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.96 | 0.621 | 12 | | 1 | | 48.42 | 39.30 | |
| Energy....kcal | 226 | | 0 | NC | 4 | | 192 | 156 | |
| Energy....kj | 946 | | 0 | | 4 | | 804 | 652 | |
| Protein (N x 6.25)....g | 33.57 | 0.295 | 12 | | 1 | | 28.53 | 23.16 | |
| Total lipid (fat)....g | 9.15 | 0.366 | 12 | | 1 | | 7.78 | 6.31 | |
| Ash....g | 1.15 | 0.024 | 12 | | 1 | | 0.98 | 0.79 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 32 | 3.810 | 12 | | 1 | | 27 | 22 | |
| Iron, Fe....mg | 1.10 | 0.039 | 12 | | 1 | | 0.94 | 0.76 | |
| Magnesium, Mg....mg | 27 | 0.686 | 12 | | 1 | | 23 | 19 | |
| Phosphorus, P....mg | 237 | 5.157 | 12 | | 1 | | 201 | 164 | |
| Potassium, K....mg | 297 | 4.836 | 12 | | 1 | | 252 | 205 | |
| Sodium, Na....mg | 84 | 2.201 | 12 | | 1 | | 71 | 58 | |
| Zinc, Zn....mg | 4.09 | 0.057 | 12 | | 1 | | 3.48 | 2.82 | |
| Copper, Cu....mg | 0.099 | 0.011 | 12 | | 1 | | 0.084 | 0.068 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.032 | 0.026 | |
| Selenium, Se....mcg | 14.4 | | 0 | BFYN | 4 | | 12.2 | 9.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | 0.004 | 11 | | 1 | | 0.043 | 0.035 | |
| Riboflavin....mg | 0.340 | 0.020 | 12 | | 1 | | 0.289 | 0.235 | |
| Niacin....mg | 10.050 | 1.173 | 12 | | 1 | | 8.543 | 6.935 | |
| Pantothenic acid....mg | 0.850 | 0.076 | 12 | | 1 | | 0.723 | 0.587 | |
| Vitamin B-6....mg | 0.280 | 0.044 | 12 | | 1 | | 0.238 | 0.193 | |
| Folate, total....mcg | 15 | 2.485 | 12 | | 1 | | 13 | 10 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | 2.485 | 12 | | 1 | | 13 | 10 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 13 | 10 | |
| Choline, total....mg | 125.4 | | 0 | BFNN | 4 | | 106.6 | 86.5 | |
| Betaine....mg | 16.5 | | 0 | BFNN | 4 | | 14.0 | 11.4 | |
| Vitamin B-12....mcg | 1.32 | 0.237 | 11 | | 1 | | 1.12 | 0.91 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.42 | | 0 | | 1 | | 0.36 | 0.29 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 7.0 | | 0 | BFYN | 4 | | 6.0 | 4.9 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.550 | | 0 | | 1 | | 2.168 | 1.760 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17108**
**Veal, loin, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ....g | 0.020 | | 73 | | 1 | | 0.017 | 0.014 | |
| 13:0 ....g | | | | | | | | | |
| 14:0 ....g | 0.170 | | 73 | | 1 | | 0.145 | 0.117 | |
| 15:0 ....g | | | | | | | | | |
| 16:0 ....g | 1.490 | | 73 | | 1 | | 1.267 | 1.028 | |
| 17:0 ....g | | | | | | | | | |
| 18:0 ....g | 0.870 | | 73 | | 1 | | 0.740 | 0.600 | |
| 20:0 ....g | | | | | | | | | |
| 22:0 ....g | | | | | | | | | |
| 24:0 ....g | | | | | | | | | |
| Fatty acids, total monounsaturated ....g | 3.270 | | 0 | | 1 | | 2.780 | 2.256 | |
| 14:1 ....g | | | | | | | | | |
| 15:1 ....g | | | | | | | | | |
| 16:1 undifferentiated ....g | 0.290 | | 73 | | 1 | | 0.247 | 0.200 | |
| 17:1 ....g | | | | | | | | | |
| 18:1 undifferentiated ....g | 2.940 | | 73 | | 1 | | 2.499 | 2.029 | |
| 20:1 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ....g | | | | | | | | | |
| Fatty acids, total polyunsaturated ....g | 0.820 | | 0 | | 1 | | 0.697 | 0.566 | |
| 18:2 undifferentiated ....g | 0.630 | | 73 | | 1 | | 0.536 | 0.435 | |
| 18:3 undifferentiated ....g | 0.040 | | 73 | | 1 | | 0.034 | 0.028 | |
| 18:4 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ....g | | | | | | | | | |
| 20:3 undifferentiated ....g | | | | | | | | | |
| 20:4 undifferentiated ....g | 0.150 | | 73 | | 1 | | 0.128 | 0.104 | |
| 20:5 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ....g | | | | | | | | | |
| Cholesterol ....mg | 125 | 10.932 | 22 | | 1 | | 106 | 86 | |
| Phytosterols ....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ....g | 0.340 | | 0 | | 1 | | 0.289 | 0.235 | |
| Threonine ....g | 1.466 | | 0 | | 1 | | 1.246 | 1.012 | |
| Isoleucine ....g | 1.653 | | 0 | | 1 | | 1.405 | 1.141 | |
| Leucine ....g | 2.672 | | 0 | | 1 | | 2.271 | 1.844 | |
| Lysine ....g | 2.766 | | 0 | | 1 | | 2.351 | 1.909 | |
| Methionine ....g | 0.783 | | 0 | | 1 | | 0.666 | 0.540 | |
| Cystine ....g | 0.379 | | 0 | | 1 | | 0.322 | 0.262 | |
| Phenylalanine ....g | 1.355 | | 0 | | 1 | | 1.152 | 0.935 | |
| Tyrosine ....g | 1.070 | | 0 | | 1 | | 0.910 | 0.738 | |
| Valine ....g | 1.855 | | 0 | | 1 | | 1.577 | 1.280 | |
| Arginine ....g | 1.974 | | 0 | | 1 | | 1.678 | 1.362 | |
| Histidine ....g | 1.218 | | 0 | | 1 | | 1.035 | 0.840 | |
| Alanine ....g | 1.996 | | 0 | | 1 | | 1.697 | 1.377 | |
| Aspartic acid ....g | 2.896 | | 0 | | 1 | | 2.462 | 1.998 | |
| Glutamic acid ....g | 5.309 | | 0 | | 1 | | 4.513 | 3.663 | |
| Glycine ....g | 1.725 | | 0 | | 1 | | 1.466 | 1.190 | |
| Proline ....g | 1.401 | | 0 | | 1 | | 1.191 | 0.967 | |
| Serine ....g | 1.258 | | 0 | | 1 | | 1.069 | 0.868 | |
| Hydroxyproline ....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17108**

**Veal, loin, separable lean only, cooked, braised**

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 64.59 | | 0 | | 1 | | 134.35 | 54.90 | |
| Energy | kcal | 175 | | 0 | NC | 4 | | 364 | 149 | |
| Energy | kj | 732 | | 0 | | 4 | | 1523 | 622 | |
| Protein (N x 6.25) | g | 26.32 | | 0 | | 1 | | 54.75 | 22.37 | |
| Total lipid (fat) | g | 6.94 | | 0 | | 1 | | 14.44 | 5.90 | |
| Ash | g | 1.43 | | 0 | | 1 | | 2.97 | 1.22 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 21 | | 0 | | 1 | | 44 | 18 | |
| Iron, Fe | mg | 0.85 | | 0 | | 1 | | 1.77 | 0.72 | |
| Magnesium, Mg | mg | 26 | | 0 | | 1 | | 54 | 22 | |
| Phosphorus, P | mg | 222 | | 0 | | 1 | | 462 | 189 | |
| Potassium, K | mg | 340 | | 0 | | 1 | | 707 | 289 | |
| Sodium, Na | mg | 96 | | 0 | | 1 | | 200 | 82 | |
| Zinc, Zn | mg | 3.24 | | 0 | | 1 | | 6.74 | 2.75 | |
| Copper, Cu | mg | 0.117 | | 0 | | 1 | | 0.243 | 0.099 | |
| Manganese, Mn | mg | 0.030 | | 0 | | 1 | | 0.062 | 0.026 | |
| Selenium, Se | mcg | 11.6 | | 0 | BFYN | 4 | | 24.1 | 9.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | | 1 | | 0.125 | 0.051 | |
| Riboflavin | mg | 0.300 | | 0 | | 1 | | 0.624 | 0.255 | |
| Niacin | mg | 9.460 | | 0 | | 1 | | 19.677 | 8.041 | |
| Pantothenic acid | mg | 1.270 | | 0 | | 1 | | 2.642 | 1.080 | |
| Vitamin B-6 | mg | 0.370 | | 0 | | 1 | | 0.770 | 0.315 | |
| Folate, total | mcg | 16 | | 0 | | 1 | | 33 | 14 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 16 | | 0 | | 1 | | 33 | 14 | |
| Folate, DFE | mcg_DFE | 16 | | 0 | NC | 4 | | 33 | 14 | |
| Choline, total | mg | 105.3 | | 0 | BFNN | 4 | | 219.0 | 89.5 | |
| Betaine | mg | 13.8 | | 0 | BFNN | 4 | | 28.8 | 11.8 | |
| Vitamin B-12 | mcg | 1.31 | | 0 | | 1 | | 2.72 | 1.11 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.49 | | 0 | | 1 | | 1.02 | 0.42 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.5 | | 0 | BFYN | 4 | | 11.5 | 4.7 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.580 | | 0 | | 1 | | 5.366 | 2.193 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17109**
**Veal, loin, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.042 | 0.017 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.210 | | 0 | | 1 | | 0.437 | 0.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.390 | | 0 | | 1 | | 2.891 | 1.182 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.870 | | 0 | | 1 | | 1.810 | 0.740 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.490 | | 0 | | 1 | | 5.179 | 2.117 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 0 | | 1 | | 0.562 | 0.230 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.160 | | 0 | | 1 | | 4.493 | 1.836 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.570 | | 0 | | 1 | | 1.186 | 0.485 | |
| 18:2 undifferentiated....g | 0.420 | | 0 | | 1 | | 0.874 | 0.357 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.083 | 0.034 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 0 | | 1 | | 0.229 | 0.094 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 106 | | 0 | | 1 | | 220 | 90 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.266 | | 0 | | 1 | | 0.553 | 0.226 | |
| Threonine....g | 1.150 | | 0 | | 1 | | 2.392 | 0.978 | |
| Isoleucine....g | 1.296 | | 0 | | 1 | | 2.696 | 1.102 | |
| Leucine....g | 2.095 | | 0 | | 1 | | 4.358 | 1.781 | |
| Lysine....g | 2.169 | | 0 | | 1 | | 4.512 | 1.844 | |
| Methionine....g | 0.614 | | 0 | | 1 | | 1.277 | 0.522 | |
| Cystine....g | 0.297 | | 0 | | 1 | | 0.618 | 0.252 | |
| Phenylalanine....g | 1.062 | | 0 | | 1 | | 2.209 | 0.903 | |
| Tyrosine....g | 0.839 | | 0 | | 1 | | 1.745 | 0.713 | |
| Valine....g | 1.455 | | 0 | | 1 | | 3.026 | 1.237 | |
| Arginine....g | 1.548 | | 0 | | 1 | | 3.220 | 1.316 | |
| Histidine....g | 0.955 | | 0 | | 1 | | 1.986 | 0.812 | |
| Alanine....g | 1.565 | | 0 | | 1 | | 3.255 | 1.330 | |
| Aspartic acid....g | 2.271 | | 0 | | 1 | | 4.724 | 1.930 | |
| Glutamic acid....g | 4.163 | | 0 | | 1 | | 8.659 | 3.539 | |
| Glycine....g | 1.353 | | 0 | | 1 | | 2.814 | 1.150 | |
| Proline....g | 1.099 | | 0 | | 1 | | 2.286 | 0.934 | |
| Serine....g | 0.987 | | 0 | | 1 | | 2.053 | 0.839 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17109**

**Veal, loin, separable lean only, cooked, roasted**

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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 | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.89 | 0.329 | 12 | | 1 | | 21.23 | 84.63 | |
| Energy....kcal | 116 | | 0 | NC | 4 | | 33 | 131 | |
| Energy....kj | 485 | | | | 4 | | 138 | 548 | |
| Protein (N x 6.25)....g | 20.17 | 0.468 | 12 | | 1 | | 5.72 | 22.79 | |
| Total lipid (fat)....g | 3.34 | 0.166 | 12 | | 1 | | 0.95 | 3.77 | |
| Ash....g | 1.09 | 0.023 | 12 | | 1 | | 0.31 | 1.23 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | 1.065 | 12 | | 1 | | 5 | 19 | |
| Iron, Fe....mg | 0.75 | 0.032 | 12 | | 1 | | 0.21 | 0.85 | |
| Magnesium, Mg....mg | 25 | 0.577 | 12 | | 1 | | 7 | 28 | |
| Phosphorus, P....mg | 211 | 5.363 | 12 | | 1 | | 60 | 238 | |
| Potassium, K....mg | 324 | 5.173 | 12 | | 1 | | 92 | 366 | |
| Sodium, Na....mg | 91 | 3.741 | 12 | | 1 | | 26 | 103 | |
| Zinc, Zn....mg | 2.49 | 0.055 | 12 | | 1 | | 0.71 | 2.81 | |
| Copper, Cu....mg | 0.100 | 0.008 | 12 | | 1 | | 0.028 | 0.113 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.033 | |
| Selenium, Se....mcg | 8.8 | | 0 | BFNN | 4 | | 2.5 | 9.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | 0.004 | 12 | | 1 | | 0.020 | 0.079 | |
| Riboflavin....mg | 0.260 | 0.020 | 12 | | 1 | | 0.074 | 0.294 | |
| Niacin....mg | 9.080 | 0.774 | 12 | | 1 | | 2.574 | 10.260 | |
| Pantothenic acid....mg | 1.390 | 0.279 | 12 | | 1 | | 0.394 | 1.571 | |
| Vitamin B-6....mg | 0.560 | 0.055 | 12 | | 1 | | 0.159 | 0.633 | |
| Folate, total....mcg | 14 | 2.763 | 12 | | 1 | | 4 | 16 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 14 | 2.763 | 12 | | 1 | | 4 | 16 | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 16 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.18 | 0.153 | 12 | | 1 | | 0.33 | 1.33 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.26 | | 0 | | 1 | | 0.07 | 0.29 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.010 | | 0 | | 1 | | 0.286 | 1.141 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17107**
**Veal, loin, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.050 | | 147 | | 1 | | 0.014 | 0.057 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.570 | | 147 | | 1 | | 0.162 | 0.644 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.350 | | 147 | | 1 | | 0.099 | 0.396 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.070 | | 0 | | 1 | | 0.303 | 1.209 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.110 | | 147 | | 1 | | 0.031 | 0.124 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.950 | | 147 | | 1 | | 0.269 | 1.074 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.340 | | 0 | | 1 | | 0.096 | 0.384 | |
| 18:2 undifferentiated....g | 0.250 | | 147 | | 1 | | 0.071 | 0.283 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.011 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 147 | | 1 | | 0.026 | 0.102 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 80 | 4.724 | 12 | | 1 | | 23 | 90 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.204 | | 0 | | 1 | | 0.058 | 0.231 | |
| Threonine....g | 0.881 | | 0 | | 1 | | 0.250 | 0.996 | |
| Isoleucine....g | 0.993 | | 0 | | 1 | | 0.282 | 1.122 | |
| Leucine....g | 1.605 | | 0 | | 1 | | 0.455 | 1.814 | |
| Lysine....g | 1.662 | | 0 | | 1 | | 0.471 | 1.878 | |
| Methionine....g | 0.471 | | 0 | | 1 | | 0.134 | 0.532 | |
| Cystine....g | 0.228 | | 0 | | 1 | | 0.065 | 0.258 | |
| Phenylalanine....g | 0.814 | | 0 | | 1 | | 0.231 | 0.920 | |
| Tyrosine....g | 0.643 | | 0 | | 1 | | 0.182 | 0.727 | |
| Valine....g | 1.115 | | 0 | | 1 | | 0.316 | 1.260 | |
| Arginine....g | 1.186 | | 0 | | 1 | | 0.336 | 1.340 | |
| Histidine....g | 0.732 | | 0 | | 1 | | 0.208 | 0.827 | |
| Alanine....g | 1.199 | | 0 | | 1 | | 0.340 | 1.355 | |
| Aspartic acid....g | 1.740 | | 0 | | 1 | | 0.493 | 1.966 | |
| Glutamic acid....g | 3.190 | | 0 | | 1 | | 0.904 | 3.605 | |
| Glycine....g | 1.036 | | 0 | | 1 | | 0.294 | 1.171 | |
| Proline....g | 0.842 | | 0 | | 1 | | 0.239 | 0.951 | |
| Serine....g | 0.756 | | 0 | | 1 | | 0.214 | 0.854 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17107**
**Veal, loin, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17111**
**Veal, rib, separable lean and fat, cooked, braised**

**Refuse:** 37% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 53.33 | | 0 | | 1 | | 94.39 | 45.33 | |
| Energy....kcal | 251 | | 0 | NC | 4 | | 444 | 213 | |
| Energy....kj | 1050 | | 0 | | 4 | | 1859 | 893 | |
| Protein (N x 6.25)....g | 32.43 | | 0 | | 1 | | 57.40 | 27.57 | |
| Total lipid (fat)....g | 12.53 | | 0 | | 1 | | 22.18 | 10.65 | |
| Ash....g | 1.68 | | 0 | | 1 | | 2.97 | 1.43 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | | 0 | | 1 | | 39 | 19 | |
| Iron, Fe....mg | 1.41 | | 0 | | 1 | | 2.50 | 1.20 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 44 | 21 | |
| Phosphorus, P....mg | 210 | | 0 | | 1 | | 372 | 179 | |
| Potassium, K....mg | 306 | | 0 | | 1 | | 542 | 260 | |
| Sodium, Na....mg | 95 | | 0 | | 1 | | 168 | 81 | |
| Zinc, Zn....mg | 5.57 | | 0 | | 1 | | 9.86 | 4.73 | |
| Copper, Cu....mg | 0.132 | | 0 | | 1 | | 0.234 | 0.112 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.067 | 0.032 | |
| Selenium, Se....mcg | 13.9 | | 0 | PIE | 4 | | 24.6 | 11.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.089 | 0.043 | |
| Riboflavin....mg | 0.290 | | 0 | | 1 | | 0.513 | 0.247 | |
| Niacin....mg | 7.500 | | 0 | | 1 | | 13.275 | 6.375 | |
| Pantothenic acid....mg | 1.070 | | 0 | | 1 | | 1.894 | 0.910 | |
| Vitamin B-6....mg | 0.320 | | 0 | | 1 | | 0.566 | 0.272 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 28 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 28 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 28 | 14 | |
| Choline, total....mg | 126.3 | | 0 | BFNN | 4 | | 223.5 | 107.3 | |
| Betaine....mg | 16.6 | | 0 | BFNN | 4 | | 29.4 | 14.1 | |
| Vitamin B-12....mcg | 1.45 | | 0 | | 1 | | 2.57 | 1.23 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.34 | | 0 | | 1 | | 0.60 | 0.29 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 7.0 | | 0 | BFYN | 4 | | 12.5 | 6.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.950 | | 0 | | 1 | | 8.762 | 4.208 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.018 | 0.009 | |

**NDB No. 17111**
**Veal, rib, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.053 | 0.026 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.440 | | 0 | | 1 | | 0.779 | 0.374 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.640 | | 0 | | 1 | | 4.673 | 2.244 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.650 | | 0 | | 1 | | 2.921 | 1.403 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.650 | | 0 | | 1 | | 8.231 | 3.953 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.520 | | 0 | | 1 | | 0.920 | 0.442 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.020 | | 0 | | 1 | | 7.115 | 3.417 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.940 | | 0 | | 1 | | 1.664 | 0.799 | |
| 18:2 undifferentiated....g | 0.710 | | 0 | | 1 | | 1.257 | 0.604 | |
| 18:3 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.142 | 0.068 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.160 | | 0 | | 1 | | 0.283 | 0.136 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 139 | | 0 | | 1 | | 246 | 118 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.328 | | 0 | | 1 | | 0.581 | 0.279 | |
| Threonine....g | 1.417 | | 0 | | 1 | | 2.508 | 1.204 | |
| Isoleucine....g | 1.597 | | 0 | | 1 | | 2.827 | 1.357 | |
| Leucine....g | 2.581 | | 0 | | 1 | | 4.568 | 2.194 | |
| Lysine....g | 2.673 | | 0 | | 1 | | 4.731 | 2.272 | |
| Methionine....g | 0.757 | | 0 | | 1 | | 1.340 | 0.643 | |
| Cystine....g | 0.366 | | 0 | | 1 | | 0.648 | 0.311 | |
| Phenylalanine....g | 1.309 | | 0 | | 1 | | 2.317 | 1.113 | |
| Tyrosine....g | 1.034 | | 0 | | 1 | | 1.830 | 0.879 | |
| Valine....g | 1.793 | | 0 | | 1 | | 3.174 | 1.524 | |
| Arginine....g | 1.908 | | 0 | | 1 | | 3.377 | 1.622 | |
| Histidine....g | 1.177 | | 0 | | 1 | | 2.083 | 1.000 | |
| Alanine....g | 1.929 | | 0 | | 1 | | 3.414 | 1.640 | |
| Aspartic acid....g | 2.798 | | 0 | | 1 | | 4.952 | 2.378 | |
| Glutamic acid....g | 5.130 | | 0 | | 1 | | 9.080 | 4.361 | |
| Glycine....g | 1.667 | | 0 | | 1 | | 2.951 | 1.417 | |
| Proline....g | 1.354 | | 0 | | 1 | | 2.397 | 1.151 | |
| Serine....g | 1.216 | | 0 | | 1 | | 2.152 | 1.034 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17111**

**Veal, rib, separable lean and fat, cooked, braised**

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17112**
**Veal, rib, separable lean and fat, cooked, roasted**

**Refuse:** 33% Bone

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 59.91 | | 0 | | 1 | | 143.78 | 50.92 | |
| Energy....kcal | 228 | | 0 | NC | 4 | | 547 | 194 | |
| Energy....kj | 954 | | | | 4 | | 2289 | 811 | |
| Protein (N x 6.25)....g | 23.96 | | 0 | | 1 | | 57.50 | 20.37 | |
| Total lipid (fat)....g | 13.96 | | 0 | | 1 | | 33.50 | 11.87 | |
| Ash....g | 1.05 | | 0 | | 1 | | 2.52 | 0.89 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | | 1 | | 26 | 9 | |
| Iron, Fe....mg | 0.97 | | 0 | | 1 | | 2.33 | 0.82 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 53 | 19 | |
| Phosphorus, P....mg | 197 | | 0 | | 1 | | 473 | 167 | |
| Potassium, K....mg | 295 | | 0 | | 1 | | 708 | 251 | |
| Sodium, Na....mg | 92 | | 0 | | 1 | | 221 | 78 | |
| Zinc, Zn....mg | 4.09 | | 0 | | 1 | | 9.82 | 3.48 | |
| Copper, Cu....mg | 0.099 | | 0 | | 1 | | 0.238 | 0.084 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.072 | 0.026 | |
| Selenium, Se....mcg | 10.5 | | 0 | PIE | 4 | | 25.2 | 8.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.120 | 0.043 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.648 | 0.230 | |
| Niacin....mg | 6.980 | | 0 | | 1 | | 16.752 | 5.933 | |
| Pantothenic acid....mg | 1.280 | | 0 | | 1 | | 3.072 | 1.088 | |
| Vitamin B-6....mg | 0.250 | | 0 | | 1 | | 0.600 | 0.213 | |
| Folate, total....mcg | 13 | | 0 | | 1 | | 31 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | | 1 | | 31 | 11 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 31 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.46 | | 0 | | 1 | | 3.50 | 1.24 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.35 | | 0 | | 1 | | 0.84 | 0.30 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.410 | | 0 | | 1 | | 12.984 | 4.599 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.024 | 0.009 | |
| 12:0....g | 0.040 | | 0 | | 1 | | 0.096 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17112**
**Veal, rib, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.530 | | 0 | | 1 | | 1.272 | 0.451 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.910 | | 0 | | 1 | | 6.984 | 2.474 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.780 | | 0 | | 1 | | 4.272 | 1.513 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 5.440 | | 0 | | 1 | | 13.056 | 4.624 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.590 | | 0 | | 1 | | 1.416 | 0.502 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.730 | | 0 | | 1 | | 11.352 | 4.021 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.950 | | 0 | | 1 | | 2.280 | 0.808 | |
| 18:2 undifferentiated g | 0.750 | | 0 | | 1 | | 1.800 | 0.638 | |
| 18:3 undifferentiated g | 0.090 | | 0 | | 1 | | 0.216 | 0.077 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.110 | | 0 | | 1 | | 0.264 | 0.094 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 110 | | 0 | | 1 | | 264 | 94 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.243 | | 0 | | 1 | | 0.583 | 0.207 | |
| Threonine g | 1.047 | | 0 | | 1 | | 2.513 | 0.890 | |
| Isoleucine g | 1.180 | | 0 | | 1 | | 2.832 | 1.003 | |
| Leucine g | 1.907 | | 0 | | 1 | | 4.577 | 1.621 | |
| Lysine g | 1.974 | | 0 | | 1 | | 4.738 | 1.678 | |
| Methionine g | 0.559 | | 0 | | 1 | | 1.342 | 0.475 | |
| Cystine g | 0.270 | | 0 | | 1 | | 0.648 | 0.230 | |
| Phenylalanine g | 0.967 | | 0 | | 1 | | 2.321 | 0.822 | |
| Tyrosine g | 0.764 | | 0 | | 1 | | 1.834 | 0.649 | |
| Valine g | 1.324 | | 0 | | 1 | | 3.178 | 1.125 | |
| Arginine g | 1.409 | | 0 | | 1 | | 3.382 | 1.198 | |
| Histidine g | 0.870 | | 0 | | 1 | | 2.088 | 0.740 | |
| Alanine g | 1.425 | | 0 | | 1 | | 3.420 | 1.211 | |
| Aspartic acid g | 2.067 | | 0 | | 1 | | 4.961 | 1.757 | |
| Glutamic acid g | 3.790 | | 0 | | 1 | | 9.096 | 3.222 | |
| Glycine g | 1.231 | | 0 | | 1 | | 2.954 | 1.046 | |
| Proline g | 1.000 | | 0 | | 1 | | 2.400 | 0.850 | |
| Serine g | 0.898 | | 0 | | 1 | | 2.155 | 0.763 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17112**

**Veal, rib, separable lean and fat, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17110**
**Veal, rib, separable lean and fat, raw**

**Refuse:** 35% Bone

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 71.15 | | 0 | | 1 | | 20.17 | 322.74 | |
| Energy....kcal | 162 | | 0 | NC | 4 | | 46 | 735 | |
| Energy....kj | 678 | | | | 4 | | 192 | 3075 | |
| Protein (N x 6.25)....g | 18.86 | | 0 | | 1 | | 5.35 | 85.55 | |
| Total lipid (fat)....g | 9.01 | | 0 | | 1 | | 2.55 | 40.87 | |
| Ash....g | 0.97 | | 0 | | 1 | | 0.27 | 4.40 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 13 | | 0 | | 1 | | 4 | 59 | |
| Iron, Fe....mg | 0.86 | | 0 | | 1 | | 0.24 | 3.90 | |
| Magnesium, Mg....mg | 22 | | 0 | | 1 | | 6 | 100 | |
| Phosphorus, P....mg | 184 | | 0 | | 1 | | 52 | 835 | |
| Potassium, K....mg | 290 | | 0 | | 1 | | 82 | 1315 | |
| Sodium, Na....mg | 89 | | 0 | | 1 | | 25 | 404 | |
| Zinc, Zn....mg | 3.24 | | 0 | | 1 | | 0.92 | 14.70 | |
| Copper, Cu....mg | 0.102 | | 0 | | 1 | | 0.029 | 0.463 | |
| Manganese, Mn....mg | 0.027 | | 0 | | 1 | | 0.008 | 0.122 | |
| Selenium, Se....mcg | 8.2 | | 0 | PIE | 4 | | 2.3 | 37.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| Riboflavin....mg | 0.230 | | 0 | | 1 | | 0.065 | 1.043 | |
| Niacin....mg | 6.680 | | 0 | | 1 | | 1.894 | 30.300 | |
| Pantothenic acid....mg | 1.130 | | 0 | | 1 | | 0.320 | 5.126 | |
| Vitamin B-6....mg | 0.420 | | 0 | | 1 | | 0.119 | 1.905 | |
| Folate, total....mcg | 12 | | 0 | | 1 | | 3 | 54 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 12 | | 0 | | 1 | | 3 | 54 | |
| Folate, DFE....mcg_DFE | 12 | | 0 | NC | 4 | | 3 | 54 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.29 | | 0 | | 1 | | 0.37 | 5.85 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.710 | | 0 | | 1 | | 1.052 | 16.829 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17110**
**Veal, rib, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.350 | | 0 | | 1 | | 0.099 | 1.588 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.960 | | 0 | | 1 | | 0.556 | 8.891 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.230 | | 0 | | 1 | | 0.349 | 5.579 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.430 | | 0 | | 1 | | 0.972 | 15.558 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.950 | | 0 | | 1 | | 0.836 | 13.381 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.630 | | 0 | | 1 | | 0.179 | 2.858 | |
| 18:2 undifferentiated....g | 0.480 | | 0 | | 1 | | 0.136 | 2.177 | |
| 18:3 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 82 | | 0 | | 1 | | 23 | 372 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.191 | | 0 | | 1 | | 0.054 | 0.866 | |
| Threonine....g | 0.824 | | 0 | | 1 | | 0.234 | 3.738 | |
| Isoleucine....g | 0.929 | | 0 | | 1 | | 0.263 | 4.214 | |
| Leucine....g | 1.501 | | 0 | | 1 | | 0.426 | 6.809 | |
| Lysine....g | 1.554 | | 0 | | 1 | | 0.441 | 7.049 | |
| Methionine....g | 0.440 | | 0 | | 1 | | 0.125 | 1.996 | |
| Cystine....g | 0.213 | | 0 | | 1 | | 0.060 | 0.966 | |
| Phenylalanine....g | 0.761 | | 0 | | 1 | | 0.216 | 3.452 | |
| Tyrosine....g | 0.601 | | 0 | | 1 | | 0.170 | 2.726 | |
| Valine....g | 1.042 | | 0 | | 1 | | 0.295 | 4.727 | |
| Arginine....g | 1.109 | | 0 | | 1 | | 0.314 | 5.030 | |
| Histidine....g | 0.684 | | 0 | | 1 | | 0.194 | 3.103 | |
| Alanine....g | 1.121 | | 0 | | 1 | | 0.318 | 5.085 | |
| Aspartic acid....g | 1.627 | | 0 | | 1 | | 0.461 | 7.380 | |
| Glutamic acid....g | 2.983 | | 0 | | 1 | | 0.846 | 13.531 | |
| Glycine....g | 0.969 | | 0 | | 1 | | 0.275 | 4.395 | |
| Proline....g | 0.787 | | 0 | | 1 | | 0.223 | 3.570 | |
| Serine....g | 0.707 | | 0 | | 1 | | 0.200 | 3.207 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 17110**

**Veal, rib, separable lean and fat, raw**

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17114**
**Veal, rib, separable lean only, cooked, braised**

**Refuse:** 42% Bone 37%, separable fat 5%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.08 | | 0 | | 1 | | 91.41 | 47.67 | |
| Energy....kcal | 218 | | 0 | NC | 4 | | 355 | 185 | |
| Energy....kj | 912 | | 0 | | 4 | | 1487 | 775 | |
| Protein (N x 6.25)....g | 34.44 | | 0 | | 1 | | 56.14 | 29.27 | |
| Total lipid (fat)....g | 7.81 | | 0 | | 1 | | 12.73 | 6.64 | |
| Ash....g | 1.76 | | 0 | | 1 | | 2.87 | 1.50 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 24 | | 0 | | 1 | | 39 | 20 | |
| Iron, Fe....mg | 1.45 | | 0 | | 1 | | 2.36 | 1.23 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 42 | 22 | |
| Phosphorus, P....mg | 218 | | 0 | | 1 | | 355 | 185 | |
| Potassium, K....mg | 318 | | 0 | | 1 | | 518 | 270 | |
| Sodium, Na....mg | 99 | | 0 | | 1 | | 161 | 84 | |
| Zinc, Zn....mg | 5.98 | | 0 | | 1 | | 9.75 | 5.08 | |
| Copper, Cu....mg | 0.140 | | 0 | | 1 | | 0.228 | 0.119 | |
| Manganese, Mn....mg | 0.040 | | 0 | | 1 | | 0.065 | 0.034 | |
| Selenium, Se....mcg | 14.6 | | 0 | BFYN | 4 | | 23.8 | 12.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.098 | 0.051 | |
| Riboflavin....mg | 0.310 | | 0 | | 1 | | 0.505 | 0.264 | |
| Niacin....mg | 7.910 | | 0 | | 1 | | 12.893 | 6.724 | |
| Pantothenic acid....mg | 1.130 | | 0 | | 1 | | 1.842 | 0.961 | |
| Vitamin B-6....mg | 0.340 | | 0 | | 1 | | 0.554 | 0.289 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 26 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 26 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 26 | 14 | |
| Choline, total....mg | 133.6 | | 0 | BFNN | 4 | | 217.7 | 113.5 | |
| Betaine....mg | 17.5 | | 0 | BFNN | 4 | | 28.6 | 14.9 | |
| Vitamin B-12....mcg | 1.53 | | 0 | | 1 | | 2.49 | 1.30 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.35 | | 0 | | 1 | | 0.57 | 0.30 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 7.0 | | 0 | BFYN | 4 | | 11.5 | 6.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.560 | | 0 | | 1 | | 4.173 | 2.176 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17114**
**Veal, rib, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 ....g | 0.010 | | 0 | | 1 | | 0.016 | 0.009 | |
| 13:0 ....g | | | | | | | | | |
| 14:0 ....g | 0.160 | | 0 | | 1 | | 0.261 | 0.136 | |
| 15:0 ....g | | | | | | | | | |
| 16:0 ....g | 1.430 | | 0 | | 1 | | 2.331 | 1.216 | |
| 17:0 ....g | | | | | | | | | |
| 18:0 ....g | 0.880 | | 0 | | 1 | | 1.434 | 0.748 | |
| 20:0 ....g | | | | | | | | | |
| 22:0 ....g | | | | | | | | | |
| 24:0 ....g | | | | | | | | | |
| Fatty acids, total monounsaturated ....g | 2.620 | | 0 | | 1 | | 4.271 | 2.227 | |
| 14:1 ....g | | | | | | | | | |
| 15:1 ....g | | | | | | | | | |
| 16:1 undifferentiated ....g | 0.270 | | 0 | | 1 | | 0.440 | 0.230 | |
| 17:1 ....g | | | | | | | | | |
| 18:1 undifferentiated ....g | 2.310 | | 0 | | 1 | | 3.765 | 1.964 | |
| 20:1 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c ....g | | | | | | | | | |
| Fatty acids, total polyunsaturated ....g | 0.740 | | 0 | | 1 | | 1.206 | 0.629 | |
| 18:2 undifferentiated ....g | 0.540 | | 0 | | 1 | | 0.880 | 0.459 | |
| 18:3 undifferentiated ....g | 0.030 | | 0 | | 1 | | 0.049 | 0.026 | |
| 18:4 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c ....g | | | | | | | | | |
| 20:3 undifferentiated ....g | | | | | | | | | |
| 20:4 undifferentiated ....g | 0.170 | | 0 | | 1 | | 0.277 | 0.145 | |
| 20:5 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 ....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans ....g | | | | | | | | | |
| Cholesterol ....mg | 144 | | 0 | | 1 | | 235 | 122 | |
| Phytosterols ....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ....g | 0.349 | | 0 | | 1 | | 0.569 | 0.297 | |
| Threonine ....g | 1.504 | | 0 | | 1 | | 2.452 | 1.278 | |
| Isoleucine ....g | 1.696 | | 0 | | 1 | | 2.764 | 1.442 | |
| Leucine ....g | 2.741 | | 0 | | 1 | | 4.468 | 2.330 | |
| Lysine ....g | 2.838 | | 0 | | 1 | | 4.626 | 2.412 | |
| Methionine ....g | 0.804 | | 0 | | 1 | | 1.311 | 0.683 | |
| Cystine ....g | 0.389 | | 0 | | 1 | | 0.634 | 0.331 | |
| Phenylalanine ....g | 1.390 | | 0 | | 1 | | 2.266 | 1.182 | |
| Tyrosine ....g | 1.098 | | 0 | | 1 | | 1.790 | 0.933 | |
| Valine ....g | 1.903 | | 0 | | 1 | | 3.102 | 1.618 | |
| Arginine ....g | 2.025 | | 0 | | 1 | | 3.301 | 1.721 | |
| Histidine ....g | 1.250 | | 0 | | 1 | | 2.038 | 1.063 | |
| Alanine ....g | 2.048 | | 0 | | 1 | | 3.338 | 1.741 | |
| Aspartic acid ....g | 2.971 | | 0 | | 1 | | 4.843 | 2.525 | |
| Glutamic acid ....g | 5.447 | | 0 | | 1 | | 8.879 | 4.630 | |
| Glycine ....g | 1.770 | | 0 | | 1 | | 2.885 | 1.505 | |
| Proline ....g | 1.438 | | 0 | | 1 | | 2.344 | 1.222 | |
| Serine ....g | 1.291 | | 0 | | 1 | | 2.104 | 1.097 | |
| Hydroxyproline ....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl ....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine ....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine ....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17114**

**Veal, rib, separable lean only, cooked, braised**

Measure 1 = 163g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 64.64 | 0.420 | 12 | | 1 | | 138.98 | 54.94 | |
| Energy....kcal | 177 | | 0 | NC | 4 | | 381 | 150 | |
| Energy....kj | 741 | | | | 4 | | 1592 | 629 | |
| Protein (N x 6.25)....g | 25.76 | 0.489 | 12 | | 1 | | 55.38 | 21.90 | |
| Total lipid (fat)....g | 7.44 | 0.356 | 12 | | 1 | | 16.00 | 6.32 | |
| Ash....g | 1.08 | 0.010 | 12 | | 1 | | 2.32 | 0.92 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 12 | 0.924 | 11 | | 1 | | 26 | 10 | |
| Iron, Fe....mg | 0.96 | 0.022 | 12 | | 1 | | 2.06 | 0.82 | |
| Magnesium, Mg....mg | 24 | 0.487 | 12 | | 1 | | 52 | 20 | |
| Phosphorus, P....mg | 207 | 5.964 | 12 | | 1 | | 445 | 176 | |
| Potassium, K....mg | 311 | 4.110 | 12 | | 1 | | 669 | 264 | |
| Sodium, Na....mg | 97 | 2.754 | 12 | | 1 | | 209 | 82 | |
| Zinc, Zn....mg | 4.49 | 0.069 | 12 | | 1 | | 9.65 | 3.82 | |
| Copper, Cu....mg | 0.106 | 0.004 | 12 | | 1 | | 0.228 | 0.090 | |
| Manganese, Mn....mg | 0.032 | | 0 | | 1 | | 0.069 | 0.027 | |
| Selenium, Se....mcg | 11.1 | | 0 | BFYN | 4 | | 23.9 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.005 | 12 | | 1 | | 0.129 | 0.051 | |
| Riboflavin....mg | 0.290 | 0.009 | 12 | | 1 | | 0.624 | 0.247 | |
| Niacin....mg | 7.500 | 0.607 | 12 | | 1 | | 16.125 | 6.375 | |
| Pantothenic acid....mg | 1.380 | 0.235 | 12 | | 1 | | 2.967 | 1.173 | |
| Vitamin B-6....mg | 0.270 | 0.053 | 13 | | 1 | | 0.581 | 0.230 | |
| Folate, total....mcg | 14 | 2.606 | 12 | | 1 | | 30 | 12 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 14 | 2.606 | 12 | | 1 | | 30 | 12 | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 30 | 12 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.58 | 0.217 | 12 | | 1 | | 3.40 | 1.34 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.36 | | 0 | | 1 | | 0.77 | 0.31 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.080 | | 0 | | 1 | | 4.472 | 1.768 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 73 | | 1 | | 0.022 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17115**
**Veal, rib, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.140 | | 73 | | 1 | | 0.301 | 0.119 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.210 | | 73 | | 1 | | 2.602 | 1.029 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.710 | | 73 | | 1 | | 1.527 | 0.604 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.660 | | 0 | | 1 | | 5.719 | 2.261 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.240 | | 73 | | 1 | | 0.516 | 0.204 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.390 | | 73 | | 1 | | 5.139 | 2.032 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.670 | | 0 | | 1 | | 1.441 | 0.570 | |
| 18:2 undifferentiated....g | 0.510 | | 73 | | 1 | | 1.097 | 0.434 | |
| 18:3 undifferentiated....g | 0.030 | | 73 | | 1 | | 0.065 | 0.026 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.120 | | 73 | | 1 | | 0.258 | 0.102 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 115 | 4.148 | 22 | | 1 | | 247 | 98 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.261 | | 0 | | 1 | | 0.561 | 0.222 | |
| Threonine....g | 1.125 | | 0 | | 1 | | 2.419 | 0.956 | |
| Isoleucine....g | 1.268 | | 0 | | 1 | | 2.726 | 1.078 | |
| Leucine....g | 2.050 | | 0 | | 1 | | 4.408 | 1.743 | |
| Lysine....g | 2.122 | | 0 | | 1 | | 4.562 | 1.804 | |
| Methionine....g | 0.601 | | 0 | | 1 | | 1.292 | 0.511 | |
| Cystine....g | 0.291 | | 0 | | 1 | | 0.626 | 0.247 | |
| Phenylalanine....g | 1.040 | | 0 | | 1 | | 2.236 | 0.884 | |
| Tyrosine....g | 0.821 | | 0 | | 1 | | 1.765 | 0.698 | |
| Valine....g | 1.424 | | 0 | | 1 | | 3.062 | 1.210 | |
| Arginine....g | 1.515 | | 0 | | 1 | | 3.257 | 1.288 | |
| Histidine....g | 0.935 | | 0 | | 1 | | 2.010 | 0.795 | |
| Alanine....g | 1.532 | | 0 | | 1 | | 3.294 | 1.302 | |
| Aspartic acid....g | 2.222 | | 0 | | 1 | | 4.777 | 1.889 | |
| Glutamic acid....g | 4.074 | | 0 | | 1 | | 8.759 | 3.463 | |
| Glycine....g | 1.324 | | 0 | | 1 | | 2.847 | 1.125 | |
| Proline....g | 1.075 | | 0 | | 1 | | 2.311 | 0.914 | |
| Serine....g | 0.965 | | 0 | | 1 | | 2.075 | 0.820 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 215g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17115**

**Veal, rib, separable lean only, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 75.18 | 0.415 | 12 | | 1 | | 21.31 | 341.02 | |
| Energy....kcal | 120 | | 0 | NC | 4 | | 34 | 544 | |
| Energy....kj | 502 | | | | 4 | | 142 | 2277 | |
| Protein (N x 6.25)....g | 19.97 | 0.312 | 12 | | 1 | | 5.66 | 90.58 | |
| Total lipid (fat)....g | 3.89 | 0.324 | 12 | | 1 | | 1.10 | 17.65 | |
| Ash....g | 1.02 | 0.024 | 12 | | 1 | | 0.29 | 4.63 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | 2.384 | 12 | | 1 | | 4 | 64 | |
| Iron, Fe....mg | 0.88 | 0.042 | 12 | | 1 | | 0.25 | 3.99 | |
| Magnesium, Mg....mg | 23 | 0.525 | 12 | | 1 | | 7 | 104 | |
| Phosphorus, P....mg | 194 | 4.501 | 12 | | 1 | | 55 | 880 | |
| Potassium, K....mg | 306 | 3.563 | 12 | | 1 | | 87 | 1388 | |
| Sodium, Na....mg | 95 | 3.263 | 12 | | 1 | | 27 | 431 | |
| Zinc, Zn....mg | 3.47 | 0.095 | 12 | | 1 | | 0.98 | 15.74 | |
| Copper, Cu....mg | 0.108 | 0.007 | 12 | | 1 | | 0.031 | 0.490 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 8.5 | | 0 | BFNN | 4 | | 2.4 | 38.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | 0.005 | 12 | | 1 | | 0.020 | 0.318 | |
| Riboflavin....mg | 0.240 | 0.016 | 12 | | 1 | | 0.068 | 1.089 | |
| Niacin....mg | 7.050 | 0.660 | 12 | | 1 | | 1.999 | 31.979 | |
| Pantothenic acid....mg | 1.190 | 0.129 | 12 | | 1 | | 0.337 | 5.398 | |
| Vitamin B-6....mg | 0.440 | 0.072 | 12 | | 1 | | 0.125 | 1.996 | |
| Folate, total....mcg | 13 | 2.848 | 12 | | 1 | | 4 | 59 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | 2.848 | 12 | | 1 | | 4 | 59 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 59 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.36 | 0.168 | 12 | | 1 | | 0.39 | 6.17 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.21 | | 0 | | 1 | | 0.06 | 0.95 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.170 | | 0 | | 1 | | 0.332 | 5.307 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17113**
**Veal, rib, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.060 | | 147 | | 1 | | 0.017 | 0.272 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.670 | | 147 | | 1 | | 0.190 | 3.039 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.410 | | 147 | | 1 | | 0.116 | 1.860 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.250 | | 0 | | 1 | | 0.354 | 5.670 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.130 | | 147 | | 1 | | 0.037 | 0.590 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.110 | | 147 | | 1 | | 0.315 | 5.035 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.400 | | 0 | | 1 | | 0.113 | 1.814 | |
| 18:2 undifferentiated....g | 0.290 | | 147 | | 1 | | 0.082 | 1.315 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 147 | | 1 | | 0.028 | 0.454 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 83 | 4.112 | 12 | | 1 | | 24 | 376 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.202 | | 0 | | 1 | | 0.057 | 0.916 | |
| Threonine....g | 0.873 | | 0 | | 1 | | 0.247 | 3.960 | |
| Isoleucine....g | 0.984 | | 0 | | 1 | | 0.279 | 4.463 | |
| Leucine....g | 1.590 | | 0 | | 1 | | 0.451 | 7.212 | |
| Lysine....g | 1.646 | | 0 | | 1 | | 0.467 | 7.466 | |
| Methionine....g | 0.466 | | 0 | | 1 | | 0.132 | 2.114 | |
| Cystine....g | 0.225 | | 0 | | 1 | | 0.064 | 1.021 | |
| Phenylalanine....g | 0.806 | | 0 | | 1 | | 0.229 | 3.656 | |
| Tyrosine....g | 0.637 | | 0 | | 1 | | 0.181 | 2.889 | |
| Valine....g | 1.104 | | 0 | | 1 | | 0.313 | 5.008 | |
| Arginine....g | 1.175 | | 0 | | 1 | | 0.333 | 5.330 | |
| Histidine....g | 0.725 | | 0 | | 1 | | 0.206 | 3.289 | |
| Alanine....g | 1.188 | | 0 | | 1 | | 0.337 | 5.389 | |
| Aspartic acid....g | 1.723 | | 0 | | 1 | | 0.488 | 7.816 | |
| Glutamic acid....g | 3.159 | | 0 | | 1 | | 0.896 | 14.329 | |
| Glycine....g | 1.026 | | 0 | | 1 | | 0.291 | 4.654 | |
| Proline....g | 0.834 | | 0 | | 1 | | 0.236 | 3.783 | |
| Serine....g | 0.749 | | 0 | | 1 | | 0.212 | 3.397 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17113**
**Veal, rib, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17277**

**Veal, shank (fore and hind), separable lean and fat, cooked, braised**

*Bos taurus*

**Refuse:** 39% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 61.74 | | 0 | PAK | 1 | | 119.78 | 52.48 | |
| Energy....kcal | 191 | | 0 | NC | 4 | | 371 | 162 | |
| Energy....kj | 799 | | | | 4 | | 1550 | 679 | |
| Protein (N x 6.25)....g | 31.54 | | 0 | PAK | 1 | | 61.19 | 26.81 | |
| Total lipid (fat)....g | 6.20 | | 0 | PAK | 1 | | 12.03 | 5.27 | |
| Ash....g | 1.12 | | 0 | PAK | 1 | | 2.17 | 0.95 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 33 | | 0 | PAK | 1 | | 64 | 28 | |
| Iron, Fe....mg | 1.25 | | 0 | PAK | 1 | | 2.43 | 1.06 | |
| Magnesium, Mg....mg | 25 | | 0 | PAK | 1 | | 49 | 21 | |
| Phosphorus, P....mg | 225 | | 0 | PAK | 1 | | 437 | 191 | |
| Potassium, K....mg | 305 | | 0 | PAK | 1 | | 592 | 259 | |
| Sodium, Na....mg | 93 | | 0 | PAK | 1 | | 180 | 79 | |
| Zinc, Zn....mg | 6.63 | | 0 | PAK | 1 | | 12.86 | 5.64 | |
| Copper, Cu....mg | 0.111 | | 0 | PAK | 1 | | 0.215 | 0.094 | |
| Manganese, Mn....mg | 0.015 | | 0 | PAK | 1 | | 0.029 | 0.013 | |
| Selenium, Se....mcg | 15.3 | | 0 | BFNN | 4 | | 29.7 | 13.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.049 | | 0 | PAK | 1 | | 0.095 | 0.042 | |
| Riboflavin....mg | 0.295 | | 0 | PAK | 1 | | 0.572 | 0.251 | |
| Niacin....mg | 9.454 | | 0 | PAK | 1 | | 18.341 | 8.036 | |
| Pantothenic acid....mg | 1.226 | | 0 | PAK | 1 | | 2.378 | 1.042 | |
| Vitamin B-6....mg | 0.265 | | 0 | PAK | 1 | | 0.514 | 0.225 | |
| Folate, total....mcg | 17 | | 0 | PAK | 1 | | 33 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | PAK | 1 | | 33 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 33 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.61 | | 0 | PAK | 1 | | 3.12 | 1.37 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.078 | | 0 | PAK | 1 | | 4.031 | 1.766 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.003 | | 0 | PAK | 1 | | 0.006 | 0.003 | |
| 12:0....g | 0.023 | | 0 | PAK | 1 | | 0.045 | 0.020 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17277**

**Veal, shank (fore and hind), separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.236 | | 0 | PAK | 1 | | 0.458 | 0.201 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 1.122 | | 0 | PAK | 1 | | 2.177 | 0.954 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.636 | | 0 | PAK | 1 | | 1.234 | 0.541 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 2.339 | | 0 | PAK | 1 | | 4.538 | 1.988 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.233 | | 0 | PAK | 1 | | 0.452 | 0.198 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 2.023 | | 0 | PAK | 1 | | 3.925 | 1.720 | |
| 20:1 ... g | 0.012 | | 0 | PAK | 1 | | 0.023 | 0.010 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.541 | | 0 | PAK | 1 | | 1.050 | 0.460 | |
| 18:2 undifferentiated ... g | 0.415 | | 0 | PAK | 1 | | 0.805 | 0.353 | |
| 18:3 undifferentiated ... g | 0.029 | | 0 | PAK | 1 | | 0.056 | 0.025 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.089 | | 0 | PAK | 1 | | 0.173 | 0.076 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 124 | | 0 | PAK | 1 | | 241 | 105 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.318 | | 0 | PAK | 1 | | 0.617 | 0.270 | |
| Threonine ... g | 1.377 | | 0 | PAK | 1 | | 2.671 | 1.170 | |
| Isoleucine ... g | 1.554 | | 0 | PAK | 1 | | 3.015 | 1.321 | |
| Leucine ... g | 2.508 | | 0 | PAK | 1 | | 4.866 | 2.132 | |
| Lysine ... g | 2.599 | | 0 | PAK | 1 | | 5.042 | 2.209 | |
| Methionine ... g | 0.737 | | 0 | PAK | 1 | | 1.430 | 0.626 | |
| Cystine ... g | 0.258 | | 0 | PAK | 1 | | 0.501 | 0.219 | |
| Phenylalanine ... g | 1.271 | | 0 | PAK | 1 | | 2.466 | 1.080 | |
| Tyrosine ... g | 1.004 | | 0 | PAK | 1 | | 1.948 | 0.853 | |
| Valine ... g | 1.740 | | 0 | PAK | 1 | | 3.376 | 1.479 | |
| Arginine ... g | 1.857 | | 0 | PAK | 1 | | 3.603 | 1.578 | |
| Histidine ... g | 1.145 | | 0 | PAK | 1 | | 2.221 | 0.973 | |
| Alanine ... g | 1.877 | | 0 | PAK | 1 | | 3.641 | 1.595 | |
| Aspartic acid ... g | 2.720 | | 0 | PAK | 1 | | 5.277 | 2.312 | |
| Glutamic acid ... g | 4.990 | | 0 | PAK | 1 | | 9.681 | 4.242 | |
| Glycine ... g | 1.620 | | 0 | PAK | 1 | | 3.143 | 1.377 | |
| Proline ... g | 1.316 | | 0 | PAK | 1 | | 2.553 | 1.119 | |
| Serine ... g | 1.180 | | 0 | PAK | 1 | | 2.289 | 1.003 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 194g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17277**

**Veal, shank (fore and hind), separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17276**

**Veal, shank (fore and hind), separable lean and fat, raw**

*Bos taurus*

**Refuse:** 29% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.92 | | 0 | PAK | 1 | | 21.81 | 348.91 | |
| Energy....kcal | 113 | | 0 | NC | 4 | | 32 | 513 | |
| Energy....kj | 473 | | | | 4 | | 134 | 2145 | |
| Protein (N x 6.25)....g | 19.15 | | 0 | PAK | 1 | | 5.43 | 86.86 | |
| Total lipid (fat)....g | 3.48 | | 0 | PAK | 1 | | 0.99 | 15.79 | |
| Ash....g | 1.04 | | 0 | PAK | 1 | | 0.29 | 4.72 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 0 | PAK | 1 | | 6 | 91 | |
| Iron, Fe....mg | 0.76 | | 0 | PAK | 1 | | 0.22 | 3.45 | |
| Magnesium, Mg....mg | 21 | | 0 | PAK | 1 | | 6 | 95 | |
| Phosphorus, P....mg | 191 | | 0 | PAK | 1 | | 54 | 866 | |
| Potassium, K....mg | 314 | | 0 | PAK | 1 | | 89 | 1424 | |
| Sodium, Na....mg | 84 | | 0 | PAK | 1 | | 24 | 381 | |
| Zinc, Zn....mg | 3.99 | | 0 | PAK | 1 | | 1.13 | 18.10 | |
| Copper, Cu....mg | 0.074 | | 0 | PAK | 1 | | 0.021 | 0.336 | |
| Manganese, Mn....mg | 0.009 | | 0 | PAK | 1 | | 0.003 | 0.041 | |
| Selenium, Se....mcg | 7.9 | | 0 | BFNN | 4 | | 2.2 | 35.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.079 | | 0 | PAK | 1 | | 0.022 | 0.358 | |
| Riboflavin....mg | 0.268 | | 0 | PAK | 1 | | 0.076 | 1.216 | |
| Niacin....mg | 7.458 | | 0 | PAK | 1 | | 2.114 | 33.829 | |
| Pantothenic acid....mg | 1.291 | | 0 | PAK | 1 | | 0.366 | 5.856 | |
| Vitamin B-6....mg | 0.437 | | 0 | PAK | 1 | | 0.124 | 1.982 | |
| Folate, total....mcg | 15 | | 0 | PAK | 1 | | 4 | 68 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | PAK | 1 | | 4 | 68 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 68 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.36 | | 0 | PAK | 1 | | 0.39 | 6.17 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.060 | | 0 | PAK | 1 | | 0.301 | 4.808 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.001 | | 0 | PAK | 1 | | 0.000 | 0.005 | |
| 12:0....g | 0.013 | | 0 | PAK | 1 | | 0.004 | 0.059 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17276**

**Veal, shank (fore and hind), separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.120 | | 0 | PAK | 1 | | 0.034 | 0.544 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.581 | | 0 | PAK | 1 | | 0.165 | 2.635 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.324 | | 0 | PAK | 1 | | 0.092 | 1.470 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.257 | | 0 | PAK | 1 | | 0.356 | 5.702 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.122 | | 0 | PAK | 1 | | 0.035 | 0.553 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.089 | | 0 | PAK | 1 | | 0.309 | 4.940 | |
| 20:1....g | 0.007 | | 0 | PAK | 1 | | 0.002 | 0.032 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.363 | | 0 | PAK | 1 | | 0.103 | 1.647 | |
| 18:2 undifferentiated....g | 0.269 | | 0 | PAK | 1 | | 0.076 | 1.220 | |
| 18:3 undifferentiated....g | 0.014 | | 0 | PAK | 1 | | 0.004 | 0.064 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.074 | | 0 | PAK | 1 | | 0.021 | 0.336 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 75 | | 0 | PAK | 1 | | 21 | 340 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.193 | | 0 | PAK | 1 | | 0.055 | 0.875 | |
| Threonine....g | 0.836 | | 0 | PAK | 1 | | 0.237 | 3.792 | |
| Isoleucine....g | 0.943 | | 0 | PAK | 1 | | 0.267 | 4.277 | |
| Leucine....g | 1.522 | | 0 | PAK | 1 | | 0.431 | 6.904 | |
| Lysine....g | 1.578 | | 0 | PAK | 1 | | 0.447 | 7.158 | |
| Methionine....g | 0.447 | | 0 | PAK | 1 | | 0.127 | 2.028 | |
| Cystine....g | 0.217 | | 0 | PAK | 1 | | 0.062 | 0.984 | |
| Phenylalanine....g | 0.772 | | 0 | PAK | 1 | | 0.219 | 3.502 | |
| Tyrosine....g | 0.610 | | 0 | PAK | 1 | | 0.173 | 2.767 | |
| Valine....g | 1.057 | | 0 | PAK | 1 | | 0.300 | 4.795 | |
| Arginine....g | 1.127 | | 0 | PAK | 1 | | 0.320 | 5.112 | |
| Histidine....g | 0.695 | | 0 | PAK | 1 | | 0.197 | 3.153 | |
| Alanine....g | 1.140 | | 0 | PAK | 1 | | 0.323 | 5.171 | |
| Aspartic acid....g | 1.650 | | 0 | PAK | 1 | | 0.468 | 7.484 | |
| Glutamic acid....g | 3.030 | | 0 | PAK | 1 | | 0.859 | 13.744 | |
| Glycine....g | 0.983 | | 0 | PAK | 1 | | 0.279 | 4.459 | |
| Proline....g | 0.799 | | 0 | PAK | 1 | | 0.227 | 3.624 | |
| Serine....g | 0.717 | | 0 | PAK | 1 | | 0.203 | 3.252 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17276**

**Veal, shank (fore and hind), separable lean and fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17279**

**Veal, shank (fore and hind), separable lean only, cooked, braised**

*Bos taurus*

**Refuse:** 30% Bone 29%, separable fat 1%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.98 | 0.330 | 6 | A | 1 | | 140.45 | 53.53 | |
| Energy....kcal | 177 | | 0 | NC | 4 | | 395 | 150 | |
| Energy....kj | 741 | | | | 4 | | 1651 | 629 | |
| Protein (N x 6.25)....g | 32.22 | 0.330 | 6 | A | 1 | | 71.85 | 27.39 | |
| Total lipid (fat)....g | 4.33 | 0.110 | 6 | A | 1 | | 9.66 | 3.68 | |
| Ash....g | 1.13 | 0.020 | 6 | A | 1 | | 2.52 | 0.96 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 34 | | 2 | A | 1 | | 76 | 29 | |
| Iron, Fe....mg | 1.26 | | 2 | A | 1 | | 2.81 | 1.07 | |
| Magnesium, Mg....mg | 25 | | 2 | A | 1 | | 56 | 21 | |
| Phosphorus, P....mg | 228 | | 2 | A | 1 | | 508 | 194 | |
| Potassium, K....mg | 309 | | 2 | A | 1 | | 689 | 263 | |
| Sodium, Na....mg | 94 | | 2 | A | 1 | | 210 | 80 | |
| Zinc, Zn....mg | 6.81 | | 2 | A | 1 | | 15.19 | 5.79 | |
| Copper, Cu....mg | 0.113 | | 2 | A | 1 | | 0.252 | 0.096 | |
| Manganese, Mn....mg | 0.015 | | 2 | A | 1 | | 0.033 | 0.013 | |
| Selenium, Se....mcg | 13.7 | | 0 | BFYN | 4 | | 30.6 | 11.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.050 | | 0 | BFPN | 4 | | 0.112 | 0.043 | |
| Riboflavin....mg | 0.300 | | 0 | BFPN | 4 | | 0.669 | 0.255 | |
| Niacin....mg | 9.660 | | 0 | BFPN | 4 | | 21.542 | 8.211 | |
| Pantothenic acid....mg | 1.250 | | 0 | BFPN | 4 | | 2.788 | 1.063 | |
| Vitamin B-6....mg | 0.270 | | 0 | BFPN | 4 | | 0.602 | 0.230 | |
| Folate, total....mcg | 17 | | 0 | BFPN | 4 | | 38 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | BFPN | 4 | | 38 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 38 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.64 | | 0 | BFPN | 4 | | 3.66 | 1.39 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.140 | | 0 | | 1 | | 2.542 | 0.969 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.016 | | 0 | | 1 | | 0.036 | 0.014 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17279**

**Veal, shank (fore and hind), separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.131 | | 0 | | 1 | | 0.292 | 0.111 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 0.643 | | 0 | | 1 | | 1.434 | 0.547 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 0.332 | | 0 | | 1 | | 0.740 | 0.282 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 1.546 | | 0 | | 1 | | 3.448 | 1.314 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.135 | | 0 | | 1 | | 0.301 | 0.115 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 1.354 | | 0 | | 1 | | 3.019 | 1.151 | |
| 20:1 ... g | 0.012 | | 0 | | 1 | | 0.027 | 0.010 | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.458 | | 0 | | 1 | | 1.021 | 0.389 | |
| 18:2 undifferentiated ... g | 0.346 | | 0 | | 1 | | 0.772 | 0.294 | |
| 18:3 undifferentiated ... g | 0.012 | | 0 | | 1 | | 0.027 | 0.010 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.092 | | 0 | | 1 | | 0.205 | 0.078 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 126 | | 2 | A | 1 | | 281 | 107 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.325 | | 0 | | 1 | | 0.725 | 0.276 | |
| Threonine ... g | 1.407 | | 0 | | 1 | | 3.138 | 1.196 | |
| Isoleucine ... g | 1.588 | | 0 | | 1 | | 3.541 | 1.350 | |
| Leucine ... g | 2.562 | | 0 | | 1 | | 5.713 | 2.178 | |
| Lysine ... g | 2.655 | | 0 | | 1 | | 5.921 | 2.257 | |
| Methionine ... g | 0.753 | | 0 | | 1 | | 1.679 | 0.640 | |
| Cystine ... g | 0.366 | | 0 | | 1 | | 0.816 | 0.311 | |
| Phenylalanine ... g | 1.299 | | 0 | | 1 | | 2.897 | 1.104 | |
| Tyrosine ... g | 1.026 | | 0 | | 1 | | 2.288 | 0.872 | |
| Valine ... g | 1.778 | | 0 | | 1 | | 3.965 | 1.511 | |
| Arginine ... g | 1.897 | | 0 | | 1 | | 4.230 | 1.612 | |
| Histidine ... g | 1.170 | | 0 | | 1 | | 2.609 | 0.995 | |
| Alanine ... g | 1.918 | | 0 | | 1 | | 4.277 | 1.630 | |
| Aspartic acid ... g | 2.779 | | 0 | | 1 | | 6.197 | 2.362 | |
| Glutamic acid ... g | 5.098 | | 0 | | 1 | | 11.369 | 4.333 | |
| Glycine ... g | 1.655 | | 0 | | 1 | | 3.691 | 1.407 | |
| Proline ... g | 1.345 | | 0 | | 1 | | 2.999 | 1.143 | |
| Serine ... g | 1.206 | | 0 | | 1 | | 2.689 | 1.025 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 223g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17279**

**Veal, shank (fore and hind), separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17278**

**Veal, shank (fore and hind), separable lean only, raw**

*Bos taurus*

**Refuse:** 30% Bone 29%, separable fat 1%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 77.45 | 0.170 | 6 | A | 1 | | 21.96 | 351.31 | |
| Energy....kcal | 108 | | 0 | NC | 4 | | 31 | 490 | |
| Energy....kj | 452 | | | | 4 | | 128 | 2050 | |
| Protein (N x 6.25)....g | 19.28 | 0.240 | 6 | A | 1 | | 5.47 | 87.45 | |
| Total lipid (fat)....g | 2.83 | 0.130 | 6 | A | 1 | | 0.80 | 12.84 | |
| Ash....g | 1.05 | 0.020 | 6 | A | 1 | | 0.30 | 4.76 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | | | | | | | | | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 20 | | 2 | A | 1 | | 6 | 91 | |
| Iron, Fe....mg | 0.76 | | 2 | A | 1 | | 0.22 | 3.45 | |
| Magnesium, Mg....mg | 21 | | 2 | A | 1 | | 6 | 95 | |
| Phosphorus, P....mg | 192 | | 2 | A | 1 | | 54 | 871 | |
| Potassium, K....mg | 316 | | 2 | A | 1 | | 90 | 1433 | |
| Sodium, Na....mg | 85 | | 2 | A | 1 | | 24 | 386 | |
| Zinc, Zn....mg | 4.02 | | 2 | A | 1 | | 1.14 | 18.23 | |
| Copper, Cu....mg | 0.074 | | 2 | A | 1 | | 0.021 | 0.336 | |
| Manganese, Mn....mg | 0.009 | | 2 | A | 1 | | 0.003 | 0.041 | |
| Selenium, Se....mcg | 8.0 | | 0 | BFNN | 4 | | 2.3 | 36.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | | | | | | | | | |
| Thiamin....mg | 0.080 | | 0 | BFPN | 4 | | 0.023 | 0.363 | |
| Riboflavin....mg | 0.270 | | 0 | BFPN | 4 | | 0.077 | 1.225 | |
| Niacin....mg | 7.600 | | 0 | BFPN | 4 | | 2.155 | 34.474 | |
| Pantothenic acid....mg | 1.300 | | 0 | BFPN | 4 | | 0.369 | 5.897 | |
| Vitamin B-6....mg | 0.440 | | 0 | BFPN | 4 | | 0.125 | 1.996 | |
| Folate, total....mcg | 15 | | 0 | BFPN | 4 | | 4 | 68 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | BFPN | 4 | | 4 | 68 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 68 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.37 | | 0 | BFPN | 4 | | 0.39 | 6.21 | |
| Vitamin A, RAE....mcg_RAE | | | | | | | | | |
| Retinol....mcg | | | | | | | | | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | | | | | | | | | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.738 | | 0 | | 1 | | 0.209 | 3.348 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17278**
**Veal, shank (fore and hind), separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.084 | | 0 | | 1 | | 0.024 | 0.381 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.416 | | 0 | | 1 | | 0.118 | 1.887 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.220 | | 0 | | 1 | | 0.062 | 0.998 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.982 | | 0 | | 1 | | 0.278 | 4.454 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.088 | | 0 | | 1 | | 0.025 | 0.399 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.857 | | 0 | | 1 | | 0.243 | 3.887 | |
| 20:1....g | 0.007 | | 0 | | 1 | | 0.002 | 0.032 | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.334 | | 0 | | 1 | | 0.095 | 1.515 | |
| 18:2 undifferentiated....g | 0.244 | | 0 | | 1 | | 0.069 | 1.107 | |
| 18:3 undifferentiated....g | 0.008 | | 0 | | 1 | | 0.002 | 0.036 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.075 | | 0 | | 1 | | 0.021 | 0.340 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 75 | 0.875 | 3 | A | 1 | | 21 | 340 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.194 | | 0 | | 1 | | 0.055 | 0.880 | |
| Threonine....g | 0.842 | | 0 | | 1 | | 0.239 | 3.819 | |
| Isoleucine....g | 0.950 | | 0 | | 1 | | 0.269 | 4.309 | |
| Leucine....g | 1.533 | | 0 | | 1 | | 0.435 | 6.954 | |
| Lysine....g | 1.589 | | 0 | | 1 | | 0.450 | 7.208 | |
| Methionine....g | 0.450 | | 0 | | 1 | | 0.128 | 2.041 | |
| Cystine....g | 0.219 | | 0 | | 1 | | 0.062 | 0.993 | |
| Phenylalanine....g | 0.777 | | 0 | | 1 | | 0.220 | 3.524 | |
| Tyrosine....g | 0.614 | | 0 | | 1 | | 0.174 | 2.785 | |
| Valine....g | 1.064 | | 0 | | 1 | | 0.302 | 4.826 | |
| Arginine....g | 1.135 | | 0 | | 1 | | 0.322 | 5.148 | |
| Histidine....g | 0.700 | | 0 | | 1 | | 0.198 | 3.175 | |
| Alanine....g | 1.148 | | 0 | | 1 | | 0.325 | 5.207 | |
| Aspartic acid....g | 1.663 | | 0 | | 1 | | 0.471 | 7.543 | |
| Glutamic acid....g | 3.051 | | 0 | | 1 | | 0.865 | 13.839 | |
| Glycine....g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| Proline....g | 0.805 | | 0 | | 1 | | 0.228 | 3.651 | |
| Serine....g | 0.722 | | 0 | | 1 | | 0.205 | 3.275 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate**

**NDB No. 17278**

**Veal, shank (fore and hind), separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17123**

**Veal, shoulder, arm, separable lean and fat, cooked, braised**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.28 | | 0 | | 1 | | 46.99 | 95.63 | |
| Energy....kcal | 236 | | 0 | NC | 4 | | 201 | 408 | |
| Energy....kj | 987 | | | | 4 | | 839 | 1708 | |
| Protein (N x 6.25)....g | 33.63 | | 0 | | 1 | | 28.59 | 58.18 | |
| Total lipid (fat)....g | 10.24 | | 0 | | 1 | | 8.70 | 17.72 | |
| Ash....g | 1.27 | | 0 | | 1 | | 1.08 | 2.20 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | | 1 | | 24 | 48 | |
| Iron, Fe....mg | 1.38 | | 0 | | 1 | | 1.17 | 2.39 | |
| Magnesium, Mg....mg | 29 | | 0 | | 1 | | 25 | 50 | |
| Phosphorus, P....mg | 263 | | 0 | | 1 | | 224 | 455 | |
| Potassium, K....mg | 333 | | 0 | | 1 | | 283 | 576 | |
| Sodium, Na....mg | 87 | | 0 | | 1 | | 74 | 151 | |
| Zinc, Zn....mg | 5.81 | | 0 | | 1 | | 4.94 | 10.05 | |
| Copper, Cu....mg | 0.128 | | 0 | | 1 | | 0.109 | 0.221 | |
| Manganese, Mn....mg | 0.036 | | 0 | | 1 | | 0.031 | 0.062 | |
| Selenium, Se....mcg | 14.5 | | 0 | PIE | 4 | | 12.3 | 25.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.051 | 0.104 | |
| Riboflavin....mg | 0.310 | | 0 | | 1 | | 0.264 | 0.536 | |
| Niacin....mg | 10.080 | | 0 | | 1 | | 8.568 | 17.438 | |
| Pantothenic acid....mg | 1.310 | | 0 | | 1 | | 1.114 | 2.266 | |
| Vitamin B-6....mg | 0.290 | | 0 | | 1 | | 0.247 | 0.502 | |
| Folate, total....mcg | 18 | | 0 | | 1 | | 15 | 31 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 18 | | 0 | | 1 | | 15 | 31 | |
| Folate, DFE....mcg_DFE | 18 | | 0 | NC | 4 | | 15 | 31 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.72 | | 0 | | 1 | | 1.46 | 2.98 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.46 | | 0 | | 1 | | 0.39 | 0.80 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.960 | | 0 | | 1 | | 3.366 | 6.851 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.009 | 0.017 | |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.026 | 0.052 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17123**

**Veal, shoulder, arm, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.380 | | 0 | | 1 | | 0.323 | 0.657 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.130 | | 0 | | 1 | | 1.811 | 3.685 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.310 | | 0 | | 1 | | 1.114 | 2.266 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.990 | | 0 | | 1 | | 3.392 | 6.903 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.430 | | 0 | | 1 | | 0.366 | 0.744 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.470 | | 0 | | 1 | | 2.950 | 6.003 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.700 | | 0 | | 1 | | 0.595 | 1.211 | |
| 18:2 undifferentiated g | 0.550 | | 0 | | 1 | | 0.468 | 0.952 | |
| 18:3 undifferentiated g | 0.070 | | 0 | | 1 | | 0.060 | 0.121 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 0 | | 1 | | 0.068 | 0.138 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 148 | | 0 | | 1 | | 126 | 256 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.340 | | 0 | | 1 | | 0.289 | 0.588 | |
| Threonine g | 1.469 | | 0 | | 1 | | 1.249 | 2.541 | |
| Isoleucine g | 1.656 | | 0 | | 1 | | 1.408 | 2.865 | |
| Leucine g | 2.676 | | 0 | | 1 | | 2.275 | 4.629 | |
| Lysine g | 2.771 | | 0 | | 1 | | 2.355 | 4.794 | |
| Methionine g | 0.785 | | 0 | | 1 | | 0.667 | 1.358 | |
| Cystine g | 0.380 | | 0 | | 1 | | 0.323 | 0.657 | |
| Phenylalanine g | 1.357 | | 0 | | 1 | | 1.153 | 2.348 | |
| Tyrosine g | 1.072 | | 0 | | 1 | | 0.911 | 1.855 | |
| Valine g | 1.858 | | 0 | | 1 | | 1.579 | 3.214 | |
| Arginine g | 1.978 | | 0 | | 1 | | 1.681 | 3.422 | |
| Histidine g | 1.221 | | 0 | | 1 | | 1.038 | 2.112 | |
| Alanine g | 2.000 | | 0 | | 1 | | 1.700 | 3.460 | |
| Aspartic acid g | 2.901 | | 0 | | 1 | | 2.466 | 5.019 | |
| Glutamic acid g | 5.319 | | 0 | | 1 | | 4.521 | 9.202 | |
| Glycine g | 1.728 | | 0 | | 1 | | 1.469 | 2.989 | |
| Proline g | 1.404 | | 0 | | 1 | | 1.193 | 2.429 | |
| Serine g | 1.260 | | 0 | | 1 | | 1.071 | 2.180 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 173g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17123**

**Veal, shoulder, arm, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17124**
**Veal, shoulder, arm, separable lean and fat, cooked, roasted**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.68 | | 0 | | 1 | | 183.04 | 54.98 | |
| Energy....kcal | 183 | | 0 | NC | 4 | | 518 | 156 | |
| Energy....kj | 766 | | | | 4 | | 2167 | 651 | |
| Protein (N x 6.25)....g | 25.46 | | 0 | | 1 | | 72.05 | 21.64 | |
| Total lipid (fat)....g | 8.25 | | 0 | | 1 | | 23.35 | 7.01 | |
| Ash....g | 1.44 | | 0 | | 1 | | 4.08 | 1.22 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 26 | | 0 | | 1 | | 74 | 22 | |
| Iron, Fe....mg | 1.15 | | 0 | | 1 | | 3.25 | 0.98 | |
| Magnesium, Mg....mg | 26 | | 0 | | 1 | | 74 | 22 | |
| Phosphorus, P....mg | 221 | | 0 | | 1 | | 625 | 188 | |
| Potassium, K....mg | 348 | | 0 | | 1 | | 985 | 296 | |
| Sodium, Na....mg | 90 | | 0 | | 1 | | 255 | 77 | |
| Zinc, Zn....mg | 4.18 | | 0 | | 1 | | 11.83 | 3.55 | |
| Copper, Cu....mg | 0.141 | | 0 | | 1 | | 0.399 | 0.120 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.085 | 0.026 | |
| Selenium, Se....mcg | 11.1 | | 0 | PIE | 4 | | 31.4 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.170 | 0.051 | |
| Riboflavin....mg | 0.320 | | 0 | | 1 | | 0.906 | 0.272 | |
| Niacin....mg | 8.020 | | 0 | | 1 | | 22.697 | 6.817 | |
| Pantothenic acid....mg | 1.160 | | 0 | | 1 | | 3.283 | 0.986 | |
| Vitamin B-6....mg | 0.290 | | 0 | | 1 | | 0.821 | 0.247 | |
| Folate, total....mcg | 17 | | 0 | | 1 | | 48 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | | 1 | | 48 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 48 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.53 | | 0 | | 1 | | 4.33 | 1.30 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.46 | | 0 | | 1 | | 1.30 | 0.39 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.510 | | 0 | | 1 | | 9.933 | 2.984 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.028 | 0.009 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.057 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17124**
**Veal, shoulder, arm, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.350 | | 0 | | 1 | | 0.991 | 0.298 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.850 | | 0 | | 1 | | 5.236 | 1.573 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.160 | | 0 | | 1 | | 3.283 | 0.986 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.200 | | 0 | | 1 | | 9.056 | 2.720 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.370 | | 0 | | 1 | | 1.047 | 0.315 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.740 | | 0 | | 1 | | 7.754 | 2.329 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.540 | | 0 | | 1 | | 1.528 | 0.459 | |
| 18:2 undifferentiated....g | 0.420 | | 0 | | 1 | | 1.189 | 0.357 | |
| 18:3 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.170 | 0.051 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.198 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 108 | | 0 | | 1 | | 306 | 92 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.258 | | 0 | | 1 | | 0.730 | 0.219 | |
| Threonine....g | 1.112 | | 0 | | 1 | | 3.147 | 0.945 | |
| Isoleucine....g | 1.254 | | 0 | | 1 | | 3.549 | 1.066 | |
| Leucine....g | 2.027 | | 0 | | 1 | | 5.736 | 1.723 | |
| Lysine....g | 2.098 | | 0 | | 1 | | 5.937 | 1.783 | |
| Methionine....g | 0.594 | | 0 | | 1 | | 1.681 | 0.505 | |
| Cystine....g | 0.287 | | 0 | | 1 | | 0.812 | 0.244 | |
| Phenylalanine....g | 1.028 | | 0 | | 1 | | 2.909 | 0.874 | |
| Tyrosine....g | 0.812 | | 0 | | 1 | | 2.298 | 0.690 | |
| Valine....g | 1.407 | | 0 | | 1 | | 3.982 | 1.196 | |
| Arginine....g | 1.498 | | 0 | | 1 | | 4.239 | 1.273 | |
| Histidine....g | 0.924 | | 0 | | 1 | | 2.615 | 0.785 | |
| Alanine....g | 1.515 | | 0 | | 1 | | 4.287 | 1.288 | |
| Aspartic acid....g | 2.197 | | 0 | | 1 | | 6.218 | 1.867 | |
| Glutamic acid....g | 4.028 | | 0 | | 1 | | 11.399 | 3.424 | |
| Glycine....g | 1.309 | | 0 | | 1 | | 3.704 | 1.113 | |
| Proline....g | 1.063 | | 0 | | 1 | | 3.008 | 0.904 | |
| Serine....g | 0.954 | | 0 | | 1 | | 2.700 | 0.811 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 283g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17124**

**Veal, shoulder, arm, separable lean and fat, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17122**
**Veal, shoulder, arm, separable lean and fat, raw**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.05 | | 0 | | 1 | | 20.99 | 225.11 | |
| Energy....kcal | 132 | | 0 | NC | 4 | | 37 | 401 | |
| Energy....kj | 552 | | 0 | | 4 | | 157 | 1679 | |
| Protein (N x 6.25)....g | 19.34 | | 0 | | 1 | | 5.48 | 58.79 | |
| Total lipid (fat)....g | 5.44 | | 0 | | 1 | | 1.54 | 16.54 | |
| Ash....g | 1.08 | | 0 | | 1 | | 0.31 | 3.28 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 21 | | 0 | | 1 | | 6 | 64 | |
| Iron, Fe....mg | 1.00 | | 0 | | 1 | | 0.28 | 3.04 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 7 | 76 | |
| Phosphorus, P....mg | 208 | | 0 | | 1 | | 59 | 632 | |
| Potassium, K....mg | 327 | | 0 | | 1 | | 93 | 994 | |
| Sodium, Na....mg | 83 | | 0 | | 1 | | 24 | 252 | |
| Zinc, Zn....mg | 3.20 | | 0 | | 1 | | 0.91 | 9.73 | |
| Copper, Cu....mg | 0.120 | | 0 | | 1 | | 0.034 | 0.365 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.008 | 0.085 | |
| Selenium, Se....mcg | 8.4 | | 0 | PIE | 4 | | 2.4 | 25.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.023 | 0.243 | |
| Riboflavin....mg | 0.270 | | 0 | | 1 | | 0.077 | 0.821 | |
| Niacin....mg | 7.630 | | 0 | | 1 | | 2.163 | 23.195 | |
| Pantothenic acid....mg | 1.260 | | 0 | | 1 | | 0.357 | 3.830 | |
| Vitamin B-6....mg | 0.440 | | 0 | | 1 | | 0.125 | 1.338 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 4 | 46 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 4 | 46 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 4 | 46 | |
| Choline, total....mg | 83.0 | | 0 | BFNN | 4 | | 23.5 | 252.4 | |
| Betaine....mg | 12.2 | | 0 | BFNN | 4 | | 3.5 | 37.1 | |
| Vitamin B-12....mcg | 1.37 | | 0 | | 1 | | 0.39 | 4.16 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.27 | | 0 | | 1 | | 0.08 | 0.82 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.6 | | 0 | BFYN | 4 | | 1.3 | 14.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.260 | | 0 | | 1 | | 0.641 | 6.870 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17122**
**Veal, shoulder, arm, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.006 | 0.061 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.220 | | 0 | | 1 | | 0.062 | 0.669 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.200 | | 0 | | 1 | | 0.340 | 3.648 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.750 | | 0 | | 1 | | 0.213 | 2.280 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.080 | | 0 | | 1 | | 0.590 | 6.323 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.240 | | 0 | | 1 | | 0.068 | 0.730 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.790 | | 0 | | 1 | | 0.507 | 5.442 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.380 | | 0 | | 1 | | 0.108 | 1.155 | |
| 18:2 undifferentiated....g | 0.290 | | 0 | | 1 | | 0.082 | 0.882 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.011 | 0.122 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.014 | 0.152 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 82 | | 0 | | 1 | | 23 | 249 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.196 | | 0 | | 1 | | 0.056 | 0.596 | |
| Threonine....g | 0.845 | | 0 | | 1 | | 0.240 | 2.569 | |
| Isoleucine....g | 0.952 | | 0 | | 1 | | 0.270 | 2.894 | |
| Leucine....g | 1.539 | | 0 | | 1 | | 0.436 | 4.679 | |
| Lysine....g | 1.594 | | 0 | | 1 | | 0.452 | 4.846 | |
| Methionine....g | 0.451 | | 0 | | 1 | | 0.128 | 1.371 | |
| Cystine....g | 0.218 | | 0 | | 1 | | 0.062 | 0.663 | |
| Phenylalanine....g | 0.781 | | 0 | | 1 | | 0.221 | 2.374 | |
| Tyrosine....g | 0.617 | | 0 | | 1 | | 0.175 | 1.876 | |
| Valine....g | 1.069 | | 0 | | 1 | | 0.303 | 3.250 | |
| Arginine....g | 1.137 | | 0 | | 1 | | 0.322 | 3.456 | |
| Histidine....g | 0.702 | | 0 | | 1 | | 0.199 | 2.134 | |
| Alanine....g | 1.150 | | 0 | | 1 | | 0.326 | 3.496 | |
| Aspartic acid....g | 1.669 | | 0 | | 1 | | 0.473 | 5.074 | |
| Glutamic acid....g | 3.059 | | 0 | | 1 | | 0.867 | 9.299 | |
| Glycine....g | 0.994 | | 0 | | 1 | | 0.282 | 3.022 | |
| Proline....g | 0.807 | | 0 | | 1 | | 0.229 | 2.453 | |
| Serine....g | 0.725 | | 0 | | 1 | | 0.206 | 2.204 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17122**

**Veal, shoulder, arm, separable lean and fat, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 304g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17126**

**Veal, shoulder, arm, separable lean only, cooked, braised**

**Refuse:** 29% Bone 23%, separable fat 6%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.20 | 0.339 | 12 | | 1 | | 49.47 | 93.12 | |
| Energy....kcal | 201 | | 0 | NC | 4 | | 171 | 322 | |
| Energy....kj | 841 | | | | 4 | | 715 | 1346 | |
| Protein (N x 6.25)....g | 35.73 | 0.397 | 12 | | 1 | | 30.37 | 57.17 | |
| Total lipid (fat)....g | 5.33 | 0.161 | 12 | | 1 | | 4.53 | 8.53 | |
| Ash....g | 1.31 | 0.031 | 12 | | 1 | | 1.11 | 2.10 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 30 | 3.251 | 12 | | 1 | | 26 | 48 | |
| Iron, Fe....mg | 1.41 | 0.034 | 12 | | 1 | | 1.20 | 2.26 | |
| Magnesium, Mg....mg | 30 | 0.779 | 12 | | 1 | | 26 | 48 | |
| Phosphorus, P....mg | 276 | 7.947 | 12 | | 1 | | 235 | 442 | |
| Potassium, K....mg | 347 | 6.079 | 12 | | 1 | | 295 | 555 | |
| Sodium, Na....mg | 90 | 3.967 | 12 | | 1 | | 77 | 144 | |
| Zinc, Zn....mg | 6.24 | 0.288 | 12 | | 1 | | 5.30 | 9.98 | |
| Copper, Cu....mg | 0.135 | 0.010 | 12 | | 1 | | 0.115 | 0.216 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.032 | 0.061 | |
| Selenium, Se....mcg | 15.3 | | 0 | BFYN | 4 | | 13.0 | 24.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.011 | 11 | | 1 | | 0.051 | 0.096 | |
| Riboflavin....mg | 0.330 | 0.024 | 11 | | 1 | | 0.281 | 0.528 | |
| Niacin....mg | 10.710 | 1.359 | 10 | | 1 | | 9.104 | 17.136 | |
| Pantothenic acid....mg | 1.390 | 0.108 | 10 | | 1 | | 1.182 | 2.224 | |
| Vitamin B-6....mg | 0.300 | 0.044 | 11 | | 1 | | 0.255 | 0.480 | |
| Folate, total....mcg | 19 | 4.047 | 11 | | 1 | | 16 | 30 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 19 | 4.047 | 11 | | 1 | | 16 | 30 | |
| Folate, DFE....mcg_DFE | 19 | | 0 | NC | 4 | | 16 | 30 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.82 | 0.285 | 11 | | 1 | | 1.55 | 2.91 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.47 | | 0 | | 1 | | 0.40 | 0.75 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.490 | | 0 | | 1 | | 1.267 | 2.384 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 73 | | 1 | | 0.009 | 0.016 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17126**

**Veal, shoulder, arm, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.100 | | 73 | | 1 | | 0.085 | 0.160 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.870 | | 73 | | 1 | | 0.740 | 1.392 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.510 | | 73 | | 1 | | 0.434 | 0.816 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.900 | | 0 | | 1 | | 1.615 | 3.040 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.170 | | 73 | | 1 | | 0.145 | 0.272 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.710 | | 73 | | 1 | | 1.454 | 2.736 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 0.408 | 0.768 | |
| 18:2 undifferentiated....g | 0.370 | | 73 | | 1 | | 0.315 | 0.592 | |
| 18:3 undifferentiated....g | 0.020 | | 73 | | 1 | | 0.017 | 0.032 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 73 | | 1 | | 0.077 | 0.144 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 155 | 12.866 | 12 | | 1 | | 132 | 248 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.362 | | 0 | | 1 | | 0.308 | 0.579 | |
| Threonine....g | 1.561 | | 0 | | 1 | | 1.327 | 2.498 | |
| Isoleucine....g | 1.760 | | 0 | | 1 | | 1.496 | 2.816 | |
| Leucine....g | 2.844 | | 0 | | 1 | | 2.417 | 4.550 | |
| Lysine....g | 2.944 | | 0 | | 1 | | 2.502 | 4.710 | |
| Methionine....g | 0.834 | | 0 | | 1 | | 0.709 | 1.334 | |
| Cystine....g | 0.403 | | 0 | | 1 | | 0.343 | 0.645 | |
| Phenylalanine....g | 1.442 | | 0 | | 1 | | 1.226 | 2.307 | |
| Tyrosine....g | 1.139 | | 0 | | 1 | | 0.968 | 1.822 | |
| Valine....g | 1.975 | | 0 | | 1 | | 1.679 | 3.160 | |
| Arginine....g | 2.101 | | 0 | | 1 | | 1.786 | 3.362 | |
| Histidine....g | 1.297 | | 0 | | 1 | | 1.102 | 2.075 | |
| Alanine....g | 2.125 | | 0 | | 1 | | 1.806 | 3.400 | |
| Aspartic acid....g | 3.082 | | 0 | | 1 | | 2.620 | 4.931 | |
| Glutamic acid....g | 5.651 | | 0 | | 1 | | 4.803 | 9.042 | |
| Glycine....g | 1.836 | | 0 | | 1 | | 1.561 | 2.938 | |
| Proline....g | 1.492 | | 0 | | 1 | | 1.268 | 2.387 | |
| Serine....g | 1.339 | | 0 | | 1 | | 1.138 | 2.142 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 160g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17126**

**Veal, shoulder, arm, separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17127**
**Veal, shoulder, arm, separable lean only, cooked, roasted**

**Refuse:** 24% Bone 21%, separable fat 3%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.47 | | 0 | | 1 | | 180.80 | 56.50 | |
| Energy....kcal | 164 | | 0 | NC | 4 | | 446 | 139 | |
| Energy....kj | 686 | | | | 4 | | 1866 | 583 | |
| Protein (N x 6.25)....g | 26.13 | | 0 | | 1 | | 71.07 | 22.21 | |
| Total lipid (fat)....g | 5.81 | | 0 | | 1 | | 15.80 | 4.94 | |
| Ash....g | 1.47 | | 0 | | 1 | | 4.00 | 1.25 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | | 1 | | 73 | 23 | |
| Iron, Fe....mg | 1.16 | | 0 | | 1 | | 3.16 | 0.99 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 73 | 23 | |
| Phosphorus, P....mg | 226 | | 0 | | 1 | | 615 | 192 | |
| Potassium, K....mg | 356 | | 0 | | 1 | | 968 | 303 | |
| Sodium, Na....mg | 91 | | 0 | | 1 | | 248 | 77 | |
| Zinc, Zn....mg | 4.32 | | 0 | | 1 | | 11.75 | 3.67 | |
| Copper, Cu....mg | 0.146 | | 0 | | 1 | | 0.397 | 0.124 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.082 | 0.026 | |
| Selenium, Se....mcg | 11.3 | | 0 | BFYN | 4 | | 30.7 | 9.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.190 | 0.060 | |
| Riboflavin....mg | 0.330 | | 0 | | 1 | | 0.898 | 0.281 | |
| Niacin....mg | 8.240 | | 0 | | 1 | | 22.413 | 7.004 | |
| Pantothenic acid....mg | 1.190 | | 0 | | 1 | | 3.237 | 1.012 | |
| Vitamin B-6....mg | 0.300 | | 0 | | 1 | | 0.816 | 0.255 | |
| Folate, total....mcg | 17 | | 0 | | 1 | | 46 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 17 | | 0 | | 1 | | 46 | 14 | |
| Folate, DFE....mcg_DFE | 17 | | 0 | NC | 4 | | 46 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.57 | | 0 | | 1 | | 4.27 | 1.33 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.50 | | 0 | | 1 | | 1.36 | 0.43 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.310 | | 0 | | 1 | | 6.283 | 1.964 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.027 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17127**

**Veal, shoulder, arm, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.210 | | 0 | | 1 | | 0.571 | 0.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.230 | | 0 | | 1 | | 3.346 | 1.046 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.770 | | 0 | | 1 | | 2.094 | 0.655 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.160 | | 0 | | 1 | | 5.875 | 1.836 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.240 | | 0 | | 1 | | 0.653 | 0.204 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.870 | | 0 | | 1 | | 5.086 | 1.590 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.430 | | 0 | | 1 | | 1.170 | 0.366 | |
| 18:2 undifferentiated....g | 0.320 | | 0 | | 1 | | 0.870 | 0.272 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.109 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.190 | 0.060 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 109 | | 0 | | 1 | | 296 | 93 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.265 | | 0 | | 1 | | 0.721 | 0.225 | |
| Threonine....g | 1.142 | | 0 | | 1 | | 3.106 | 0.971 | |
| Isoleucine....g | 1.287 | | 0 | | 1 | | 3.501 | 1.094 | |
| Leucine....g | 2.080 | | 0 | | 1 | | 5.658 | 1.768 | |
| Lysine....g | 2.153 | | 0 | | 1 | | 5.856 | 1.830 | |
| Methionine....g | 0.610 | | 0 | | 1 | | 1.659 | 0.519 | |
| Cystine....g | 0.295 | | 0 | | 1 | | 0.802 | 0.251 | |
| Phenylalanine....g | 1.055 | | 0 | | 1 | | 2.870 | 0.897 | |
| Tyrosine....g | 0.833 | | 0 | | 1 | | 2.266 | 0.708 | |
| Valine....g | 1.444 | | 0 | | 1 | | 3.928 | 1.227 | |
| Arginine....g | 1.537 | | 0 | | 1 | | 4.181 | 1.306 | |
| Histidine....g | 0.949 | | 0 | | 1 | | 2.581 | 0.807 | |
| Alanine....g | 1.554 | | 0 | | 1 | | 4.227 | 1.321 | |
| Aspartic acid....g | 2.254 | | 0 | | 1 | | 6.131 | 1.916 | |
| Glutamic acid....g | 4.133 | | 0 | | 1 | | 11.242 | 3.513 | |
| Glycine....g | 1.343 | | 0 | | 1 | | 3.653 | 1.142 | |
| Proline....g | 1.091 | | 0 | | 1 | | 2.968 | 0.927 | |
| Serine....g | 0.980 | | 0 | | 1 | | 2.666 | 0.833 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 272g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17127**

**Veal, shoulder, arm, separable lean only, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17125**
**Veal, shoulder, arm, separable lean only, raw**

**Refuse:** 25% Bone 21%, separable fat 4%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.64 | 0.276 | 12 | | 1 | | 21.73 | 221.49 | |
| Energy....kcal | 105 | | 0 | NC | 4 | | 30 | 303 | |
| Energy....kj | 439 | | | | 4 | | 125 | 1270 | |
| Protein (N x 6.25)....g | 20.04 | 0.316 | 12 | | 1 | | 5.68 | 57.92 | |
| Total lipid (fat)....g | 2.16 | 0.080 | 12 | | 1 | | 0.61 | 6.24 | |
| Ash....g | 1.12 | 0.021 | 12 | | 1 | | 0.32 | 3.24 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | 3.666 | 12 | | 1 | | 6 | 64 | |
| Iron, Fe....mg | 1.02 | 0.168 | 12 | | 1 | | 0.29 | 2.95 | |
| Magnesium, Mg....mg | 26 | 0.543 | 12 | | 1 | | 7 | 75 | |
| Phosphorus, P....mg | 215 | 4.396 | 12 | | 1 | | 61 | 621 | |
| Potassium, K....mg | 339 | 8.677 | 12 | | 1 | | 96 | 980 | |
| Sodium, Na....mg | 86 | 3.817 | 12 | | 1 | | 24 | 249 | |
| Zinc, Zn....mg | 3.34 | 0.133 | 12 | | 1 | | 0.95 | 9.65 | |
| Copper, Cu....mg | 0.124 | 0.007 | 12 | | 1 | | 0.035 | 0.358 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.084 | |
| Selenium, Se....mcg | 8.6 | | 0 | BFNN | 4 | | 2.4 | 24.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | 0.005 | 12 | | 1 | | 0.023 | 0.231 | |
| Riboflavin....mg | 0.280 | 0.014 | 12 | | 1 | | 0.079 | 0.809 | |
| Niacin....mg | 7.910 | 0.822 | 12 | | 1 | | 2.242 | 22.860 | |
| Pantothenic acid....mg | 1.300 | 0.067 | 11 | | 1 | | 0.369 | 3.757 | |
| Vitamin B-6....mg | 0.460 | 0.074 | 12 | | 1 | | 0.130 | 1.329 | |
| Folate, total....mcg | 16 | 3.877 | 12 | | 1 | | 5 | 46 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | 3.877 | 12 | | 1 | | 5 | 46 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 5 | 46 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.42 | 0.199 | 12 | | 1 | | 0.40 | 4.10 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.27 | | 0 | | 1 | | 0.08 | 0.78 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.650 | | 0 | | 1 | | 0.184 | 1.879 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17125**
**Veal, shoulder, arm, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.030 | | 147 | | 1 | | 0.009 | 0.087 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.370 | | 147 | | 1 | | 0.105 | 1.069 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.230 | | 147 | | 1 | | 0.065 | 0.665 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.690 | | 0 | | 1 | | 0.196 | 1.994 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.070 | | 147 | | 1 | | 0.020 | 0.202 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.620 | | 147 | | 1 | | 0.176 | 1.792 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.220 | | 0 | | 1 | | 0.062 | 0.636 | |
| 18:2 undifferentiated....g | 0.160 | | 147 | | 1 | | 0.045 | 0.462 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.029 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 147 | | 1 | | 0.017 | 0.173 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 83 | 4.826 | 12 | | 1 | | 24 | 240 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.203 | | 0 | | 1 | | 0.058 | 0.587 | |
| Threonine....g | 0.876 | | 0 | | 1 | | 0.248 | 2.532 | |
| Isoleucine....g | 0.987 | | 0 | | 1 | | 0.280 | 2.852 | |
| Leucine....g | 1.595 | | 0 | | 1 | | 0.452 | 4.610 | |
| Lysine....g | 1.652 | | 0 | | 1 | | 0.468 | 4.774 | |
| Methionine....g | 0.468 | | 0 | | 1 | | 0.133 | 1.353 | |
| Cystine....g | 0.226 | | 0 | | 1 | | 0.064 | 0.653 | |
| Phenylalanine....g | 0.809 | | 0 | | 1 | | 0.229 | 2.338 | |
| Tyrosine....g | 0.639 | | 0 | | 1 | | 0.181 | 1.847 | |
| Valine....g | 1.108 | | 0 | | 1 | | 0.314 | 3.202 | |
| Arginine....g | 1.179 | | 0 | | 1 | | 0.334 | 3.407 | |
| Histidine....g | 0.727 | | 0 | | 1 | | 0.206 | 2.101 | |
| Alanine....g | 1.192 | | 0 | | 1 | | 0.338 | 3.445 | |
| Aspartic acid....g | 1.729 | | 0 | | 1 | | 0.490 | 4.997 | |
| Glutamic acid....g | 3.170 | | 0 | | 1 | | 0.899 | 9.161 | |
| Glycine....g | 1.030 | | 0 | | 1 | | 0.292 | 2.977 | |
| Proline....g | 0.837 | | 0 | | 1 | | 0.237 | 2.419 | |
| Serine....g | 0.751 | | 0 | | 1 | | 0.213 | 2.170 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 289g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17125**

**Veal, shoulder, arm, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.98 | | 0 | | 1 | | 105.98 | 48.43 | |
| Energy | kcal | 225 | | 0 | NC | 4 | | 419 | 191 | |
| Energy | kj | 941 | | 0 | | 4 | | 1751 | 800 | |
| Protein (N x 6.25) | g | 31.26 | | 0 | | 1 | | 58.14 | 26.57 | |
| Total lipid (fat) | g | 10.09 | | 0 | | 1 | | 18.77 | 8.58 | |
| Ash | g | 1.22 | | 0 | | 1 | | 2.27 | 1.04 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 38 | | 0 | | 1 | | 71 | 32 | |
| Iron, Fe | mg | 1.44 | | 0 | | 1 | | 2.68 | 1.22 | |
| Magnesium, Mg | mg | 26 | | 0 | | 1 | | 48 | 22 | |
| Phosphorus, P | mg | 244 | | 0 | | 1 | | 454 | 207 | |
| Potassium, K | mg | 297 | | 0 | | 1 | | 552 | 252 | |
| Sodium, Na | mg | 98 | | 0 | | 1 | | 182 | 83 | |
| Zinc, Zn | mg | 7.00 | | 0 | | 1 | | 13.02 | 5.95 | |
| Copper, Cu | mg | 0.164 | | 0 | | 1 | | 0.305 | 0.139 | |
| Manganese, Mn | mg | 0.036 | | 0 | | 1 | | 0.067 | 0.031 | |
| Selenium, Se | mcg | 14.0 | | 0 | PIE | 4 | | 26.0 | 11.9 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | | 1 | | 0.112 | 0.051 | |
| Riboflavin | mg | 0.350 | | 0 | | 1 | | 0.651 | 0.298 | |
| Niacin | mg | 5.500 | | 0 | | 1 | | 10.230 | 4.675 | |
| Pantothenic acid | mg | 1.520 | | 0 | | 1 | | 2.827 | 1.292 | |
| Vitamin B-6 | mg | 0.240 | | 0 | | 1 | | 0.446 | 0.204 | |
| Folate, total | mcg | 15 | | 0 | | 1 | | 28 | 13 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 15 | | 0 | | 1 | | 28 | 13 | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 28 | 13 | |
| Choline, total | mg | 121.8 | | 0 | BFNN | 4 | | 226.6 | 103.5 | |
| Betaine | mg | 16.0 | | 0 | BFNN | 4 | | 29.8 | 13.6 | |
| Vitamin B-12 | mcg | 1.93 | | 0 | | 1 | | 3.59 | 1.64 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.44 | | 0 | | 1 | | 0.82 | 0.37 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.6 | | 0 | BFSN | 4 | | 12.3 | 5.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.640 | | 0 | | 1 | | 6.770 | 3.094 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.019 | 0.009 | |

**NDB No. 17129**

**Veal, shoulder, blade, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.056 | 0.026 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.330 | | 0 | | 1 | | 0.614 | 0.281 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.990 | | 0 | | 1 | | 3.701 | 1.692 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.210 | | 0 | | 1 | | 2.251 | 1.029 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.850 | | 0 | | 1 | | 7.161 | 3.273 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.400 | | 0 | | 1 | | 0.744 | 0.340 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.370 | | 0 | | 1 | | 6.268 | 2.865 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.740 | | 0 | | 1 | | 1.376 | 0.629 | |
| 18:2 undifferentiated g | 0.580 | | 0 | | 1 | | 1.079 | 0.493 | |
| 18:3 undifferentiated g | 0.060 | | 0 | | 1 | | 0.112 | 0.051 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.100 | | 0 | | 1 | | 0.186 | 0.085 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 153 | | 0 | | 1 | | 285 | 130 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.316 | | 0 | | 1 | | 0.588 | 0.269 | |
| Threonine g | 1.366 | | 0 | | 1 | | 2.541 | 1.161 | |
| Isoleucine g | 1.540 | | 0 | | 1 | | 2.864 | 1.309 | |
| Leucine g | 2.488 | | 0 | | 1 | | 4.628 | 2.115 | |
| Lysine g | 2.576 | | 0 | | 1 | | 4.791 | 2.190 | |
| Methionine g | 0.730 | | 0 | | 1 | | 1.358 | 0.621 | |
| Cystine g | 0.353 | | 0 | | 1 | | 0.657 | 0.300 | |
| Phenylalanine g | 1.262 | | 0 | | 1 | | 2.347 | 1.073 | |
| Tyrosine g | 0.997 | | 0 | | 1 | | 1.854 | 0.847 | |
| Valine g | 1.728 | | 0 | | 1 | | 3.214 | 1.469 | |
| Arginine g | 1.839 | | 0 | | 1 | | 3.421 | 1.563 | |
| Histidine g | 1.135 | | 0 | | 1 | | 2.111 | 0.965 | |
| Alanine g | 1.859 | | 0 | | 1 | | 3.458 | 1.580 | |
| Aspartic acid g | 2.697 | | 0 | | 1 | | 5.016 | 2.292 | |
| Glutamic acid g | 4.945 | | 0 | | 1 | | 9.198 | 4.203 | |
| Glycine g | 1.607 | | 0 | | 1 | | 2.989 | 1.366 | |
| Proline g | 1.305 | | 0 | | 1 | | 2.427 | 1.109 | |
| Serine g | 1.172 | | 0 | | 1 | | 2.180 | 0.996 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17129**

**Veal, shoulder, blade, separable lean and fat, cooked, braised**

Measure 1 = 186g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17130**

**Veal, shoulder, blade, separable lean and fat, cooked, roasted**

**Refuse:** 32% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.54 | | 0 | | 1 | | 159.92 | 55.71 | |
| Energy....kcal | 186 | | 0 | NC | 4 | | 454 | 158 | |
| Energy....kj | 778 | | | | 4 | | 1899 | 661 | |
| Protein (N x 6.25)....g | 25.15 | | 0 | | 1 | | 61.37 | 21.38 | |
| Total lipid (fat)....g | 8.67 | | 0 | | 1 | | 21.15 | 7.37 | |
| Ash....g | 1.38 | | 0 | | 1 | | 3.37 | 1.17 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | | 1 | | 68 | 24 | |
| Iron, Fe....mg | 1.00 | | 0 | | 1 | | 2.44 | 0.85 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 59 | 20 | |
| Phosphorus, P....mg | 212 | | 0 | | 1 | | 517 | 180 | |
| Potassium, K....mg | 306 | | 0 | | 1 | | 747 | 260 | |
| Sodium, Na....mg | 100 | | 0 | | 1 | | 244 | 85 | |
| Zinc, Zn....mg | 5.58 | | 0 | | 1 | | 13.62 | 4.74 | |
| Copper, Cu....mg | 0.138 | | 0 | | 1 | | 0.337 | 0.117 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.073 | 0.026 | |
| Selenium, Se....mcg | 10.6 | | 0 | PIE | 4 | | 25.9 | 9.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.171 | 0.060 | |
| Riboflavin....mg | 0.350 | | 0 | | 1 | | 0.854 | 0.298 | |
| Niacin....mg | 5.730 | | 0 | | 1 | | 13.981 | 4.871 | |
| Pantothenic acid....mg | 1.380 | | 0 | | 1 | | 3.367 | 1.173 | |
| Vitamin B-6....mg | 0.240 | | 0 | | 1 | | 0.586 | 0.204 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 27 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 27 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 27 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.01 | | 0 | | 1 | | 4.90 | 1.71 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.47 | | 0 | | 1 | | 1.15 | 0.40 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.460 | | 0 | | 1 | | 8.442 | 2.941 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.024 | 0.009 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.049 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17130**

**Veal, shoulder, blade, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 ... g | 0.310 | | 0 | | 1 | | 0.756 | 0.264 | |
| 15:0 ... g | | | | | | | | | |
| 16:0 ... g | 1.840 | | 0 | | 1 | | 4.490 | 1.564 | |
| 17:0 ... g | | | | | | | | | |
| 18:0 ... g | 1.150 | | 0 | | 1 | | 2.806 | 0.978 | |
| 20:0 ... g | | | | | | | | | |
| 22:0 ... g | | | | | | | | | |
| 24:0 ... g | | | | | | | | | |
| Fatty acids, total monounsaturated ... g | 3.240 | | 0 | | 1 | | 7.906 | 2.754 | |
| 14:1 ... g | | | | | | | | | |
| 15:1 ... g | | | | | | | | | |
| 16:1 undifferentiated ... g | 0.370 | | 0 | | 1 | | 0.903 | 0.315 | |
| 17:1 ... g | | | | | | | | | |
| 18:1 undifferentiated ... g | 2.790 | | 0 | | 1 | | 6.808 | 2.372 | |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.640 | | 0 | | 1 | | 1.562 | 0.544 | |
| 18:2 undifferentiated ... g | 0.480 | | 0 | | 1 | | 1.171 | 0.408 | |
| 18:3 undifferentiated ... g | 0.050 | | 0 | | 1 | | 0.122 | 0.043 | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | 0.110 | | 0 | | 1 | | 0.268 | 0.094 | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 117 | | 0 | | 1 | | 285 | 99 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.255 | | 0 | | 1 | | 0.622 | 0.217 | |
| Threonine ... g | 1.099 | | 0 | | 1 | | 2.682 | 0.934 | |
| Isoleucine ... g | 1.238 | | 0 | | 1 | | 3.021 | 1.052 | |
| Leucine ... g | 2.002 | | 0 | | 1 | | 4.885 | 1.702 | |
| Lysine ... g | 2.072 | | 0 | | 1 | | 5.056 | 1.761 | |
| Methionine ... g | 0.587 | | 0 | | 1 | | 1.432 | 0.499 | |
| Cystine ... g | 0.284 | | 0 | | 1 | | 0.693 | 0.241 | |
| Phenylalanine ... g | 1.015 | | 0 | | 1 | | 2.477 | 0.863 | |
| Tyrosine ... g | 0.802 | | 0 | | 1 | | 1.957 | 0.682 | |
| Valine ... g | 1.390 | | 0 | | 1 | | 3.392 | 1.182 | |
| Arginine ... g | 1.479 | | 0 | | 1 | | 3.609 | 1.257 | |
| Histidine ... g | 0.913 | | 0 | | 1 | | 2.228 | 0.776 | |
| Alanine ... g | 1.496 | | 0 | | 1 | | 3.650 | 1.272 | |
| Aspartic acid ... g | 2.170 | | 0 | | 1 | | 5.295 | 1.845 | |
| Glutamic acid ... g | 3.978 | | 0 | | 1 | | 9.706 | 3.381 | |
| Glycine ... g | 1.292 | | 0 | | 1 | | 3.152 | 1.098 | |
| Proline ... g | 1.050 | | 0 | | 1 | | 2.562 | 0.893 | |
| Serine ... g | 0.943 | | 0 | | 1 | | 2.301 | 0.802 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17130**

**Veal, shoulder, blade, separable lean and fat, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17128**
**Veal, shoulder, blade, separable lean and fat, raw**

**Refuse:** 32% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.15 | | 0 | | 1 | | 21.31 | 340.88 | |
| Energy....kcal | 129 | | 0 | NC | 4 | | 37 | 585 | |
| Energy....kj | 540 | | | | 4 | | 153 | 2448 | |
| Protein (N x 6.25)....g | 19.23 | | 0 | | 1 | | 5.45 | 87.23 | |
| Total lipid (fat)....g | 5.20 | | 0 | | 1 | | 1.47 | 23.59 | |
| Ash....g | 1.04 | | 0 | | 1 | | 0.29 | 4.72 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | | 0 | | 1 | | 7 | 104 | |
| Iron, Fe....mg | 0.87 | | 0 | | 1 | | 0.25 | 3.95 | |
| Magnesium, Mg....mg | 23 | | 0 | | 1 | | 7 | 104 | |
| Phosphorus, P....mg | 200 | | 0 | | 1 | | 57 | 907 | |
| Potassium, K....mg | 289 | | 0 | | 1 | | 82 | 1311 | |
| Sodium, Na....mg | 95 | | 0 | | 1 | | 27 | 431 | |
| Zinc, Zn....mg | 4.31 | | 0 | | 1 | | 1.22 | 19.55 | |
| Copper, Cu....mg | 0.118 | | 0 | | 1 | | 0.033 | 0.535 | |
| Manganese, Mn....mg | 0.028 | | 0 | | 1 | | 0.008 | 0.127 | |
| Selenium, Se....mcg | 8.1 | | 0 | PIE | 4 | | 2.3 | 36.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| Riboflavin....mg | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| Niacin....mg | 5.450 | | 0 | | 1 | | 1.545 | 24.721 | |
| Pantothenic acid....mg | 1.510 | | 0 | | 1 | | 0.428 | 6.849 | |
| Vitamin B-6....mg | 0.370 | | 0 | | 1 | | 0.105 | 1.678 | |
| Folate, total....mcg | 10 | | 0 | | 1 | | 3 | 45 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 10 | | 0 | | 1 | | 3 | 45 | |
| Folate, DFE....mcg_DFE | 10 | | 0 | NC | 4 | | 3 | 45 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.82 | | 0 | | 1 | | 0.52 | 8.26 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.28 | | 0 | | 1 | | 0.08 | 1.27 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.940 | | 0 | | 1 | | 0.550 | 8.800 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17128**
**Veal, shoulder, blade, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.160 | | 0 | | 1 | | 0.045 | 0.726 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.050 | | 0 | | 1 | | 0.298 | 4.763 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.650 | | 0 | | 1 | | 0.184 | 2.948 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.870 | | 0 | | 1 | | 0.530 | 8.482 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.210 | | 0 | | 1 | | 0.060 | 0.953 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.620 | | 0 | | 1 | | 0.459 | 7.348 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.420 | | 0 | | 1 | | 0.119 | 1.905 | |
| 18:2 undifferentiated....g | 0.310 | | 0 | | 1 | | 0.088 | 1.406 | |
| 18:3 undifferentiated....g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 90 | | 0 | | 1 | | 26 | 408 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.195 | | 0 | | 1 | | 0.055 | 0.885 | |
| Threonine....g | 0.840 | | 0 | | 1 | | 0.238 | 3.810 | |
| Isoleucine....g | 0.947 | | 0 | | 1 | | 0.268 | 4.296 | |
| Leucine....g | 1.531 | | 0 | | 1 | | 0.434 | 6.945 | |
| Lysine....g | 1.585 | | 0 | | 1 | | 0.449 | 7.190 | |
| Methionine....g | 0.449 | | 0 | | 1 | | 0.127 | 2.037 | |
| Cystine....g | 0.217 | | 0 | | 1 | | 0.062 | 0.984 | |
| Phenylalanine....g | 0.776 | | 0 | | 1 | | 0.220 | 3.520 | |
| Tyrosine....g | 0.613 | | 0 | | 1 | | 0.174 | 2.781 | |
| Valine....g | 1.063 | | 0 | | 1 | | 0.301 | 4.822 | |
| Arginine....g | 1.131 | | 0 | | 1 | | 0.321 | 5.130 | |
| Histidine....g | 0.698 | | 0 | | 1 | | 0.198 | 3.166 | |
| Alanine....g | 1.144 | | 0 | | 1 | | 0.324 | 5.189 | |
| Aspartic acid....g | 1.659 | | 0 | | 1 | | 0.470 | 7.525 | |
| Glutamic acid....g | 3.042 | | 0 | | 1 | | 0.862 | 13.799 | |
| Glycine....g | 0.988 | | 0 | | 1 | | 0.280 | 4.482 | |
| Proline....g | 0.803 | | 0 | | 1 | | 0.228 | 3.642 | |
| Serine....g | 0.721 | | 0 | | 1 | | 0.204 | 3.270 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17128**

**Veal, shoulder, blade, separable lean and fat, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17132**

**Veal, shoulder, blade, separable lean only, cooked, braised**

**Refuse:** 39% Bone 35%, separable fat 4%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 59.24 | 0.392 | 12 | | 1 | | 103.08 | 50.35 | |
| Energy....kcal | 198 | | 0 | NC | 4 | | 345 | 168 | |
| Energy....kj | 828 | | 0 | | 4 | | 1441 | 704 | |
| Protein (N x 6.25)....g | 32.66 | 0.407 | 12 | | 1 | | 56.83 | 27.76 | |
| Total lipid (fat)....g | 6.48 | 0.176 | 12 | | 1 | | 11.28 | 5.51 | |
| Ash....g | 1.24 | 0.029 | 12 | | 1 | | 2.16 | 1.05 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 40 | 3.167 | 12 | | 1 | | 70 | 34 | |
| Iron, Fe....mg | 1.47 | 0.045 | 12 | | 1 | | 2.56 | 1.25 | |
| Magnesium, Mg....mg | 28 | 0.572 | 12 | | 1 | | 49 | 24 | |
| Phosphorus, P....mg | 252 | 7.458 | 12 | | 1 | | 438 | 214 | |
| Potassium, K....mg | 305 | 4.531 | 12 | | 1 | | 531 | 259 | |
| Sodium, Na....mg | 101 | 4.750 | 12 | | 1 | | 176 | 86 | |
| Zinc, Zn....mg | 7.39 | 0.126 | 12 | | 1 | | 12.86 | 6.28 | |
| Copper, Cu....mg | 0.171 | 0.015 | 12 | | 1 | | 0.298 | 0.145 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.066 | 0.032 | |
| Selenium, Se....mcg | 14.5 | | 0 | BFYN | 4 | | 25.2 | 12.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.006 | 12 | | 1 | | 0.104 | 0.051 | |
| Riboflavin....mg | 0.360 | 0.019 | 12 | | 1 | | 0.626 | 0.306 | |
| Niacin....mg | 5.680 | 0.613 | 12 | | 1 | | 9.883 | 4.828 | |
| Pantothenic acid....mg | 1.590 | 0.363 | 12 | | 1 | | 2.767 | 1.352 | |
| Vitamin B-6....mg | 0.250 | 0.040 | 12 | | 1 | | 0.435 | 0.213 | |
| Folate, total....mcg | 15 | 3.048 | 12 | | 1 | | 26 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | 3.048 | 12 | | 1 | | 26 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 26 | 13 | |
| Choline, total....mg | 126.8 | | 0 | BFNN | 4 | | 220.6 | 107.8 | |
| Betaine....mg | 16.7 | | 0 | BFNN | 4 | | 29.0 | 14.2 | |
| Vitamin B-12....mcg | 2.01 | 0.327 | 12 | | 1 | | 3.50 | 1.71 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.45 | | 0 | | 1 | | 0.78 | 0.38 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 6.8 | | 0 | BFSN | 4 | | 11.7 | 5.7 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.810 | | 0 | | 1 | | 3.149 | 1.539 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17132**
**Veal, shoulder, blade, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.010 | | 73 | | 1 | | 0.017 | 0.009 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.120 | | 73 | | 1 | | 0.209 | 0.102 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.060 | | 73 | | 1 | | 1.844 | 0.901 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.620 | | 73 | | 1 | | 1.079 | 0.527 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.310 | | 0 | | 1 | | 4.019 | 1.964 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.210 | | 73 | | 1 | | 0.365 | 0.179 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.080 | | 73 | | 1 | | 3.619 | 1.768 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.580 | | 0 | | 1 | | 1.009 | 0.493 | |
| 18:2 undifferentiated....g | 0.440 | | 73 | | 1 | | 0.766 | 0.374 | |
| 18:3 undifferentiated....g | 0.030 | | 73 | | 1 | | 0.052 | 0.026 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 73 | | 1 | | 0.191 | 0.094 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 158 | 13.538 | 12 | | 1 | | 275 | 134 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.331 | | 0 | | 1 | | 0.576 | 0.281 | |
| Threonine....g | 1.427 | | 0 | | 1 | | 2.483 | 1.213 | |
| Isoleucine....g | 1.608 | | 0 | | 1 | | 2.798 | 1.367 | |
| Leucine....g | 2.599 | | 0 | | 1 | | 4.522 | 2.209 | |
| Lysine....g | 2.691 | | 0 | | 1 | | 4.682 | 2.287 | |
| Methionine....g | 0.762 | | 0 | | 1 | | 1.326 | 0.648 | |
| Cystine....g | 0.369 | | 0 | | 1 | | 0.642 | 0.314 | |
| Phenylalanine....g | 1.318 | | 0 | | 1 | | 2.293 | 1.120 | |
| Tyrosine....g | 1.041 | | 0 | | 1 | | 1.811 | 0.885 | |
| Valine....g | 1.805 | | 0 | | 1 | | 3.141 | 1.534 | |
| Arginine....g | 1.921 | | 0 | | 1 | | 3.343 | 1.633 | |
| Histidine....g | 1.185 | | 0 | | 1 | | 2.062 | 1.007 | |
| Alanine....g | 1.942 | | 0 | | 1 | | 3.379 | 1.651 | |
| Aspartic acid....g | 2.817 | | 0 | | 1 | | 4.902 | 2.394 | |
| Glutamic acid....g | 5.166 | | 0 | | 1 | | 8.989 | 4.391 | |
| Glycine....g | 1.678 | | 0 | | 1 | | 2.920 | 1.426 | |
| Proline....g | 1.363 | | 0 | | 1 | | 2.372 | 1.159 | |
| Serine....g | 1.224 | | 0 | | 1 | | 2.130 | 1.040 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17132**

**Veal, shoulder, blade, separable lean only, cooked, braised**

Measure 1 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17133**
**Veal, shoulder, blade, separable lean only, cooked, roasted**

**Refuse:** 34% Bone 32%, separable fat 2%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.90 | | 0 | | 1 | | 157.88 | 56.87 | |
| Energy....kcal | 171 | | 0 | NC | 4 | | 404 | 145 | |
| Energy....kj | 715 | | | | 4 | | 1688 | 608 | |
| Protein (N x 6.25)....g | 25.64 | | 0 | | 1 | | 60.51 | 21.79 | |
| Total lipid (fat)....g | 6.88 | | 0 | | 1 | | 16.24 | 5.85 | |
| Ash....g | 1.39 | | 0 | | 1 | | 3.28 | 1.18 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 28 | | 0 | | 1 | | 66 | 24 | |
| Iron, Fe....mg | 1.00 | | 0 | | 1 | | 2.36 | 0.85 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 57 | 20 | |
| Phosphorus, P....mg | 215 | | 0 | | 1 | | 507 | 183 | |
| Potassium, K....mg | 310 | | 0 | | 1 | | 732 | 264 | |
| Sodium, Na....mg | 102 | | 0 | | 1 | | 241 | 87 | |
| Zinc, Zn....mg | 5.72 | | 0 | | 1 | | 13.50 | 4.86 | |
| Copper, Cu....mg | 0.141 | | 0 | | 1 | | 0.333 | 0.120 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.071 | 0.026 | |
| Selenium, Se....mcg | 10.7 | | 0 | BFYN | 4 | | 25.3 | 9.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.165 | 0.060 | |
| Riboflavin....mg | 0.360 | | 0 | | 1 | | 0.850 | 0.306 | |
| Niacin....mg | 5.820 | | 0 | | 1 | | 13.735 | 4.947 | |
| Pantothenic acid....mg | 1.410 | | 0 | | 1 | | 3.328 | 1.199 | |
| Vitamin B-6....mg | 0.240 | | 0 | | 1 | | 0.566 | 0.204 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 26 | 9 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 26 | 9 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 26 | 9 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.06 | | 0 | | 1 | | 4.86 | 1.75 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.50 | | 0 | | 1 | | 1.18 | 0.43 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.570 | | 0 | | 1 | | 6.065 | 2.185 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.047 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17133**
**Veal, shoulder, blade, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0 g | 0.210 | | 0 | | 1 | | 0.496 | 0.179 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.390 | | 0 | | 1 | | 3.280 | 1.182 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.860 | | 0 | | 1 | | 2.030 | 0.731 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 2.470 | | 0 | | 1 | | 5.829 | 2.100 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.270 | | 0 | | 1 | | 0.637 | 0.230 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.150 | | 0 | | 1 | | 5.074 | 1.828 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.560 | | 0 | | 1 | | 1.322 | 0.476 | |
| 18:2 undifferentiated g | 0.410 | | 0 | | 1 | | 0.968 | 0.349 | |
| 18:3 undifferentiated g | 0.040 | | 0 | | 1 | | 0.094 | 0.034 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.110 | | 0 | | 1 | | 0.260 | 0.094 | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 119 | | 0 | | 1 | | 281 | 101 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.259 | | 0 | | 1 | | 0.611 | 0.220 | |
| Threonine g | 1.120 | | 0 | | 1 | | 2.643 | 0.952 | |
| Isoleucine g | 1.262 | | 0 | | 1 | | 2.978 | 1.073 | |
| Leucine g | 2.040 | | 0 | | 1 | | 4.814 | 1.734 | |
| Lysine g | 2.112 | | 0 | | 1 | | 4.984 | 1.795 | |
| Methionine g | 0.598 | | 0 | | 1 | | 1.411 | 0.508 | |
| Cystine g | 0.289 | | 0 | | 1 | | 0.682 | 0.246 | |
| Phenylalanine g | 1.035 | | 0 | | 1 | | 2.443 | 0.880 | |
| Tyrosine g | 0.817 | | 0 | | 1 | | 1.928 | 0.694 | |
| Valine g | 1.417 | | 0 | | 1 | | 3.344 | 1.204 | |
| Arginine g | 1.508 | | 0 | | 1 | | 3.559 | 1.282 | |
| Histidine g | 0.931 | | 0 | | 1 | | 2.197 | 0.791 | |
| Alanine g | 1.525 | | 0 | | 1 | | 3.599 | 1.296 | |
| Aspartic acid g | 2.212 | | 0 | | 1 | | 5.220 | 1.880 | |
| Glutamic acid g | 4.055 | | 0 | | 1 | | 9.570 | 3.447 | |
| Glycine g | 1.317 | | 0 | | 1 | | 3.108 | 1.119 | |
| Proline g | 1.070 | | 0 | | 1 | | 2.525 | 0.910 | |
| Serine g | 0.961 | | 0 | | 1 | | 2.268 | 0.817 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 236g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17133**

**Veal, shoulder, blade, separable lean only, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17131**
**Veal, shoulder, blade, separable lean only, raw**

**Refuse:** 34% Bone 32%, separable fat 2%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.71 | 0.193 | 12 | | 1 | | 21.75 | 347.96 | |
| Energy....kcal | 113 | | 0 | NC | 4 | | 32 | 513 | |
| Energy....kj | 473 | | | | 4 | | 134 | 2145 | |
| Protein (N x 6.25)....g | 19.64 | 0.215 | 12 | | 1 | | 5.57 | 89.09 | |
| Total lipid (fat)....g | 3.26 | 0.067 | 12 | | 1 | | 0.92 | 14.79 | |
| Ash....g | 1.06 | 0.027 | 12 | | 1 | | 0.30 | 4.81 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 23 | 2.688 | 12 | | 1 | | 7 | 104 | |
| Iron, Fe....mg | 0.88 | 0.029 | 12 | | 1 | | 0.25 | 3.99 | |
| Magnesium, Mg....mg | 23 | 0.446 | 12 | | 1 | | 7 | 104 | |
| Phosphorus, P....mg | 204 | 5.032 | 12 | | 1 | | 58 | 925 | |
| Potassium, K....mg | 295 | 4.801 | 12 | | 1 | | 84 | 1338 | |
| Sodium, Na....mg | 97 | 3.421 | 12 | | 1 | | 27 | 440 | |
| Zinc, Zn....mg | 4.42 | 0.093 | 12 | | 1 | | 1.25 | 20.05 | |
| Copper, Cu....mg | 0.121 | 0.007 | 12 | | 1 | | 0.034 | 0.549 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 8.1 | | 0 | BFNN | 4 | | 2.3 | 36.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | 0.009 | 12 | | 1 | | 0.026 | 0.408 | |
| Riboflavin....mg | 0.310 | 0.018 | 12 | | 1 | | 0.088 | 1.406 | |
| Niacin....mg | 5.550 | 0.578 | 12 | | 1 | | 1.573 | 25.175 | |
| Pantothenic acid....mg | 1.540 | 0.155 | 12 | | 1 | | 0.437 | 6.985 | |
| Vitamin B-6....mg | 0.370 | 0.036 | 12 | | 1 | | 0.105 | 1.678 | |
| Folate, total....mcg | 10 | 1.753 | 12 | | 1 | | 3 | 45 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 10 | 1.753 | 12 | | 1 | | 3 | 45 | |
| Folate, DFE....mcg_DFE | 10 | | 0 | NC | 4 | | 3 | 45 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.86 | 0.272 | 12 | | 1 | | 0.53 | 8.44 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.27 | | 0 | | 1 | | 0.08 | 1.22 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.980 | | 0 | | 1 | | 0.278 | 4.445 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17131**
**Veal, shoulder, blade, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.050 | | 147 | | 1 | | 0.014 | 0.227 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.560 | | 147 | | 1 | | 0.159 | 2.540 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.340 | | 147 | | 1 | | 0.096 | 1.542 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.050 | | 0 | | 1 | | 0.298 | 4.763 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.110 | | 147 | | 1 | | 0.031 | 0.499 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.930 | | 147 | | 1 | | 0.264 | 4.218 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.340 | | 0 | | 1 | | 0.096 | 1.542 | |
| 18:2 undifferentiated....g | 0.240 | | 147 | | 1 | | 0.068 | 1.089 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 147 | | 1 | | 0.026 | 0.408 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 90 | 4.871 | 12 | | 1 | | 26 | 408 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.199 | | 0 | | 1 | | 0.056 | 0.903 | |
| Threonine....g | 0.858 | | 0 | | 1 | | 0.243 | 3.892 | |
| Isoleucine....g | 0.967 | | 0 | | 1 | | 0.274 | 4.386 | |
| Leucine....g | 1.563 | | 0 | | 1 | | 0.443 | 7.090 | |
| Lysine....g | 1.618 | | 0 | | 1 | | 0.459 | 7.339 | |
| Methionine....g | 0.458 | | 0 | | 1 | | 0.130 | 2.077 | |
| Cystine....g | 0.222 | | 0 | | 1 | | 0.063 | 1.007 | |
| Phenylalanine....g | 0.793 | | 0 | | 1 | | 0.225 | 3.597 | |
| Tyrosine....g | 0.626 | | 0 | | 1 | | 0.177 | 2.840 | |
| Valine....g | 1.085 | | 0 | | 1 | | 0.308 | 4.922 | |
| Arginine....g | 1.155 | | 0 | | 1 | | 0.327 | 5.239 | |
| Histidine....g | 0.713 | | 0 | | 1 | | 0.202 | 3.234 | |
| Alanine....g | 1.168 | | 0 | | 1 | | 0.331 | 5.298 | |
| Aspartic acid....g | 1.694 | | 0 | | 1 | | 0.480 | 7.684 | |
| Glutamic acid....g | 3.106 | | 0 | | 1 | | 0.881 | 14.089 | |
| Glycine....g | 1.009 | | 0 | | 1 | | 0.286 | 4.577 | |
| Proline....g | 0.820 | | 0 | | 1 | | 0.232 | 3.720 | |
| Serine....g | 0.736 | | 0 | | 1 | | 0.209 | 3.338 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17131**

**Veal, shoulder, blade, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17117**

**Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised**

**Refuse:** 31% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 56.40 | | 0 | | 1 | | 107.72 | 47.94 | |
| Energy....kcal | 228 | | 0 | NC | 4 | | 435 | 194 | |
| Energy....kj | 954 | | 0 | | 4 | | 1822 | 811 | |
| Protein (N x 6.25)....g | 32.06 | | 0 | | 1 | | 61.23 | 27.25 | |
| Total lipid (fat)....g | 10.14 | | 0 | | 1 | | 19.37 | 8.62 | |
| Ash....g | 1.24 | | 0 | | 1 | | 2.37 | 1.05 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 35 | | 0 | | 1 | | 67 | 30 | |
| Iron, Fe....mg | 1.42 | | 0 | | 1 | | 2.71 | 1.21 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 52 | 23 | |
| Phosphorus, P....mg | 250 | | 0 | | 1 | | 478 | 213 | |
| Potassium, K....mg | 309 | | 0 | | 1 | | 590 | 263 | |
| Sodium, Na....mg | 95 | | 0 | | 1 | | 181 | 81 | |
| Zinc, Zn....mg | 6.59 | | 0 | | 1 | | 12.59 | 5.60 | |
| Copper, Cu....mg | 0.151 | | 0 | | 1 | | 0.288 | 0.128 | |
| Manganese, Mn....mg | 0.036 | | 0 | | 1 | | 0.069 | 0.031 | |
| Selenium, Se....mcg | 14.2 | | 0 | PIE | 4 | | 27.1 | 12.1 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.115 | 0.051 | |
| Riboflavin....mg | 0.340 | | 0 | | 1 | | 0.649 | 0.289 | |
| Niacin....mg | 6.420 | | 0 | | 1 | | 12.262 | 5.457 | |
| Pantothenic acid....mg | 1.530 | | 0 | | 1 | | 2.922 | 1.301 | |
| Vitamin B-6....mg | 0.250 | | 0 | | 1 | | 0.478 | 0.213 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 29 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 29 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 29 | 13 | |
| Choline, total....mg | 123.8 | | 0 | BFNN | 4 | | 236.4 | 105.2 | |
| Betaine....mg | 16.3 | | 0 | BFNN | 4 | | 31.1 | 13.8 | |
| Vitamin B-12....mcg | 1.84 | | 0 | | 1 | | 3.51 | 1.56 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.42 | | 0 | | 1 | | 0.80 | 0.36 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 5.9 | | 0 | BFYN | 4 | | 11.3 | 5.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.750 | | 0 | | 1 | | 7.163 | 3.188 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.019 | 0.009 | |

**NDB No. 17117**

**Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.030 | | 0 | | 1 | | 0.057 | 0.026 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.350 | | 0 | | 1 | | 0.669 | 0.298 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.030 | | 0 | | 1 | | 3.877 | 1.726 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.240 | | 0 | | 1 | | 2.368 | 1.054 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 3.900 | | 0 | | 1 | | 7.449 | 3.315 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.410 | | 0 | | 1 | | 0.783 | 0.349 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.410 | | 0 | | 1 | | 6.513 | 2.899 | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.730 | | 0 | | 1 | | 1.394 | 0.621 | |
| 18:2 undifferentiated g | 0.570 | | 0 | | 1 | | 1.089 | 0.485 | |
| 18:3 undifferentiated g | 0.060 | | 0 | | 1 | | 0.115 | 0.051 | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.100 | | 0 | | 1 | | 0.191 | 0.085 | |
| 20:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 126 | | 0 | | 1 | | 241 | 107 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.325 | | 0 | | 1 | | 0.621 | 0.276 | |
| Threonine g | 1.401 | | 0 | | 1 | | 2.676 | 1.191 | |
| Isoleucine g | 1.579 | | 0 | | 1 | | 3.016 | 1.342 | |
| Leucine g | 2.552 | | 0 | | 1 | | 4.874 | 2.169 | |
| Lysine g | 2.642 | | 0 | | 1 | | 5.046 | 2.246 | |
| Methionine g | 0.748 | | 0 | | 1 | | 1.429 | 0.636 | |
| Cystine g | 0.362 | | 0 | | 1 | | 0.691 | 0.308 | |
| Phenylalanine g | 1.294 | | 0 | | 1 | | 2.472 | 1.100 | |
| Tyrosine g | 1.022 | | 0 | | 1 | | 1.952 | 0.869 | |
| Valine g | 1.772 | | 0 | | 1 | | 3.385 | 1.506 | |
| Arginine g | 1.886 | | 0 | | 1 | | 3.602 | 1.603 | |
| Histidine g | 1.164 | | 0 | | 1 | | 2.223 | 0.989 | |
| Alanine g | 1.907 | | 0 | | 1 | | 3.642 | 1.621 | |
| Aspartic acid g | 2.766 | | 0 | | 1 | | 5.283 | 2.351 | |
| Glutamic acid g | 5.071 | | 0 | | 1 | | 9.686 | 4.310 | |
| Glycine g | 1.648 | | 0 | | 1 | | 3.148 | 1.401 | |
| Proline g | 1.339 | | 0 | | 1 | | 2.557 | 1.138 | |
| Serine g | 1.202 | | 0 | | 1 | | 2.296 | 1.022 | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17117**

**Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised**

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.31 | | 0 | | 1 | | 168.50 | 55.51 | |
| Energy | kcal | 184 | | 0 | NC | 4 | | 475 | 156 | |
| Energy | kj | 770 | | | | 4 | | 1986 | 654 | |
| Protein (N x 6.25) | g | 25.32 | | 0 | | 1 | | 65.33 | 21.52 | |
| Total lipid (fat) | g | 8.42 | | 0 | | 1 | | 21.72 | 7.16 | |
| Ash | g | 1.40 | | 0 | | 1 | | 3.61 | 1.19 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 27 | | 0 | | 1 | | 70 | 23 | |
| Iron, Fe | mg | 1.03 | | 0 | | 1 | | 2.66 | 0.88 | |
| Magnesium, Mg | mg | 25 | | 0 | | 1 | | 65 | 21 | |
| Phosphorus, P | mg | 215 | | 0 | | 1 | | 555 | 183 | |
| Potassium, K | mg | 322 | | 0 | | 1 | | 831 | 274 | |
| Sodium, Na | mg | 96 | | 0 | | 1 | | 248 | 82 | |
| Zinc, Zn | mg | 5.12 | | 0 | | 1 | | 13.21 | 4.35 | |
| Copper, Cu | mg | 0.139 | | 0 | | 1 | | 0.359 | 0.118 | |
| Manganese, Mn | mg | 0.030 | | 0 | | 1 | | 0.077 | 0.026 | |
| Selenium, Se | mcg | 10.7 | | 0 | PIE | 4 | | 27.6 | 9.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.070 | | 0 | | 1 | | 0.181 | 0.060 | |
| Riboflavin | mg | 0.340 | | 0 | | 1 | | 0.877 | 0.289 | |
| Niacin | mg | 6.330 | | 0 | | 1 | | 16.331 | 5.381 | |
| Pantothenic acid | mg | 1.300 | | 0 | | 1 | | 3.354 | 1.105 | |
| Vitamin B-6 | mg | 0.260 | | 0 | | 1 | | 0.671 | 0.221 | |
| Folate, total | mcg | 12 | | 0 | | 1 | | 31 | 10 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 12 | | 0 | | 1 | | 31 | 10 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 31 | 10 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 1.82 | | 0 | | 1 | | 4.70 | 1.55 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.46 | | 0 | | 1 | | 1.19 | 0.39 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.400 | | 0 | | 1 | | 8.772 | 2.890 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.026 | 0.009 | |
| 12:0 | g | 0.020 | | 0 | | 1 | | 0.052 | 0.017 | |
| 13:0 | g | | | | | | | | | |

**NDB No. 17118**

**Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.310 | | 0 | | 1 | | 0.800 | 0.264 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.810 | | 0 | | 1 | | 4.670 | 1.539 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.130 | | 0 | | 1 | | 2.915 | 0.961 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.160 | | 0 | | 1 | | 8.153 | 2.686 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.929 | 0.306 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.730 | | 0 | | 1 | | 7.043 | 2.321 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.610 | | 0 | | 1 | | 1.574 | 0.519 | |
| 18:2 undifferentiated....g | 0.460 | | 0 | | 1 | | 1.187 | 0.391 | |
| 18:3 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.129 | 0.043 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.258 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 113 | | 0 | | 1 | | 292 | 96 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.256 | | 0 | | 1 | | 0.660 | 0.218 | |
| Threonine....g | 1.106 | | 0 | | 1 | | 2.853 | 0.940 | |
| Isoleucine....g | 1.247 | | 0 | | 1 | | 3.217 | 1.060 | |
| Leucine....g | 2.015 | | 0 | | 1 | | 5.199 | 1.713 | |
| Lysine....g | 2.087 | | 0 | | 1 | | 5.384 | 1.774 | |
| Methionine....g | 0.591 | | 0 | | 1 | | 1.525 | 0.502 | |
| Cystine....g | 0.286 | | 0 | | 1 | | 0.738 | 0.243 | |
| Phenylalanine....g | 1.022 | | 0 | | 1 | | 2.637 | 0.869 | |
| Tyrosine....g | 0.807 | | 0 | | 1 | | 2.082 | 0.686 | |
| Valine....g | 1.400 | | 0 | | 1 | | 3.612 | 1.190 | |
| Arginine....g | 1.489 | | 0 | | 1 | | 3.842 | 1.266 | |
| Histidine....g | 0.919 | | 0 | | 1 | | 2.371 | 0.781 | |
| Alanine....g | 1.506 | | 0 | | 1 | | 3.885 | 1.280 | |
| Aspartic acid....g | 2.184 | | 0 | | 1 | | 5.635 | 1.856 | |
| Glutamic acid....g | 4.005 | | 0 | | 1 | | 10.333 | 3.404 | |
| Glycine....g | 1.301 | | 0 | | 1 | | 3.357 | 1.106 | |
| Proline....g | 1.057 | | 0 | | 1 | | 2.727 | 0.898 | |
| Serine....g | 0.949 | | 0 | | 1 | | 2.448 | 0.807 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 258g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17118**

**Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17116**

**Veal, shoulder, whole (arm and blade), separable lean and fat, raw**

**Refuse:** 28% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.78 | | 0 | | 1 | | 21.20 | 339.20 | |
| Energy | kcal | 130 | | 0 | NC | 4 | | 37 | 590 | |
| Energy | kj | 544 | | 0 | | 4 | | 154 | 2467 | |
| Protein (N x 6.25) | g | 19.27 | | 0 | | 1 | | 5.46 | 87.41 | |
| Total lipid (fat) | g | 5.28 | | 0 | | 1 | | 1.50 | 23.95 | |
| Ash | g | 1.05 | | 0 | | 1 | | 0.30 | 4.76 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 22 | | 0 | | 1 | | 6 | 100 | |
| Iron, Fe | mg | 0.91 | | 0 | | 1 | | 0.26 | 4.13 | |
| Magnesium, Mg | mg | 23 | | 0 | | 1 | | 7 | 104 | |
| Phosphorus, P | mg | 203 | | 0 | | 1 | | 58 | 921 | |
| Potassium, K | mg | 302 | | 0 | | 1 | | 86 | 1370 | |
| Sodium, Na | mg | 91 | | 0 | | 1 | | 26 | 413 | |
| Zinc, Zn | mg | 3.93 | | 0 | | 1 | | 1.11 | 17.83 | |
| Copper, Cu | mg | 0.119 | | 0 | | 1 | | 0.034 | 0.540 | |
| Manganese, Mn | mg | 0.028 | | 0 | | 1 | | 0.008 | 0.127 | |
| Selenium, Se | mcg | 8.1 | | 0 | PIE | 4 | | 2.3 | 36.7 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.090 | | 0 | | 1 | | 0.026 | 0.408 | |
| Riboflavin | mg | 0.290 | | 0 | | 1 | | 0.082 | 1.315 | |
| Niacin | mg | 6.190 | | 0 | | 1 | | 1.755 | 28.078 | |
| Pantothenic acid | mg | 1.420 | | 0 | | 1 | | 0.403 | 6.441 | |
| Vitamin B-6 | mg | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| Folate, total | mcg | 12 | | 0 | | 1 | | 3 | 54 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 12 | | 0 | | 1 | | 3 | 54 | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 3 | 54 | |
| Choline, total | mg | 80.7 | | 0 | BFNN | 4 | | 22.9 | 366.2 | |
| Betaine | mg | 11.9 | | 0 | BFNN | 4 | | 3.4 | 53.8 | |
| Vitamin B-12 | mcg | 1.67 | | 0 | | 1 | | 0.47 | 7.58 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.27 | | 0 | | 1 | | 0.08 | 1.22 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 4.6 | | 0 | BFYN | 4 | | 1.3 | 21.0 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.050 | | 0 | | 1 | | 0.581 | 9.299 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |

**NDB No. 17116**

**Veal, shoulder, whole (arm and blade), separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.180 | | 0 | | 1 | | 0.051 | 0.816 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.100 | | 0 | | 1 | | 0.312 | 4.990 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.680 | | 0 | | 1 | | 0.193 | 3.084 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.940 | | 0 | | 1 | | 0.550 | 8.800 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.220 | | 0 | | 1 | | 0.062 | 0.998 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.680 | | 0 | | 1 | | 0.476 | 7.620 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.410 | | 0 | | 1 | | 0.116 | 1.860 | |
| 18:2 undifferentiated....g | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| 18:3 undifferentiated....g | 0.030 | | 0 | | 1 | | 0.009 | 0.136 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 87 | | 0 | | 1 | | 25 | 395 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.195 | | 0 | | 1 | | 0.055 | 0.885 | |
| Threonine....g | 0.842 | | 0 | | 1 | | 0.239 | 3.819 | |
| Isoleucine....g | 0.949 | | 0 | | 1 | | 0.269 | 4.305 | |
| Leucine....g | 1.534 | | 0 | | 1 | | 0.435 | 6.958 | |
| Lysine....g | 1.588 | | 0 | | 1 | | 0.450 | 7.203 | |
| Methionine....g | 0.450 | | 0 | | 1 | | 0.128 | 2.041 | |
| Cystine....g | 0.217 | | 0 | | 1 | | 0.062 | 0.984 | |
| Phenylalanine....g | 0.778 | | 0 | | 1 | | 0.221 | 3.529 | |
| Tyrosine....g | 0.614 | | 0 | | 1 | | 0.174 | 2.785 | |
| Valine....g | 1.065 | | 0 | | 1 | | 0.302 | 4.831 | |
| Arginine....g | 1.133 | | 0 | | 1 | | 0.321 | 5.139 | |
| Histidine....g | 0.699 | | 0 | | 1 | | 0.198 | 3.171 | |
| Alanine....g | 1.146 | | 0 | | 1 | | 0.325 | 5.198 | |
| Aspartic acid....g | 1.662 | | 0 | | 1 | | 0.471 | 7.539 | |
| Glutamic acid....g | 3.048 | | 0 | | 1 | | 0.864 | 13.826 | |
| Glycine....g | 0.990 | | 0 | | 1 | | 0.281 | 4.491 | |
| Proline....g | 0.804 | | 0 | | 1 | | 0.228 | 3.647 | |
| Serine....g | 0.722 | | 0 | | 1 | | 0.205 | 3.275 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17116**

**Veal, shoulder, whole (arm and blade), separable lean and fat, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17120**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised**

**Refuse:** 35% Bone 31%, separable fat 4%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.88 | 0.309 | 12 | | 1 | | 107.16 | 50.05 | |
| Energy....kcal | 199 | | 0 | NC | 4 | | 362 | 169 | |
| Energy....kj | 833 | | | | 4 | | 1515 | 708 | |
| Protein (N x 6.25)....g | 33.68 | 0.324 | 12 | | 1 | | 61.30 | 28.63 | |
| Total lipid (fat)....g | 6.10 | 0.070 | 12 | | 1 | | 11.10 | 5.19 | |
| Ash....g | 1.27 | 0.027 | 12 | | 1 | | 2.31 | 1.08 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 37 | 3.047 | 12 | | 1 | | 67 | 31 | |
| Iron, Fe....mg | 1.45 | 0.039 | 12 | | 1 | | 2.64 | 1.23 | |
| Magnesium, Mg....mg | 28 | 0.635 | 12 | | 1 | | 51 | 24 | |
| Phosphorus, P....mg | 260 | 7.304 | 12 | | 1 | | 473 | 221 | |
| Potassium, K....mg | 319 | 3.828 | 12 | | 1 | | 581 | 271 | |
| Sodium, Na....mg | 97 | 4.385 | 12 | | 1 | | 177 | 82 | |
| Zinc, Zn....mg | 7.00 | 0.157 | 12 | | 1 | | 12.74 | 5.95 | |
| Copper, Cu....mg | 0.159 | 0.012 | 12 | | 1 | | 0.289 | 0.135 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.069 | 0.032 | |
| Selenium, Se....mcg | 14.7 | | 0 | BFYN | 4 | | 26.8 | 12.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.006 | 12 | | 1 | | 0.109 | 0.051 | |
| Riboflavin....mg | 0.350 | 0.020 | 12 | | 1 | | 0.637 | 0.298 | |
| Niacin....mg | 6.680 | 0.922 | 12 | | 1 | | 12.158 | 5.678 | |
| Pantothenic acid....mg | 1.610 | 0.356 | 12 | | 1 | | 2.930 | 1.369 | |
| Vitamin B-6....mg | 0.260 | 0.041 | 12 | | 1 | | 0.473 | 0.221 | |
| Folate, total....mcg | 16 | 3.146 | 12 | | 1 | | 29 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | 3.146 | 12 | | 1 | | 29 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 29 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.94 | 0.296 | 12 | | 1 | | 3.53 | 1.65 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.45 | | 0 | | 1 | | 0.82 | 0.38 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.700 | | 0 | | 1 | | 3.094 | 1.445 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 73 | | 1 | | 0.018 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17120**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.120 | | 73 | | 1 | | 0.218 | 0.102 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.990 | | 73 | | 1 | | 1.802 | 0.842 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.580 | | 73 | | 1 | | 1.056 | 0.493 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.180 | | 0 | | 1 | | 3.968 | 1.853 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.200 | | 73 | | 1 | | 0.364 | 0.170 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.960 | | 73 | | 1 | | 3.567 | 1.666 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.550 | | 0 | | 1 | | 1.001 | 0.468 | |
| 18:2 undifferentiated....g | 0.420 | | 73 | | 1 | | 0.764 | 0.357 | |
| 18:3 undifferentiated....g | 0.030 | | 73 | | 1 | | 0.055 | 0.026 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 73 | | 1 | | 0.182 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 130 | 7.780 | 22 | | 1 | | 237 | 111 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.341 | | 0 | | 1 | | 0.621 | 0.290 | |
| Threonine....g | 1.471 | | 0 | | 1 | | 2.677 | 1.250 | |
| Isoleucine....g | 1.658 | | 0 | | 1 | | 3.018 | 1.409 | |
| Leucine....g | 2.680 | | 0 | | 1 | | 4.878 | 2.278 | |
| Lysine....g | 2.775 | | 0 | | 1 | | 5.051 | 2.359 | |
| Methionine....g | 0.786 | | 0 | | 1 | | 1.431 | 0.668 | |
| Cystine....g | 0.380 | | 0 | | 1 | | 0.692 | 0.323 | |
| Phenylalanine....g | 1.359 | | 0 | | 1 | | 2.473 | 1.155 | |
| Tyrosine....g | 1.074 | | 0 | | 1 | | 1.955 | 0.913 | |
| Valine....g | 1.861 | | 0 | | 1 | | 3.387 | 1.582 | |
| Arginine....g | 1.981 | | 0 | | 1 | | 3.605 | 1.684 | |
| Histidine....g | 1.222 | | 0 | | 1 | | 2.224 | 1.039 | |
| Alanine....g | 2.003 | | 0 | | 1 | | 3.645 | 1.703 | |
| Aspartic acid....g | 2.905 | | 0 | | 1 | | 5.287 | 2.469 | |
| Glutamic acid....g | 5.327 | | 0 | | 1 | | 9.695 | 4.528 | |
| Glycine....g | 1.731 | | 0 | | 1 | | 3.150 | 1.471 | |
| Proline....g | 1.406 | | 0 | | 1 | | 2.559 | 1.195 | |
| Serine....g | 1.262 | | 0 | | 1 | | 2.297 | 1.073 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 182g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17120**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17121**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted**

**Refuse:** 30% Bone 28%, separable fat 2%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 66.66 | | 0 | | 1 | | 167.32 | 56.66 | |
| Energy....kcal | 170 | | 0 | NC | 4 | | 427 | 145 | |
| Energy....kj | 711 | | | | 4 | | 1785 | 605 | |
| Protein (N x 6.25)....g | 25.81 | | 0 | | 1 | | 64.78 | 21.94 | |
| Total lipid (fat)....g | 6.62 | | 0 | | 1 | | 16.62 | 5.63 | |
| Ash....g | 1.41 | | 0 | | 1 | | 3.54 | 1.20 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 27 | | 0 | | 1 | | 68 | 23 | |
| Iron, Fe....mg | 1.03 | | 0 | | 1 | | 2.59 | 0.88 | |
| Magnesium, Mg....mg | 25 | | 0 | | 1 | | 63 | 21 | |
| Phosphorus, P....mg | 218 | | 0 | | 1 | | 547 | 185 | |
| Potassium, K....mg | 327 | | 0 | | 1 | | 821 | 278 | |
| Sodium, Na....mg | 97 | | 0 | | 1 | | 243 | 82 | |
| Zinc, Zn....mg | 5.25 | | 0 | | 1 | | 13.18 | 4.46 | |
| Copper, Cu....mg | 0.142 | | 0 | | 1 | | 0.356 | 0.121 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.075 | 0.026 | |
| Selenium, Se....mcg | 10.9 | | 0 | BFYN | 4 | | 27.4 | 9.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.070 | | 0 | | 1 | | 0.176 | 0.060 | |
| Riboflavin....mg | 0.340 | | 0 | | 1 | | 0.853 | 0.289 | |
| Niacin....mg | 6.440 | | 0 | | 1 | | 16.164 | 5.474 | |
| Pantothenic acid....mg | 1.320 | | 0 | | 1 | | 3.313 | 1.122 | |
| Vitamin B-6....mg | 0.260 | | 0 | | 1 | | 0.653 | 0.221 | |
| Folate, total....mcg | 13 | | 0 | | 1 | | 33 | 11 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | | 1 | | 33 | 11 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 33 | 11 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.86 | | 0 | | 1 | | 4.67 | 1.58 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.50 | | 0 | | 1 | | 1.26 | 0.43 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.500 | | 0 | | 1 | | 6.275 | 2.125 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.050 | 0.017 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17121**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.210 | | 0 | | 1 | | 0.527 | 0.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.350 | | 0 | | 1 | | 3.389 | 1.148 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.840 | | 0 | | 1 | | 2.108 | 0.714 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.400 | | 0 | | 1 | | 6.024 | 2.040 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.270 | | 0 | | 1 | | 0.678 | 0.230 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.080 | | 0 | | 1 | | 5.221 | 1.768 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.530 | | 0 | | 1 | | 1.330 | 0.451 | |
| 18:2 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.979 | 0.332 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.100 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.251 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 114 | | 0 | | 1 | | 286 | 97 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.261 | | 0 | | 1 | | 0.655 | 0.222 | |
| Threonine....g | 1.128 | | 0 | | 1 | | 2.831 | 0.959 | |
| Isoleucine....g | 1.271 | | 0 | | 1 | | 3.190 | 1.080 | |
| Leucine....g | 2.055 | | 0 | | 1 | | 5.158 | 1.747 | |
| Lysine....g | 2.127 | | 0 | | 1 | | 5.339 | 1.808 | |
| Methionine....g | 0.602 | | 0 | | 1 | | 1.511 | 0.512 | |
| Cystine....g | 0.291 | | 0 | | 1 | | 0.730 | 0.247 | |
| Phenylalanine....g | 1.042 | | 0 | | 1 | | 2.615 | 0.886 | |
| Tyrosine....g | 0.823 | | 0 | | 1 | | 2.066 | 0.700 | |
| Valine....g | 1.427 | | 0 | | 1 | | 3.582 | 1.213 | |
| Arginine....g | 1.518 | | 0 | | 1 | | 3.810 | 1.290 | |
| Histidine....g | 0.937 | | 0 | | 1 | | 2.352 | 0.796 | |
| Alanine....g | 1.535 | | 0 | | 1 | | 3.853 | 1.305 | |
| Aspartic acid....g | 2.227 | | 0 | | 1 | | 5.590 | 1.893 | |
| Glutamic acid....g | 4.083 | | 0 | | 1 | | 10.248 | 3.471 | |
| Glycine....g | 1.327 | | 0 | | 1 | | 3.331 | 1.128 | |
| Proline....g | 1.078 | | 0 | | 1 | | 2.706 | 0.916 | |
| Serine....g | 0.968 | | 0 | | 1 | | 2.430 | 0.823 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17121**

**Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17119**

**Veal, shoulder, whole (arm and blade), separable lean only, raw**

**Refuse:** 31% Bone 28%, separable fat 3%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 76.58 | 0.182 | 18 | | 1 | | 21.71 | 347.37 | |
| Energy....kcal | 112 | | 0 | NC | 4 | | 32 | 508 | |
| Energy....kj | 469 | | | | 4 | | 133 | 2126 | |
| Protein (N x 6.25)....g | 19.79 | 0.215 | 18 | | 1 | | 5.61 | 89.77 | |
| Total lipid (fat)....g | 3.00 | 0.054 | 18 | | 1 | | 0.85 | 13.61 | |
| Ash....g | 1.07 | 0.024 | 18 | | 1 | | 0.30 | 4.85 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 22 | 2.163 | 18 | | 1 | | 6 | 100 | |
| Iron, Fe....mg | 0.90 | 0.058 | 18 | | 1 | | 0.26 | 4.08 | |
| Magnesium, Mg....mg | 24 | 0.466 | 18 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 208 | 4.432 | 18 | | 1 | | 59 | 943 | |
| Potassium, K....mg | 311 | 5.936 | 18 | | 1 | | 88 | 1411 | |
| Sodium, Na....mg | 92 | 3.561 | 18 | | 1 | | 26 | 417 | |
| Zinc, Zn....mg | 4.06 | 0.060 | 18 | | 1 | | 1.15 | 18.42 | |
| Copper, Cu....mg | 0.121 | 0.006 | 18 | | 1 | | 0.034 | 0.549 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 8.3 | | 0 | BFNN | 4 | | 2.4 | 37.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.090 | 0.006 | 18 | | 1 | | 0.026 | 0.408 | |
| Riboflavin....mg | 0.290 | 0.016 | 18 | | 1 | | 0.082 | 1.315 | |
| Niacin....mg | 6.150 | 0.631 | 18 | | 1 | | 1.744 | 27.896 | |
| Pantothenic acid....mg | 1.450 | 0.149 | 18 | | 1 | | 0.411 | 6.577 | |
| Vitamin B-6....mg | 0.400 | 0.044 | 19 | | 1 | | 0.113 | 1.814 | |
| Folate, total....mcg | 11 | 2.034 | 18 | | 1 | | 3 | 50 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | 2.034 | 18 | | 1 | | 3 | 50 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 3 | 50 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.68 | 0.225 | 18 | | 1 | | 0.48 | 7.62 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.26 | | 0 | | 1 | | 0.07 | 1.18 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.900 | | 0 | | 1 | | 0.255 | 4.082 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17119**

**Veal, shoulder, whole (arm and blade), separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.050 | | 147 | | 1 | | 0.014 | 0.227 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.510 | | 147 | | 1 | | 0.145 | 2.313 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.320 | | 147 | | 1 | | 0.091 | 1.452 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.960 | | 0 | | 1 | | 0.272 | 4.355 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 147 | | 1 | | 0.028 | 0.454 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.860 | | 147 | | 1 | | 0.244 | 3.901 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.310 | | 0 | | 1 | | 0.088 | 1.406 | |
| 18:2 undifferentiated....g | 0.220 | | 147 | | 1 | | 0.062 | 0.998 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 147 | | 1 | | 0.023 | 0.363 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 86 | 4.577 | 18 | | 1 | | 24 | 390 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.200 | | 0 | | 1 | | 0.057 | 0.907 | |
| Threonine....g | 0.864 | | 0 | | 1 | | 0.245 | 3.919 | |
| Isoleucine....g | 0.974 | | 0 | | 1 | | 0.276 | 4.418 | |
| Leucine....g | 1.575 | | 0 | | 1 | | 0.447 | 7.144 | |
| Lysine....g | 1.630 | | 0 | | 1 | | 0.462 | 7.394 | |
| Methionine....g | 0.462 | | 0 | | 1 | | 0.131 | 2.096 | |
| Cystine....g | 0.223 | | 0 | | 1 | | 0.063 | 1.012 | |
| Phenylalanine....g | 0.799 | | 0 | | 1 | | 0.227 | 3.624 | |
| Tyrosine....g | 0.631 | | 0 | | 1 | | 0.179 | 2.862 | |
| Valine....g | 1.094 | | 0 | | 1 | | 0.310 | 4.962 | |
| Arginine....g | 1.164 | | 0 | | 1 | | 0.330 | 5.280 | |
| Histidine....g | 0.718 | | 0 | | 1 | | 0.204 | 3.257 | |
| Alanine....g | 1.177 | | 0 | | 1 | | 0.334 | 5.339 | |
| Aspartic acid....g | 1.707 | | 0 | | 1 | | 0.484 | 7.743 | |
| Glutamic acid....g | 3.130 | | 0 | | 1 | | 0.887 | 14.198 | |
| Glycine....g | 1.017 | | 0 | | 1 | | 0.288 | 4.613 | |
| Proline....g | 0.826 | | 0 | | 1 | | 0.234 | 3.747 | |
| Serine....g | 0.742 | | 0 | | 1 | | 0.210 | 3.366 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17119**

**Veal, shoulder, whole (arm and blade), separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17135**
**Veal, sirloin, separable lean and fat, cooked, braised**

**Refuse:** 26% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 54.49 | | 0 | | 1 | | 111.70 | 46.32 | |
| Energy....kcal | 252 | | 0 | NC | 4 | | 517 | 214 | |
| Energy....kj | 1054 | | | | 4 | | 2161 | 896 | |
| Protein (N x 6.25)....g | 31.26 | | 0 | | 1 | | 64.08 | 26.57 | |
| Total lipid (fat)....g | 13.14 | | 0 | | 1 | | 26.94 | 11.17 | |
| Ash....g | 1.16 | | 0 | | 1 | | 2.38 | 0.99 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 17 | | 0 | | 1 | | 35 | 14 | |
| Iron, Fe....mg | 1.20 | | 0 | | 1 | | 2.46 | 1.02 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 55 | 23 | |
| Phosphorus, P....mg | 243 | | 0 | | 1 | | 498 | 207 | |
| Potassium, K....mg | 321 | | 0 | | 1 | | 658 | 273 | |
| Sodium, Na....mg | 79 | | 0 | | 1 | | 162 | 67 | |
| Zinc, Zn....mg | 4.32 | | 0 | | 1 | | 8.86 | 3.67 | |
| Copper, Cu....mg | 0.128 | | 0 | | 1 | | 0.262 | 0.109 | |
| Manganese, Mn....mg | 0.035 | | 0 | | 1 | | 0.072 | 0.030 | |
| Selenium, Se....mcg | 14.0 | | 0 | PIE | 4 | | 28.7 | 11.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.050 | | 0 | | 1 | | 0.103 | 0.043 | |
| Riboflavin....mg | 0.350 | | 0 | | 1 | | 0.718 | 0.298 | |
| Niacin....mg | 6.580 | | 0 | | 1 | | 13.489 | 5.593 | |
| Pantothenic acid....mg | 1.010 | | 0 | | 1 | | 2.071 | 0.859 | |
| Vitamin B-6....mg | 0.350 | | 0 | | 1 | | 0.718 | 0.298 | |
| Folate, total....mcg | 15 | | 0 | | 1 | | 31 | 13 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 15 | | 0 | | 1 | | 31 | 13 | |
| Folate, DFE....mcg_DFE | 15 | | 0 | NC | 4 | | 31 | 13 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.48 | | 0 | | 1 | | 3.03 | 1.26 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.41 | | 0 | | 1 | | 0.84 | 0.35 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.180 | | 0 | | 1 | | 10.619 | 4.403 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.021 | 0.009 | |
| 12:0....g | 0.040 | | 0 | | 1 | | 0.082 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17135**
**Veal, sirloin, separable lean and fat, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.510 | | 0 | | 1 | | 1.046 | 0.434 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.770 | | 0 | | 1 | | 5.679 | 2.355 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.700 | | 0 | | 1 | | 3.485 | 1.445 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 5.150 | | 0 | | 1 | | 10.558 | 4.378 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.560 | | 0 | | 1 | | 1.148 | 0.476 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.460 | | 0 | | 1 | | 9.143 | 3.791 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.870 | | 0 | | 1 | | 1.784 | 0.740 | |
| 18:2 undifferentiated....g | 0.690 | | 0 | | 1 | | 1.415 | 0.587 | |
| 18:3 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.185 | 0.077 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.100 | | 0 | | 1 | | 0.205 | 0.085 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 108 | | 0 | | 1 | | 221 | 92 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.316 | | 0 | | 1 | | 0.648 | 0.269 | |
| Threonine....g | 1.366 | | 0 | | 1 | | 2.800 | 1.161 | |
| Isoleucine....g | 1.539 | | 0 | | 1 | | 3.155 | 1.308 | |
| Leucine....g | 2.488 | | 0 | | 1 | | 5.100 | 2.115 | |
| Lysine....g | 2.576 | | 0 | | 1 | | 5.281 | 2.190 | |
| Methionine....g | 0.729 | | 0 | | 1 | | 1.494 | 0.620 | |
| Cystine....g | 0.353 | | 0 | | 1 | | 0.724 | 0.300 | |
| Phenylalanine....g | 1.262 | | 0 | | 1 | | 2.587 | 1.073 | |
| Tyrosine....g | 0.997 | | 0 | | 1 | | 2.044 | 0.847 | |
| Valine....g | 1.728 | | 0 | | 1 | | 3.542 | 1.469 | |
| Arginine....g | 1.838 | | 0 | | 1 | | 3.768 | 1.562 | |
| Histidine....g | 1.135 | | 0 | | 1 | | 2.327 | 0.965 | |
| Alanine....g | 1.859 | | 0 | | 1 | | 3.811 | 1.580 | |
| Aspartic acid....g | 2.697 | | 0 | | 1 | | 5.529 | 2.292 | |
| Glutamic acid....g | 4.944 | | 0 | | 1 | | 10.135 | 4.202 | |
| Glycine....g | 1.606 | | 0 | | 1 | | 3.292 | 1.365 | |
| Proline....g | 1.305 | | 0 | | 1 | | 2.675 | 1.109 | |
| Serine....g | 1.172 | | 0 | | 1 | | 2.403 | 0.996 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17135**

**Veal, sirloin, separable lean and fat, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17136**
**Veal, sirloin, separable lean and fat, cooked, roasted**

**Refuse:** 25% Bone

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 62.66 | | 0 | | 1 | | 168.56 | 53.26 | |
| Energy | kcal | 202 | | 0 | NC | 4 | | 543 | 172 | |
| Energy | kj | 845 | | 0 | | 4 | | 2274 | 718 | |
| Protein (N x 6.25) | g | 25.14 | | 0 | | 1 | | 67.63 | 21.37 | |
| Total lipid (fat) | g | 10.45 | | 0 | | 1 | | 28.11 | 8.88 | |
| Ash | g | 1.39 | | 0 | | 1 | | 3.74 | 1.18 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 13 | | 0 | | 1 | | 35 | 11 | |
| Iron, Fe | mg | 0.92 | | 0 | | 1 | | 2.47 | 0.78 | |
| Magnesium, Mg | mg | 26 | | 0 | | 1 | | 70 | 22 | |
| Phosphorus, P | mg | 223 | | 0 | | 1 | | 600 | 190 | |
| Potassium, K | mg | 351 | | 0 | | 1 | | 944 | 298 | |
| Sodium, Na | mg | 83 | | 0 | | 1 | | 223 | 71 | |
| Zinc, Zn | mg | 3.35 | | 0 | | 1 | | 9.01 | 2.85 | |
| Copper, Cu | mg | 0.129 | | 0 | | 1 | | 0.347 | 0.110 | |
| Manganese, Mn | mg | 0.029 | | 0 | | 1 | | 0.078 | 0.025 | |
| Selenium, Se | mcg | 11.1 | | 0 | PIE | 4 | | 29.9 | 9.4 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.060 | | 0 | | 1 | | 0.161 | 0.051 | |
| Riboflavin | mg | 0.350 | | 0 | | 1 | | 0.942 | 0.298 | |
| Niacin | mg | 8.870 | | 0 | | 1 | | 23.860 | 7.540 | |
| Pantothenic acid | mg | 1.260 | | 0 | | 1 | | 3.389 | 1.071 | |
| Vitamin B-6 | mg | 0.320 | | 0 | | 1 | | 0.861 | 0.272 | |
| Folate, total | mcg | 15 | | 0 | | 1 | | 40 | 13 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 15 | | 0 | | 1 | | 40 | 13 | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 40 | 13 | |
| Choline, total | mg | 99.5 | | 0 | BFNN | 4 | | 267.6 | 84.5 | |
| Betaine | mg | 13.1 | | 0 | BFNN | 4 | | 35.2 | 11.1 | |
| Vitamin B-12 | mcg | 1.42 | | 0 | | 1 | | 3.82 | 1.21 | |
| Vitamin B-12, added | mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) | mg | 0.42 | | 0 | | 1 | | 1.13 | 0.36 | |
| Vitamin E, added | mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.6 | | 0 | BFYN | 4 | | 17.8 | 5.6 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.510 | | 0 | | 1 | | 12.132 | 3.834 | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0 | g | 0.010 | | 0 | | 1 | | 0.027 | 0.009 | |

**NDB No. 17136**
**Veal, sirloin, separable lean and fat, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.030 | | 0 | | 1 | | 0.081 | 0.026 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.450 | | 0 | | 1 | | 1.211 | 0.383 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 2.360 | | 0 | | 1 | | 6.348 | 2.006 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.480 | | 0 | | 1 | | 3.981 | 1.258 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 4.080 | | 0 | | 1 | | 10.975 | 3.468 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.480 | | 0 | | 1 | | 1.291 | 0.408 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.490 | | 0 | | 1 | | 9.388 | 2.967 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.680 | | 0 | | 1 | | 1.829 | 0.578 | |
| 18:2 undifferentiated....g | 0.520 | | 0 | | 1 | | 1.399 | 0.442 | |
| 18:3 undifferentiated....g | 0.070 | | 0 | | 1 | | 0.188 | 0.060 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.080 | | 0 | | 1 | | 0.215 | 0.068 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 102 | | 0 | | 1 | | 274 | 87 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.254 | | 0 | | 1 | | 0.683 | 0.216 | |
| Threonine....g | 1.098 | | 0 | | 1 | | 2.954 | 0.933 | |
| Isoleucine....g | 1.238 | | 0 | | 1 | | 3.330 | 1.052 | |
| Leucine....g | 2.001 | | 0 | | 1 | | 5.383 | 1.701 | |
| Lysine....g | 2.072 | | 0 | | 1 | | 5.574 | 1.761 | |
| Methionine....g | 0.587 | | 0 | | 1 | | 1.579 | 0.499 | |
| Cystine....g | 0.284 | | 0 | | 1 | | 0.764 | 0.241 | |
| Phenylalanine....g | 1.015 | | 0 | | 1 | | 2.730 | 0.863 | |
| Tyrosine....g | 0.802 | | 0 | | 1 | | 2.157 | 0.682 | |
| Valine....g | 1.390 | | 0 | | 1 | | 3.739 | 1.182 | |
| Arginine....g | 1.479 | | 0 | | 1 | | 3.979 | 1.257 | |
| Histidine....g | 0.913 | | 0 | | 1 | | 2.456 | 0.776 | |
| Alanine....g | 1.495 | | 0 | | 1 | | 4.022 | 1.271 | |
| Aspartic acid....g | 2.169 | | 0 | | 1 | | 5.835 | 1.844 | |
| Glutamic acid....g | 3.976 | | 0 | | 1 | | 10.695 | 3.380 | |
| Glycine....g | 1.292 | | 0 | | 1 | | 3.475 | 1.098 | |
| Proline....g | 1.050 | | 0 | | 1 | | 2.825 | 0.893 | |
| Serine....g | 0.942 | | 0 | | 1 | | 2.534 | 0.801 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17136**

**Veal, sirloin, separable lean and fat, cooked, roasted**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17134**
**Veal, sirloin, separable lean and fat, raw**

**Refuse:** 25% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.85 | | 0 | | 1 | | 20.37 | 325.91 | |
| Energy....kcal | 152 | | 0 | NC | 4 | | 43 | 689 | |
| Energy....kj | 636 | | 0 | | 4 | | 180 | 2885 | |
| Protein (N x 6.25)....g | 19.07 | | 0 | | 1 | | 5.41 | 86.50 | |
| Total lipid (fat)....g | 7.81 | | 0 | | 1 | | 2.21 | 35.43 | |
| Ash....g | 1.04 | | 0 | | 1 | | 0.29 | 4.72 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | | 0 | | 1 | | 3 | 50 | |
| Iron, Fe....mg | 0.78 | | 0 | | 1 | | 0.22 | 3.54 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 7 | 109 | |
| Phosphorus, P....mg | 209 | | 0 | | 1 | | 59 | 948 | |
| Potassium, K....mg | 329 | | 0 | | 1 | | 93 | 1492 | |
| Sodium, Na....mg | 76 | | 0 | | 1 | | 22 | 345 | |
| Zinc, Zn....mg | 2.55 | | 0 | | 1 | | 0.72 | 11.57 | |
| Copper, Cu....mg | 0.110 | | 0 | | 1 | | 0.031 | 0.499 | |
| Manganese, Mn....mg | 0.027 | | 0 | | 1 | | 0.008 | 0.122 | |
| Selenium, Se....mcg | 8.5 | | 0 | PIE | 4 | | 2.4 | 38.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | | 0 | | 1 | | 0.023 | 0.363 | |
| Riboflavin....mg | 0.300 | | 0 | | 1 | | 0.085 | 1.361 | |
| Niacin....mg | 8.440 | | 0 | | 1 | | 2.393 | 38.284 | |
| Pantothenic acid....mg | 1.360 | | 0 | | 1 | | 0.386 | 6.169 | |
| Vitamin B-6....mg | 0.490 | | 0 | | 1 | | 0.139 | 2.223 | |
| Folate, total....mcg | 13 | | 0 | | 1 | | 4 | 59 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 13 | | 0 | | 1 | | 4 | 59 | |
| Folate, DFE....mcg_DFE | 13 | | 0 | NC | 4 | | 4 | 59 | |
| Choline, total....mg | 82.3 | | 0 | BFNN | 4 | | 23.3 | 373.5 | |
| Betaine....mg | 12.1 | | 0 | BFNN | 4 | | 3.4 | 54.9 | |
| Vitamin B-12....mcg | 1.27 | | 0 | | 1 | | 0.36 | 5.76 | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | NR | 4 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.25 | | 0 | | 1 | | 0.07 | 1.13 | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 4.6 | | 0 | BFYN | 4 | | 1.3 | 21.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.350 | | 0 | | 1 | | 0.950 | 15.196 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.010 | | 0 | | 1 | | 0.003 | 0.045 | |

**NDB No. 17134**
**Veal, sirloin, separable lean and fat, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.020 | | 0 | | 1 | | 0.006 | 0.091 | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.330 | | 0 | | 1 | | 0.094 | 1.497 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.760 | | 0 | | 1 | | 0.499 | 7.983 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 1.100 | | 0 | | 1 | | 0.312 | 4.990 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 3.040 | | 0 | | 1 | | 0.862 | 13.789 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.350 | | 0 | | 1 | | 0.099 | 1.588 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.600 | | 0 | | 1 | | 0.737 | 11.794 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.510 | | 0 | | 1 | | 0.145 | 2.313 | |
| 18:2 undifferentiated....g | 0.390 | | 0 | | 1 | | 0.111 | 1.769 | |
| 18:3 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.060 | | 0 | | 1 | | 0.017 | 0.272 | |
| 20:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:5 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 78 | | 0 | | 1 | | 22 | 354 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.193 | | 0 | | 1 | | 0.055 | 0.875 | |
| Threonine....g | 0.833 | | 0 | | 1 | | 0.236 | 3.778 | |
| Isoleucine....g | 0.939 | | 0 | | 1 | | 0.266 | 4.259 | |
| Leucine....g | 1.517 | | 0 | | 1 | | 0.430 | 6.881 | |
| Lysine....g | 1.571 | | 0 | | 1 | | 0.445 | 7.126 | |
| Methionine....g | 0.445 | | 0 | | 1 | | 0.126 | 2.019 | |
| Cystine....g | 0.215 | | 0 | | 1 | | 0.061 | 0.975 | |
| Phenylalanine....g | 0.769 | | 0 | | 1 | | 0.218 | 3.488 | |
| Tyrosine....g | 0.608 | | 0 | | 1 | | 0.172 | 2.758 | |
| Valine....g | 1.054 | | 0 | | 1 | | 0.299 | 4.781 | |
| Arginine....g | 1.121 | | 0 | | 1 | | 0.318 | 5.085 | |
| Histidine....g | 0.692 | | 0 | | 1 | | 0.196 | 3.139 | |
| Alanine....g | 1.134 | | 0 | | 1 | | 0.321 | 5.144 | |
| Aspartic acid....g | 1.645 | | 0 | | 1 | | 0.466 | 7.462 | |
| Glutamic acid....g | 3.016 | | 0 | | 1 | | 0.855 | 13.681 | |
| Glycine....g | 0.980 | | 0 | | 1 | | 0.278 | 4.445 | |
| Proline....g | 0.796 | | 0 | | 1 | | 0.226 | 3.611 | |
| Serine....g | 0.715 | | 0 | | 1 | | 0.203 | 3.243 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 17134**

**Veal, sirloin, separable lean and fat, raw**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17138**
**Veal, sirloin, separable lean only, cooked, braised**

**Refuse:** 34% Bone 26%, separable fat 8%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 58.55 | 0.285 | 11 | | 1 | | 107.15 | 49.77 | |
| Energy....kcal | 204 | | 0 | NC | 4 | | 373 | 173 | |
| Energy....kj | 854 | | | | 4 | | 1562 | 726 | |
| Protein (N x 6.25)....g | 33.96 | 0.444 | 11 | | 1 | | 62.15 | 28.87 | |
| Total lipid (fat)....g | 6.51 | 0.389 | 11 | | 1 | | 11.91 | 5.53 | |
| Ash....g | 1.20 | 0.031 | 11 | | 1 | | 2.20 | 1.02 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | 2.102 | 11 | | 1 | | 35 | 16 | |
| Iron, Fe....mg | 1.23 | 0.051 | 11 | | 1 | | 2.25 | 1.05 | |
| Magnesium, Mg....mg | 29 | 0.802 | 11 | | 1 | | 53 | 25 | |
| Phosphorus, P....mg | 259 | 7.599 | 11 | | 1 | | 474 | 220 | |
| Potassium, K....mg | 339 | 6.581 | 11 | | 1 | | 620 | 288 | |
| Sodium, Na....mg | 81 | 4.759 | 11 | | 1 | | 148 | 69 | |
| Zinc, Zn....mg | 4.75 | 0.049 | 11 | | 1 | | 8.69 | 4.04 | |
| Copper, Cu....mg | 0.138 | 0.014 | 11 | | 1 | | 0.253 | 0.117 | |
| Manganese, Mn....mg | 0.038 | | 0 | | 1 | | 0.070 | 0.032 | |
| Selenium, Se....mcg | 15.0 | | 0 | BFYN | 4 | | 27.5 | 12.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | 0.006 | 11 | | 1 | | 0.110 | 0.051 | |
| Riboflavin....mg | 0.380 | 0.025 | 11 | | 1 | | 0.695 | 0.323 | |
| Niacin....mg | 7.050 | 0.737 | 11 | | 1 | | 12.902 | 5.993 | |
| Pantothenic acid....mg | 1.080 | 0.169 | 10 | | 1 | | 1.976 | 0.918 | |
| Vitamin B-6....mg | 0.380 | 0.069 | 11 | | 1 | | 0.695 | 0.323 | |
| Folate, total....mcg | 16 | 2.008 | 11 | | 1 | | 29 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | 2.008 | 11 | | 1 | | 29 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 29 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.59 | 0.283 | 11 | | 1 | | 2.91 | 1.35 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.44 | | 0 | | 1 | | 0.81 | 0.37 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.820 | | 0 | | 1 | | 3.331 | 1.547 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 73 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 73 | | 1 | | 0.018 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17138**
**Veal, sirloin, separable lean only, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.120 | | 73 | | 1 | | 0.220 | 0.102 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.060 | | 73 | | 1 | | 1.940 | 0.901 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.620 | | 73 | | 1 | | 1.135 | 0.527 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.330 | | 0 | | 1 | | 4.264 | 1.981 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.210 | | 73 | | 1 | | 0.384 | 0.179 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.090 | | 73 | | 1 | | 3.825 | 1.777 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.580 | | 0 | | 1 | | 1.061 | 0.493 | |
| 18:2 undifferentiated....g | 0.450 | | 73 | | 1 | | 0.824 | 0.383 | |
| 18:3 undifferentiated....g | 0.030 | | 73 | | 1 | | 0.055 | 0.026 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.110 | | 73 | | 1 | | 0.201 | 0.094 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 113 | 9.589 | 18 | | 1 | | 207 | 96 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.344 | | 0 | | 1 | | 0.630 | 0.292 | |
| Threonine....g | 1.483 | | 0 | | 1 | | 2.714 | 1.261 | |
| Isoleucine....g | 1.672 | | 0 | | 1 | | 3.060 | 1.421 | |
| Leucine....g | 2.703 | | 0 | | 1 | | 4.946 | 2.298 | |
| Lysine....g | 2.798 | | 0 | | 1 | | 5.120 | 2.378 | |
| Methionine....g | 0.792 | | 0 | | 1 | | 1.449 | 0.673 | |
| Cystine....g | 0.383 | | 0 | | 1 | | 0.701 | 0.326 | |
| Phenylalanine....g | 1.371 | | 0 | | 1 | | 2.509 | 1.165 | |
| Tyrosine....g | 1.083 | | 0 | | 1 | | 1.982 | 0.921 | |
| Valine....g | 1.877 | | 0 | | 1 | | 3.435 | 1.595 | |
| Arginine....g | 1.997 | | 0 | | 1 | | 3.655 | 1.697 | |
| Histidine....g | 1.233 | | 0 | | 1 | | 2.256 | 1.048 | |
| Alanine....g | 2.020 | | 0 | | 1 | | 3.697 | 1.717 | |
| Aspartic acid....g | 2.930 | | 0 | | 1 | | 5.362 | 2.491 | |
| Glutamic acid....g | 5.371 | | 0 | | 1 | | 9.829 | 4.565 | |
| Glycine....g | 1.745 | | 0 | | 1 | | 3.193 | 1.483 | |
| Proline....g | 1.418 | | 0 | | 1 | | 2.595 | 1.205 | |
| Serine....g | 1.273 | | 0 | | 1 | | 2.330 | 1.082 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 183g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17138**

**Veal, sirloin, separable lean only, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17139**
**Veal, sirloin, separable lean only, cooked, roasted**

**Refuse:** 30% Bone 25%, separable fat 5%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 65.74 | | 0 | | 1 | | 165.01 | 55.88 | |
| Energy....kcal | 168 | | 0 | NC | 4 | | 422 | 143 | |
| Energy....kj | 703 | | | | 4 | | 1764 | 597 | |
| Protein (N x 6.25)....g | 26.32 | | 0 | | 1 | | 66.06 | 22.37 | |
| Total lipid (fat)....g | 6.22 | | 0 | | 1 | | 15.61 | 5.29 | |
| Ash....g | 1.44 | | 0 | | 1 | | 3.61 | 1.22 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 14 | | 0 | | 1 | | 35 | 12 | |
| Iron, Fe....mg | 0.91 | | 0 | | 1 | | 2.28 | 0.77 | |
| Magnesium, Mg....mg | 27 | | 0 | | 1 | | 68 | 23 | |
| Phosphorus, P....mg | 231 | | 0 | | 1 | | 580 | 196 | |
| Potassium, K....mg | 365 | | 0 | | 1 | | 916 | 310 | |
| Sodium, Na....mg | 85 | | 0 | | 1 | | 213 | 72 | |
| Zinc, Zn....mg | 3.54 | | 0 | | 1 | | 8.89 | 3.01 | |
| Copper, Cu....mg | 0.136 | | 0 | | 1 | | 0.341 | 0.116 | |
| Manganese, Mn....mg | 0.030 | | 0 | | 1 | | 0.075 | 0.026 | |
| Selenium, Se....mcg | 11.5 | | 0 | BFYN | 4 | | 28.9 | 9.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.060 | | 0 | | 1 | | 0.151 | 0.051 | |
| Riboflavin....mg | 0.370 | | 0 | | 1 | | 0.929 | 0.315 | |
| Niacin....mg | 9.330 | | 0 | | 1 | | 23.418 | 7.931 | |
| Pantothenic acid....mg | 1.320 | | 0 | | 1 | | 3.313 | 1.122 | |
| Vitamin B-6....mg | 0.340 | | 0 | | 1 | | 0.853 | 0.289 | |
| Folate, total....mcg | 16 | | 0 | | 1 | | 40 | 14 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 16 | | 0 | | 1 | | 40 | 14 | |
| Folate, DFE....mcg_DFE | 16 | | 0 | NC | 4 | | 40 | 14 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.49 | | 0 | | 1 | | 3.74 | 1.27 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.46 | | 0 | | 1 | | 1.15 | 0.39 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.410 | | 0 | | 1 | | 6.049 | 2.049 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 0 | | 1 | | 0.025 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17139**
**Veal, sirloin, separable lean only, cooked, roasted**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.210 | | 0 | | 1 | | 0.527 | 0.179 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 1.290 | | 0 | | 1 | | 3.238 | 1.097 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.800 | | 0 | | 1 | | 2.008 | 0.680 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 2.280 | | 0 | | 1 | | 5.723 | 1.938 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.250 | | 0 | | 1 | | 0.628 | 0.213 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.970 | | 0 | | 1 | | 4.945 | 1.675 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.480 | | 0 | | 1 | | 1.205 | 0.408 | |
| 18:2 undifferentiated....g | 0.360 | | 0 | | 1 | | 0.904 | 0.306 | |
| 18:3 undifferentiated....g | 0.040 | | 0 | | 1 | | 0.100 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.090 | | 0 | | 1 | | 0.226 | 0.077 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 104 | | 0 | | 1 | | 261 | 88 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.266 | | 0 | | 1 | | 0.668 | 0.226 | |
| Threonine....g | 1.150 | | 0 | | 1 | | 2.887 | 0.978 | |
| Isoleucine....g | 1.296 | | 0 | | 1 | | 3.253 | 1.102 | |
| Leucine....g | 2.095 | | 0 | | 1 | | 5.258 | 1.781 | |
| Lysine....g | 2.169 | | 0 | | 1 | | 5.444 | 1.844 | |
| Methionine....g | 0.614 | | 0 | | 1 | | 1.541 | 0.522 | |
| Cystine....g | 0.297 | | 0 | | 1 | | 0.745 | 0.252 | |
| Phenylalanine....g | 1.062 | | 0 | | 1 | | 2.666 | 0.903 | |
| Tyrosine....g | 0.839 | | 0 | | 1 | | 2.106 | 0.713 | |
| Valine....g | 1.455 | | 0 | | 1 | | 3.652 | 1.237 | |
| Arginine....g | 1.548 | | 0 | | 1 | | 3.885 | 1.316 | |
| Histidine....g | 0.956 | | 0 | | 1 | | 2.400 | 0.813 | |
| Alanine....g | 1.566 | | 0 | | 1 | | 3.931 | 1.331 | |
| Aspartic acid....g | 2.271 | | 0 | | 1 | | 5.700 | 1.930 | |
| Glutamic acid....g | 4.164 | | 0 | | 1 | | 10.452 | 3.539 | |
| Glycine....g | 1.353 | | 0 | | 1 | | 3.396 | 1.150 | |
| Proline....g | 1.099 | | 0 | | 1 | | 2.758 | 0.934 | |
| Serine....g | 0.987 | | 0 | | 1 | | 2.477 | 0.839 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 251g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17139**

**Veal, sirloin, separable lean only, cooked, roasted**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17137**
**Veal, sirloin, separable lean only, raw**

**Refuse:** 31% Bone 25%, separable fat 6%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 75.94 | 0.096 | 12 | | 1 | | 21.53 | 344.46 | |
| Energy....kcal | 110 | | 0 | NC | 4 | | 31 | 499 | |
| Energy....kj | 460 | | | | 4 | | 130 | 2088 | |
| Protein (N x 6.25)....g | 20.20 | 0.662 | 12 | | 1 | | 5.73 | 91.63 | |
| Total lipid (fat)....g | 2.59 | 0.087 | 12 | | 1 | | 0.73 | 11.75 | |
| Ash....g | 1.09 | 0.023 | 12 | | 1 | | 0.31 | 4.94 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 1.645 | 12 | | 1 | | 3 | 50 | |
| Iron, Fe....mg | 0.80 | 0.032 | 12 | | 1 | | 0.23 | 3.63 | |
| Magnesium, Mg....mg | 26 | 0.516 | 12 | | 1 | | 7 | 118 | |
| Phosphorus, P....mg | 220 | 5.552 | 12 | | 1 | | 62 | 998 | |
| Potassium, K....mg | 348 | 4.973 | 12 | | 1 | | 99 | 1579 | |
| Sodium, Na....mg | 80 | 4.085 | 12 | | 1 | | 23 | 363 | |
| Zinc, Zn....mg | 2.73 | 0.043 | 12 | | 1 | | 0.77 | 12.38 | |
| Copper, Cu....mg | 0.116 | 0.009 | 12 | | 1 | | 0.033 | 0.526 | |
| Manganese, Mn....mg | 0.029 | | 0 | | 1 | | 0.008 | 0.132 | |
| Selenium, Se....mcg | 8.7 | | 0 | BFNN | 4 | | 2.5 | 39.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Thiamin....mg | 0.080 | 0.006 | 12 | | 1 | | 0.023 | 0.363 | |
| Riboflavin....mg | 0.310 | 0.018 | 12 | | 1 | | 0.088 | 1.406 | |
| Niacin....mg | 8.970 | 0.892 | 12 | | 1 | | 2.543 | 40.688 | |
| Pantothenic acid....mg | 1.450 | 0.117 | 12 | | 1 | | 0.411 | 6.577 | |
| Vitamin B-6....mg | 0.520 | 0.044 | 12 | | 1 | | 0.147 | 2.359 | |
| Folate, total....mcg | 14 | 2.811 | 12 | | 1 | | 4 | 64 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 14 | 2.811 | 12 | | 1 | | 4 | 64 | |
| Folate, DFE....mcg_DFE | 14 | | 0 | NC | 4 | | 4 | 64 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 1.34 | 0.182 | 12 | | 1 | | 0.38 | 6.08 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.25 | | 0 | | 1 | | 0.07 | 1.13 | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.780 | | 0 | | 1 | | 0.221 | 3.538 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 147 | | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17137**
**Veal, sirloin, separable lean only, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.040 | | 147 | | 1 | | 0.011 | 0.181 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.440 | | 147 | | 1 | | 0.125 | 1.996 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.270 | | 147 | | 1 | | 0.077 | 1.225 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.830 | | 0 | | 1 | | 0.235 | 3.765 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.080 | | 147 | | 1 | | 0.023 | 0.363 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.740 | | 147 | | 1 | | 0.210 | 3.357 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.270 | | 0 | | 1 | | 0.077 | 1.225 | |
| 18:2 undifferentiated....g | 0.190 | | 147 | | 1 | | 0.054 | 0.862 | |
| 18:3 undifferentiated....g | 0.010 | | 147 | | 1 | | 0.003 | 0.045 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.070 | | 147 | | 1 | | 0.020 | 0.318 | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 79 | 4.854 | 12 | | 1 | | 22 | 358 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.204 | | 0 | | 1 | | 0.058 | 0.925 | |
| Threonine....g | 0.882 | | 0 | | 1 | | 0.250 | 4.001 | |
| Isoleucine....g | 0.995 | | 0 | | 1 | | 0.282 | 4.513 | |
| Leucine....g | 1.608 | | 0 | | 1 | | 0.456 | 7.294 | |
| Lysine....g | 1.665 | | 0 | | 1 | | 0.472 | 7.552 | |
| Methionine....g | 0.471 | | 0 | | 1 | | 0.134 | 2.136 | |
| Cystine....g | 0.228 | | 0 | | 1 | | 0.065 | 1.034 | |
| Phenylalanine....g | 0.815 | | 0 | | 1 | | 0.231 | 3.697 | |
| Tyrosine....g | 0.644 | | 0 | | 1 | | 0.183 | 2.921 | |
| Valine....g | 1.116 | | 0 | | 1 | | 0.316 | 5.062 | |
| Arginine....g | 1.188 | | 0 | | 1 | | 0.337 | 5.389 | |
| Histidine....g | 0.733 | | 0 | | 1 | | 0.208 | 3.325 | |
| Alanine....g | 1.201 | | 0 | | 1 | | 0.340 | 5.448 | |
| Aspartic acid....g | 1.743 | | 0 | | 1 | | 0.494 | 7.906 | |
| Glutamic acid....g | 3.195 | | 0 | | 1 | | 0.906 | 14.493 | |
| Glycine....g | 1.038 | | 0 | | 1 | | 0.294 | 4.708 | |
| Proline....g | 0.843 | | 0 | | 1 | | 0.239 | 3.824 | |
| Serine....g | 0.757 | | 0 | | 1 | | 0.215 | 3.434 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 453.6g: 1 lb

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17137**
**Veal, sirloin, separable lean only, raw**

**Food Group:** 17 Lamb, Veal, and Game Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17189**

**Veal, variety meats and by-products, brain, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 76.89 | 2.012 | 5 | | 1 | | 260.66 | 65.36 | |
| Energy....kcal | 136 | | 0 | NC | 4 | | 461 | 116 | |
| Energy....kj | 569 | | | | 4 | | 1929 | 484 | |
| Protein (N x 6.25)....g | 11.48 | 0.609 | 5 | | 1 | | 38.92 | 9.76 | |
| Total lipid (fat)....g | 9.63 | 1.483 | 5 | | 1 | | 32.65 | 8.19 | |
| Ash....g | 1.40 | 0.041 | 4 | | 1 | | 4.75 | 1.19 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 16 | | 1 | | 1 | | 54 | 14 | |
| Iron, Fe....mg | 1.67 | | 2 | | 1 | | 5.66 | 1.42 | |
| Magnesium, Mg....mg | 16 | | 2 | | 1 | | 54 | 14 | |
| Phosphorus, P....mg | 385 | | 2 | | 1 | | 1305 | 327 | |
| Potassium, K....mg | 214 | | 2 | | 1 | | 725 | 182 | |
| Sodium, Na....mg | 156 | | 2 | | 1 | | 529 | 133 | |
| Zinc, Zn....mg | 1.61 | | 2 | | 1 | | 5.46 | 1.37 | |
| Copper, Cu....mg | 0.260 | | 1 | | 1 | | 0.881 | 0.221 | |
| Manganese, Mn....mg | 0.038 | | 1 | | 1 | | 0.129 | 0.032 | |
| Selenium, Se....mcg | 11.0 | 2.767 | 4 | A | 1 | | 37.3 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 13.0 | | 1 | | 1 | | 44.1 | 11.1 | |
| Thiamin....mg | 0.080 | | 2 | | 1 | | 0.271 | 0.068 | |
| Riboflavin....mg | 0.200 | | 2 | | 1 | | 0.678 | 0.170 | |
| Niacin....mg | 2.430 | | 2 | | 1 | | 8.238 | 2.066 | |
| Pantothenic acid....mg | 1.000 | | 2 | | 1 | | 3.390 | 0.850 | |
| Vitamin B-6....mg | 0.170 | | 2 | | 1 | | 0.576 | 0.145 | |
| Folate, total....mcg | 3 | | 2 | | 1 | | 10 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 2 | | 1 | | 10 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 10 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 9.65 | | 2 | | 1 | | 32.71 | 8.20 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.180 | | 0 | | 1 | | 7.390 | 1.853 | |
| Fatty acids, total monounsaturated....g | 1.740 | | 0 | | 1 | | 5.899 | 1.479 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.110 | | 0 | | 1 | | 3.763 | 0.944 | |

**NDB No. 17189**

**Veal, variety meats and by-products, brain, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 1.490 | | 0 | | 1 | | 5.051 | 1.267 | |
| 18:2 undifferentiated ... g | 0.090 | | 0 | | 1 | | 0.305 | 0.077 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 3100 | | 1 | | 1 | | 10509 | 2635 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.115 | | 0 | | 1 | | 0.390 | 0.098 | |
| Threonine ... g | 0.568 | | 0 | | 1 | | 1.926 | 0.483 | |
| Isoleucine ... g | 0.467 | | 0 | | 1 | | 1.583 | 0.397 | |
| Leucine ... g | 0.886 | | 0 | | 1 | | 3.004 | 0.753 | |
| Lysine ... g | 0.711 | | 0 | | 1 | | 2.410 | 0.604 | |
| Methionine ... g | 0.252 | | 0 | | 1 | | 0.854 | 0.214 | |
| Cystine ... g | 0.120 | | 0 | | 1 | | 0.407 | 0.102 | |
| Phenylalanine ... g | 0.604 | | 0 | | 1 | | 2.048 | 0.513 | |
| Tyrosine ... g | 0.445 | | 0 | | 1 | | 1.509 | 0.378 | |
| Valine ... g | 0.546 | | 0 | | 1 | | 1.851 | 0.464 | |
| Arginine ... g | 0.629 | | 0 | | 1 | | 2.132 | 0.535 | |
| Histidine ... g | 0.287 | | 0 | | 1 | | 0.973 | 0.244 | |
| Alanine ... g | 0.591 | | 0 | | 1 | | 2.003 | 0.502 | |
| Aspartic acid ... g | 0.974 | | 0 | | 1 | | 3.302 | 0.828 | |
| Glutamic acid ... g | 1.373 | | 0 | | 1 | | 4.654 | 1.167 | |
| Glycine ... g | 0.504 | | 0 | | 1 | | 1.709 | 0.428 | |
| Proline ... g | 0.474 | | 0 | | 1 | | 1.607 | 0.403 | |
| Serine ... g | 0.589 | | 0 | | 1 | | 1.997 | 0.501 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 339g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**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: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 68.56 | | 1 | | 1 | | 226.25 | 58.28 | |
| Energy | kcal | 213 | | 0 | NC | 4 | | 703 | 181 | |
| Energy | kj | 891 | | | | 4 | | 2941 | 758 | |
| Protein (N x 6.25) | g | 14.48 | | 1 | | 1 | | 47.78 | 12.31 | |
| Total lipid (fat) | g | 16.75 | | 1 | | 1 | | 55.28 | 14.24 | |
| Ash | g | 1.88 | | 1 | | 1 | | 6.20 | 1.60 | |
| Carbohydrate, by difference | g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary | g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 10 | | 1 | | 1 | | 33 | 9 | |
| Iron, Fe | mg | 1.07 | | 1 | | 1 | | 3.53 | 0.91 | |
| Magnesium, Mg | mg | 18 | | 1 | | 1 | | 59 | 15 | |
| Phosphorus, P | mg | 434 | | 1 | | 1 | | 1432 | 369 | |
| Potassium, K | mg | 472 | | 1 | | 1 | | 1558 | 401 | |
| Sodium, Na | mg | 176 | | 1 | | 1 | | 581 | 150 | |
| Zinc, Zn | mg | 1.82 | | 1 | | 1 | | 6.01 | 1.55 | |
| Copper, Cu | mg | 0.300 | | 1 | | 1 | | 0.990 | 0.255 | |
| Manganese, Mn | mg | 0.044 | | 1 | | 1 | | 0.145 | 0.037 | |
| Selenium, Se | mcg | 12.0 | 2.207 | 4 | A | 1 | | 39.6 | 10.2 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 15.0 | | 1 | | 1 | | 49.5 | 12.8 | |
| Thiamin | mg | 0.150 | | 1 | | 1 | | 0.495 | 0.128 | |
| Riboflavin | mg | 0.360 | | 1 | | 1 | | 1.188 | 0.306 | |
| Niacin | mg | 5.620 | | 1 | | 1 | | 18.546 | 4.777 | |
| Pantothenic acid | mg | 1.130 | | 1 | | 1 | | 3.729 | 0.961 | |
| Vitamin B-6 | mg | 0.330 | | 1 | | 1 | | 1.089 | 0.281 | |
| Folate, total | mcg | 6 | | 1 | | 1 | | 20 | 5 | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food | mcg | 6 | | 1 | | 1 | | 20 | 5 | |
| Folate, DFE | mcg_DFE | 6 | | 0 | NC | 4 | | 20 | 5 | |
| Choline, total | mg | | | | | | | | | |
| Betaine | mg | | | | | | | | | |
| Vitamin B-12 | mcg | 21.30 | | 1 | | 1 | | 70.29 | 18.11 | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol | mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta | mcg | | | | | | | | | |
| Carotene, alpha | mcg | | | | | | | | | |
| Cryptoxanthin, beta | mcg | | | | | | | | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene | mcg | | | | | | | | | |
| Lutein + zeaxanthin | mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.960 | | 0 | | 1 | | 13.068 | 3.366 | |
| Fatty acids, total monounsaturated | g | 4.210 | | 0 | | 1 | | 13.893 | 3.579 | |
| 14:1 | g | | | | | | | | | |
| 15:1 | g | | | | | | | | | |
| 16:1 undifferentiated | g | | | | | | | | | |
| 17:1 | g | | | | | | | | | |
| 18:1 undifferentiated | g | 3.670 | | 0 | | 1 | | 12.111 | 3.120 | |

**NDB No. 17190**

**Veal, variety meats and by-products, brain, cooked, pan-fried**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 2.440 | | 0 | | 1 | | 8.052 | 2.074 | |
| 18:2 undifferentiated ... g | 0.890 | | 0 | | 1 | | 2.937 | 0.757 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 2120 | | 1 | | 1 | | 6996 | 1802 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.145 | | 0 | | 1 | | 0.479 | 0.123 | |
| Threonine ... g | 0.716 | | 0 | | 1 | | 2.363 | 0.609 | |
| Isoleucine ... g | 0.589 | | 0 | | 1 | | 1.944 | 0.501 | |
| Leucine ... g | 1.118 | | 0 | | 1 | | 3.689 | 0.950 | |
| Lysine ... g | 0.897 | | 0 | | 1 | | 2.960 | 0.762 | |
| Methionine ... g | 0.318 | | 0 | | 1 | | 1.049 | 0.270 | |
| Cystine ... g | 0.151 | | 0 | | 1 | | 0.498 | 0.128 | |
| Phenylalanine ... g | 0.762 | | 0 | | 1 | | 2.515 | 0.648 | |
| Tyrosine ... g | 0.561 | | 0 | | 1 | | 1.851 | 0.477 | |
| Valine ... g | 0.689 | | 0 | | 1 | | 2.274 | 0.586 | |
| Arginine ... g | 0.794 | | 0 | | 1 | | 2.620 | 0.675 | |
| Histidine ... g | 0.363 | | 0 | | 1 | | 1.198 | 0.309 | |
| Alanine ... g | 0.745 | | 0 | | 1 | | 2.459 | 0.633 | |
| Aspartic acid ... g | 1.228 | | 0 | | 1 | | 4.052 | 1.044 | |
| Glutamic acid ... g | 1.732 | | 0 | | 1 | | 5.716 | 1.472 | |
| Glycine ... g | 0.635 | | 0 | | 1 | | 2.096 | 0.540 | |
| Proline ... g | 0.598 | | 0 | | 1 | | 1.973 | 0.508 | |
| Serine ... g | 0.743 | | 0 | | 1 | | 2.452 | 0.632 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 330g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17188**
**Veal, variety meats and by-products, brain, raw**

**Refuse:** 3% Blood clots and membranes

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.78 | 0.310 | 9 | | 1 | | 22.62 | 90.15 | |
| Energy....kcal | 118 | | 0 | NC | 4 | | 33 | 133 | |
| Energy....kj | 494 | | | | 4 | | 140 | 558 | |
| Protein (N x 6.25)....g | 10.32 | 0.046 | 9 | | 1 | | 2.93 | 11.66 | |
| Total lipid (fat)....g | 8.21 | 0.353 | 9 | | 1 | | 2.33 | 9.28 | |
| Ash....g | 1.36 | 0.016 | 9 | | 1 | | 0.39 | 1.54 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 10 | | 2 | | 1 | | 3 | 11 | |
| Iron, Fe....mg | 2.13 | 0.606 | 5 | | 1 | | 0.60 | 2.41 | |
| Magnesium, Mg....mg | 14 | | 2 | | 1 | | 4 | 16 | |
| Phosphorus, P....mg | 274 | | 2 | | 1 | | 78 | 310 | |
| Potassium, K....mg | 315 | 22.229 | 6 | | 1 | | 89 | 356 | |
| Sodium, Na....mg | 127 | 1.301 | 6 | | 1 | | 36 | 144 | |
| Zinc, Zn....mg | 1.11 | | 1 | | 1 | | 0.31 | 1.25 | |
| Copper, Cu....mg | 0.220 | | 2 | | 1 | | 0.062 | 0.249 | |
| Manganese, Mn....mg | 0.037 | | 1 | | 1 | | 0.010 | 0.042 | |
| Selenium, Se....mcg | 10.0 | 1.603 | 4 | A | 1 | | 2.8 | 11.3 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 14.0 | | 2 | | 1 | | 4.0 | 15.8 | |
| Thiamin....mg | 0.130 | | 1 | | 1 | | 0.037 | 0.147 | |
| Riboflavin....mg | 0.260 | | 1 | | 1 | | 0.074 | 0.294 | |
| Niacin....mg | 4.300 | | 1 | | 1 | | 1.219 | 4.859 | |
| Pantothenic acid....mg | 2.720 | | 1 | | 1 | | 0.771 | 3.074 | |
| Vitamin B-6....mg | 0.280 | | 1 | | 1 | | 0.079 | 0.316 | |
| Folate, total....mcg | 3 | | 1 | | 1 | | 1 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 1 | | 1 | | 1 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 12.20 | | 1 | | 1 | | 3.46 | 13.79 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.910 | | 0 | | 1 | | 0.541 | 2.158 | |
| Fatty acids, total monounsaturated....g | 1.640 | | 0 | | 1 | | 0.465 | 1.853 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.310 | | 0 | | 1 | | 0.371 | 1.480 | |

**NDB No. 17188**
**Veal, variety meats and by-products, brain, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.950 | | 0 | | 1 | | 0.269 | 1.074 | |
| 18:2 undifferentiated ... g | 0.020 | | 0 | | 1 | | 0.006 | 0.023 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 1590 | | 2 | | 1 | | 451 | 1797 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.103 | | 6 | | 1 | | 0.029 | 0.116 | |
| Threonine ... g | 0.511 | | 6 | | 1 | | 0.145 | 0.577 | |
| Isoleucine ... g | 0.420 | | 6 | | 1 | | 0.119 | 0.475 | |
| Leucine ... g | 0.797 | | 6 | | 1 | | 0.226 | 0.901 | |
| Lysine ... g | 0.640 | | 6 | | 1 | | 0.181 | 0.723 | |
| Methionine ... g | 0.227 | | 6 | | 1 | | 0.064 | 0.257 | |
| Cystine ... g | 0.108 | | 6 | | 1 | | 0.031 | 0.122 | |
| Phenylalanine ... g | 0.543 | | 6 | | 1 | | 0.154 | 0.614 | |
| Tyrosine ... g | 0.400 | | 6 | | 1 | | 0.113 | 0.452 | |
| Valine ... g | 0.491 | | 6 | | 1 | | 0.139 | 0.555 | |
| Arginine ... g | 0.566 | | 6 | | 1 | | 0.160 | 0.640 | |
| Histidine ... g | 0.258 | | 6 | | 1 | | 0.073 | 0.292 | |
| Alanine ... g | 0.531 | | 6 | | 1 | | 0.151 | 0.600 | |
| Aspartic acid ... g | 0.876 | | 6 | | 1 | | 0.248 | 0.990 | |
| Glutamic acid ... g | 1.234 | | 6 | | 1 | | 0.350 | 1.394 | |
| Glycine ... g | 0.453 | | 6 | | 1 | | 0.128 | 0.512 | |
| Proline ... g | 0.426 | | 6 | | 1 | | 0.121 | 0.481 | |
| Serine ... g | 0.530 | | 6 | | 1 | | 0.150 | 0.599 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17194**
**Veal, variety meats and by-products, heart, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 62.18 | | 0 | | 1 | | 123.12 | 52.85 | |
| Energy....kcal | 186 | | 0 | NC | 4 | | 368 | 158 | |
| Energy....kj | 778 | | | | 4 | | 1541 | 661 | |
| Protein (N x 6.25)....g | 29.12 | | 0 | | 1 | | 57.66 | 24.75 | |
| Total lipid (fat)....g | 6.75 | | 0 | | 1 | | 13.37 | 5.74 | |
| Ash....g | 1.82 | | 0 | | 1 | | 3.60 | 1.55 | |
| Carbohydrate, by difference....g | 0.13 | | 0 | NC | 4 | | 0.26 | 0.11 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 8 | | 0 | | 1 | | 16 | 7 | |
| Iron, Fe....mg | 4.32 | | 0 | | 1 | | 8.55 | 3.67 | |
| Magnesium, Mg....mg | 18 | | 0 | | 1 | | 36 | 15 | |
| Phosphorus, P....mg | 250 | | 0 | | 1 | | 495 | 213 | |
| Potassium, K....mg | 199 | | 0 | | 1 | | 394 | 169 | |
| Sodium, Na....mg | 58 | | 0 | | 1 | | 115 | 49 | |
| Zinc, Zn....mg | 2.24 | | 0 | | 1 | | 4.44 | 1.90 | |
| Copper, Cu....mg | 0.432 | | 0 | | 1 | | 0.855 | 0.367 | |
| Manganese, Mn....mg | 0.061 | | 0 | | 1 | | 0.121 | 0.052 | |
| Selenium, Se....mcg | 52.4 | | 0 | BFNN | 4 | | 103.8 | 44.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 10.0 | | 0 | | 1 | | 19.8 | 8.5 | |
| Thiamin....mg | 0.350 | | 0 | | 1 | | 0.693 | 0.298 | |
| Riboflavin....mg | 0.930 | | 0 | | 1 | | 1.841 | 0.791 | |
| Niacin....mg | 4.880 | | 0 | | 1 | | 9.662 | 4.148 | |
| Pantothenic acid....mg | 1.650 | | 0 | | 1 | | 3.267 | 1.403 | |
| Vitamin B-6....mg | 0.210 | | 0 | | 1 | | 0.416 | 0.179 | |
| Folate, total....mcg | 2 | | 0 | | 1 | | 4 | 2 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 2 | | 0 | | 1 | | 4 | 2 | |
| Folate, DFE....mcg_DFE | 2 | | 0 | NC | 4 | | 4 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 14.46 | | 0 | | 1 | | 28.63 | 12.29 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 4 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 4 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 4 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.820 | | 0 | | 1 | | 3.604 | 1.547 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.040 | | 0 | | 1 | | 0.079 | 0.034 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17194**
**Veal, variety meats and by-products, heart, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.120 | | 0 | | 1 | | 0.238 | 0.102 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.820 | | 0 | | 1 | | 1.624 | 0.697 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.800 | | 0 | | 1 | | 1.584 | 0.680 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.420 | | 0 | | 1 | | 2.812 | 1.207 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.110 | | 0 | | 1 | | 0.218 | 0.094 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.230 | | 0 | | 1 | | 2.435 | 1.046 | |
| 20:1....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.099 | 0.043 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.780 | | 0 | | 1 | | 3.524 | 1.513 | |
| 18:2 undifferentiated....g | 1.210 | | 0 | | 1 | | 2.396 | 1.029 | |
| 18:3 undifferentiated....g | 0.050 | | 0 | | 1 | | 0.099 | 0.043 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.410 | | 0 | | 1 | | 0.812 | 0.349 | |
| 20:5 n-3....g | 0.060 | | 0 | | 1 | | 0.119 | 0.051 | |
| 22:5 n-3....g | 0.060 | | 0 | | 1 | | 0.119 | 0.051 | |
| 22:6 n-3....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 176 | | 0 | | 1 | | 348 | 150 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.310 | | 0 | | 1 | | 0.614 | 0.264 | |
| Threonine....g | 1.288 | | 0 | | 1 | | 2.550 | 1.095 | |
| Isoleucine....g | 1.395 | | 0 | | 1 | | 2.762 | 1.186 | |
| Leucine....g | 2.287 | | 0 | | 1 | | 4.528 | 1.944 | |
| Lysine....g | 2.507 | | 0 | | 1 | | 4.964 | 2.131 | |
| Methionine....g | 0.664 | | 0 | | 1 | | 1.315 | 0.564 | |
| Cystine....g | 0.313 | | 0 | | 1 | | 0.620 | 0.266 | |
| Phenylalanine....g | 1.263 | | 0 | | 1 | | 2.501 | 1.074 | |
| Tyrosine....g | 0.955 | | 0 | | 1 | | 1.891 | 0.812 | |
| Valine....g | 1.523 | | 0 | | 1 | | 3.016 | 1.295 | |
| Arginine....g | 1.808 | | 0 | | 1 | | 3.580 | 1.537 | |
| Histidine....g | 0.783 | | 0 | | 1 | | 1.550 | 0.666 | |
| Alanine....g | 1.808 | | 0 | | 1 | | 3.580 | 1.537 | |
| Aspartic acid....g | 2.703 | | 0 | | 1 | | 5.352 | 2.298 | |
| Glutamic acid....g | 4.203 | | 0 | | 1 | | 8.322 | 3.573 | |
| Glycine....g | 1.589 | | 0 | | 1 | | 3.146 | 1.351 | |
| Proline....g | 1.351 | | 0 | | 1 | | 2.675 | 1.148 | |
| Serine....g | 1.351 | | 0 | | 1 | | 2.675 | 1.148 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 198g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17194**

**Veal, variety meats and by-products, heart, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17193**
**Veal, variety meats and by-products, heart, raw**

**Refuse:** 26% Fat and valves

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 77.69 | 0.601 | 7 | | 1 | | 22.03 | 87.79 | |
| Energy....kcal | 110 | | 0 | NC | 4 | | 31 | 124 | |
| Energy....kj | 460 | | | | 4 | | 130 | 520 | |
| Protein (N x 6.25)....g | 17.18 | 0.314 | 6 | | 1 | | 4.87 | 19.41 | |
| Total lipid (fat)....g | 3.98 | 0.520 | 6 | | 1 | | 1.13 | 4.50 | |
| Ash....g | 1.07 | 0.032 | 6 | | 1 | | 0.30 | 1.21 | |
| Carbohydrate, by difference....g | 0.08 | | 0 | NC | 4 | | 0.02 | 0.09 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | 1.659 | 3 | | 1 | | 1 | 6 | |
| Iron, Fe....mg | 4.24 | 0.467 | 6 | | 1 | | 1.20 | 4.79 | |
| Magnesium, Mg....mg | 18 | 1.703 | 3 | | 1 | | 5 | 20 | |
| Phosphorus, P....mg | 211 | | 2 | | 1 | | 60 | 238 | |
| Potassium, K....mg | 261 | 35.016 | 3 | | 1 | | 74 | 295 | |
| Sodium, Na....mg | 77 | 16.969 | 3 | | 1 | | 22 | 87 | |
| Zinc, Zn....mg | 1.47 | | 2 | | 1 | | 0.42 | 1.66 | |
| Copper, Cu....mg | 0.340 | | 1 | | 1 | | 0.096 | 0.384 | |
| Manganese, Mn....mg | 0.036 | | 0 | | 1 | | 0.010 | 0.041 | |
| Selenium, Se....mcg | 33.3 | | 0 | BFNN | 4 | | 9.4 | 37.6 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 8.0 | 0.358 | 5 | | 1 | | 2.3 | 9.0 | |
| Thiamin....mg | 0.520 | | 1 | | 1 | | 0.147 | 0.588 | |
| Riboflavin....mg | 1.000 | | 1 | | 1 | | 0.284 | 1.130 | |
| Niacin....mg | 6.400 | | 1 | | 1 | | 1.814 | 7.232 | |
| Pantothenic acid....mg | 2.780 | | 1 | | 1 | | 0.788 | 3.141 | |
| Vitamin B-6....mg | 0.430 | | 0 | | 1 | | 0.122 | 0.486 | |
| Folate, total....mcg | 2 | | 0 | | 1 | | 1 | 2 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 2 | | 0 | | 1 | | 1 | 2 | |
| Folate, DFE....mcg_DFE | 2 | | 0 | NC | 4 | | 1 | 2 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 13.76 | | 0 | | 1 | | 3.90 | 15.55 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 9 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 9 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.070 | | 0 | | 1 | | 0.303 | 1.209 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.020 | | 13 | | 1 | | 0.006 | 0.023 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17193**
**Veal, variety meats and by-products, heart, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.070 | | 13 | | 1 | | 0.020 | 0.079 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.480 | | 13 | | 1 | | 0.136 | 0.542 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.470 | | 13 | | 1 | | 0.133 | 0.531 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.840 | | 0 | | 1 | | 0.238 | 0.949 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 13 | | 1 | | 0.017 | 0.068 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.730 | | 13 | | 1 | | 0.207 | 0.825 | |
| 20:1....g | 0.000 | | 13 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.030 | | 13 | | 1 | | 0.009 | 0.034 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.050 | | 0 | | 1 | | 0.298 | 1.187 | |
| 18:2 undifferentiated....g | 0.710 | | 13 | | 1 | | 0.201 | 0.802 | |
| 18:3 undifferentiated....g | 0.030 | | 13 | | 1 | | 0.009 | 0.034 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.240 | | 13 | | 1 | | 0.068 | 0.271 | |
| 20:5 n-3....g | 0.030 | | 13 | | 1 | | 0.009 | 0.034 | |
| 22:5 n-3....g | 0.030 | 0.000 | 13 | | 1 | | 0.009 | 0.034 | |
| 22:6 n-3....g | 0.000 | | 13 | | 1 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 104 | | 1 | | 1 | | 29 | 118 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.183 | | 2 | | 1 | | 0.052 | 0.207 | |
| Threonine....g | 0.760 | | 2 | | 1 | | 0.215 | 0.859 | |
| Isoleucine....g | 0.823 | | 2 | | 1 | | 0.233 | 0.930 | |
| Leucine....g | 1.349 | | 2 | | 1 | | 0.382 | 1.524 | |
| Lysine....g | 1.479 | | 2 | | 1 | | 0.419 | 1.671 | |
| Methionine....g | 0.392 | | 2 | | 1 | | 0.111 | 0.443 | |
| Cystine....g | 0.185 | | 2 | | 1 | | 0.052 | 0.209 | |
| Phenylalanine....g | 0.745 | | 2 | | 1 | | 0.211 | 0.842 | |
| Tyrosine....g | 0.564 | | 2 | | 1 | | 0.160 | 0.637 | |
| Valine....g | 0.898 | | 1 | | 1 | | 0.255 | 1.015 | |
| Arginine....g | 1.067 | | 1 | | 1 | | 0.302 | 1.206 | |
| Histidine....g | 0.462 | | 1 | | 1 | | 0.131 | 0.522 | |
| Alanine....g | 1.067 | | 1 | | 1 | | 0.302 | 1.206 | |
| Aspartic acid....g | 1.595 | | 1 | | 1 | | 0.452 | 1.802 | |
| Glutamic acid....g | 2.480 | | 1 | | 1 | | 0.703 | 2.802 | |
| Glycine....g | 0.938 | | 1 | | 1 | | 0.266 | 1.060 | |
| Proline....g | 0.797 | | 1 | | 1 | | 0.226 | 0.901 | |
| Serine....g | 0.797 | | 1 | | 1 | | 0.226 | 0.901 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17193**

**Veal, variety meats and by-products, heart, raw**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17198**

**Veal, variety meats and by-products, kidneys, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 67.67 | 1.194 | 4 | | 1 | | 124.51 | 57.52 | |
| Energy....kcal | 163 | | 0 | NC | 4 | | 300 | 139 | |
| Energy....kj | 682 | | | | 4 | | 1255 | 580 | |
| Protein (N x 6.25)....g | 26.32 | 0.328 | 4 | | 1 | | 48.43 | 22.37 | |
| Total lipid (fat)....g | 5.66 | 0.404 | 4 | | 1 | | 10.41 | 4.81 | |
| Ash....g | 1.45 | 0.063 | 4 | | 1 | | 2.67 | 1.23 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 29 | | 1 | | 1 | | 53 | 25 | |
| Iron, Fe....mg | 3.04 | | 1 | | 1 | | 5.59 | 2.58 | |
| Magnesium, Mg....mg | 24 | | 1 | | 1 | | 44 | 20 | |
| Phosphorus, P....mg | 372 | | 1 | | 1 | | 684 | 316 | |
| Potassium, K....mg | 159 | | 1 | | 1 | | 293 | 135 | |
| Sodium, Na....mg | 110 | | 1 | | 1 | | 202 | 94 | |
| Zinc, Zn....mg | 4.25 | | 1 | | 1 | | 7.82 | 3.61 | |
| Copper, Cu....mg | 0.360 | | 1 | | 1 | | 0.662 | 0.306 | |
| Manganese, Mn....mg | 0.127 | | 1 | | 1 | | 0.234 | 0.108 | |
| Selenium, Se....mcg | 100.0 | 10.295 | 4 | A | 1 | | 184.0 | 85.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 8.0 | | 1 | | 1 | | 14.7 | 6.8 | |
| Thiamin....mg | 0.190 | | 1 | | 1 | | 0.350 | 0.162 | |
| Riboflavin....mg | 1.990 | | 1 | | 1 | | 3.662 | 1.692 | |
| Niacin....mg | 4.630 | | 1 | | 1 | | 8.519 | 3.936 | |
| Pantothenic acid....mg | 0.860 | | 1 | | 1 | | 1.582 | 0.731 | |
| Vitamin B-6....mg | 0.180 | | 1 | | 1 | | 0.331 | 0.153 | |
| Folate, total....mcg | 21 | | 1 | | 1 | | 39 | 18 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 1 | | 1 | | 39 | 18 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 39 | 18 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 36.90 | | 1 | | 1 | | 67.90 | 31.37 | |
| Vitamin A, RAE....mcg_RAE | 201 | | 1 | | 1 | | 370 | 171 | |
| Retinol....mcg | 201 | | 1 | | 1 | | 370 | 171 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 669 | | 1 | | 1 | | 1231 | 569 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.740 | | 0 | | 1 | | 3.202 | 1.479 | |
| 4:0....g | | | | | | | | | |
| 6:0....g | | | | | | | | | |
| 8:0....g | | | | | | | | | |
| 10:0....g | | | | | | | | | |
| 12:0....g | 0.010 | | 2 | | 1 | | 0.018 | 0.009 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17198**
**Veal, variety meats and by-products, kidneys, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.110 | | 2 | | 1 | | 0.202 | 0.094 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.940 | | 2 | | 1 | | 1.730 | 0.799 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.630 | | 2 | | 1 | | 1.159 | 0.536 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.240 | | 0 | | 1 | | 2.282 | 1.054 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.100 | | 2 | | 1 | | 0.184 | 0.085 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.070 | | 2 | | 1 | | 1.969 | 0.910 | |
| 20:1....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.030 | | 2 | | 1 | | 0.055 | 0.026 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.130 | | 0 | | 1 | | 2.079 | 0.961 | |
| 18:2 undifferentiated....g | 0.550 | | 2 | | 1 | | 1.012 | 0.468 | |
| 18:3 undifferentiated....g | 0.070 | | 2 | | 1 | | 0.129 | 0.060 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.320 | | 2 | | 1 | | 0.589 | 0.272 | |
| 20:5 n-3....g | 0.090 | | 2 | | 1 | | 0.166 | 0.077 | |
| 22:5 n-3....g | 0.070 | | 2 | | 1 | | 0.129 | 0.060 | |
| 22:6 n-3....g | 0.030 | | 2 | | 1 | | 0.055 | 0.026 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 791 | | 1 | | 1 | | 1455 | 672 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.338 | | 0 | | 1 | | 0.622 | 0.287 | |
| Threonine....g | 1.200 | | 0 | | 1 | | 2.208 | 1.020 | |
| Isoleucine....g | 1.119 | | 0 | | 1 | | 2.059 | 0.951 | |
| Leucine....g | 2.131 | | 0 | | 1 | | 3.921 | 1.811 | |
| Lysine....g | 1.751 | | 0 | | 1 | | 3.222 | 1.488 | |
| Methionine....g | 0.552 | | 0 | | 1 | | 1.016 | 0.469 | |
| Cystine....g | 0.292 | | 0 | | 1 | | 0.537 | 0.248 | |
| Phenylalanine....g | 1.248 | | 0 | | 1 | | 2.296 | 1.061 | |
| Tyrosine....g | 1.009 | | 0 | | 1 | | 1.857 | 0.858 | |
| Valine....g | 1.392 | | 0 | | 1 | | 2.561 | 1.183 | |
| Arginine....g | 1.622 | | 0 | | 1 | | 2.984 | 1.379 | |
| Histidine....g | 0.636 | | 0 | | 1 | | 1.170 | 0.541 | |
| Alanine....g | 1.392 | | 0 | | 1 | | 2.561 | 1.183 | |
| Aspartic acid....g | 2.277 | | 0 | | 1 | | 4.190 | 1.935 | |
| Glutamic acid....g | 2.447 | | 0 | | 1 | | 4.502 | 2.080 | |
| Glycine....g | 1.554 | | 0 | | 1 | | 2.859 | 1.321 | |
| Proline....g | 1.292 | | 0 | | 1 | | 2.377 | 1.098 | |
| Serine....g | 1.147 | | 0 | | 1 | | 2.110 | 0.975 | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 184g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**NDB No. 17198**

**Veal, variety meats and by-products, kidneys, cooked, braised**

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17197**
**Veal, variety meats and by-products, kidneys, raw**

**Refuse:** 12% Connective tissue, fat, and veins

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.07 | 0.857 | 4 | | 1 | | 22.42 | 89.35 | |
| Energy....kcal | 99 | | 0 | NC | 4 | | 28 | 112 | |
| Energy....kj | 414 | | | | 4 | | 117 | 468 | |
| Protein (N x 6.25)....g | 15.76 | 0.445 | 5 | | 1 | | 4.47 | 17.81 | |
| Total lipid (fat)....g | 3.12 | 0.489 | 3 | | 1 | | 0.88 | 3.53 | |
| Ash....g | 1.20 | 0.032 | 5 | | 1 | | 0.34 | 1.36 | |
| Carbohydrate, by difference....g | 0.85 | | 0 | NC | 4 | | 0.24 | 0.96 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 11 | 0.914 | 4 | | 1 | | 3 | 12 | |
| Iron, Fe....mg | 3.36 | 0.524 | 4 | | 1 | | 0.95 | 3.80 | |
| Magnesium, Mg....mg | 16 | | 2 | | 1 | | 5 | 18 | |
| Phosphorus, P....mg | 241 | | 1 | | 1 | | 68 | 272 | |
| Potassium, K....mg | 272 | | 2 | | 1 | | 77 | 307 | |
| Sodium, Na....mg | 178 | | 2 | | 1 | | 50 | 201 | |
| Zinc, Zn....mg | 1.97 | 0.310 | 3 | | 1 | | 0.56 | 2.23 | |
| Copper, Cu....mg | 0.494 | 0.124 | 38 | | 1 | | 0.140 | 0.558 | |
| Manganese, Mn....mg | 0.080 | | 1 | | 1 | | 0.023 | 0.090 | |
| Selenium, Se....mcg | 80.0 | 3.055 | 3 | A | 1 | | 22.7 | 90.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | | 2 | | 1 | | 1.4 | 5.7 | |
| Thiamin....mg | 0.320 | 0.042 | 4 | | 1 | | 0.091 | 0.362 | |
| Riboflavin....mg | 1.900 | 0.164 | 4 | | 1 | | 0.539 | 2.147 | |
| Niacin....mg | 6.990 | 0.267 | 4 | | 1 | | 1.982 | 7.899 | |
| Pantothenic acid....mg | 3.300 | | 2 | | 1 | | 0.936 | 3.729 | |
| Vitamin B-6....mg | 0.370 | 0.059 | 4 | | 1 | | 0.105 | 0.418 | |
| Folate, total....mcg | 21 | | 4 | | 1 | | 6 | 24 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 21 | | 4 | | 1 | | 6 | 24 | |
| Folate, DFE....mcg_DFE | 21 | | 0 | NC | 4 | | 6 | 24 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 28.20 | | 4 | | 1 | | 7.99 | 31.87 | |
| Vitamin A, RAE....mcg_RAE | 92 | 15.252 | 5 | | 1 | | 26 | 105 | |
| Retinol....mcg | 92 | 15.252 | 5 | | 1 | | 26 | 105 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 308 | 50.790 | 5 | | 1 | | 87 | 348 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.960 | | 0 | | 1 | | 0.272 | 1.085 | |
| 4:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.010 | | 2 | | 1 | | 0.003 | 0.011 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17197**

**Veal, variety meats and by-products, kidneys, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 14:0....g | 0.060 | | 2 | | 1 | | 0.017 | 0.068 | |
| 15:0....g | | | | | | | | | |
| 16:0....g | 0.520 | | 2 | | 1 | | 0.147 | 0.588 | |
| 17:0....g | | | | | | | | | |
| 18:0....g | 0.350 | | 2 | | 1 | | 0.099 | 0.396 | |
| 20:0....g | | | | | | | | | |
| 22:0....g | | | | | | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.680 | | 0 | | 1 | | 0.193 | 0.768 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.060 | | 2 | | 1 | | 0.017 | 0.068 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.590 | | 2 | | 1 | | 0.167 | 0.667 | |
| 20:1....g | 0.000 | | 2 | | 1 | | 0.000 | 0.000 | |
| 22:1 undifferentiated....g | 0.010 | | 2 | | 1 | | 0.003 | 0.011 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.620 | | 0 | | 1 | | 0.176 | 0.701 | |
| 18:2 undifferentiated....g | 0.300 | | 2 | | 1 | | 0.085 | 0.339 | |
| 18:3 undifferentiated....g | 0.040 | | 2 | | 1 | | 0.011 | 0.045 | |
| 18:4....g | 0.000 | | 0 | | 1 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.180 | | 2 | | 1 | | 0.051 | 0.203 | |
| 20:5 n-3....g | 0.050 | | 2 | | 1 | | 0.014 | 0.057 | |
| 22:5 n-3....g | 0.040 | | 2 | | 1 | | 0.011 | 0.045 | |
| 22:6 n-3....g | 0.020 | | 2 | | 1 | | 0.006 | 0.023 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 364 | 46.361 | 3 | | 1 | | 103 | 411 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.202 | | 4 | | 1 | | 0.057 | 0.228 | |
| Threonine....g | 0.719 | | 4 | | 1 | | 0.204 | 0.812 | |
| Isoleucine....g | 0.670 | | 4 | | 1 | | 0.190 | 0.757 | |
| Leucine....g | 1.276 | | 4 | | 1 | | 0.362 | 1.442 | |
| Lysine....g | 1.048 | | 3 | | 1 | | 0.297 | 1.184 | |
| Methionine....g | 0.330 | | 4 | | 1 | | 0.094 | 0.373 | |
| Cystine....g | 0.175 | | 4 | | 1 | | 0.050 | 0.198 | |
| Phenylalanine....g | 0.748 | | 4 | | 1 | | 0.212 | 0.845 | |
| Tyrosine....g | 0.604 | | 4 | | 1 | | 0.171 | 0.683 | |
| Valine....g | 0.833 | | 4 | | 1 | | 0.236 | 0.941 | |
| Arginine....g | 0.971 | | 4 | | 1 | | 0.275 | 1.097 | |
| Histidine....g | 0.381 | | 4 | | 1 | | 0.108 | 0.431 | |
| Alanine....g | 0.833 | | 4 | | 1 | | 0.236 | 0.941 | |
| Aspartic acid....g | 1.363 | | 4 | | 1 | | 0.386 | 1.540 | |
| Glutamic acid....g | 1.465 | | 4 | | 1 | | 0.415 | 1.655 | |
| Glycine....g | 0.930 | | 4 | | 1 | | 0.264 | 1.051 | |
| Proline....g | 0.773 | | 4 | | 1 | | 0.219 | 0.873 | |
| Serine....g | 0.687 | | 4 | | 1 | | 0.195 | 0.776 | |
| Hydroxyproline....g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | | | | | | | | | |
| Theobromine....mg | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**NDB No. 17197**

**Veal, variety meats and by-products, kidneys, raw**

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17203**

**Veal, variety meats and by-products, liver, cooked, braised**

calf liver

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 59.86 | | 2 | A | 1 | | 47.89 | | |
| Energy....kcal | 192 | | 0 | NC | 4 | | 154 | | |
| Energy....kj | 805 | | 0 | NC | 4 | | 644 | | |
| Protein (N x 6.25)....g | 28.42 | | 2 | A | 1 | | 22.73 | | |
| Total lipid (fat)....g | 6.26 | | 2 | A | 1 | | 5.01 | | |
| Ash....g | 1.70 | | 2 | A | 1 | | 1.36 | | |
| Carbohydrate, by difference....g | 3.77 | | 0 | NC | 4 | | 3.01 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | | 2 | A | 1 | | 5 | | |
| Iron, Fe....mg | 5.11 | | 2 | A | 1 | | 4.08 | | |
| Magnesium, Mg....mg | 20 | | 2 | A | 1 | | 16 | | |
| Phosphorus, P....mg | 460 | | 2 | A | 1 | | 368 | | |
| Potassium, K....mg | 329 | | 2 | A | 1 | | 263 | | |
| Sodium, Na....mg | 78 | | 2 | A | 1 | | 62 | | |
| Zinc, Zn....mg | 11.23 | | 2 | A | 1 | | 8.98 | | |
| Copper, Cu....mg | 14.940 | | 2 | A | 1 | | 11.952 | | |
| Manganese, Mn....mg | 0.270 | | 2 | A | 1 | | 0.216 | | |
| Selenium, Se....mcg | 19.3 | | 2 | A | 1 | | 15.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 1.1 | | 0 | BFYN | 4 | | 0.9 | | |
| Thiamin....mg | 0.182 | | 2 | A | 1 | | 0.145 | | |
| Riboflavin....mg | 2.860 | | 2 | A | 1 | | 2.288 | | |
| Niacin....mg | 13.150 | | 2 | A | 1 | | 10.520 | | |
| Pantothenic acid....mg | 6.555 | | 2 | A | 1 | | 5.244 | | |
| Vitamin B-6....mg | 0.918 | | 2 | A | 1 | | 0.734 | | |
| Folate, total....mcg | 331 | | 2 | A | 1 | | 264 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 331 | | 2 | A | 1 | | 264 | | |
| Folate, DFE....mcg_DFE | 331 | | 0 | NC | 4 | | 264 | | |
| Choline, total....mg | 398.9 | | 0 | AS | 1 | | 319.1 | | |
| Betaine....mg | 9.8 | | 2 | A | 1 | | 7.8 | | |
| Vitamin B-12....mcg | 84.60 | | 2 | A | 1 | | 67.68 | | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 21145 | | 0 | AS | 1 | | 16916 | | |
| Retinol....mcg | 21140 | | 2 | A | 1 | | 16912 | | |
| Carotene, beta....mcg | 47 | | 2 | A | 1 | | 38 | | |
| Carotene, alpha....mcg | 11 | | 2 | A | 1 | | 9 | | |
| Cryptoxanthin, beta....mcg | 11 | | 2 | A | 1 | | 9 | | |
| Vitamin A, IU....IU | 70564 | | 0 | AS | 1 | | 56451 | | |
| Lycopene....mcg | 0 | | 2 | A | 1 | | 0 | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.68 | | 4 | A | 1 | | 0.54 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | 0.01 | | 4 | A | 1 | | 0.01 | | |
| Tocopherol, gamma....mg | 0.04 | | 4 | A | 1 | | 0.03 | | |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.4 | | 2 | A | 1 | | 1.1 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.986 | | 0 | NC | 4 | | 1.589 | | |
| 4:0....g | 0.000 | | 2 | Z | 7 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 10:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |

**NDB No. 17203**
**Veal, variety meats and by-products, liver, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 12:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.048 | | 2 | A | 1 | | 0.038 | | |
| 15:0....g | 0.014 | | 2 | A | 1 | | 0.011 | | |
| 16:0....g | 0.736 | | 2 | A | 1 | | 0.589 | | |
| 17:0....g | 0.047 | | 2 | A | 1 | | 0.037 | | |
| 18:0....g | 1.130 | | 2 | A | 1 | | 0.904 | | |
| 20:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:0....g | 0.012 | | 2 | A | 1 | | 0.010 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.146 | | 0 | NC | 4 | | 0.916 | | |
| 14:1....g | 0.005 | | 2 | A | 1 | | 0.004 | | |
| 15:1....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.097 | | 2 | A | 1 | | 0.078 | | |
| 17:1....g | 0.013 | | 2 | A | 1 | | 0.010 | | |
| 18:1 undifferentiated....g | 1.016 | | 2 | A | 1 | | 0.813 | | |
| 20:1....g | 0.016 | | 2 | A | 1 | | 0.012 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.069 | | 0 | NC | 4 | | 0.855 | | |
| 18:2 undifferentiated....g | 0.648 | | 0 | AS | 1 | | 0.518 | | |
| 18:2 n-6 c,c....g | 0.648 | | 2 | A | 1 | | 0.518 | | |
| 18:2 CLAs....g | | | | | | | | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.039 | | 0 | AS | 1 | | 0.031 | | |
| 18:3 n-3 c,c,c....g | 0.030 | | 2 | A | 1 | | 0.024 | | |
| 18:3 n-6 c,c,c....g | 0.009 | | 2 | A | 1 | | 0.007 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.019 | | 2 | A | 1 | | 0.015 | | |
| 20:3 undifferentiated....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.326 | | 2 | A | 1 | | 0.261 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 22:6 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Fatty acids, total trans....g | 0.305 | | 2 | A | 1 | | 0.244 | | |
| Cholesterol....mg | 511 | | 2 | A | 1 | | 408 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.361 | | 0 | A | 1 | | 0.288 | | |
| Threonine....g | 1.149 | | 0 | A | 1 | | 0.919 | | |
| Isoleucine....g | 1.274 | | 0 | A | 1 | | 1.019 | | |
| Leucine....g | 2.507 | | 0 | A | 1 | | 2.005 | | |
| Lysine....g | 2.141 | | 0 | A | 1 | | 1.713 | | |
| Methionine....g | 0.740 | | 0 | A | 1 | | 0.592 | | |
| Cystine....g | 0.490 | | 0 | A | 1 | | 0.392 | | |
| Phenylalanine....g | 1.440 | | 0 | A | 1 | | 1.152 | | |
| Tyrosine....g | 1.044 | | 0 | A | 1 | | 0.835 | | |
| Valine....g | 1.669 | | 0 | A | 1 | | 1.335 | | |
| Arginine....g | 1.838 | | 0 | A | 1 | | 1.471 | | |
| Histidine....g | 0.829 | | 0 | A | 1 | | 0.663 | | |
| Alanine....g | 1.784 | | 0 | A | 1 | | 1.428 | | |
| Aspartic acid....g | 2.688 | | 0 | A | 1 | | 2.151 | | |

**NDB No. 17203**
**Veal, variety meats and by-products, liver, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Glutamic acid.....g | 3.607 | | 0 | A | 1 | | 2.886 | | |
| Glycine.....g | 2.288 | | 0 | A | 1 | | 1.831 | | |
| Proline.....g | 1.642 | | 0 | A | 1 | | 1.314 | | |
| Serine.....g | 1.291 | | 0 | A | 1 | | 1.033 | | |
| Hydroxyproline.....g | 0.100 | | 1 | A | 1 | | 0.080 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 80g: 1 slice

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17204**

**Veal, variety meats and by-products, liver, cooked, pan-fried**

calf liver

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 59.87 | | 2 | A | 1 | | 40.11 | | |
| Energy....kcal | 193 | | 0 | NC | 4 | | 129 | | |
| Energy....kj | 807 | | 0 | NC | 4 | | 541 | | |
| Protein (N x 6.25)....g | 27.37 | | 2 | A | 1 | | 18.34 | | |
| Total lipid (fat)....g | 6.51 | | 2 | A | 1 | | 4.36 | | |
| Ash....g | 1.79 | | 2 | A | 1 | | 1.20 | | |
| Carbohydrate, by difference....g | 4.47 | | 0 | NC | 4 | | 2.99 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 2 | A | 1 | | 5 | | |
| Iron, Fe....mg | 5.98 | | 2 | A | 1 | | 4.01 | | |
| Magnesium, Mg....mg | 23 | | 2 | A | 1 | | 16 | | |
| Phosphorus, P....mg | 483 | | 2 | A | 1 | | 324 | | |
| Potassium, K....mg | 353 | | 2 | A | 1 | | 236 | | |
| Sodium, Na....mg | 85 | | 2 | A | 1 | | 57 | | |
| Zinc, Zn....mg | 11.90 | | 2 | A | 1 | | 7.97 | | |
| Copper, Cu....mg | 15.050 | | 2 | A | 1 | | 10.084 | | |
| Manganese, Mn....mg | 0.302 | | 2 | A | 1 | | 0.202 | | |
| Selenium, Se....mcg | 24.9 | | 2 | A | 1 | | 16.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.7 | | 1 | A | 1 | | 0.5 | | |
| Thiamin....mg | 0.178 | | 2 | A | 1 | | 0.119 | | |
| Riboflavin....mg | 3.060 | | 2 | A | 1 | | 2.050 | | |
| Niacin....mg | 14.350 | | 2 | A | 1 | | 9.615 | | |
| Pantothenic acid....mg | 7.075 | | 2 | A | 1 | | 4.740 | | |
| Vitamin B-6....mg | 0.891 | | 2 | A | 1 | | 0.597 | | |
| Folate, total....mcg | 350 | | 2 | A | 1 | | 235 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 350 | | 2 | A | 1 | | 235 | | |
| Folate, DFE....mcg_DFE | 350 | | 0 | NC | 4 | | 235 | | |
| Choline, total....mg | 411.0 | | 0 | AS | 1 | | 275.4 | | |
| Betaine....mg | 8.1 | | 2 | A | 1 | | 5.4 | | |
| Vitamin B-12....mcg | 72.50 | | 2 | A | 1 | | 48.58 | | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 20074 | | 0 | AS | 1 | | 13450 | | |
| Retinol....mcg | 20070 | | 2 | A | 1 | | 13447 | | |
| Carotene, beta....mcg | 40 | | 2 | A | 1 | | 27 | | |
| Carotene, alpha....mcg | 11 | | 2 | A | 1 | | 7 | | |
| Cryptoxanthin, beta....mcg | 16 | | 2 | A | 1 | | 11 | | |
| Vitamin A, IU....IU | 66989 | | 0 | AS | 1 | | 44883 | | |
| Lycopene....mcg | 0 | | 2 | A | 1 | | 0 | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.60 | | 4 | A | 1 | | 0.40 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | 0.00 | | 4 | A | 1 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.03 | | 4 | A | 1 | | 0.02 | | |
| Tocopherol, delta....mg | 0.00 | | 4 | A | 1 | | 0.00 | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 1.6 | | 2 | A | 1 | | 1.1 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.109 | | 0 | NC | 4 | | 1.413 | | |
| 4:0....g | 0.000 | | 2 | Z | 7 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 10:0....g | 0.005 | | 2 | A | 1 | | 0.003 | | |

**NDB No. 17204**
**Veal, variety meats and by-products, liver, cooked, pan-fried**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0....g | 0.005 | | 2 | A | 1 | | 0.003 | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.075 | | 2 | A | 1 | | 0.050 | | |
| 15:0....g | 0.016 | | 2 | A | 1 | | 0.010 | | |
| 16:0....g | 0.884 | | 2 | A | 1 | | 0.592 | | |
| 17:0....g | 0.044 | | 2 | A | 1 | | 0.029 | | |
| 18:0....g | 1.075 | | 2 | A | 1 | | 0.720 | | |
| 20:0....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 22:0....g | 0.006 | | 2 | A | 1 | | 0.004 | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 1.194 | | 0 | NC | 4 | | 0.800 | | |
| 14:1....g | 0.014 | | 2 | A | 1 | | 0.009 | | |
| 15:1....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated....g | 0.115 | | 2 | A | 1 | | 0.077 | | |
| 17:1....g | 0.019 | | 2 | A | 1 | | 0.013 | | |
| 18:1 undifferentiated....g | 1.037 | | 2 | A | 1 | | 0.694 | | |
| 20:1....g | 0.010 | | 2 | A | 1 | | 0.006 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.159 | | 0 | NC | 4 | | 0.777 | | |
| 18:2 undifferentiated....g | 0.704 | | 0 | AS | 1 | | 0.472 | | |
| 18:2 n-6 c,c....g | 0.704 | | 2 | A | 1 | | 0.472 | | |
| 18:2 CLAs....g | | | | | | | | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.047 | | 0 | AS | 1 | | 0.031 | | |
| 18:3 n-3 c,c,c....g | 0.039 | | 2 | A | 1 | | 0.026 | | |
| 18:3 n-6 c,c,c....g | 0.008 | | 2 | A | 1 | | 0.005 | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 20:2 n-6 c,c....g | 0.014 | | 2 | A | 1 | | 0.009 | | |
| 20:3 undifferentiated....g | 0.000 | | 2 | A | 1 | | 0.000 | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.348 | | 2 | A | 1 | | 0.233 | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 22:6 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Fatty acids, total trans....g | 0.285 | | 2 | A | 1 | | 0.191 | | |
| Cholesterol....mg | 485 | | 2 | A | 1 | | 325 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.347 | | 0 | A | 1 | | 0.233 | | |
| Threonine....g | 1.106 | | 0 | A | 1 | | 0.741 | | |
| Isoleucine....g | 1.227 | | 0 | A | 1 | | 0.822 | | |
| Leucine....g | 2.414 | | 0 | A | 1 | | 1.618 | | |
| Lysine....g | 2.062 | | 0 | A | 1 | | 1.382 | | |
| Methionine....g | 0.712 | | 0 | A | 1 | | 0.477 | | |
| Cystine....g | 0.471 | | 0 | A | 1 | | 0.316 | | |
| Phenylalanine....g | 1.387 | | 0 | A | 1 | | 0.929 | | |
| Tyrosine....g | 1.005 | | 0 | A | 1 | | 0.673 | | |
| Valine....g | 1.607 | | 0 | A | 1 | | 1.077 | | |
| Arginine....g | 1.771 | | 0 | A | 1 | | 1.186 | | |
| Histidine....g | 0.798 | | 0 | A | 1 | | 0.535 | | |
| Alanine....g | 1.719 | | 0 | A | 1 | | 1.151 | | |
| Aspartic acid....g | 2.589 | | 0 | A | 1 | | 1.735 | | |

**NDB No. 17204**
**Veal, variety meats and by-products, liver, cooked, pan-fried**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Glutamic acid.....g | 3.474 | | 0 | A | 1 | | 2.328 | | |
| Glycine.....g | 2.204 | | 0 | A | 1 | | 1.477 | | |
| Proline.....g | 1.582 | | 0 | A | 1 | | 1.060 | | |
| Serine.....g | 1.243 | | 0 | A | 1 | | 0.833 | | |
| Hydroxyproline.....g | 0.100 | | 1 | A | 1 | | 0.067 | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 67g: 1 slice

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17202**
**Veal, variety meats and by-products, liver, raw**

calf liver
**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 70.89 | | 2 | A | 1 | | | | |
| Energy....kcal | 140 | | 0 | NC | 4 | | | | |
| Energy....kj | 586 | | 0 | NC | 4 | | | | |
| Protein (N x 6.25)....g | 19.93 | | 2 | A | 1 | | | | |
| Total lipid (fat)....g | 4.85 | | 2 | A | 1 | | | | |
| Ash....g | 1.42 | | 2 | A | 1 | | | | |
| Carbohydrate, by difference....g | 2.91 | | 0 | NC | 4 | | | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 5 | | 2 | A | 1 | | | | |
| Iron, Fe....mg | 6.40 | | 2 | A | 1 | | | | |
| Magnesium, Mg....mg | 20 | | 2 | A | 1 | | | | |
| Phosphorus, P....mg | 379 | | 2 | A | 1 | | | | |
| Potassium, K....mg | 308 | | 2 | A | 1 | | | | |
| Sodium, Na....mg | 77 | | 2 | A | 1 | | | | |
| Zinc, Zn....mg | 12.02 | | 2 | A | 1 | | | | |
| Copper, Cu....mg | 11.865 | | 2 | A | 1 | | | | |
| Manganese, Mn....mg | 0.255 | | 2 | A | 1 | | | | |
| Selenium, Se....mcg | 22.7 | | 2 | A | 1 | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 0.7 | | 1 | A | 1 | | | | |
| Thiamin....mg | 0.173 | | 2 | A | 1 | | | | |
| Riboflavin....mg | 2.440 | | 2 | A | 1 | | | | |
| Niacin....mg | 10.550 | | 2 | A | 1 | | | | |
| Pantothenic acid....mg | 6.065 | | 2 | A | 1 | | | | |
| Vitamin B-6....mg | 0.957 | | 2 | A | 1 | | | | |
| Folate, total....mcg | 125 | | 2 | A | 1 | | | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | | | |
| Folate, food....mcg | 125 | | 2 | A | 1 | | | | |
| Folate, DFE....mcg_DFE | 125 | | 0 | NC | 4 | | | | |
| Choline, total....mg | 310.0 | | 0 | AS | 1 | | | | |
| Betaine....mg | 7.6 | | 2 | A | 1 | | | | |
| Vitamin B-12....mcg | 59.85 | | 2 | A | 1 | | | | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | | | |
| Vitamin A, RAE....mcg_RAE | 11707 | | 0 | AS | 1 | | | | |
| Retinol....mcg | 11705 | | 2 | A | 1 | | | | |
| Carotene, beta....mcg | 11 | | 2 | A | 1 | | | | |
| Carotene, alpha....mcg | 13 | | 2 | A | 1 | | | | |
| Cryptoxanthin, beta....mcg | 11 | | 2 | A | 1 | | | | |
| Vitamin A, IU....IU | 39056 | | 0 | AS | 1 | | | | |
| Lycopene....mcg | 0 | | 2 | A | 1 | | | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | | | |
| Vitamin E (alpha-tocopherol)....mg | 0.37 | | 4 | A | 1 | | | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | | | |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | | | |
| Tocopherol, gamma....mg | 0.03 | | 4 | A | 1 | | | | |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 0.9 | | 2 | A | 1 | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 1.560 | | 0 | NC | 4 | | | | |
| 4:0....g | 0.000 | | 2 | Z | 7 | | | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | | | |
| 8:0....g | 0.000 | | 2 | A | 1 | | | | |
| 10:0....g | 0.000 | | 2 | A | 1 | | | | |

**NDB No. 17202**
**Veal, variety meats and by-products, liver, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 12:0....g | 0.000 | | 2 | A | 1 | | | | |
| 13:0....g | | | | | | | | | |
| 14:0....g | 0.047 | | 2 | A | 1 | | | | |
| 15:0....g | 0.012 | | 2 | A | 1 | | | | |
| 16:0....g | 0.637 | | 2 | A | 1 | | | | |
| 17:0....g | 0.037 | | 2 | A | 1 | | | | |
| 18:0....g | 0.824 | | 2 | A | 1 | | | | |
| 20:0....g | 0.000 | | 2 | A | 1 | | | | |
| 22:0....g | 0.004 | | 2 | A | 1 | | | | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.968 | | 0 | NC | 4 | | | | |
| 14:1....g | 0.005 | | 2 | A | 1 | | | | |
| 15:1....g | 0.000 | | 2 | A | 1 | | | | |
| 16:1 undifferentiated....g | 0.082 | | 2 | A | 1 | | | | |
| 17:1....g | 0.013 | | 2 | A | 1 | | | | |
| 18:1 undifferentiated....g | 0.856 | | 2 | A | 1 | | | | |
| 20:1....g | 0.013 | | 2 | A | 1 | | | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.829 | | 0 | NC | 4 | | | | |
| 18:2 undifferentiated....g | 0.517 | | 0 | AS | 1 | | | | |
| 18:2 n-6 c,c....g | 0.517 | | 2 | A | 1 | | | | |
| 18:2 CLAs....g | | | | | | | | | |
| 18:2 c,t....g | | | | | | | | | |
| 18:2 t,c....g | | | | | | | | | |
| 18:2 t,t....g | | | | | | | | | |
| 18:2 i....g | | | | | | | | | |
| 18:2 t not further defined....g | | | | | | | | | |
| 18:3 undifferentiated....g | 0.035 | | 0 | AS | 1 | | | | |
| 18:3 n-3 c,c,c....g | 0.028 | | 2 | A | 1 | | | | |
| 18:3 n-6 c,c,c....g | 0.008 | | 2 | A | 1 | | | | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | | | |
| 20:2 n-6 c,c....g | 0.012 | | 2 | A | 1 | | | | |
| 20:3 undifferentiated....g | 0.000 | | 2 | A | 1 | | | | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.266 | | 2 | A | 1 | | | | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | | 0 | Z | 7 | | | | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | 0.000 | | 0 | Z | 7 | | | | |
| 22:6 n-3....g | 0.000 | | 0 | Z | 7 | | | | |
| Fatty acids, total trans....g | 0.215 | | 2 | A | 1 | | | | |
| Cholesterol....mg | 334 | | 2 | A | 1 | | | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.274 | | 1 | A | 1 | | | | |
| Threonine....g | 0.873 | | 1 | A | 1 | | | | |
| Isoleucine....g | 0.968 | | 1 | A | 1 | | | | |
| Leucine....g | 1.905 | | 1 | A | 1 | | | | |
| Lysine....g | 1.627 | | 1 | A | 1 | | | | |
| Methionine....g | 0.562 | | 1 | A | 1 | | | | |
| Cystine....g | 0.372 | | 1 | A | 1 | | | | |
| Phenylalanine....g | 1.094 | | 1 | A | 1 | | | | |
| Tyrosine....g | 0.793 | | 1 | A | 1 | | | | |
| Valine....g | 1.268 | | 1 | A | 1 | | | | |
| Arginine....g | 1.397 | | 1 | A | 1 | | | | |
| Histidine....g | 0.630 | | 1 | A | 1 | | | | |
| Alanine....g | 1.356 | | 1 | A | 1 | | | | |
| Aspartic acid....g | 2.043 | | 1 | A | 1 | | | | |

**NDB No. 17202**
**Veal, variety meats and by-products, liver, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Glutamic acid.....g | 2.741 | | 1 | A | 1 | | | | |
| Glycine.....g | 1.739 | | 1 | A | 1 | | | | |
| Proline.....g | 1.248 | | 1 | A | 1 | | | | |
| Serine.....g | 0.981 | | 1 | A | 1 | | | | |
| Hydroxyproline.....g | 0.100 | | 1 | A | 1 | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl.....g | 0.0 | | 0 | Z | 7 | | | | |
| Caffeine.....mg | 0 | | 0 | Z | 7 | | | | |
| Theobromine.....mg | 0 | | 0 | Z | 7 | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17208**

**Veal, variety meats and by-products, lungs, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 77.59 | | 0 | | 1 | | 232.77 | 65.95 | |
| Energy....kcal | 104 | | 0 | NC | 4 | | 312 | 88 | |
| Energy....kj | 435 | | | | 4 | | 1305 | 370 | |
| Protein (N x 6.25)....g | 18.74 | | 0 | | 1 | | 56.22 | 15.93 | |
| Total lipid (fat)....g | 2.64 | | 0 | | 1 | | 7.92 | 2.24 | |
| Ash....g | 1.26 | | 0 | | 1 | | 3.78 | 1.07 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | | 1 | | 21 | 6 | |
| Iron, Fe....mg | 3.61 | | 0 | | 1 | | 10.83 | 3.07 | |
| Magnesium, Mg....mg | 8 | | 0 | | 1 | | 24 | 7 | |
| Phosphorus, P....mg | 232 | | 0 | | 1 | | 696 | 197 | |
| Potassium, K....mg | 142 | | 0 | | 1 | | 426 | 121 | |
| Sodium, Na....mg | 56 | | 0 | | 1 | | 168 | 48 | |
| Zinc, Zn....mg | 1.20 | | 0 | | 1 | | 3.60 | 1.02 | |
| Copper, Cu....mg | 0.221 | | 0 | | 1 | | 0.663 | 0.188 | |
| Manganese, Mn....mg | 0.015 | | 0 | | 1 | | 0.045 | 0.013 | |
| Selenium, Se....mcg | 19.8 | | 0 | BFYN | 4 | | 59.4 | 16.8 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 34.0 | | 0 | | 1 | | 102.0 | 28.9 | |
| Thiamin....mg | 0.032 | | 0 | | 1 | | 0.096 | 0.027 | |
| Riboflavin....mg | 0.131 | | 0 | | 1 | | 0.393 | 0.111 | |
| Niacin....mg | 2.289 | | 0 | | 1 | | 6.867 | 1.946 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.060 | | 0 | | 1 | | 0.180 | 0.051 | |
| Folate, total....mcg | 8 | | 0 | | 1 | | 24 | 7 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 8 | | 0 | | 1 | | 24 | 7 | |
| Folate, DFE....mcg_DFE | 8 | | 0 | NC | 4 | | 24 | 7 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.38 | | 0 | | 1 | | 7.14 | 2.02 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.910 | | 0 | | 1 | | 2.730 | 0.774 | |
| Fatty acids, total monounsaturated....g | 0.680 | | 0 | | 1 | | 2.040 | 0.578 | |
| Fatty acids, total polyunsaturated....g | 0.360 | | 0 | | 1 | | 1.080 | 0.306 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 263 | | 0 | | 1 | | 789 | 224 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17208**

**Veal, variety meats and by-products, lungs, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.149 | | 0 | | 1 | | 0.447 | 0.127 | |
| Threonine.....g | 0.697 | | 0 | | 1 | | 2.091 | 0.592 | |
| Isoleucine.....g | 0.777 | | 0 | | 1 | | 2.331 | 0.660 | |
| Leucine.....g | 1.071 | | 0 | | 1 | | 3.213 | 0.910 | |
| Lysine.....g | 1.388 | | 0 | | 1 | | 4.164 | 1.180 | |
| Methionine.....g | 0.297 | | 0 | | 1 | | 0.891 | 0.252 | |
| Cystine.....g | 0.160 | | 0 | | 1 | | 0.480 | 0.136 | |
| Phenylalanine.....g | 0.665 | | 0 | | 1 | | 1.995 | 0.565 | |
| Tyrosine.....g | 0.396 | | 0 | | 1 | | 1.188 | 0.337 | |
| Valine.....g | 0.797 | | 0 | | 1 | | 2.391 | 0.677 | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 300g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17207**
**Veal, variety meats and by-products, lungs, raw**

**Refuse:** 24% Blood clots and membranes

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 80.50 | 0.447 | 4 | | 1 | | 22.82 | 90.97 | |
| Energy....kcal | 90 | | 0 | NC | 4 | | 26 | 102 | |
| Energy....kj | 377 | | | | 4 | | 107 | 426 | |
| Protein (N x 6.25)....g | 16.30 | 0.404 | 3 | | 1 | | 4.62 | 18.42 | |
| Total lipid (fat)....g | 2.30 | 0.058 | 3 | | 1 | | 0.65 | 2.60 | |
| Ash....g | 1.10 | 0.058 | 3 | | 1 | | 0.31 | 1.24 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | 0.981 | 5 | | 1 | | 2 | 8 | |
| Iron, Fe....mg | 5.23 | 1.032 | 8 | | 1 | | 1.48 | 5.91 | |
| Magnesium, Mg....mg | 12 | | 1 | | 1 | | 3 | 14 | |
| Phosphorus, P....mg | 288 | | 1 | | 1 | | 82 | 325 | |
| Potassium, K....mg | 274 | | 1 | | 1 | | 78 | 310 | |
| Sodium, Na....mg | 108 | | 1 | | 1 | | 31 | 122 | |
| Zinc, Zn....mg | 1.16 | | 1 | | 1 | | 0.33 | 1.31 | |
| Copper, Cu....mg | 0.241 | | 0 | | 1 | | 0.068 | 0.272 | |
| Manganese, Mn....mg | 0.018 | | 0 | | 1 | | 0.005 | 0.020 | |
| Selenium, Se....mcg | 17.2 | | 0 | BFNN | 4 | | 4.9 | 19.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 39.0 | 1.834 | 5 | | 1 | | 11.1 | 44.1 | |
| Thiamin....mg | 0.047 | | 0 | | 1 | | 0.013 | 0.053 | |
| Riboflavin....mg | 0.231 | | 0 | | 1 | | 0.065 | 0.261 | |
| Niacin....mg | 4.025 | | 0 | | 1 | | 1.141 | 4.548 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.110 | | 1 | | 1 | | 0.031 | 0.124 | |
| Folate, total....mcg | 11 | | 0 | | 1 | | 3 | 12 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 11 | | 0 | | 1 | | 3 | 12 | |
| Folate, DFE....mcg_DFE | 11 | | 0 | NC | 4 | | 3 | 12 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.83 | | 0 | | 1 | | 1.09 | 4.33 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.790 | | 0 | | 1 | | 0.224 | 0.893 | |
| Fatty acids, total monounsaturated....g | 0.590 | | 0 | | 1 | | 0.167 | 0.667 | |
| Fatty acids, total polyunsaturated....g | 0.310 | | 0 | | 1 | | 0.088 | 0.350 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 229 | | 0 | | 1 | | 65 | 259 | |
| Phytosterols....mg | | | | | | | | | |

**Amino Acids:**

**NDB No. 17207**
**Veal, variety meats and by-products, lungs, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| Tryptophan.....g | 0.129 | | 1 | | 1 | | 0.037 | 0.146 | |
| Threonine.....g | 0.606 | | 1 | | 1 | | 0.172 | 0.685 | |
| Isoleucine.....g | 0.676 | | 1 | | 1 | | 0.192 | 0.764 | |
| Leucine.....g | 0.931 | | 1 | | 1 | | 0.264 | 1.052 | |
| Lysine.....g | 1.208 | | 1 | | 1 | | 0.342 | 1.365 | |
| Methionine.....g | 0.259 | | 1 | | 1 | | 0.073 | 0.293 | |
| Cystine.....g | 0.139 | | 1 | | 1 | | 0.039 | 0.157 | |
| Phenylalanine.....g | 0.579 | | 1 | | 1 | | 0.164 | 0.654 | |
| Tyrosine.....g | 0.344 | | 1 | | 1 | | 0.098 | 0.389 | |
| Valine.....g | 0.694 | | 1 | | 1 | | 0.197 | 0.784 | |
| Arginine.....g | | | | | | | | | |
| Histidine.....g | | | | | | | | | |
| Alanine.....g | | | | | | | | | |
| Aspartic acid.....g | | | | | | | | | |
| Glutamic acid.....g | | | | | | | | | |
| Glycine.....g | | | | | | | | | |
| Proline.....g | | | | | | | | | |
| Serine.....g | | | | | | | | | |
| Hydroxyproline.....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17213**

**Veal, variety meats and by-products, pancreas, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 55.70 | 2.078 | 3 | | 1 | | 133.68 | 47.35 | |
| Energy....kcal | 256 | | 0 | NC | 4 | | 614 | 218 | |
| Energy....kj | 1071 | | | | 4 | | 2571 | 910 | |
| Protein (N x 6.25)....g | 29.10 | 0.230 | 3 | | 1 | | 69.84 | 24.74 | |
| Total lipid (fat)....g | 14.60 | 2.021 | 3 | | 1 | | 35.04 | 12.41 | |
| Ash....g | 1.50 | 0.116 | 3 | | 1 | | 3.60 | 1.28 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 18 | | 0 | | 1 | | 43 | 15 | |
| Iron, Fe....mg | 2.38 | | 0 | | 1 | | 5.71 | 2.02 | |
| Magnesium, Mg....mg | 24 | | 0 | | 1 | | 58 | 20 | |
| Phosphorus, P....mg | 512 | | 0 | | 1 | | 1229 | 435 | |
| Potassium, K....mg | 278 | | 0 | | 1 | | 667 | 236 | |
| Sodium, Na....mg | 68 | | 0 | | 1 | | 163 | 58 | |
| Zinc, Zn....mg | 5.20 | | 0 | | 1 | | 12.48 | 4.42 | |
| Copper, Cu....mg | 0.101 | | 0 | | 1 | | 0.242 | 0.086 | |
| Manganese, Mn....mg | 0.235 | | 0 | | 1 | | 0.564 | 0.200 | |
| Selenium, Se....mcg | 39.1 | | 0 | BFYN | 4 | | 93.8 | 33.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 6.0 | | 1 | | 1 | | 14.4 | 5.1 | |
| Thiamin....mg | 0.187 | | 0 | | 1 | | 0.449 | 0.159 | |
| Riboflavin....mg | 0.506 | | 0 | | 1 | | 1.214 | 0.430 | |
| Niacin....mg | 4.146 | | 0 | | 1 | | 9.950 | 3.524 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.190 | | 0 | | 1 | | 0.456 | 0.162 | |
| Folate, total....mcg | 3 | | 0 | | 1 | | 7 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 0 | | 1 | | 7 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 7 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 17.33 | | 0 | | 1 | | 41.59 | 14.73 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 5.010 | | 0 | A | 1 | | 12.024 | 4.259 | |
| Fatty acids, total monounsaturated....g | 5.030 | | 0 | A | 1 | | 12.072 | 4.276 | |
| Fatty acids, total polyunsaturated....g | 2.720 | | 0 | A | 1 | | 6.528 | 2.312 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | | | | | | | | | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 17213**

**Veal, variety meats and by-products, pancreas, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17212**
**Veal, variety meats and by-products, pancreas, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 70.60 | 0.807 | 3 | | 1 | | 20.02 | 79.78 | |
| Energy....kcal | 182 | | 0 | NC | 4 | | 52 | 206 | |
| Energy....kj | 761 | | | | 4 | | 216 | 860 | |
| Protein (N x 6.25)....g | 15.00 | 0.231 | 3 | | 1 | | 4.25 | 16.95 | |
| Total lipid (fat)....g | 13.10 | 0.289 | 3 | | 1 | | 3.71 | 14.80 | |
| Ash....g | 1.30 | 0.058 | 3 | | 1 | | 0.37 | 1.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 19 | | 0 | | 1 | | 5 | 21 | |
| Iron, Fe....mg | 2.10 | 0.289 | 3 | | 1 | | 0.60 | 2.37 | |
| Magnesium, Mg....mg | 18 | | 0 | | 1 | | 5 | 20 | |
| Phosphorus, P....mg | 329 | | 0 | | 1 | | 93 | 372 | |
| Potassium, K....mg | 278 | | 0 | | 1 | | 79 | 314 | |
| Sodium, Na....mg | 67 | | 0 | | 1 | | 19 | 76 | |
| Zinc, Zn....mg | 2.60 | | 0 | | 1 | | 0.74 | 2.94 | |
| Copper, Cu....mg | 0.060 | | 0 | | 1 | | 0.017 | 0.068 | |
| Manganese, Mn....mg | 0.151 | | 0 | | 1 | | 0.043 | 0.171 | |
| Selenium, Se....mcg | 20.7 | | 0 | BFNN | 4 | | 5.9 | 23.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 16.0 | 0.358 | 5 | | 1 | | 4.5 | 18.1 | |
| Thiamin....mg | 0.134 | | 0 | | 1 | | 0.038 | 0.151 | |
| Riboflavin....mg | 0.425 | | 0 | | 1 | | 0.120 | 0.480 | |
| Niacin....mg | 4.252 | | 0 | | 1 | | 1.205 | 4.805 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.190 | | 0 | | 1 | | 0.054 | 0.215 | |
| Folate, total....mcg | 3 | | 0 | | 1 | | 1 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 3 | | 0 | | 1 | | 1 | 3 | |
| Folate, DFE....mcg_DFE | 3 | | 0 | NC | 4 | | 1 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 13.38 | | 0 | | 1 | | 3.79 | 15.12 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.510 | | 0 | | 1 | | 1.279 | 5.096 | |
| Fatty acids, total monounsaturated....g | 4.540 | | 0 | | 1 | | 1.287 | 5.130 | |
| Fatty acids, total polyunsaturated....g | 2.440 | | 0 | | 1 | | 0.692 | 2.757 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 173 | | 0 | | 1 | | 49 | 195 | |
| Phytosterols....mg | | | | | | | | | |

**NDB No. 17212**

**Veal, variety meats and by-products, pancreas, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17217**

**Veal, variety meats and by-products, spleen, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 71.25 | | 0 | | 1 | | 245.81 | 60.56 | |
| Energy....kcal | 129 | | 0 | NC | 4 | | 445 | 110 | |
| Energy....kj | 540 | | | | 4 | | 1862 | 459 | |
| Protein (N x 6.25)....g | 24.08 | | 0 | | 1 | | 83.08 | 20.47 | |
| Total lipid (fat)....g | 2.89 | | 0 | | 1 | | 9.97 | 2.46 | |
| Ash....g | 1.71 | | 0 | | 1 | | 5.90 | 1.45 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 0 | | 1 | | 24 | 6 | |
| Iron, Fe....mg | 7.36 | | 0 | | 1 | | 25.39 | 6.26 | |
| Magnesium, Mg....mg | 14 | | 0 | | 1 | | 48 | 12 | |
| Phosphorus, P....mg | 312 | | 0 | | 1 | | 1076 | 265 | |
| Potassium, K....mg | 215 | | 0 | | 1 | | 742 | 183 | |
| Sodium, Na....mg | 58 | | 0 | | 1 | | 200 | 49 | |
| Zinc, Zn....mg | 1.91 | | 0 | | 1 | | 6.59 | 1.62 | |
| Copper, Cu....mg | 0.925 | | 0 | | 1 | | 3.191 | 0.786 | |
| Manganese, Mn....mg | 0.075 | | 0 | | 1 | | 0.259 | 0.064 | |
| Selenium, Se....mcg | 81.2 | | 0 | BFYN | 4 | | 280.1 | 69.0 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 40.0 | | 0 | | 1 | | 138.0 | 34.0 | |
| Thiamin....mg | 0.046 | | 0 | | 1 | | 0.159 | 0.039 | |
| Riboflavin....mg | 0.288 | | 0 | | 1 | | 0.994 | 0.245 | |
| Niacin....mg | 5.341 | | 0 | | 1 | | 18.426 | 4.540 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.070 | | 0 | | 1 | | 0.242 | 0.060 | |
| Folate, total....mcg | 4 | | 0 | | 1 | | 14 | 3 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 1 | | 14 | 3 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 14 | 3 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 4.82 | | 0 | | 1 | | 16.63 | 4.10 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.960 | | 0 | | 1 | | 3.312 | 0.816 | |
| Fatty acids, total monounsaturated....g | 0.780 | | 0 | | 1 | | 2.691 | 0.663 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.660 | | 0 | | 1 | | 2.277 | 0.561 | |

**NDB No. 17217**

**Veal, variety meats and by-products, spleen, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.210 | | 0 | | 1 | | 0.725 | 0.179 | |
| 18:2 undifferentiated ... g | 0.210 | | 0 | | 1 | | 0.725 | 0.179 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 447 | | 0 | | 1 | | 1542 | 380 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.236 | | 0 | | 1 | | 0.814 | 0.201 | |
| Threonine ... g | 0.975 | | 0 | | 1 | | 3.364 | 0.829 | |
| Isoleucine ... g | 1.106 | | 0 | | 1 | | 3.816 | 0.940 | |
| Leucine ... g | 1.529 | | 0 | | 1 | | 5.275 | 1.300 | |
| Lysine ... g | 1.782 | | 0 | | 1 | | 6.148 | 1.515 | |
| Methionine ... g | 0.525 | | 0 | | 1 | | 1.811 | 0.446 | |
| Cystine ... g | 0.284 | | 0 | | 1 | | 0.980 | 0.241 | |
| Phenylalanine ... g | 0.855 | | 0 | | 1 | | 2.950 | 0.727 | |
| Tyrosine ... g | 0.657 | | 0 | | 1 | | 2.267 | 0.558 | |
| Valine ... g | 1.118 | | 0 | | 1 | | 3.857 | 0.950 | |
| Arginine ... g | | | | | | | | | |
| Histidine ... g | | | | | | | | | |
| Alanine ... g | | | | | | | | | |
| Aspartic acid ... g | | | | | | | | | |
| Glutamic acid ... g | | | | | | | | | |
| Glycine ... g | | | | | | | | | |
| Proline ... g | | | | | | | | | |
| Serine ... g | | | | | | | | | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 345g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17216**
**Veal, variety meats and by-products, spleen, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 78.15 | 0.325 | 4 | | 1 | | 22.16 | 88.31 | |
| Energy....kcal | 98 | | 0 | NC | 4 | | 28 | 111 | |
| Energy....kj | 410 | | | | 4 | | 116 | 463 | |
| Protein (N x 6.25)....g | 18.30 | 0.173 | 3 | | 1 | | 5.19 | 20.68 | |
| Total lipid (fat)....g | 2.20 | 0.116 | 3 | | 1 | | 0.62 | 2.49 | |
| Ash....g | 1.30 | 0.058 | 3 | | 1 | | 0.37 | 1.47 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 6 | 0.897 | 5 | | 1 | | 2 | 7 | |
| Iron, Fe....mg | 9.32 | 0.621 | 8 | | 1 | | 2.64 | 10.53 | |
| Magnesium, Mg....mg | 17 | | 1 | | 1 | | 5 | 19 | |
| Phosphorus, P....mg | 339 | | 1 | | 1 | | 96 | 383 | |
| Potassium, K....mg | 362 | | 1 | | 1 | | 103 | 409 | |
| Sodium, Na....mg | 97 | | 1 | | 1 | | 27 | 110 | |
| Zinc, Zn....mg | 1.61 | | 1 | | 1 | | 0.46 | 1.82 | |
| Copper, Cu....mg | 0.167 | | 0 | | 1 | | 0.047 | 0.189 | |
| Manganese, Mn....mg | 0.072 | | 0 | | 1 | | 0.020 | 0.081 | |
| Selenium, Se....mcg | 61.7 | | 0 | BFNN | 4 | | 17.5 | 69.7 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 41.0 | 0.537 | 5 | | 1 | | 11.6 | 46.3 | |
| Thiamin....mg | 0.047 | | 0 | | 1 | | 0.013 | 0.053 | |
| Riboflavin....mg | 0.348 | | 0 | | 1 | | 0.099 | 0.393 | |
| Niacin....mg | 7.895 | | 0 | | 1 | | 2.238 | 8.921 | |
| Pantothenic acid....mg | | | | | | | | | |
| Vitamin B-6....mg | 0.110 | | 1 | | 1 | | 0.031 | 0.124 | |
| Folate, total....mcg | 4 | | 0 | | 1 | | 1 | 5 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 4 | | 0 | | 1 | | 1 | 5 | |
| Folate, DFE....mcg_DFE | 4 | | 0 | NC | 4 | | 1 | 5 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 5.34 | | 0 | | 1 | | 1.51 | 6.03 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | 0.000 | 8 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.730 | | 0 | | 1 | | 0.207 | 0.825 | |
| Fatty acids, total monounsaturated....g | 0.590 | | 0 | | 1 | | 0.167 | 0.667 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.500 | | 0 | | 1 | | 0.142 | 0.565 | |

**NDB No. 17216**
**Veal, variety meats and by-products, spleen, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.160 | | 0 | | 1 | | 0.045 | 0.181 | |
| 18:2 undifferentiated ... g | 0.160 | | 0 | | 1 | | 0.045 | 0.181 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 340 | | 1 | | 1 | | 96 | 384 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.180 | | 1 | | 1 | | 0.051 | 0.203 | |
| Threonine ... g | 0.741 | | 1 | | 1 | | 0.210 | 0.837 | |
| Isoleucine ... g | 0.841 | | 1 | | 1 | | 0.238 | 0.950 | |
| Leucine ... g | 1.162 | | 1 | | 1 | | 0.329 | 1.313 | |
| Lysine ... g | 1.354 | | 1 | | 1 | | 0.384 | 1.530 | |
| Methionine ... g | 0.399 | | 1 | | 1 | | 0.113 | 0.451 | |
| Cystine ... g | 0.216 | | 1 | | 1 | | 0.061 | 0.244 | |
| Phenylalanine ... g | 0.650 | | 1 | | 1 | | 0.184 | 0.735 | |
| Tyrosine ... g | 0.499 | | 1 | | 1 | | 0.141 | 0.564 | |
| Valine ... g | 0.850 | | 1 | | 1 | | 0.241 | 0.961 | |
| Arginine ... g | | | | | | | | | |
| Histidine ... g | | | | | | | | | |
| Alanine ... g | | | | | | | | | |
| Aspartic acid ... g | | | | | | | | | |
| Glutamic acid ... g | | | | | | | | | |
| Glycine ... g | | | | | | | | | |
| Proline ... g | | | | | | | | | |
| Serine ... g | | | | | | | | | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17219**
**Veal, variety meats and by-products, thymus, cooked, braised**

**Refuse:** 4% Membranes 3.69%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 73.63 | | 1 | A | 1 | | 62.59 | | |
| Energy....kcal | 125 | | 0 | NC | 4 | | 106 | | |
| Energy....kj | 522 | | 0 | NC | 4 | | 444 | | |
| Protein (N x 6.25)....g | 22.67 | | 1 | A | 1 | | 19.27 | | |
| Total lipid (fat)....g | 3.11 | | 1 | A | 1 | | 2.64 | | |
| Ash....g | 2.88 | | 1 | A | 1 | | 2.45 | | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 4 | | 1 | A | 1 | | 3 | | |
| Iron, Fe....mg | 1.24 | | 1 | A | 1 | | 1.05 | | |
| Magnesium, Mg....mg | 24 | | 1 | A | 1 | | 20 | | |
| Phosphorus, P....mg | 627 | | 1 | A | 1 | | 533 | | |
| Potassium, K....mg | 435 | | 1 | A | 1 | | 370 | | |
| Sodium, Na....mg | 59 | | 1 | A | 1 | | 50 | | |
| Zinc, Zn....mg | 2.13 | | 1 | A | 1 | | 1.81 | | |
| Copper, Cu....mg | 0.072 | | 1 | A | 1 | | 0.061 | | |
| Manganese, Mn....mg | 0.021 | | 1 | A | 1 | | 0.018 | | |
| Selenium, Se....mcg | 21.5 | | 1 | A | 1 | | 18.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 39.4 | | 1 | A | 1 | | 33.5 | | |
| Thiamin....mg | 0.054 | | 1 | A | 1 | | 0.046 | | |
| Riboflavin....mg | 0.100 | | 1 | A | 1 | | 0.085 | | |
| Niacin....mg | 3.380 | | 1 | A | 1 | | 2.873 | | |
| Pantothenic acid....mg | 1.080 | | 1 | A | 1 | | 0.918 | | |
| Vitamin B-6....mg | 0.027 | | 1 | A | 1 | | 0.023 | | |
| Folate, total....mcg | 20 | | 1 | A | 1 | | 17 | | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food....mcg | 20 | | 1 | A | 1 | | 17 | | |
| Folate, DFE....mcg_DFE | 20 | | 0 | NC | 4 | | 17 | | |
| Choline, total....mg | 209.3 | | 0 | NR | 4 | | 177.9 | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 2.85 | | 1 | A | 1 | | 2.42 | | |
| Vitamin B-12, added....mcg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Carotene, beta....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Carotene, alpha....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Cryptoxanthin, beta....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | | |
| Lycopene....mcg | 0 | | 1 | A | 1 | | 0 | | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 2 | A | 1 | | 0.08 | | |
| Vitamin E, added....mg | 0.00 | | 0 | Z | 7 | | 0.00 | | |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Tocopherol, gamma....mg | 0.02 | | 2 | A | 1 | | 0.02 | | |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 0.0 | | 2 | A | 1 | | 0.0 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.942 | | 1 | A | 1 | | 0.801 | | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 10:0....g | 0.000 | | 1 | A | 1 | | 0.000 | | |

**NDB No. 17219**

**Veal, variety meats and by-products, thymus, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 12:0 g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.041 | | 1 | A | 1 | | 0.035 | | |
| 15:0 g | 0.009 | | 1 | A | 1 | | 0.008 | | |
| 16:0 g | 0.522 | | 1 | A | 1 | | 0.444 | | |
| 17:0 g | 0.023 | | 1 | A | 1 | | 0.020 | | |
| 18:0 g | 0.342 | | 1 | A | 1 | | 0.291 | | |
| 20:0 g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 22:0 g | 0.005 | | 1 | A | 1 | | 0.004 | | |
| 24:0 g | | | | | | | | | |
| Fatty acids, total monounsaturated g | 0.903 | | 1 | A | 1 | | 0.768 | | |
| 14:1 g | 0.005 | | 1 | A | 1 | | 0.004 | | |
| 15:1 g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 16:1 undifferentiated g | 0.059 | | 1 | A | 1 | | 0.050 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 0.823 | | 1 | A | 1 | | 0.700 | | |
| 20:1 g | 0.016 | | 1 | A | 1 | | 0.014 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.315 | | 1 | A | 1 | | 0.268 | | |
| 18:2 undifferentiated g | 0.189 | | 1 | A | 1 | | 0.161 | | |
| 18:3 undifferentiated g | 0.000 | | 0 | A | 1 | | 0.000 | | |
| 18:3 n-3 c,c,c g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3 n-6 c,c,c g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 18:3i g | | | | | | | | | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 20:2 n-6 c,c g | 0.017 | | 1 | A | 1 | | 0.014 | | |
| 20:3 undifferentiated g | 0.000 | | 1 | A | 1 | | 0.000 | | |
| 20:3 n-3 g | | | | | | | | | |
| 20:3 n-6 g | | | | | | | | | |
| 20:4 undifferentiated g | 0.109 | | 1 | A | 1 | | 0.093 | | |
| 20:4 n-3 g | | | | | | | | | |
| 20:4 n-6 g | | | | | | | | | |
| 20:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 21:5 g | | | | | | | | | |
| 22:4 g | | | | | | | | | |
| 22:5 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | | |
| Fatty acids, total trans g | 0.200 | | 1 | A | 1 | | 0.170 | | |
| Cholesterol mg | 350 | | 1 | A | 1 | | 298 | | |
| Phytosterols mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17218**
**Veal, variety meats and by-products, thymus, raw**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 79.16 | | 1 | A | 1 | | 22.44 | 89.45 | |
| Energy....kcal | 101 | | 0 | NC | 4 | | 29 | 114 | |
| Energy....kj | 423 | | 0 | NC | 4 | | 120 | 478 | |
| Protein (N x 6.25)....g | 17.21 | | 1 | A | 1 | | 4.88 | 19.45 | |
| Total lipid (fat)....g | 3.07 | | 1 | A | 1 | | 0.87 | 3.46 | |
| Ash....g | 2.16 | | 1 | A | 1 | | 0.61 | 2.44 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 3 | | 1 | A | 1 | | 1 | 4 | |
| Iron, Fe....mg | 1.05 | | 1 | A | 1 | | 0.30 | 1.19 | |
| Magnesium, Mg....mg | 23 | | 1 | A | 1 | | 6 | 25 | |
| Phosphorus, P....mg | 533 | | 1 | A | 1 | | 151 | 602 | |
| Potassium, K....mg | 488 | | 1 | A | 1 | | 138 | 551 | |
| Sodium, Na....mg | 67 | | 1 | A | 1 | | 19 | 76 | |
| Zinc, Zn....mg | 1.55 | | 1 | A | 1 | | 0.44 | 1.75 | |
| Copper, Cu....mg | 0.079 | | 1 | A | 1 | | 0.022 | 0.089 | |
| Manganese, Mn....mg | 0.018 | | 1 | A | 1 | | 0.005 | 0.020 | |
| Selenium, Se....mcg | 16.1 | | 1 | A | 1 | | 4.6 | 18.2 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 49.2 | | 1 | A | 1 | | 13.9 | 55.6 | |
| Thiamin....mg | 0.069 | | 1 | A | 1 | | 0.020 | 0.078 | |
| Riboflavin....mg | 0.188 | | 1 | A | 1 | | 0.053 | 0.212 | |
| Niacin....mg | 4.770 | | 1 | A | 1 | | 1.352 | 5.390 | |
| Pantothenic acid....mg | 1.230 | | 1 | A | 1 | | 0.349 | 1.390 | |
| Vitamin B-6....mg | 0.035 | | 1 | A | 1 | | 0.010 | 0.039 | |
| Folate, total....mcg | 22 | | 1 | A | 1 | | 6 | 25 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 22 | | 1 | A | 1 | | 6 | 25 | |
| Folate, DFE....mcg_DFE | 22 | | 0 | NC | 4 | | 6 | 25 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 3.33 | | 1 | A | 1 | | 0.94 | 3.76 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, beta....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Carotene, alpha....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Cryptoxanthin, beta....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Vitamin A, IU....IU | 0 | | 0 | AS | 1 | | 0 | 0 | |
| Lycopene....mcg | 0 | | 1 | A | 1 | | 0 | 0 | |
| Lutein + zeaxanthin....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol)....mg | 0.09 | | 2 | A | 1 | | 0.03 | 0.10 | |
| Tocopherol, beta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Tocopherol, gamma....mg | 0.02 | | 2 | A | 1 | | 0.01 | 0.02 | |
| Tocopherol, delta....mg | 0.00 | | 2 | A | 1 | | 0.00 | 0.00 | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | 0.0 | | 2 | A | 1 | | 0.0 | 0.0 | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 0.806 | | 1 | A | 1 | | 0.229 | 0.911 | |
| 4:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 10:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 12:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 13:0....g | | | | | | | | | |

**NDB No. 17218**
**Veal, variety meats and by-products, thymus, raw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| 14:0....g | 0.042 | | 1 | A | 1 | | 0.012 | 0.047 | |
| 15:0....g | 0.009 | | 1 | A | 1 | | 0.003 | 0.010 | |
| 16:0....g | 0.446 | | 1 | A | 1 | | 0.126 | 0.504 | |
| 17:0....g | 0.019 | | 1 | A | 1 | | 0.005 | 0.021 | |
| 18:0....g | 0.286 | | 1 | A | 1 | | 0.081 | 0.323 | |
| 20:0....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 22:0....g | 0.004 | | 1 | A | 1 | | 0.001 | 0.005 | |
| 24:0....g | | | | | | | | | |
| Fatty acids, total monounsaturated....g | 0.775 | | 1 | A | 1 | | 0.220 | 0.876 | |
| 14:1....g | 0.006 | | 1 | A | 1 | | 0.002 | 0.007 | |
| 15:1....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 16:1 undifferentiated....g | 0.049 | | 1 | A | 1 | | 0.014 | 0.055 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 0.703 | | 1 | A | 1 | | 0.199 | 0.794 | |
| 20:1....g | 0.017 | | 1 | A | 1 | | 0.005 | 0.019 | |
| 22:1 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.229 | | 1 | A | 1 | | 0.065 | 0.259 | |
| 18:2 undifferentiated....g | 0.147 | | 1 | A | 1 | | 0.042 | 0.166 | |
| 18:3 undifferentiated....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 18:3 n-3 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3 n-6 c,c,c....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 18:3i....g | | | | | | | | | |
| 18:4....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c....g | 0.011 | | 1 | A | 1 | | 0.003 | 0.012 | |
| 20:3 undifferentiated....g | 0.000 | | 1 | A | 1 | | 0.000 | 0.000 | |
| 20:3 n-3....g | | | | | | | | | |
| 20:3 n-6....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.071 | | 1 | A | 1 | | 0.020 | 0.080 | |
| 20:4 n-3....g | | | | | | | | | |
| 20:4 n-6....g | | | | | | | | | |
| 20:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 21:5....g | | | | | | | | | |
| 22:4....g | | | | | | | | | |
| 22:5 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 22:6 n-3....g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans....g | 0.220 | | 1 | A | 1 | | 0.062 | 0.249 | |
| Cholesterol....mg | 250 | | 1 | A | 1 | | 71 | 283 | |
| Phytosterols....mg | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Caffeine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine....mg | 0 | | 0 | Z | 7 | | 0 | 0 | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17223**

**Veal, variety meats and by-products, tongue, cooked, braised**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 64.08 | 2.234 | 4 | | 1 | | 163.40 | 54.47 | |
| Energy....kcal | 202 | | 0 | NC | 4 | | 515 | 172 | |
| Energy....kj | 845 | | | | 4 | | 2155 | 718 | |
| Protein (N x 6.25)....g | 25.85 | 0.402 | 4 | | 1 | | 65.92 | 21.97 | |
| Total lipid (fat)....g | 10.10 | 1.809 | 4 | | 1 | | 25.76 | 8.59 | |
| Ash....g | 0.91 | 0.099 | 4 | | 1 | | 2.32 | 0.77 | |
| Carbohydrate, by difference....g | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 9 | | 1 | | 1 | | 23 | 8 | |
| Iron, Fe....mg | 2.09 | | 1 | | 1 | | 5.33 | 1.78 | |
| Magnesium, Mg....mg | 18 | | 1 | | 1 | | 46 | 15 | |
| Phosphorus, P....mg | 166 | | 1 | | 1 | | 423 | 141 | |
| Potassium, K....mg | 162 | | 1 | | 1 | | 413 | 138 | |
| Sodium, Na....mg | 64 | | 1 | | 1 | | 163 | 54 | |
| Zinc, Zn....mg | 4.51 | | 1 | | 1 | | 11.50 | 3.83 | |
| Copper, Cu....mg | 0.210 | | 1 | | 1 | | 0.536 | 0.179 | |
| Manganese, Mn....mg | 0.047 | | 1 | | 1 | | 0.120 | 0.040 | |
| Selenium, Se....mcg | 11.0 | 0.333 | 3 | A | 1 | | 28.1 | 9.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 6.0 | | 1 | | 1 | | 15.3 | 5.1 | |
| Thiamin....mg | 0.070 | | 1 | | 1 | | 0.179 | 0.060 | |
| Riboflavin....mg | 0.350 | | 1 | | 1 | | 0.893 | 0.298 | |
| Niacin....mg | 1.470 | | 1 | | 1 | | 3.749 | 1.250 | |
| Pantothenic acid....mg | 0.740 | | 1 | | 1 | | 1.887 | 0.629 | |
| Vitamin B-6....mg | 0.150 | | 1 | | 1 | | 0.383 | 0.128 | |
| Folate, total....mcg | 9 | | 1 | | 1 | | 23 | 8 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 9 | | 1 | | 1 | | 23 | 8 | |
| Folate, DFE....mcg_DFE | 9 | | 0 | NC | 4 | | 23 | 8 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 5.30 | | 1 | | 1 | | 13.52 | 4.51 | |
| Vitamin A, RAE....mcg_RAE | 0 | | 0 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | | 0 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 0 | | 0 | | 1 | | 0 | 0 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 4.350 | | 0 | | 1 | | 11.093 | 3.698 | |
| Fatty acids, total monounsaturated....g | 4.610 | | 0 | | 1 | | 11.756 | 3.919 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.300 | | 0 | | 1 | | 10.965 | 3.655 | |

**NDB No. 17223**

**Veal, variety meats and by-products, tongue, cooked, braised**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 ... g | | | | | | | | | |
| 22:1 undifferentiated ... g | | | | | | | | | |
| 24:1 c ... g | | | | | | | | | |
| Fatty acids, total polyunsaturated ... g | 0.380 | | 0 | | 1 | | 0.969 | 0.323 | |
| 18:2 undifferentiated ... g | 0.280 | | 0 | | 1 | | 0.714 | 0.238 | |
| 18:3 undifferentiated ... g | | | | | | | | | |
| 18:4 ... g | | | | | | | | | |
| 20:2 n-6 c,c ... g | | | | | | | | | |
| 20:3 undifferentiated ... g | | | | | | | | | |
| 20:4 undifferentiated ... g | | | | | | | | | |
| 20:5 n-3 ... g | | | | | | | | | |
| 22:5 n-3 ... g | | | | | | | | | |
| 22:6 n-3 ... g | | | | | | | | | |
| Fatty acids, total trans ... g | | | | | | | | | |
| Cholesterol ... mg | 238 | | 0 | | 1 | | 607 | 202 | |
| Phytosterols ... mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan ... g | 0.279 | | 0 | | 1 | | 0.711 | 0.237 | |
| Threonine ... g | 1.040 | | 0 | | 1 | | 2.652 | 0.884 | |
| Isoleucine ... g | 1.108 | | 0 | | 1 | | 2.825 | 0.942 | |
| Leucine ... g | 1.863 | | 0 | | 1 | | 4.751 | 1.584 | |
| Lysine ... g | 1.901 | | 0 | | 1 | | 4.848 | 1.616 | |
| Methionine ... g | 0.533 | | 0 | | 1 | | 1.359 | 0.453 | |
| Cystine ... g | 0.257 | | 0 | | 1 | | 0.655 | 0.218 | |
| Phenylalanine ... g | 1.018 | | 0 | | 1 | | 2.596 | 0.865 | |
| Tyrosine ... g | 0.774 | | 0 | | 1 | | 1.974 | 0.658 | |
| Valine ... g | 1.186 | | 0 | | 1 | | 3.024 | 1.008 | |
| Arginine ... g | 1.512 | | 0 | | 1 | | 3.856 | 1.285 | |
| Histidine ... g | 0.589 | | 0 | | 1 | | 1.502 | 0.501 | |
| Alanine ... g | 1.444 | | 0 | | 1 | | 3.682 | 1.227 | |
| Aspartic acid ... g | 2.200 | | 0 | | 1 | | 5.610 | 1.870 | |
| Glutamic acid ... g | 3.510 | | 0 | | 1 | | 8.951 | 2.984 | |
| Glycine ... g | 1.516 | | 0 | | 1 | | 3.866 | 1.289 | |
| Proline ... g | 1.221 | | 0 | | 1 | | 3.114 | 1.038 | |
| Serine ... g | 0.961 | | 0 | | 1 | | 2.451 | 0.817 | |
| Hydroxyproline ... g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 255g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

**NDB No. 17222**
**Veal, variety meats and by-products, tongue, raw**

**Refuse:** 16% Connective tissue and cartilage

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water....g | 74.53 | 0.469 | 4 | | 1 | | 21.13 | 84.22 | |
| Energy....kcal | 131 | | 0 | NC | 4 | | 37 | 148 | |
| Energy....kj | 548 | | | | 4 | | 155 | 619 | |
| Protein (N x 6.25)....g | 17.18 | 0.787 | 4 | | 1 | | 4.87 | 19.41 | |
| Total lipid (fat)....g | 5.48 | 1.575 | 4 | | 1 | | 1.55 | 6.19 | |
| Ash....g | 0.89 | 0.041 | 4 | | 1 | | 0.25 | 1.01 | |
| Carbohydrate, by difference....g | 1.91 | | 0 | NC | 4 | | 0.54 | 2.16 | |
| Fiber, total dietary....g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 7 | | 1 | | 1 | | 2 | 8 | |
| Iron, Fe....mg | 2.72 | 0.527 | 4 | | 1 | | 0.77 | 3.07 | |
| Magnesium, Mg....mg | 17 | | 1 | | 1 | | 5 | 19 | |
| Phosphorus, P....mg | 159 | | 1 | | 1 | | 45 | 180 | |
| Potassium, K....mg | 271 | | 1 | | 1 | | 77 | 306 | |
| Sodium, Na....mg | 82 | | 1 | | 1 | | 23 | 93 | |
| Zinc, Zn....mg | 2.63 | | 1 | | 1 | | 0.75 | 2.97 | |
| Copper, Cu....mg | 0.200 | | 1 | | 1 | | 0.057 | 0.226 | |
| Manganese, Mn....mg | 0.023 | | 1 | | 1 | | 0.007 | 0.026 | |
| Selenium, Se....mcg | 7.0 | 0.133 | 3 | A | 1 | | 2.0 | 7.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid....mg | 5.0 | 0.432 | 6 | | 1 | | 1.4 | 5.7 | |
| Thiamin....mg | 0.170 | | 2 | | 1 | | 0.048 | 0.192 | |
| Riboflavin....mg | 0.410 | | 1 | | 1 | | 0.116 | 0.463 | |
| Niacin....mg | 2.220 | | 1 | | 1 | | 0.629 | 2.509 | |
| Pantothenic acid....mg | 1.200 | | 1 | | 1 | | 0.340 | 1.356 | |
| Vitamin B-6....mg | 0.190 | | 1 | | 1 | | 0.054 | 0.215 | |
| Folate, total....mcg | 5 | | 1 | | 1 | | 1 | 6 | |
| Folic acid....mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food....mcg | 5 | | 1 | | 1 | | 1 | 6 | |
| Folate, DFE....mcg_DFE | 5 | | 0 | NC | 4 | | 1 | 6 | |
| Choline, total....mg | | | | | | | | | |
| Betaine....mg | | | | | | | | | |
| Vitamin B-12....mcg | 6.10 | | 1 | | 1 | | 1.73 | 6.89 | |
| Vitamin A, RAE....mcg_RAE | 0 | 0.300 | 10 | | 1 | | 0 | 0 | |
| Retinol....mcg | 0 | 0.300 | 10 | | 1 | | 0 | 0 | |
| Carotene, beta....mcg | | | | | | | | | |
| Carotene, alpha....mcg | | | | | | | | | |
| Cryptoxanthin, beta....mcg | | | | | | | | | |
| Vitamin A, IU....IU | 1 | 1.000 | 10 | | 1 | | 0 | 1 | |
| Lycopene....mcg | | | | | | | | | |
| Lutein + zeaxanthin....mcg | | | | | | | | | |
| Vitamin E (alpha-tocopherol)....mg | | | | | | | | | |
| Tocopherol, beta....mg | | | | | | | | | |
| Tocopherol, gamma....mg | | | | | | | | | |
| Tocopherol, delta....mg | | | | | | | | | |
| Vitamin D....IU | | | | | | | | | |
| Vitamin K (phylloquinone)....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 2.350 | | 0 | | 1 | | 0.666 | 2.656 | |
| Fatty acids, total monounsaturated....g | 2.510 | | 0 | | 1 | | 0.712 | 2.836 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.230 | | 0 | | 1 | | 0.632 | 2.520 | |

**NDB No. 17222**
**Veal, variety meats and by-products, tongue, raw**

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.310 | | 0 | | 1 | | 0.088 | 0.350 | |
| 18:2 undifferentiated g | 0.200 | | 0 | | 1 | | 0.057 | 0.226 | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 62 | | 0 | | 1 | | 18 | 70 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.185 | | 5 | | 1 | | 0.052 | 0.209 | |
| Threonine g | 0.691 | | 5 | | 1 | | 0.196 | 0.781 | |
| Isoleucine g | 0.736 | | 5 | | 1 | | 0.209 | 0.832 | |
| Leucine g | 1.238 | | 5 | | 1 | | 0.351 | 1.399 | |
| Lysine g | 1.263 | | 5 | | 1 | | 0.358 | 1.427 | |
| Methionine g | 0.354 | | 5 | | 1 | | 0.100 | 0.400 | |
| Cystine g | 0.171 | | 5 | | 1 | | 0.048 | 0.193 | |
| Phenylalanine g | 0.677 | | 5 | | 1 | | 0.192 | 0.765 | |
| Tyrosine g | 0.515 | | 5 | | 1 | | 0.146 | 0.582 | |
| Valine g | 0.788 | | 5 | | 1 | | 0.223 | 0.890 | |
| Arginine g | 1.005 | | 4 | | 1 | | 0.285 | 1.136 | |
| Histidine g | 0.392 | | 4 | | 1 | | 0.111 | 0.443 | |
| Alanine g | 0.960 | | 4 | | 1 | | 0.272 | 1.085 | |
| Aspartic acid g | 1.462 | | 4 | | 1 | | 0.414 | 1.652 | |
| Glutamic acid g | 2.333 | | 4 | | 1 | | 0.661 | 2.636 | |
| Glycine g | 1.008 | | 4 | | 1 | | 0.286 | 1.139 | |
| Proline g | 0.812 | | 4 | | 1 | | 0.230 | 0.918 | |
| Serine g | 0.639 | | 4 | | 1 | | 0.181 | 0.722 | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 4 oz

**Calories Factors: Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

**Food Group:** 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)